

Leah Groves appointed to council vacancy

by Tim McAllister
lead reporter

Lowell city council voted 4-0 to appoint local resident Leah Groves to take over the seat on the Lowell city council vacated by former councilor Greg Canfield's Oct. 19 resignation.

Groves, Michael Badula, Jake Davenport, Tina Dickerman and Katie Rademacher were interviewed by the four remaining city councilors and the city manager via Zoom starting at 4 pm on Monday, Nov. 30.

The candidates each answered about 10 questions, including how their personal biases and opinions might affect their decisions, how to handle having made an unpopular decision, what they perceive as the most important issues facing the city and their vision for Lowell's future.

Groves was interviewed

first, her session lasted approximately 25 minutes. Groves has lived in Lowell for just over one year. She applied for the council seat because of her desire "to be a bigger part of my community and really make an effort to be involved."

"I don't have that much experience, so this would be a new opportunity for me," Groves said. "But I do feel like somebody who is motivated to learn and doesn't have preconceived ideas on how something should be run really can come in and harness what's already there and put forth, maybe, a new energy."

Next, Rademacher was interviewed for about 35 minutes. Rademacher said she was a former Lowell firefighter and radio host who has lived in the city for the past six years. She said

that, if chosen, she would concentrate on fundraising for the Showboat and repairing local streets.

"I would say the comfort and safety of the citizens should come first," Rademacher said. "When it comes to citizens who are living in poverty, I would be really pleased to see or be an active member of a committee or some type of initiative that would address that a bit more. We have a lot of really caring people in our community."

Up next, Davenport had a 27 minute interview with the council and city manager. Davenport said he was a lifelong Lowell resident who graduated from Lowell High School in 2013 and then earned a political science degree from Ferris State University. He has already run for a seat on the city



Screenshot of Leah Groves during her Zoom interview with the city council on Monday, Nov. 30.

council twice and pointed out during the interview that he has attended every single council meeting for the past two years. Davenport said he applied for the open Council, continued, page 4

The Goldsmith family



pages 8-9

The Ryne Experience



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LHS sports

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ABCs of Lowell history: Ivan Blough



page 6

Annual WWC Luminary Hike a three day event



The Wittenbach Wege Center's annual luminary hike, the most highly attended event there, will run for three evenings this year. The hikes will take place from 5 pm until 9 pm on Friday, Dec. 11, Saturday, Dec. 12 and Sunday, Dec. 13.

Year after year, more than 1,000 people hike the WWC trails, lit only by candles, bonfires and the moon.

This year, attendees must sign up online for a specific time window for their hike, no spontaneous walk-ins will be accommodated.

Masks are required to participate, and groups must maintain six feet of distance from each

other. No dogs are allowed, either.

Unlike past events, the hike will be the only activity this year. There will be no warming fires, no activities in the cabin or the center, no gatherings or hot chocolate.

Cost for the event is \$2 per person or \$10 for a family. They will have long sleeve or short sleeve t-shirts for sale between \$15 and \$25 depending on size and style. Additional parking will be available at the high school.

For more information or to volunteer, email ccheers@lowellschools.com, call 616-987-2565 or find the WWC on social media.

LPD officer Jesalyn Heard to receive commendation

On Saturday, Nov. 28, officer Heard responded to the Hong Kong Buffet, 2155 W. Main, for a citizen assist complaint.

Ming Zou of the Hong Kong Buffet had taken and prepared a takeout order totaling \$43.67 for a customer who never showed up. Because restaurants are closed due to COVID-19 restrictions, the establishment heavily relies on its takeout

business to pay its bills. Zou expressed this to officer Heard.

Officer Heard managed to reach the person who made the order and found out the person was from the Battle Creek area and made a mistake calling a Lowell restaurant for food. Because it was such a large order, the restaurant would be losing a substantial portion of their daily revenue.

Officer Heard offered to purchase the food herself. Zou hesitated, but officer Heard persisted and paid the \$43.67 plus a \$5 tip.

Officer Heard will be awarded the Police Chief Commendation for taking action beyond expectations and for her thoughtful and caring gesture to a local business.

The award ceremony will take place on Tuesday, Dec. 7 at 2:45 pm.



50¢



Winter readiness tips from County Road Commission

DON'T

Trucks release salt and sand from the back of the truck - if you're too close to the truck, materials could hit your windshield & obstruct visibility.

Crowd the Plow!

NEVER PASS Plow on the RIGHT
Plows push snow to right shoulder & may use a wing (often 6-8 feet long) which is difficult to see.

BLIND SPOT

Don't assume the plow driver can see your vehicle. **The driver's field of vision is limited**
You may see them, but they may not see you.

Plow trucks travel between 25-35 MPH
Allow enough time & space to safely stop/slow down.

Maintain at least 200-foot distance from plow truck to:

1. ensure the driver can see you at all times
2. allow time for you to slow down or stop
3. avoid obstructing visibility from material release or cloud of snow

Remember: Plow trucks may need to "back up" at intersections during storm response - make sure to leave them room to do so.

The Kent County Road Commission is readying its crews and equipment for the season ahead. Here are some tips and reminders to help everyone prepare.

The average speed of a snowplow is only 25 to 30 miles per hour, but a large enough amount of snow pushed off the road can damage a mailbox that is not in optimal condition.

Before driving, make sure the vehicle is in good working order. Check the condition of the tires or consider snow/winter tires. Replace the wiper blades, if needed. Fill up

on antifreeze and window-washer fluid. Ensure the battery has sufficient charge. Try to keep the gas tank full.

No matter when incidents occur, it is best to be prepared. Car emergency kits help motorists navigate a potentially dangerous situation until help arrives. An emergency kit in the vehicle should include things like:

- A blanket and warm clothes (boots, coat, gloves)
- A flashlight
- Jumper cables
- Tow rope

- Shovel
- First aid kit
- Bag of sand or kitty litter for traction
- Cell phone charger
- Battery-operated radio

- Water
- Non-perishable food, snacks
- Reflective triangles

The State of Michigan has a downloadable Auto Emergency Preparedness Kit Checklist to assist the planning process, available at https://www.michigan.gov/documents/msp/AUTO_EMERGENCY_KIT_543641_7.pdf.

KCRC crews are trained and ready to respond to winter storms, and motorists can do a lot to help keep both themselves and our drivers safe.

Do not crowd the plow, maintain safe distance. Snowplows are large and operators cannot see directly behind the truck.

Slow down when you see

a snow plow. Snow plows travel at a slower speed; the most common crashes are motorists hitting the rear end of the plow. Stay

alert and watch for a plow's green and amber lights.

Do not pass plows on the right. Plows push snow to the right shoulder and many are equipped with a wing, a six to eight foot extension on the right-hand side of the plow. This wing is difficult to see and can do harm to a passing car.

Do not pass in a snow cloud. Be sure the road ahead is clear of vehicles or snowdrifts before attempting to pass on the left. A snow cloud could be caused by crosswinds or by a snowplow, so be patient.

Remember, plows do more than plow. Plow trucks also spread salt and deicing agents may spray your car. Maintain a safe distance between your car and the snowplow and be extremely cautious when passing on the left. And never pass a snow plow on the right.

Playing outside? Stay away from the road.

Stay far away from the road when standing or playing outside. Plows can

throw large chunks of ice and snow as they pass and the flying debris could hurt you.

Plow trucks are big, with blind spots, and a driver may not see you if you are standing too close to the road. A plow driver often has low visibility as snow flies onto the windshield. This makes it hard for the driver to see anyone along the road.

Never tunnel or build forts in the snowbanks along the side of the road. Drivers will definitely not see you if you have tunneled into a snowbank. If you're in the tunnel, you could be "snowed in" when a truck plows next to you.

Wear bright colors so drivers can see you better.

When working outside, KCRC employees wear high-visibility clothing and vests so that motorists can see them better. When children wear bright colors, it helps motorists and plow drivers see them better too.

Paycheck Protection Program

The Paycheck Protection Program was established by the Coronavirus Aid, Relief, and Economic Security Act to help small businesses survive during the early phases of the pandemic. Since enactment, over 5 million applicants have received forgivable PPP loans, protecting millions of jobs and allowing those businesses to stay afloat.

In the CARES Act, Congress intended to grant recipients of forgivable PPP loans the ability to deduct otherwise-deductible expenses associated with those loans for tax purposes. Loan forgiveness was intended as tax-free to keep workers employed during the pandemic.

However, the IRS contradicted congressional intent by formally declaring that borrowers who expect their PPP loan to be forgiven cannot deduct the PPP expenses on their federal tax returns. A business owner who used PPP proceeds to preserve payroll is unable to deduct the payroll and other ordinarily deductible expenses. Bills have been introduced in the Senate and in the House to fix this problem, but a solution could also be inserted into a much needed year-end federal stimulus package.

It is imperative to ensure that these same businesses are not subjected to additional and unexpected taxes as they continue to struggle to survive.. Borrowers eligible for PPP loan forgiveness have spent the funds as the program directed. These businesses may be forced to spend additional funds to pay taxes on the loan proceeds, funds they may not have. Passing this legislation as quickly as possible will provide small business owners more certainty as they focus on year-end business planning which is especially important in these challenging economic times.

It is imperative to ensure



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Ryne Exp's third album "The Onion Tree" out 12/18

by Tim McAllister
lead reporter

"The Onion Tree," the third full length album by The Ryne Experience, is coming out on Friday, Dec. 18.

The Ryne Experience is a loose conglomeration of collaborators centered around Lowell musician Ryne Clarke. The band identifies their music as "psychedelic alt-country," but that is far too limiting a descriptor for Clarke and his friends, you'll also hear elements of punk, grunge, folk, polka and plenty other genres in their material.

"The inspiration behind this album came from a dream I had that was really weird," Clarke said. "A couple weeks before our 'Funkytown' album was released, I had a dream that I was walking through a field and there was a big apple tree, but instead of apples it was onions. I pulled one off and took a bite out of it, and I said, 'One from the onion tree...' Then I woke up and wrote the song right away. I felt like it meant something, even if it was goofy!"

"The Onion Tree" was recorded between January and November of this year, some in Clarke's bedroom and some "social distancing" style, together but six feet apart outdoors at Camp Clear Sky near Lowell.

"We started back in January and got three of the songs done," Clarke said. "In May, we did five

songs outside at Camp Clear Sky. We still wanted to get together and jam, the weather was nice and we thought it would be a fun idea. We ran some power, miked everything up and recorded bass guitar, lead guitar, rhythm guitar and drums live together. The final album isn't entirely live because we overdubbed on top of it, but I think it added more of a real feel and captures our sound."

On "The Onion Tree," Clarke is credited with vocals, acoustic guitar, bass guitar, rhythm guitar, electric guitar, fuzz guitar, lap steel guitar, banjo, keyboard, organ, accordion, washboard, electric kazoo and samples. The other four core members of the Ryne Experience are Patrik Baney on drums, Kyle Kuhn on keyboards and vocals, Jerry Wenger on lead and bass guitars and Mitchell Evink on bass, vocals and "a little bit of cello."

"The whole base of the record, the majority of it, was done by the five piece band we've had put together for the past year," Clarke said. "But there are a few tracks that feature other people. We've got 37 people on this one! We pushed the limit. A lot of that is backing vocal parts where we brought in like 10 people to sing."

If you were a fan of previous Ryne Experience releases, you will most

likely enjoy this new record. Clarke and Jerry Wenger engineered, recorded and mixed the album, and John Shock of "Culture.m4a" was responsible for the final mastering. No matter who he plays with or how he records, Ryne Experience music definitely has its own unique, identifiable sound.

"I think with all of the influences that we bring together, it kind of turns into a real, natural, classic rock sound," Clarke said.

Three of the songs on the new album - "Gypsy Eyes," "Aliens" and "Baby Won't You" - are re-recorded versions of tracks from last year's acoustic "Shopworn" LP. The new song and lead single "Breakfast" includes a rap interlude by Brendan Mane and a horn section consisting of Brandino Proch and Sam Kenny. An absurd music video for the song is on YouTube at <https://youtu.be/M74nFuicJxs>. Trigger warning, there are constant ridiculous murders throughout the video.

"'Breakfast' was one of the first songs we finished, and I feel it's most representative of the album," Clarke said. "The whole song spurred from a jam session that happened really early this year. We recorded it with just the guitar and drums together then built it up from there. A big part of the video and the song was Elroy Meltzer. He



The cover photo for "The Onion Tree" was taken by Kirsten Lynn Smith.

does all the fun comedy stuff and he ends up killing me at the end. Brendan was the same person who rapped on our 'Frosting' song"

Another song, "Don't Wanna (Marijuana)," comments on the ambivalent relationship many have with what is quickly becoming one of Lowell's biggest industries.

"That's kind of a 'both

ways' song," Clarke said. "The narrator of that song is someone who doesn't know what marijuana is about and they're unsure about it. Then it turns into, eventually, once they try it, that they *only* want to do that. So they realize if they keep doing that forever, it's not going to be good. I think with a lot of things, not only with music and albums but with life, moderation is

the key." "The Onion Tree" will be available on all major digital streaming services (Spotify, YouTube, etc.) starting Friday, Dec. 18. A CD release is in the works. For more information about the band and their activities, visit ryneshyne.club, theyryneexperience.bandcamp.com or find them on social media.

Aging, disabled can get free assistance choosing Medicare coverage

Aging adults and people with disabilities in Michigan can receive free assistance selecting Medicare coverage.

Medicare open enrollment runs through Dec. 7. Assistance for residents who are eligible for Medicare - who are age 65 or above or have disabilities - is available from the Michigan Medicare/Medicaid Assistance Program, which provides access to free, unbiased counseling on

health benefits to help make selecting coverage easier.

The Michigan Medicare/Medicaid Assistance Program - working through the Area Agencies on Aging - has provided high-quality and accessible health benefit information and counseling, supported by a statewide network of unpaid and paid skilled professionals, since 1985.

There are over 600 counselors statewide,

specialists trained in Medicare and Medicaid law and regulations, health insurance counseling and relevant insurance products. Counselors are not connected with any insurance company, nor are they licensed to sell insurance.

Michigan Medicare/Medicaid Assistance Program counselors helped beneficiaries save more than \$51 million on their health care expenses last

year. Counselors can help residents:

Identify resources for prescription drug assistance.

Explain Medicare Health Plan options.

Understand doctor bills, hospital bills and Medicare summary notices.

Understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals.

Enroll in Medicare Savings Programs.

Review Medicare supplemental ("Medigap") insurance needs, compare policies and pursue claims and refunds.

Explore long-term care financing options, including long-term care insurance.

Identify and report Medicare/Medicaid fraud and abuse.

Open enrollment for the Health Insurance Marketplace runs until Dec. 15 and allows consumers to

evaluate plans and discounts.

Michigan Medicare/Medicaid Assistance Program counselors also are available year-round to assist with Medicaid enrollment for people of all ages.

For more information visit <https://mmapinc.org> or call 1-800-803-7174 to speak with a counselor. For more information about open enrollment, visit Michigan.gov/HealthInsurance or call 877-999-6442.

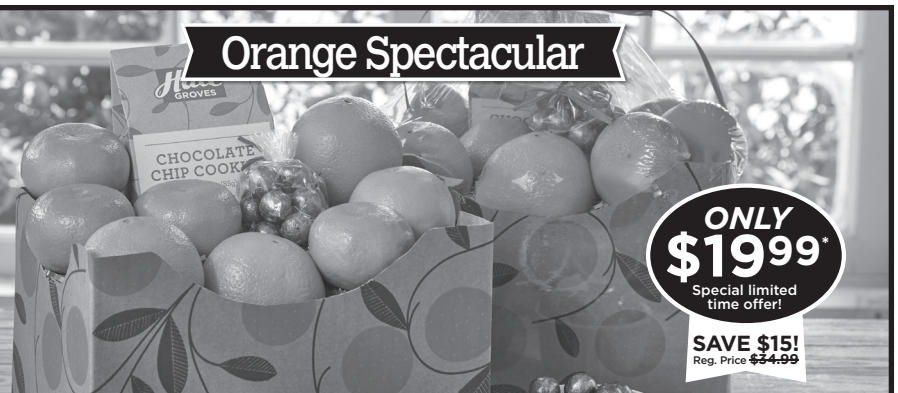
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the lowell ledger

Michigan consumers prefer to receive advertising inserts in printed newspapers – higher than those who prefer to receive them through direct mail¹

Michigan adults make more purchases as the result of newspaper ads than direct mail.²

79% Eight in 10 newspaper readers took action as a result of reading a newspaper ad in the past 30 days⁴

17.2% of adults made a purchase in the past 90 days as the result of a direct mail flyer³

82% of consumers use coupons received through newspaper inserts⁵

33% of Michigan adults prefer receiving coupons from direct mail.²

50% of Michigan adults did not buy anything as the result of a direct mail piece in the past year²

86% of adults look at newspaper inserts to get the best deals³

Direct mail lacks the **effective reach** of newspaper advertising.



Council, continued

seat because, “I want to be doing something to help our problems rather than just talking about it or complaining about it.”

“The pandemic has taken a toll on our small businesses, somewhat,” Davenport said. “I would like to see all of our storefronts full, I would like to see Lowell continuing to grow as it had been before the pandemic hit [and] I would like to see the relationship between our residents and the city improve.”

Badula was the next interview, his session lasted about 23 minutes. Badula said he was a native of the Detroit area who also used to live in Chicago. A Lowell resident since 2017, he is already a member of the Lowell planning commission. Badula said that, if appointed to the council vacancy, he would focus on finalizing the Showboat project and figure out what to do with the Fairgrounds, including the annual flooding.

“I want Lowell to be a better place for my boys growing up,” Badula said. “I want it to be the best that it can be.”

Finally, Dickerman’s interview lasted about 26 minutes. She described herself as a lifelong Lowell resident with experience spearheading major community projects and is the owner of Lowell business Optec, Inc. Dickerman said her vision for the city’s future would be to increase local diversity and solicit more input from the agricultural community.

“The city should be somewhat behind the scenes making sure that all of our public services are working flawlessly [and] the police department is working flawlessly so that people in the community can just live their lives and perform their business and not have to worry about all those behind the scenes things,” Dickerman said.

Once all five interviews were finished, the council and the city manager discussed the candidates’ pros and cons for approximately 23 minutes before voting 4-0 to appoint Groves.

“[Groves was] very well spoken, honest, and her willingness to learn,” councilor Jim Salzwedel said. “I thought her listening skills were pretty good. She has high standards.”

“She is the person that I knew the least of the five, and I was very impressed with her answers,” said



Katie Rademacher

councilor Cliff Yankovich. “She doesn’t have a lot of experience, but who among us brought a lot of city council experience to the city council?”

“Her interview was awesome,” said councilor Marty Chambers. “I think

mother perspective,” said mayor Michael DeVore. “It brings a ‘new resident to the community with outside ideas’ perspective.”

Groves, Salzwedel and Chambers will be up for reelection in Nov. 2021, DeVore and Yankovich in



Jake Davenport

she did a really good job. Jumping into these seats isn’t the easiest thing in the world, so I commend everybody for signing up and going through all this.”

“I would really like to see us have a female perspective on the board,” Yankovich said.

“It brings a female perspective and it brings a hard-working single

Nov. 2023.

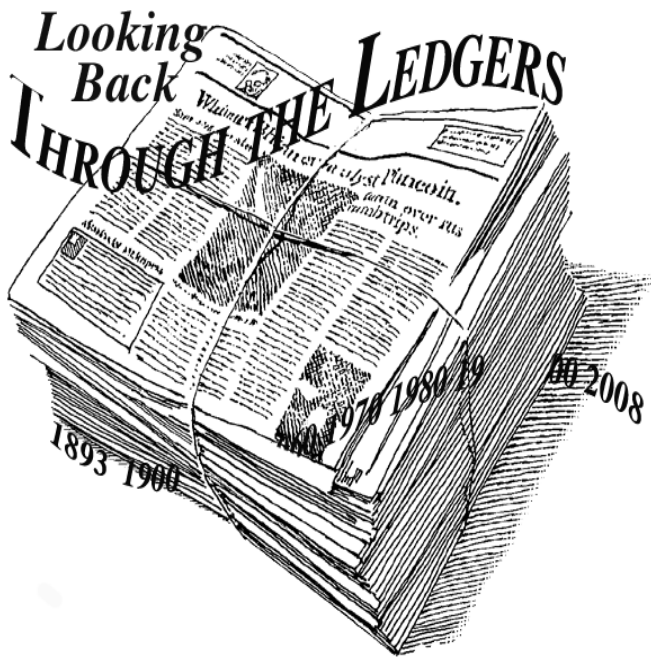
Lowell city council’s next regular meeting is scheduled to take place via Zoom at 7 pm on Monday, Dec. 7.

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



Michael Badula

viewpoint



125 years ago Lowell Ledger December 6, 1895

Those enterprising manufacturers and worthy citizens, A H Peckam and R J Flanagan, have quietly made a move that will be to the benefit of Lowell and we hope and believe, to its promoters. They have purchased the planing mill and factory plant of Goodrich Kropf, which will take possession of the same about the beginning of the new year, placing therein a large amount of the latest improved machinery for the manufacture of wood rims for bicycles, under the name and style of the Wood Rim Company.

Little Bessie Rauch, aged about 9 years, was kicked on the knee some time ago, by one of the school boys, in a fit of anger. The limb became very sore and painful and grew so much worse that she was taken to Grand Rapids the other day for treatment. It was decided that the limb must be amputated above the knee and the operation was performed, but is doubtful if the child recovers.

The village council of Saranac is wrestling with the problem of whether or not to call a special election for deciding whether the village shall raise a bonus for the establishment of a basket factory. One faction wants the election called and another is opposed to it.

100 years ago The Lowell Ledger December 9, 1920

The State Highway Department, having taken over the Lowell Upper Grand River Bridge, has made temporary repairs on same, and next season will build a new bridge, which will be a much-deserved treat for our local taxpayers, who have maintained the burden, unassisted for many years.

If the Grand Rapids news reporter who says that Kent county will pave Lowell Main Street, will drive over, we'll show him that Lowell already has the best paved street in the county, without waiting for the "Aid or consent of any other nation."

Little Eva Graham met with quite a serious accident, breaking her collar bone while at play with the children at school.

75 years The Lowell Ledger December 6, 1945

Mrs. Anna May Roth, who has been a member of

the faculty of Lowell High School for several years, will leave this week Saturday on a journey that will have as its final destination the town of Kodai, which is located in the extreme southern tip of India, where Mrs. Roth will teach English including Americanism and Americans, at a high school called the Kodikanal.

Oscar Nummer returned home Friday with a discharge from the army, having spent 3 years in the So. Pacific. He is the son of Mr. and Mrs. Fred Nummer of R 3.

Two bus stops have been established by the Common Council as an accommodation for Patrons of Short Way Lines. West bound buses stop at Henry's Drug Store and east bound buses stop at the King Feed Mill. The signs read, "No Parking - Bus". The public is kindly asked to refrain from parking at the bus stops. L. W. Rutherford claims that another reason for the change is to avoid double parking on Main Street.

50 years The Lowell Ledger December 10, 1970

The City Council ordered the City Manager Blaine Bacon to investigate the steps necessary to set up a housing authority to provide low cost housing for senior citizens and low income families in the community. The housing authority would work in the proposed urban renewal program scheduled to get under way next year.

A high speed chase beginning on south Hudson Street and ending at a residence on 64th Street in Alto brought an Alto resident a heavy fine and time in jail. According to the police report, Walter Earl Hall, 21, of Rt. No. 2, Alto, was traveling at a high rate of speed on Main Street, then turned south on Hudson Street. Hall refused to pull over when signaled to by officers of the Lowell Police Department and increased his speed in excess of 90 miles per hour in addition to 'running' two stop signs. When stopped he resisted arrest.

It all started with hot fudge sauce. Although many pleased customers are familiar with Rosemary's Country House as a gift shop on Ada Drive, a large portion of them might not realize that behind the scenes another venture literally cooks. Rosemary's Sauces have moved to Ada. The well established mail order company now has a local address and is entirely owned by Kitty Roberts.

25 years The Lowell Ledger December 6, 1995

With nearly 70 percent of the funding accounted for and the site plan approved, the Lowell Library committee has now set its sights on getting bids in January. Dan Durkee, of Fishbeck Thompson Carr & Huber Inc., will undertake that part of the project for the library committee. January has been determined as the best time to get the most competitive and lowest priced bids.

Pitch Wrecking, of Grand Rapids, carried out the demolition of the Hobby Stop building on the corner of Lafayette Street. The cost for the demolition of the building was \$5,000. The King Company Inc. of Holland is scheduled to begin installing sheet pile this week. The cost for the installation is \$92,500.

The possibility of wetlands could impede the progress of the Mill Isle Estate subdivision development. Matt MacGregor, district supervisor for the land and water management division, said DNR's Chuck Towns has identified land adjacent to the proposed development as having substantial wetlands.

to the editor

Dear Editor,

This past Monday I was at the store eating chicken wings and reading the Lowell Ledger.

My first interest was the recent City Council Meeting, being amused as the council was joyfully backslapping themselves about the recent flurry of marijuana stores and what a fine job they had done constructing the various ordinances. There wasn't any mention of skyrocketing property values and whether this might cause a rise in Lowell's residential or commercial property taxes?

We had one incident where a very nice senior lady parked her car at our store and then walked to the adjacent marijuana facility. I noticed this and when she

returned, politely asked her if there wasn't any parking room at the M store. She was very pleasant and came into our store and purchased a few candy bars, a bird feeder and marveled at our bird food, looked around and left.

The other significant article was about our new Lowell Light & Power manager, Charlie West. As usual Lowell Light & Power gets the very best. In our 33 years in Lowell we have lost power less than a total of two hours. We have the best electric utility in the Midwest, the North East isn't even close.

One final thought: Replacing Greg Canfield is impossible. Exceptional!

Charlie Bernard
Lowell



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

- sleep apnea

Most people with sleep apnea do not even know they have a serious medical problem because it often goes undiagnosed. Estimates are that more than 12 million Americans have sleep apnea. Sleep apnea occurs when breathing stops for short periods frequently while sleeping. Snoring is a common symptom of sleep apnea although all people who snore do not necessarily have sleep apnea. During apneic episodes oxygen concentration drops and carbon dioxide builds up in the blood stream. People with sleep apnea may have hundreds of these episodes every night.

Besides causing poor sleep quality, untreated sleep apnea can lead to high blood pressure, weight gain, fatigue, and cardiovascular problems.

Symptoms of sleep apnea include severe snoring and periods of stopped breathing (apnea) lasting several seconds, excessive daytime fatigue, lack of concentration, weight gain, and falling asleep at inappropriate times.

Risk factors for sleep apnea are obesity, high blood pressure, a thick neck, enlarged tonsils, sleeping on

the back, low thyroid, and use of alcohol and sleep medications.

Sleep apnea is diagnosed by reviewing your medical history, symptoms and getting a sleep study. A sleep study involves monitoring your sleep and recording the frequency and severity of apneic episodes, while checking the blood oxygen levels, heart rhythm, rapid eye movements and abnormal leg movements. These studies are usually performed in a sleep lab after consultation with a pulmonary specialist.

The usual treatment of sleep apnea is to use a mask and small machine (CPAP) to provide continuous positive pressure to keep your airway open while sleeping. Occasionally surgery to remove enlarged tonsils or part of the soft palate may be recommended. Losing excess body weight may also improve sleep apnea.

Individuals that have been diagnosed with sleep apnea and are treated appropriately, experience a significant improvement in quality of life and better health.

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.

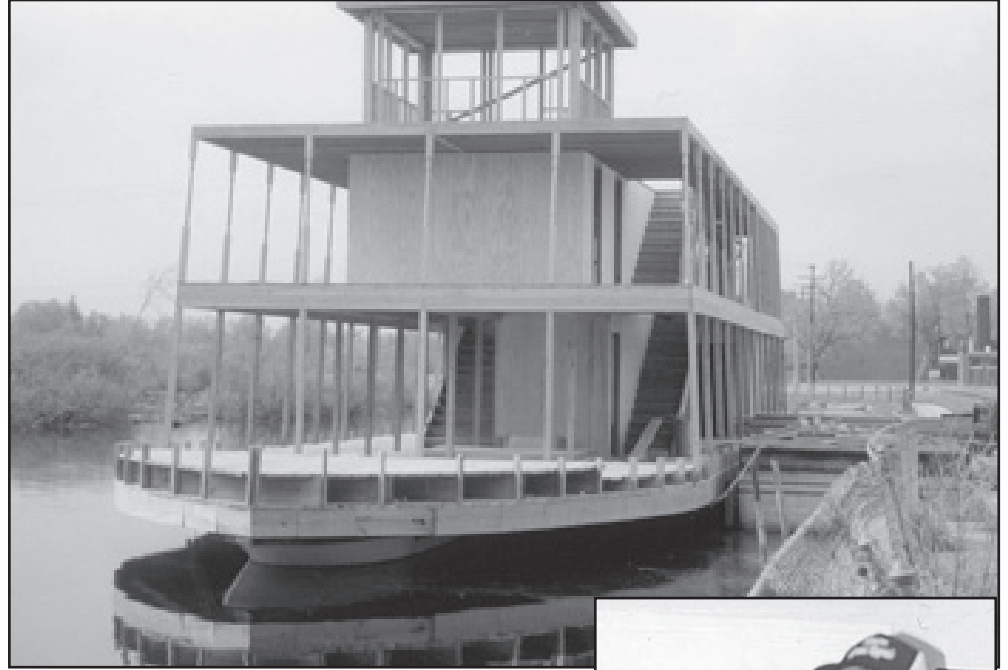
I is for Ivan Blough

As Showboat VI takes shape in the Flat River north of Main Street, it is an opportunity to remember and introduce new residents to 'Mr. Showboat', Ivan K Blough.

Ivan was born on a farm near Alto in 1932, the only son of Ira and Laura (Krebs) Blough. He graduated from Lowell High School in 1949. In 1951, he married his high school sweetheart, Carolyn Jane Barber and a year later, they moved to Lowell. Ivan didn't become just a resident of Lowell, he made Lowell a better place to be. He truly cared about his community.

Ivan and Carolyn Jane lived on Jefferson Street where they raised a family of four children: Michael, Cindy, Mark and Melinda. Carolyn Jane was a teacher and reading consultant for Lowell Area Schools while Ivan worked for Walter's Lumber Mart and then formed his own business, Ivan K Blough Builders.

It was the early 1960's when Ivan became involved with the Showboat. He served as a head usher for the next 20 years. In 1979, Ivan K Blough Builders



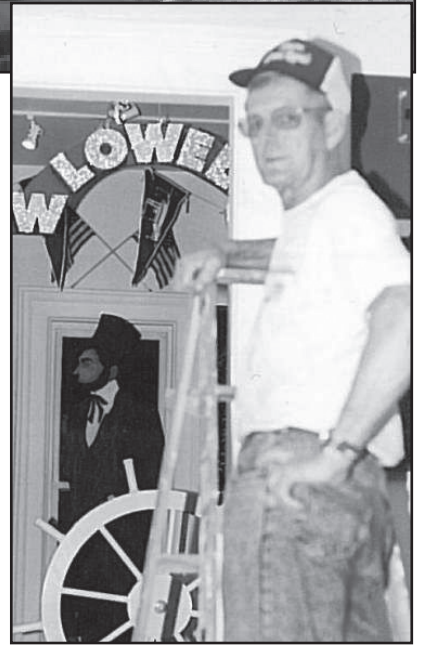
built Showboat number five after a tornado-like windstorm had destroyed the previous boat. Ivan did not give up on the Showboat even after the final show in 1997. He dreamed up a way that the Showboat could still be used - as a backdrop for summer music events. Lowell's Sizzling Summer Concert Series began in 2001.

Ivan's name became synonymous with Showboat. He wanted to keep a part of Lowell's wonderful history alive for the present and future generations to enjoy. He kept the Showboat repaired and painted. Each season he put a lighted icon on the boat's top deck to represent the season including a Christmas tree, Valentine heart, Irish clover, Riverwalk duck, 4-H clover, school bus front, 'L' with a pink arrow through it, and a scarecrow. The Showboat was such a part of Ivan's life

that his family had it etched on the back of his headstone.

Ivan was a great friend, tireless worker and integral part of the Lowell Area Historical Museum. He and Carolyn Jane were charter members, and he served in many roles, including President of the Board. When he said, "It's time

to quit talking and start the Museum," we did. Ivan personally refurbished the walls and floors of the Graham Building and built displays like the pioneer log cabin in the Early History Room. He was also largely responsible for finding the memorabilia to display in the Showboat Room. When an article was found in the Root-Lowell newsletter of 1947 showing a picture of the Pere Marquette/Lowell

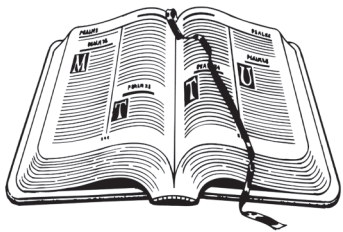


Cutter Factory/Showboat whistle, Ivan found that whistle.

Ivan passed away in 2010 in an accident doing what he loved, serving his community.

As we move on to Showboat number six with excitement, we also take the time to remember and honor those who preserved the Showboat and its place in time and in our hearts.

area churches



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

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
 RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

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 Bolkom • 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
 Traditional Service: 9 am
 Contemporary Service: 10:30 am
 Sr. Pastor - Brad Brillhart

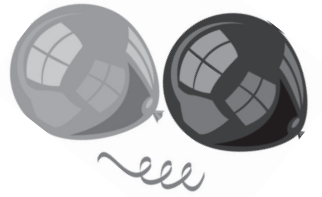
FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST
 865 Lincoln Lake SE • lowellucc.org

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

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

happy birthday

- DECEMBER 2** Kristopher Vezino, Maria Chelsey Treglia, Kari Blough, Christopher Bergy, Karly Batt, Olivia DeBolt, Marc Wernet.
- DECEMBER 3** Jennifer Berry, Jeni Buck.
- DECEMBER 4** Chris Chambers, Christine Gillies, Amanda Sterzick, Richard Kline, Jennifer Kovacs.
- DECEMBER 5** Christopher Vickers.
- DECEMBER 6** Katie Blough,
- DECEMBER 7** Jennifer Berry, Jeni Buck.
- DECEMBER 8** Mike Cummings, Ellen Miller.
- DECEMBER 9** Jennifer Berry, Jeni Buck.
- DECEMBER 10** Jennifer Berry, Jeni Buck.
- DECEMBER 11** Jennifer Berry, Jeni Buck.
- DECEMBER 12** Jennifer Berry, Jeni Buck.
- DECEMBER 13** Jennifer Berry, Jeni Buck.
- DECEMBER 14** Jennifer Berry, Jeni Buck.
- DECEMBER 15** Jennifer Berry, Jeni Buck.
- DECEMBER 16** Jennifer Berry, Jeni Buck.
- DECEMBER 17** Jennifer Berry, Jeni Buck.
- DECEMBER 18** Jennifer Berry, Jeni Buck.
- DECEMBER 19** Jennifer Berry, Jeni Buck.
- DECEMBER 20** Jennifer Berry, Jeni Buck.
- DECEMBER 21** Jennifer Berry, Jeni Buck.
- DECEMBER 22** Jennifer Berry, Jeni Buck.
- DECEMBER 23** Jennifer Berry, Jeni Buck.
- DECEMBER 24** Jennifer Berry, Jeni Buck.
- DECEMBER 25** Jennifer Berry, Jeni Buck.



Lowell Showboat donors and sponsors as of Dec. 2

FIRST DECK

Dave and Kelli Powell

PILOT HOUSE

Thomas W. Richmond Trust

GRAND STAIRCASE

M. James Gunberg Family Foundation

SMOKESTACK

Mark and Theresa Mundt

SUN DECK

Ivan K. Blough Family

ELEVATOR

Gilmore Collection

BOW DECK

King Milling Company

POOP DECK

ASG: Attwood Corporation

AFT DECK

Attwood Corporation

CAPTAIN'S WHEEL

Travis and Staci Gemmel
Alec and Karen McPherson
Moran Iron Works, Inc.
Ryan and Tamara Pawloski
Jim and Lynette Salzwedel
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Walnut Grove Excavating

PERGOLA ENTRANCE

Canfield Plumbing and Heating
Dr. James and Becky Reagan

PERGOLA ENTRANCE, CONT.

Lisa Sostecke, DDS and Alan Rumbaugh
Ray Zandstra Family

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Mike and Jen Burns
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Peggy Lapenna
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River Valley Credit Union
Beckie Seese
John Sterly
Suez
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Advanced Eyecare Professionals
Avon - Sherry Grimm

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D&L Tax Service: Linda Todd
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Dale and Jan Hanson and Family
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Annie Charles
Phil Cloud
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Nate and Kim Fowler
Mark Gould
Sandra Graham
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Mark and Ha Homolka
John and Pamela Jordan
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Christopher Mast

SWABBY, CONT.

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Deborah Newsted
Richard and Kristin Perry family
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Brian and Lyndsey VanderMeulen
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Anna Walz
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WION

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Nate and Kim Fowler
Sandra Graham
Verne and Phyllis Heusted
MSG Benefits LLC
Patricia Story
Marsha Weeks
Wolverine Employee

Brick Opportunities

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

BRICK ORDER FORM (Please make a selection below)

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

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: \$ _____



NATIONAL ADOPTION MONTH

“Our adoption story”

by Tabitha Goldsmith

“I could never do that!” “I would get too attached.” “My husband would never go for it.” “I need to figure out how to parent my own child before considering others...”

These are just a few of the common responses I have heard regarding foster care. They are completely understandable, because I said many of them myself before we began on this journey. We also said we could only take one child under the age of two because four kids was the maximum we could handle. Now, as a family of 10, clearly that has changed.

Almost 15 years ago, Andy and I were newly married, had no children and were pretty naive. I

remember one afternoon talking to a young couple about their choice to be foster parents before having biological children. I was baffled and inspired, and I wanted to learn more.

That entire evening I sat in tears at our home in Arizona, scrolling through hundreds of faces of children up for adoption at mare.org.

A 6-year-old boy wrote, “All I want is a family to love me. I hope they have a dog. I am really good in math and promise to keep my room clean.”

In a short moment my heart was changed. Of course I heard of starving children in other countries, but here? In my own backyard? I was clueless.

This sparked conversations with my husband that lasted another 10 years before we became licensed foster parents.

Soon after this, we became pregnant with our first son and moved back to Michigan to start our family. Elijah is now 12 years old and such a bold leader as the oldest of eight. Emery was born 16 months later and brought some unexpected curveballs. He was diagnosed with Down Syndrome at birth, which required two open-heart surgeries and many hospital stays. One more precious boy was born, Easton, who rounded out what we thought was a beautiful family. Yet that seed of foster care, planted many

years before, continued to sprout.

Eventually, Andy began to tag our date nights as

discussions on my two favorite Fs: foster care and fitness. He finally agreed we could have one more child and declared, “I don’t care if we go to China and adopt, do foster care or have one more biologically... but only one.”

That was all I needed to hear! By the end of that day we were all signed up to take the classes to become foster parents, after 10 years in the making. And so it began.

Because our three boys were so young, we became licensed for only one child under the age of two. The plan was to keep birth order because that sounded right. About a year later, a sweet one-year-old girl temporarily joined our family. At our first parent visit, I was taken back by the

want,” he said.

No prompting. No leading. It didn’t come off of yet another story I would excitedly tell him after running into a foster or adoptive family at the store. No. It was, in fact, a humbling lesson.

Less than a month later, Sept. 8, 2017 (our 10th wedding anniversary), Kamber joined our family. A beautiful little girl with black ringlet hair, wearing a dirty onesie and shorts labeled “three months.” She was much too small, for even a petite 20 month old, wrapped in an oversized black and gray fleece cheetah blanket. They handed over this scared, quiet little girl and left within minutes. No diapers, food or instructions. I was



Letters to Santa

This year we are collecting letters to Santa from Lowell area children. Each letter will be published in the Buyer’s Guide & News on Dec. 20. Any child that sends Santa a letter will get a personalized letter back from Santa at the North Pole. *(please include your address in your letter)*

Letters can be mailed to: PO Box 128, Lowell, MI 49331
Emailed to: classifieds@lowellbuyersguide.com
or Dropped off in our Santa door at 105 N. Broadway

Buyer’s
Guide and News

pull in my heart towards the biological mother. Before long, I found her sobbing in my arms, thanking me for taking care of her baby. I assured her that we would work together to get her little girl home. That little girl did go home and is doing well. It is such a gift to still get occasional updates. In the meantime, I found out I was pregnant with our fourth son, Ezra.

We needed time to adjust. Although I still felt called to foster care, during that season we said “no” to several placements, including the newborn baby brother of our first placement. Our license was placed on hold. We already had four children, one with special needs, our plate was full enough. It became a bit easier to practice patience and not know what was next.

I will never forget the feeling during a conversation two years later with Andy. As he drove the car, I stared into the nearby water, contemplating, praying and pleading in my head for clarity. Just as we crossed the local bridge, my husband spoke words that ring in my ears to this day.

“We can reopen our foster care license if you

in shock. We snuggled and sang songs, then took a bath and got fresh clothes. Soon enough, she was playing but never strayed far. It took almost a full year before she would step out from behind me and naturally smile around new adults.

At every court hearing the caseworker would speak on the stand about how different this little girl was compared to the beginning of her stay in our house. She was slowly feeling safe, secure and connected. Watching her transform before my eyes will forever make foster care worth it.

Plot twist, two months later, on Oct. 29, 2017, her brother Travis was born. This blonde haired, blue eyed little boy came into this world with a happy, calm disposition. With an infant in the home, we went to visits with their biological parents three times per week for two hours each. It was important for us to build a relationship with the children’s parents and make it clear we were not there to replace them. They had my cell phone and were welcome to text with questions or updates. Early on we even invited them to church and would visit at McDonald’s for lunch afterwards. Occasionally I



“Our adoption story” by Tabitha Goldsmith

gave their mom a ride to the bus stop during the winter months. Although this is not the norm in foster care, it was important to build trust and let them know we believed in them.

No parent wakes up with the intention of neglecting or hurting their child. We all make mistakes and should have the opportunity to learn from them. Sadly, I find many biological parents give up. Without support or even their own self worth, the task feels nearly impossible. We tried our best to extend grace, love and forgiveness even in difficult circumstances, hoping they would do the work.

This continued for another year with many ups and downs. Six months in, an appropriate family member came forward to take the kids. We thought for sure they were leaving, however the agency, attorney and judge decided otherwise. Then on Dec. 12, 2018, Violet, a full sister to Travis, was born. It was such a mix of emotion to go to the hospital directly following court and bring her home. My heart broke for the mom, who was healing, and for the grandparents who insisted they were taking the baby girl home with them.

The big “Termination of Parental Rights” hearing was just two short months later, on Feb. 18, 2019. My heart broke for the parents and these three children. The plan was to allow the parents to sign off rights on the two big kids, after 1.5 years of no progress, and be given the opportunity to work a new plan with the baby.

Unfortunately, they did not show up to court. I know this was because they felt defeated. They felt the decisions were already made and did not want

to endure the three-hour-long hearing with endless testimonies as to why they are unfit parents. The judge was frustrated they did not show up, and ultimately decided to put the newborn baby on the same plan with the two older kids. All three were now headed to adoption. I was shocked, sad and nervous for what was to come, but excited about what this might mean for our future.

Visits stopped. Caseworker and licensing visits minimized while an adoption worker took the lead. Things seemed to be hitting a new normal and we felt like a family of nine. This was where things drastically changed.

In May 2019, I attended a conference with a father and son duo speaking about their personal experience of adopting older kids from foster care. Their perspective changed my heart completely. Just a few days later, our caseworker said something that would rock my world.

“I just wanted to ask you and Andy to pray for a little seven-year-old boy,” the caseworker said. “He is amazing - so smart and adorable - and needs a forever home. He is also the half brother of Kamber.”

I would have never considered an older child until this point. Although keeping siblings together is incredibly important to us, we also had older boys and a child with special needs that increased our protectiveness. All important things to consider when taking a placement.

It took one visit to decide. We met at a park to play, introducing us as a friend of his current foster mom to keep it casual. The kids had a blast. Ethan was so intrigued by our family, he joked as we left that he



wanted to go home with us. Everyone laughed, and we casually said goodbye. At the time, no one knew Ethan and Kamber were related. They had never met before that day. To this day the instant bond between Ethan and Kamber still makes my heart melt. As we left, tears rolled down my cheeks in silence, the significance of this decision weighed heavy. Suddenly my oldest son Eli, yelled from the back of our 12 passenger van, “So when does he move in?” Out of shock I didn’t speak right away. He followed up with decisiveness, “Mom, he doesn’t have a family, we have an extra bed, we have room for him.” The other boys eagerly agreed.

We became a family of 10 within the next month. After two successful overnight visits, on June 8, 2019, Ethan moved in. During a session with his counselor and myself, we discovered that Kamber was Ethan’s half sister. He was so thrilled, especially

after being separated from his two older siblings (now with their biological dad) and three younger siblings (now with an aunt), whom we all visit with regularly. These homes were not the right fit for him.

Looking back, summer of 2019 was a whirlwind of emotion. Trauma changes the brain. The honeymoon phase ended quickly and we soon realized this was going to be the hardest thing we ever encountered in our five years of foster care. Sibling fights, daily phone calls from the school, behaviors that were used to survive now needed to be changed. I ran an emotional marathon daily. Thankfully, with lots of therapy, constancy of connection before correction, medication and the grace of God, we have a kid who is now thriving.

Finalization of adoption took much longer than expected. The average is three to six months after termination, ours took 19 months. In between, we

experienced the COVID-19 pandemic and my least favorite thing, quarantine. I love my kids, but I didn’t sign up to be a 24/7 teacher, therapist, cook, maid, friend or referee at times! Exhausting, but it was actually a gift looking back, teaching us all valuable lessons within our home. Grace, problem solving, forced slow down, more frequent family dinners, lots of game nights, dance parties, way too much baking and no jealousy over friends because they could only play with one another.

Finally, on Sept. 9, 2020, our four foster kids became Goldsmiths. It was a bit anti-climatic, because due to COVID, no in person court hearings were allowed. We got a text message, however, telling us. At the last minute, my friend made the most beautiful cake with each of their names and a

sign that read, “Best day ever!” A few weeks later we fulfilled one of Ethan’s dreams of having a big party to celebrate his adoption. It was at a gymnastics center that was able to operate during the pandemic. Such a sweet memory.

For anyone considering this road, I encourage you to pray, talk to other people and research. It nagged and pulled at my heart for 10 years before we finally took the leap. Many days I felt I was walking blindly, yet there has been no greater exercise of trust in God. And although some days I still feel completely lost in this journey, He provides a door, a window or sometimes just a crack to the other side.



choosing healthy
Virtual
supper club
Sunday
December 13, 4-6 PM

PLANT-BASED

HOLIDAY RECIPES
Cooking Demonstration
by Dayana Kaboos



Live Streaming Event

www.lowellriverside.org
Click on Top Menu “Choosing Healthy”

Downloadable recipes on Choosing Healthy Page on website
Text questions to Dayana @ 616.987.0567

Equestrian Team

A LOOK BACK IN TIME

Red Arrows bring home state title

2000

The Equestrian team at LHS has progressed rapidly over the past few years. The team thought taking third place at last year's stat competition was a great accomplishment, but this year the Equestrian Team honor our school by doing even better. The members had the privilege to take part in winning the first place trophy at state. The team competed in Detroit at the State Fairground October 5-8. they scored 280 points,



crusing to a victory over the second place team, the Ann Arbor Pioneers, who scored 239 points.

The fact that we're all friends makes us come together as a team is what makes us successful.
Jeanie Dunn



Lowell defends their state title and brings home the trophy

2002



Gail Parker thought her Lowell Equestrian program had its "Golden Moment" two years ago. Then came Sunday at the Michigan State Fairgrounds in Detroit in the Class C Division state championship. Lowell entered the final day in seventh place before mounting a most remarkable comeback in winning its first ever Class C Division state championship. Lowell won a Class A Division state championship two years ago. "This was very much a team effort, and such well deserved," said Parker, Lowell's equestrian coach. "There will be another trophy. These girls have seen what it takes to win. They went out there and did their best against the state's best.

Lowell equestrian team wins Division C state title

2007

The Lowell equestrian team won big last weekend at the MIHA state championship, taking first place in Division C. With 20 districts across the state and 353 teams made up of more than 2,000 riders, the win was big for Lowell. On the last day of competition, the team realized they only needed 10 points in the two

classes to win. Kendall Hewitt and Amber Waldron got the 10 points in the Western Riding class. The team also competed in the last class, a two-person realy. Amy VanEns, Waldron, Jessi Meyers and Hewitt earned 255 points to win the championship, 45 points ahead of its nearest competition.



Red Arrow

- WINTER

SPORTS

Déjà vu - Michigan high school sports wait and hope

by Justin Scott
contributing reporter

It feels like this article has been written before. That's because it was, just three short months ago when fall sports were on hold to begin the season. Circumstances since then have shifted, unfortunately mostly for the worst.

When the fall sports season was on hold, the COVID-19 situation in Michigan sat at 17,000 active cases. Today, that number is 180,000 active cases. When the fall sports season was on hold, it was mostly outdoor sports that were being postponed. Now, it's mostly indoor sports where social distancing is even more difficult, if not impossible.

The fall sports season, despite all the concerns, did go on. The question on everyone's mind, is will winter sports and the remainder of the fall sports season go on?

Michigan's football and volleyball seasons are not yet over, neither is the girls swim & dive season. For Lowell, the volleyball season is what is on everyone's mind. The Lady

Arrows have a quarterfinal matchup with Portage Central on the agenda, with a TBD in place of the date for the time being.

Lowell's ski, wrestling, basketball, gymnastics, bowling, and competitive cheer teams await word they can begin practice as the high school moves to all virtual for the remainder of 2020.

For all the déjà vu, the feeling that this has happened before, this time it is different. The COVID-19 pandemic is worse than before, and to get our student-athletes safely back to competition, improvements will likely be necessary.

There has been good news from pharmaceutical companies around the world, including Michigan's Pfizer, regarding vaccines. The emergency order suspending high school sports, issued by the Michigan Department of Health and Human Services will expire on December 8, at 11:59 PM.

While we wait for the return of sports, Lowell



Lowell High School. Stock photo.

High School announced several recent academic achievements from their fall sports teams. The girls volleyball team earned academic all-state honors from the Michigan Interscholastic Volleyball

Coaches Association. Sophie Powell and Jenna Reitsma earned individual honors. The Lowell girls golf team earned similar accolades from the Michigan Interscholastic Golf Coaches Association

with Lexy Kaptcia (all-academic) and Addison Bruwer (honorable mention all-academic).

The Lowell boys tennis team earned Academic All-State team honors from the MHSTeCA, with a ranking

of ninth in the state. Will de Voest and Mason Thomas earned individual honors. Annika Sandman earned MITCA Academic All-State rankings after running in the cross country state finals earlier this season.

Unemployment benefits scam

Michigan Attorney General Dana Nessel has issued an important alert advising residents to be aware of a current scam taking advantage of claimants who are collecting unemployment benefits.

Claimants are receiving an email from a Gmail account that appears to be from the Unemployment Insurance Agency (UIA) asking for personal information. The scammer is also attaching what looks like an actual communication from the UIA in an apparent effort to strengthen the credibility of the email.

"There is no government agency, state or federal, that uses Gmail for official purposes," Nessel said, noting the scammer's email address. "Michigan residents should always examine the full email address if the sender is requesting their personal information."

If you received this email, do not respond.

UIA would never ask you to reply to an email with your personal information. Responses to ID verification requests from UIA should only be uploaded through your secure Michigan Web Account Manager

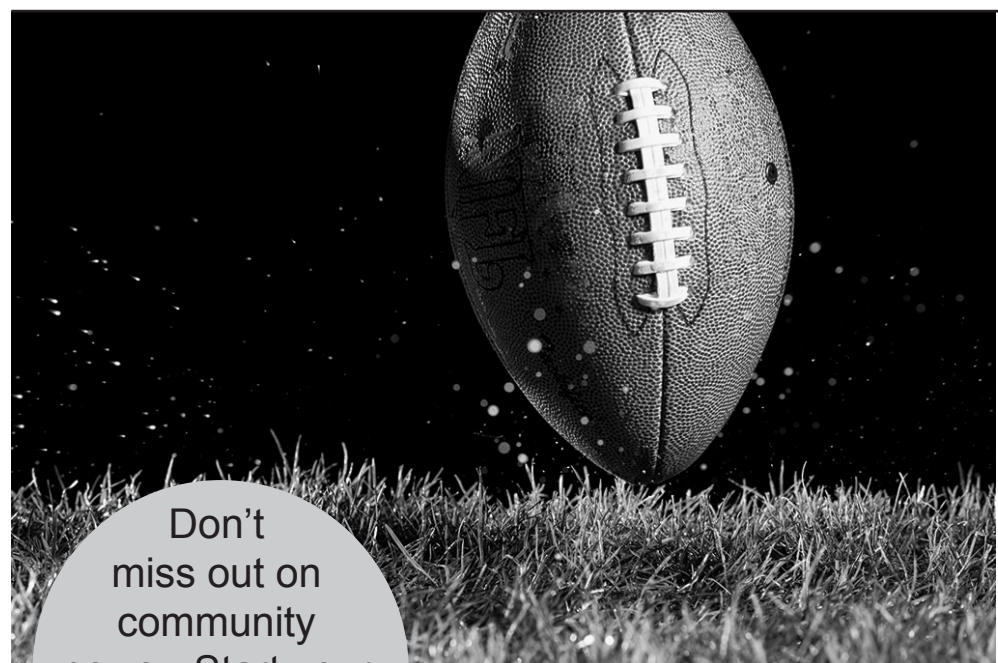
(MiWAM) account online at the UIA's website, where you can also learn more about protecting yourself from identity theft.

Anyone who has fallen for this scam should

immediately Report Fraud or Identity Theft with the UIA. They should also monitor their banking and account information each time they certify for benefits.

"Bad actors are increasingly sophisticated in their efforts to deceive people into giving away personal information," said Nessel. "This is one of the cruelest scams I've

ever seen because it targets vulnerable residents who are desperate to receive their UIA benefits – so desperate that they may not inspect the email address to confirm its validity."



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obituaries

AREHART

Michael Arehart, age 83, of Lowell, passed away Friday, November 27, 2020. He was born February 24, 1937 in Chicago, Illinois. Michael and his parents moved to Lowell when he was six months old and he spent most of his life there. He attended Lowell Schools, Grand Rapids Community College, and Western Michigan University. He enjoyed a career in education, teaching in Detroit, Grand Rapids and then in Ionia Public Schools for 30 years. Michael was preceded in death by his parents, George and Ruth Arehart. He is survived by his wife, Jeanne; daughter, Cheryl (David) Cash; step-children, Craig (Sue) Schneider, and Carol (Earl) Maynard; grandchildren, Jared Cash, Missy (John) Frost, Julie (Adam) Rossell, Heather Maynard, Daniel Maynard, Adam Maynad, and Shannon (Andrew) McCaul; brothers, John (Kay) Arehart, and Robert Arehart; very special nieces, nephews, and great-grandchildren. His wishes were to be cremated and upon his wife's passing they will be buried together at Oakwood Cemetery in Lowell, and a family gathering will take place. Memorial Contributions can be directed toward St. Jude's Hospital, PO Box 50 Memphis, TN 38101



DOTY

Linda Gray Harley Doty, age 80, met her Lord and Savior on November 17, 2020 at Gulf Coast Medical Center in Ft. Myers, FL. Linda was born September 22, 1940 in Toccoa, GA to parents Herbert and Ruby Harley. She was the oldest of five siblings. On August 5, 1961 she married James Scott Doty and they raised four children. Linda loved her family. She was of the Baptist



faith and served Jesus throughout her whole life. From having Good News Clubs, Awana leader, Sunday School teacher, singing in the choir, to witnessing to anyone she met. A 1958 graduate of Fordson High School in Dearborn Michigan she played basketball, tennis, and was on the swim and dive team. She continued to swim into her adult life, and also served

as a lifeguard. She had many jobs throughout her life, but her favorite was as a school bus driver with Lowell and Saranac schools. Linda was predeceased by her husband, James Scott Doty; parents, Herbert and Ruby Harley; brother, Lee Harley (Dianna); sister, Martha Renee Harley "Tootie"; grandson, M. Aaron Wright; and great-granddaughter, Eliza Gray Doty. Surviving siblings, Glen Harley (Kathy), Carole LaRue (John); her children, Gregory Doty (Jeanne), Geoffrey Doty (Kristen), Jamie Wright (Mark), Jennifer Pennington (William); grandchildren, Andrew, Zachary (Stephanie), Kevin (Courtney), Allison (Drew), Elizabeth, Evan, Dakota, Kaleb, Amanda, and Serena; great-grandchildren, Alyvia, Zoey, Aaron, Macy, Haegan, and Hazel. The family would like to thank her caregivers at the Anthurium, Lehigh Acres FL for taking such good care of her in her last years.

KLING

Albert Herman Kline, life-long resident of Lowell, MI., went home to be with his Savior on Sunday, November 29, 2020, at the age of 65. Albert is survived by his wife, Rita; daughter, Carolyn Ann (Bernie) Diekevers; brothers, Michael (Pam) Kline, Daniel (Jamie) Kline, and Philip Kline; two beloved grandchildren, Bernie Logan



and Morgan Jasper Diekevers; several nieces, nephews, and cousins. Albert was born on April 21, 1955, to Leslie and Phyllis Kline. He married Rita Ann Reinke on May 14, 1976, and they happily spent over 44 years together. Albert went on to have a long and successful career in trucking, that spanned over 40

years and millions of miles. He ran his own trucking company, Showboat City Transportation, for 10 years and finished his career with VanEerden Trucking. Over those 40 years, Albert was never involved in an at-fault accident. Albert was a life-long motorcyclist. He started riding at 12 years old after his brother Dan got him a mini-bike. He loved his 2012 Harley-Davidson Road Glide. Albert was also an avid boater and cruised the Great Lakes for over 30 years in his 30' Sea Ray, Sweet Haven. Albert loved his family, his Boston Terrier, Molly and his Punch cigars. Family and friends are invited to attend visitation from 5:00 PM to 8:00 PM on Thursday, December 3, 2020, at Roth-Gerst Funeral Home, 305 N. Hudson St., Lowell, MI. Funeral services will be held at 1:00 PM on Friday, December 4, 2020 at the Lowell United Methodist Church, 623 East Main St, Lowell MI, Pastor Brad Brillhart will officiate, with visitation one hour prior at 12:00 PM. Social distancing and masks are required.



LASBY

Merilu Beverly Lasby, age 86, of Lowell passed away November 24, 2020. She was preceded in death by her husband, Allen Lasby. Merilu is survived by her children, Karen (Mike) Thomas, John (Terri) Lasby, Donald (Diane) Lasby, and Scott (Rhonda) Lasby; 21 grandchildren, 35 great grandchildren, 8 great-great



grandchildren, several nieces and nephews; and canine companion, Charlie. Merilu enjoyed crocheting and bowling, but her favorite times were spent with her children. Visitation with the family was held Monday, November 30, 2020, at Roth-Gerst Funeral Home, 305 N. Hudson Lowell, Michigan, 49331. Funeral services took place Tuesday,

December 1, 2020 at 11:00 AM, with visitation one hour prior, at Roth-Gerst Chapel, Pastor Brad Billhart of Lowell United Methodist Church, officiated. Burial took place following services at Oakwood Cemetery. Social distancing and masks were required. The service was livestreamed at 11 AM EST on the Roth-Gerst Funeral Home facebook page. Memorial contributions can be directed toward Lowell Pink Arrow Pride c/o Lowell Community Wellness, P.O. Box 246 Lowell, MI 49331 or pinkarrowpride.org.



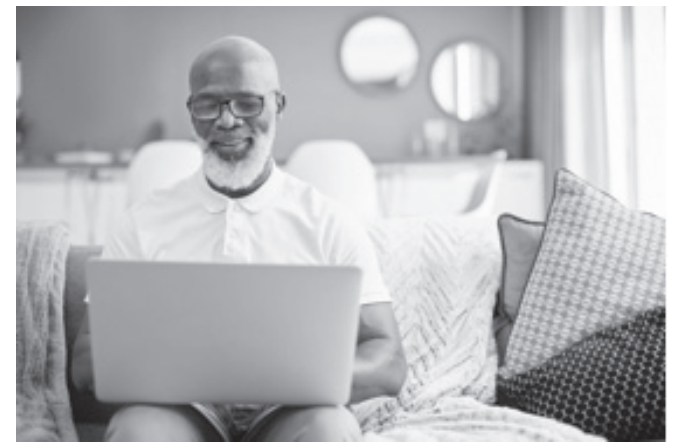
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Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.





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PUZZLE SOLUTIONS

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Grid of numbers for a crossword puzzle solution.

Word search grid with words circled: XCON, YCOL, OLBZ, XGEB, ENOTS, CPHO, LITG, NKFQ, RIAT, QTSF, ZQDE, LFBT, LZNE, ZITSE, AKFN, GSI, AGDQ, DUGO, KLE, NEY, UROR, ONIG, ETQDA, ISB, MM, SDHA, ZTB, SSRN, PZEB, RTEU, CXTF, MB, TRTU, RU, KS, DO, CR, BT, MR, OZ, IE, OF, RL, AY, SDA, OG, AL, RI, KN, LL, OZ, MR, CE, T, OUI, ID, AD, AN, XE, OC, RZ, RK, NU, H, FDL, UINS, DR, DI, HO, PAL, HI, IZ, DI, ZDX, YDE, NR, UE, LG, NAB, UER, FAUZ, KR, RM, BB, CRY, STAL, MMI, PHEL, KH, AD, NO, MA, ID, CL, CD, D, PE, AR, LS, ZR, KF, QM, DC, LK, I, U, Y, C, XMF, FK, AH, K, XDR, FACETS, XI, P

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Strong emotional wellbeing does not mean you don't have any problems. We all have loss, stress, and disappointments that cause sadness, stress, and anxiety. But those with strong mental health are better able to rebound

from these events. It isn't just being free of mood disorders, psychological issues, or mental illness. It's also having positive characteristics that help you get through life's challenges. So, what are these positive characteristics?

Characteristics for Mental Wellbeing

Mentally healthy people often have the following characteristics.

- Self-confidence and high self-worth.
- Resilience – the ability to recover quickly from difficulties.
- A feeling of contentment with their life.



Melissa Spino
MA LLPC CDMS

- An enthusiasm for living. Being able to laugh and have fun.
- H a v i n g

meaning and purpose with relationships along with work and/or leisure activities. If your job is not your purpose then you can get meaning from a hobby or giving back (volunteering etc.).

• Know the importance of self-care. Having a healthy diet along with getting enough sleep and exercise. Having a balance between work, leisure activities, and rest.

• Develop and maintain healthy in-person connections. Technology and social media have their place in small doses but we

need and crave face-to-face relationships.

• Be a lifelong learner. Learn a new hobby, language, or skill. Try joining networking, social, or special interest groups that meet on a regular basis. These groups also allow you to meet others with common interests.

• Have an attitude of gratitude. Being content with what you have and where you are in life.

Don't ignore it when something is wrong by toughing it out or through self-medication with drugs, alcohol, or other self-destructive behaviors.

Understanding, processing, and accepting your emotions, even unpleasant ones, can help you manage stress and your moods. In today's world we have to work harder to protect our mental health because there are so many ways that life takes a toll on our emotional well-being.

If you've made consistent efforts to improve your mental and emotional health and are still having problems it may be time to seek professional help. This article is not intended to diagnose or treat. I hope everyone stays safe and healthy.



Financial Focus

With Christopher C. Godbold

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Managing your retirement plan under a new employer

Your employer-sponsored retirement plan is a valuable asset. But sometimes things happen that can affect the status of your plan. So, for example, if you work for a hospital that changes ownership, and you have been participating in a 403(b), 457(b) or 401(k) retirement plan, what should you do with it now?

Basically, you have four options:

Cash out your plan. You can simply cash out your plan and take the money, but you'll have to pay taxes on it, and possibly penalties as well. So, unless you really need the funds and you have no other alternative, you may want to avoid liquidating your account.

Roll your account into your new employer's plan. If it's allowed, you can roll over your old 403(b), 457(b) or 401(k) plan into your new employer's plan. Before making this move, you'll want to look at the new plan's investment options (which should be numerous) and fees (which should be low). If you move the money directly to the new plan, you won't be taxed at the time of the transfer, and your funds can continue to grow tax-deferred.

Leave your plan with your old employer. If your account balance is above a certain level, you may be able to leave your plan with

your old employer's plan administrator. You won't be able to contribute any more money to the plan, but if you like the investment options you've chosen, keeping the money in your old plan might be a viable choice.

Move your account into a traditional IRA. One possible advantage to moving your 403(b), 457(b) or 401(k) into a traditional IRA is you'll open up a world of new investment options, because you can fund your IRA with virtually any type of vehicle, including stocks, bonds, mutual funds, certificates of deposit (CDs) and exchange-traded funds. And if you already have a traditional IRA, you can combine the new funds with the old ones, making it easier to track your holdings. As is the case with leaving your money in your old employer's plan or transferring it to a new plan, you'll continue to benefit from tax-deferred growth. Keep in mind, though, that IRAs have costs, too, possibly including

transaction costs to buy or sell new investments. (One more thing to keep in mind: When you want to move a retirement plan to an IRA, you may want to make a direct rollover, so the old plan's administrator moves the money directly into the IRA, allowing you to avoid immediate taxes. If you were to make an indirect rollover, you'd get the money yourself, but your old employer would have to deduct 20% for federal taxes, and you'd have to deposit the entire balance, including the withholding, into your IRA within 60 days.)

Which of these choices is best for you? There's no one "right" answer for everyone. You'll want to consider all the options and possibly consult with your tax advisor and financial professional. But do all you can to protect your retirement plan – you've worked hard to build it, and you'll need to rely on it to help you pay for your years as a retiree.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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FUN PAGE

SUDOKO

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

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!

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

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

Puzzle solutions on page 13

JEWELRY WORD SEARCH

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FILIGREE INCLUSION MARQUISE NECKLACE ONYX OPAL PEARLS

QUARTZ RHINESTONE SETTING SPACER STONE TRADEMARK

ARTICULATION BAGUETTE BANGLE BRIOLETTE

Guess Who?

I am an animal expert and conservationist born in Australia on December 1, 2003. I first came into the limelight when I appeared on my father's reality show. I followed in my famous parents' professional footsteps and co-host a television show about animals.

Answer: Robert Irwin

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to jewelry.

L I S R E V

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

Answer: Silver

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

CLUES ACROSS

- Opposite of west
- ___ Caesar, comedian
- Helps little firms
- A way to censor
- Expresses atomic and molecular weights
- Chalcedony
- Type of sword
- A corporation's first offer to sell stock to the public
- Attired
- A sequence of winding turns
- Pal
- Expresses pleasure
- Amendable
- Clear
- A way to cut off
- Indigenous Thai person
- Pale brownish yellow color
- Aquatic plants genus
- Bravo! Bravo! Bravo!
- Merchants
- Fix a chair
- Throws into disorganization
- Famed German composer
- Keyboard key
- Oral polio vaccine developer

CLUES DOWN

- Partner to pain
- Where golfers start
- Jenny ___: weight loss program
- Sailing dinghy
- Suffix that forms adjectives
- Speeds at which music is played
- Body part
- Fall back
- Ancient Greek sophist
- Unkeyed
- Principle underlying the universe
- Corpuscle count (abbr.)
- Residue
- Company that rings receipts
- Rugged mountain range
- Commercials
- NY footballer
- They ___
- Soviet Socialist Republic
- Poked holes in the ground
- Pitchers
- Your
- Diana __, singer
- Important document for inventors
- Bangladesh capital
- Fluid that flows in the veins of Greek gods
- Famed daguerreotype photographer
- Where military personnel work
- Play a role
- La ___ Tar Pits, Hollywood
- Unstressed-stressed
- Type of palm tree
- Judo garments
- Exercise regimen ___-bo

Lowell's Open Table distributes hundreds of free Thanksgiving meals

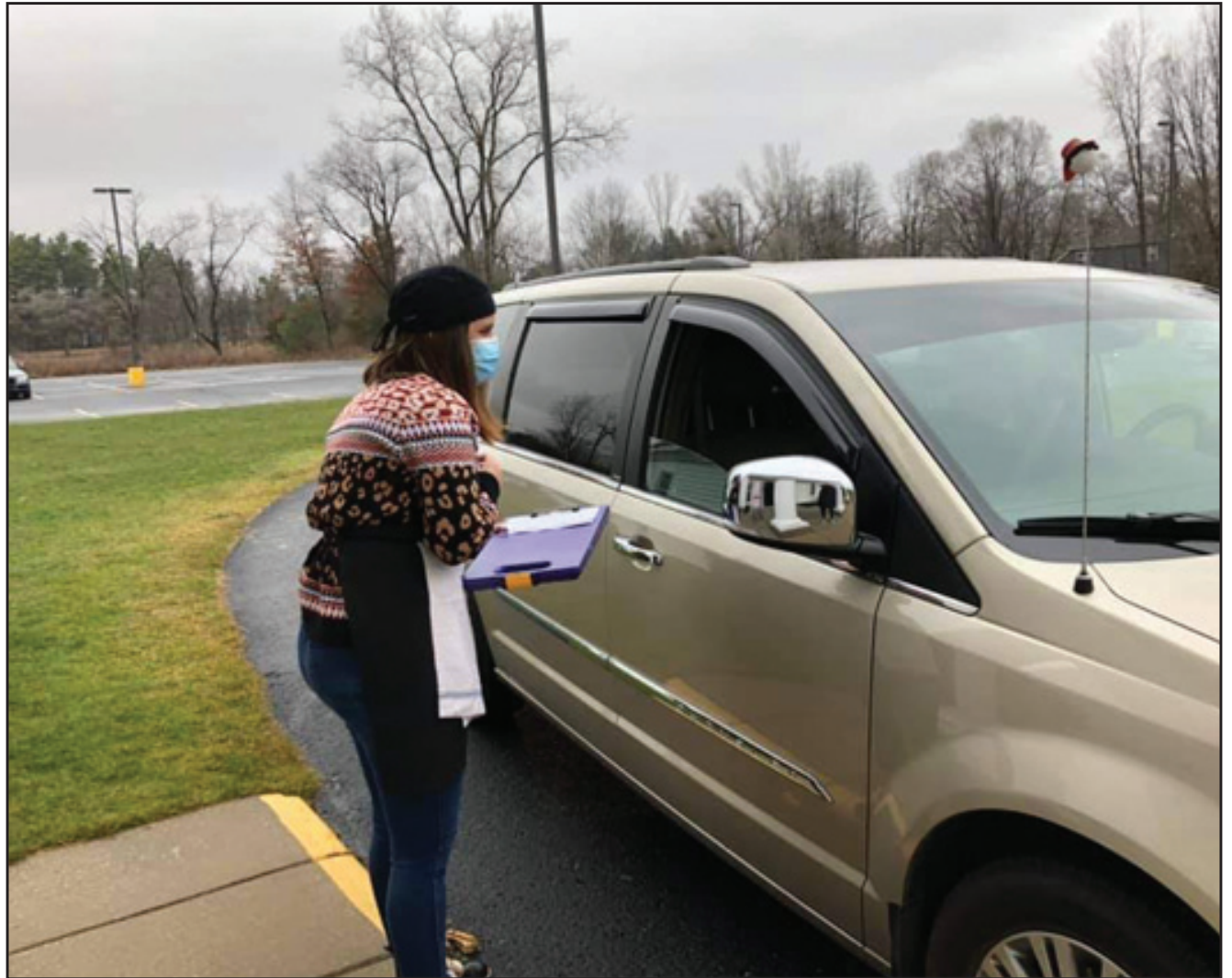
by Tim McAllister
lead reporter

A group of 25 volunteers from Lowell's Open Table spent over 150 volunteer hours cooking nearly 300 free Thanksgiving meals for area residents, more than any previous year.

food available to those who were not traveling to spend time with their families, or for those families that couldn't afford or make their own meals."

"Everything went great," said volunteer coordinator Katy Mork. "We had awesome volunteers who were all for making the most out of the restrictions this year. Everyone was in high spirits because we knew that this was an important year to have

This year, the meals included roast turkey, mashed potatoes, gravy, cranberry sauce, green bean casserole, rolls, stuffing and pie. Donors of the fresh ingredients used by the cooks included King Milling, Heidi's Farmstand and Bakery, Sage's Meat Processing,



2020 YEAR IN REVIEW

2020 was not a typical year, so it would be pretty depressing if we tried to do our typical 'Year in Review' section. But instead of running page after page about the pandemic and the election, we are going to focus on all of the positive, inspiring stories from the past year. Many exceptional events occurred this year, including books by local authors, new businesses, a new Lowell Showboat, achievements in school academics and sports and plenty of examples of people getting through a bad year the best way possible. This special section will be published in the Wednesday, Jan. 6 edition of the Lowell Ledger.



LOWELL STRONG

Meijer and Flat River Outreach Ministries.

The meals were prepared, cooked and packaged by volunteers in the commercial kitchen at First Congregational Church of Lowell, 865 Lincoln Lake, home of Lowell's Open Table.

"We started cooking at 8 am on Wednesday," Mork said. "In total, about 18 hours were spent in the kitchen cooking everything, not including the time spent planning and shopping. We cooked a total of 26 turkeys! Distribution went

very smooth. We had our assembly line where the food was being plated and boxed up and then a separate group of runners who would take orders from the vehicles and bring the boxes straight to the cars."

For more information about Lowell's Open Table or to volunteer, call 616-897-5906 or send a message to lowellopentable@gmail.com.



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

Place your ad in the 2020 Year in Review section!

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Half Page Size	-\$196.80
1 Color	-\$50 • Full color - \$90

Contact Tammy or Jon
ledger@lowellbuyersguide.com
616-897-9261

to be included!

