

Martin Luther King, Jr. Day: Monday, Jan. 18



page 9

New Mexican restaurant



page 3

Adoption story



page 16

After 13 hectic years, Teresa Beachum is taking a little break from Pink Arrow Pride Organization will create two teams to replace her, needs vounteers

by Tim McAllister
lead reporter

After 13 frantic years at the helm, Teresa Beachum intends to step back a little bit from Pink Arrow Pride.

One of the charity's main organizers since day one, she said she isn't abandoning the organization completely and will still have plenty of involvement. For example, Beachum cherishes presenting the annual financial distributions to local families.

Beachum's hope is that the organization can create a couple teams of between two and four people each who will take on two fundamental aspects of the events: marketing and fundraising.

A lot of the marketing has already been done. Pink

Arrow Pride has been so well-marketed they once attracted the attention of NBC's "The Today Show" and they have inspired pink-themed charity games across the country.

"I don't expect one person to come forward, but rather two or three people who could work together in harmony to continue the success of this organization," Beachum said. "I invite a handful of people to work together on this so they are able to continually confer with each other and make sure that all the i's are dotted and the t's are crossed. It's something that

Pink Arrow, continued, page 8



Teresa Beachum (left) receiving an award from Vikisu Condon and Dave Thompson of the Lowell American Legion during halftime at the 2017 Pink Arrow Pride game.

Nate Fowler officially named Lowell Area Schools superintendent

The Lowell Area Schools Board of Education is pleased to announce their unanimous vote to appoint Nate Fowler as the new Superintendent of Lowell Area Schools.

Fowler has been serving as the Interim Superintendent since the retirement of Greg Pratt in August. Prior to serving as the Interim Superintendent he served as the Curriculum Director at Lowell Area Schools. In his 24 years at Lowell Area Schools, he has also served as a teacher, coach, middle school assistant principal,

principal and member of the Lowell Community.

When considering whether to spend several months and thousands of dollars conducting an outside search, the Board agreed to look first at local candidates with a proven track record of working with and for all students. Mr. Fowler easily fit into that role. The staff and community were very clear in their request that the new Superintendent be someone who will advocate for all students and who will effectively communicate

with our students, staff and community.

Brian Krajewski, Board President, stated he is "looking forward to a great future for Lowell Area Schools under Mr. Fowler's leadership."

Paul Jacobus, Lowell Education Association President, stated "I want to congratulate Mr. Fowler on being named Superintendent of Lowell Area Schools. We have had a very positive working relationship with him, and I look forward to continuing that in the future."



Nate Fowler

LHS sports pages 10-11

50¢



LowellArts holding 35th annual West Michigan Art Competition

Friday, Jan. 15 is the last day to submit your entries to the 35th annual West Michigan Art Competition at LowellArts.

There are \$2,500 in prizes up for grabs, to be split among the top five finalists.

The competition is open to artists 18 and older who live in one of these counties: Allegan, Barry, Berrien, Branch, Cass, Calhoun, Clare, Clinton, Eaton, Gratiot, Ionia, Isabella,

Kalamazoo, Kent, Lake, Mason, Mecosta, Muskegon, Montcalm, Newaygo, Oceana, Osceola, Ottawa, Saint Joseph and Van Buren.

The artwork must be less than three years old, not previously exhibited at LowellArts, no larger than 62 inches in any direction, must fit through a standard door frame and can easily be moved about by two people.

Submissions must be made through the website

callforentry.org, the entry fee is \$25 for LowellArts members and students, or \$35 for the general public. Members and students should call LowellArts to receive their discount code before entering.

The judge is going to be experimental painter Richard Brinn, a native of Detroit who currently resides in the rural outskirts of Muskegon. Brinn has earned BFA, MA and MFA

degrees in painting from Wayne State University, and has exhibited his work throughout the Midwest. He taught drawing and painting at Schoolcraft College in Livonia for 25 years and taught fine art at Wayne County Community College for more than ten years.

For more information, visit lowellartsmi.org or call 616-897-8545.



A landscape painting by Richard Brinn, the judge for this competition.

Chair Albert: Gov. Whitmer must advance reopening before new COVID spending will be considered

House Appropriations Chair Thomas Albert said that Gov. Gretchen Whitmer must take more steps toward reopening Michigan's economy before the Legislature can have meaningful conversations about the next steps in allocating federal COVID-19 relief funds.

The Whitmer administration's most recent extended order shutting down parts of the state's economy is set to expire after Jan. 15. Restaurant workers and others still have no idea if they'll be able to return to work or what criteria the governor might use to decide whether she will extend

her latest 'pause' on indoor dining and other activities for a third time.

"I can't envision starting conversations about how to allocate additional federal COVID-19 relief funds until the governor shows more willingness to restore the economy and a sense of normalcy," said Albert, of Lowell. "It's difficult to properly allocate relief funds when the governor still has not informed Michiganders when or under what conditions we can have our freedoms back. What Michigan needs is clarity and hope, and we're not getting either from the governor."

Albert reiterated that the

best way to help Michigan families is to safely and fully reopen the state – and the Legislature should be a full partner with the governor in those decisions.

"People are tired of our state government's response to COVID hinging on one person. That's not how state government is supposed to operate – and for good reason, because centralized authority doesn't work," Albert said. "Just look at the problems with our unemployment benefits system – including the governor's veto last month that takes away additional financial support from thousands of Michiganders.

COVID in our nursing homes, schools forced to close against the wishes of their parents, the refusal to extend property tax relief to families and businesses who need it – the list goes on and on.

"Enough is enough. As the 101st Legislature prepares to convene next week, I am counting on the governor to be a full partner with lawmakers as mandated by our Constitution. I fully intend to employ the checks and balances required in our system of government. We will not simply hand over billions of taxpayer dollars to extend the current way of governing."



Rep. Thomas Albert

SBA to reopen the Paycheck Protection Program



The US Small Business Administration last week announced that the Paycheck Protection Program will reopen the week of Jan. 11 for new borrowers, and Jan. 13

for second draw borrowers. Companies interested in applying for a new PPP loan are strongly urged to promptly consult with their financial institution and tax advisor to ensure they have the latest information, as elements are still evolving, and they should be prepared to act as the loan funds become available.

There are several changes compared to how it was handled last time.

Borrowers can set their loan covered period to be any length between eight and 24 weeks to best meet their needs.

Loans will cover additional expenses, including operations expenditures, property damage costs,

supplier costs, and worker protection expenditures.

Eligibility is expanded to include 501(c)(6)s, housing cooperatives, direct marketing organizations, among other types of organizations.

There is greater flexibility for seasonal employees.

Certain existing PPP borrowers can request to modify their First Draw PPP Loan amount.

Certain existing PPP borrowers are now eligible to apply for a Second Draw PPP Loan.

For more details/application and the lender list, visit sbam.org/paycheck-protection-program-round-2-interim-rules/



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CITY OF LOWELL PUBLIC NOTICE

The Lowell City Council, sitting as the Zoning Board of Appeals, will hold a public hearing at a regularly scheduled meeting on Monday, February 1, 2021 at 7:00 p.m. in the City Council Chambers, Second Floor, 301 East Main Street, Lowell, Michigan 49331 to consider the following variance request:

2040 West Main Street SE – B&D Asset Recovery is seeking to construct a building on 2040 West Main Street SE. The proposed building would be 15 feet from the rear lot line. Within the C-3 district, there must be a 35-foot rear yard setback, thus a variance was requested.

As a result of COVID – 19 and the current social distancing practices being mandated statewide, the meeting may be held via the Zoom Computer Teleconferencing System. Please visit our website at www.lowellmi.gov to verify how the meeting will be held.

Information regarding this request and the Zoning Ordinance are available for public viewing at City Hall, 301 E. Main Street, Lowell, Michigan, during regular business hours. Written comments will be received until the time of the hearing.



Susan Ullery
Lowell City Clerk

Authentic Mexican restaurant taking over former Springgrove Variety store location this spring

by Tim McAllister
lead reporter

Standard Pizza Co. chef/owner Matt Parrott is currently hard at work turning the former location of Springgrove Variety, 123 W. Main, into a Mexican restaurant.

“The building is very neat, it’s not everyday you get the chance to transform an old building as unique as this space is,” Parrott said. “We are at the very beginning stages of the rehab process, just starting some light demo work. As we uncover what it is we have to work with, hopefully things will move along a lot quicker from there. It’s a big project, we are still uncovering many surprises in the building, its probably going to be [opening] late spring at this point.”

The new restaurant, yet unnamed, will specialize in cuisine from the Yucatán state of Mexico, which is on the northern coast of the Gulf of Mexico. The food is heavily influenced by Mayan culture and aims to be substantially more authentic than current local offerings.

“While the restaurant will have a heavy Mexican

influence, especially the Yucatán region, it won’t be the only thing we serve,” Parrott said. “I have 10 years of experience as a Master Pizzaiolo, as well as running a full service tap room menu for the last three years. We will be pulling some of our successes from those experiences as well. As far as specific Yucatán dishes, we are really looking forward to serving Cochinita, Poc Chuc and maybe even some Ceviche. Expect a new experience in Lowell.”

Cochinita is marinated and grilled pork, Poc Chuc is barbecued pork and Ceviche is a fish appetizer. But don’t be frightened, they will also offer hamburgers, pizzas or other familiar fare for fearful foodies.

Parrott said he chose the Yucatán region to focus on because the land, the people and the cuisine there are perfectly appealing to him, and perhaps they will be to Lowellians as well.

“The Yucatán is my favorite place to be,” Parrott said. “I really feel at home there and love the



culture. The Mayan world is ancient and has been studied for years, yet we still are learning new things about it every day. It’s very complex and yet simple. The Mayans were capable of using very few ingredients

to create very complex flavors and were amazing stewards of the land. The Yucatán peninsula has an amazing vibe to it, everyone is extremely friendly and the hospitality is world class. It’s hard to explain my draw to

that region, but it is strong.”

Parrott said he expects the restaurant to become a local fixture, and as they’ll be the only authentic Mexican place in town, that is probably likely.

“We are really hoping to

create a special space that will have a lasting impact here in Lowell,” Parrott said. “Lowell is really cool. As we spend more time in Lowell we are super impressed by the community and the diversity of businesses.”

Go ahead and “Wine About Winter” next weekend



by Tim McAllister
lead reporter

On Saturday, Jan. 23 from 10 am until 5 pm, join local businesses in downtown Lowell for a fun event where you can beat the winter blues, win a few Lowell Bucks and “Wine About Winter!”

“This event is during the day not at night,” said Martha Davis of Tap House Bo, one of the event organizers. “We wanted to

make it longer for safety and more family friendly.”

Visit any of the participating businesses to pick up a special, customized wine glass. Post a photo of yourself or your group enjoying the glass with the hashtag “#wineaboutwinterlowell2021” and post it to social media for a chance to win some Lowell Bucks.

You can also take advantage of specials at local breweries, restaurants and pubs by showing up with that same glass.

“This event is about supporting Lowell’s small businesses with shopping, scavenger hunt fun and ordering food from their local restaurants,” Davis said. “Some will also have wine specials.”

Participating venues will include All Weather Seal, Big Boiler Brewery, Creative Party Bug (inside Showboat Spirits), Flat River Cottage, Flat River Gallery & Framing, Flat River Grill, Lavender & Lace Boutique, LowellArts, Main Street BBQ, MI Hometown Furnishings, New Union Brewery, North Star Antiques, Olivia

Grace Salon & Facial Bar, Sportscards, Showboat Red Barn Consignment & Antiques, Spirits & Fine Wines and Rookies Tap House Boutique.

...
What value is a life without booze and Mexican food?

~ Oscar Zeta Acosta (1935-1974)

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NEWSPAPERS Outperform Direct Mail in Michigan the lowell ledger

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

Newspapers are the preferred source of coupons over direct mail.

82% of consumers use coupons received through newspaper inserts¹

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

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

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.

Today: Wednesday, January 13, 2021
Wednesday, Jan. 13 is the 13th day of the year (obviously). There are still 352 days left in 2021.

Historic Events

1793: Nicolas Jean Hugon de Bassville, a representative of Revolutionary France, is lynched by a mob in Rome.

1815: During the War of 1812, British troops capture Fort Peter in St. Marys, GA.

1840: The steamship Lexington burns and sinks four miles off the coast of Long Island, killing 139 people.

1847: The Treaty of Cahuenga marks the end of the Mexican/American War.

1888: Founding of the National Geographic Society in Washington, D.C.

1908: A fire at the Rhoads Opera House in Boyertown, PA kills 171 people.

1910: The first public radio broadcast: a live performance of the operas "Cavalleria Rusticana" and "Pagliacci" are broadcast from the Metropolitan Opera House in New York City.

1942: Henry Ford patents a soybean car.

1966: Robert C. Weaver is appointed United States Secretary of Housing and Urban Development by Lyndon Johnson, becoming the first Black member of a presidential cabinet.

1968: Recording of "Johnny Cash at Folsom Prison" album.

1985: A passenger train plunges into a ravine in Ethiopia, killing 428, the worst railroad disaster in Africa.

1990: Douglas Wilder, the first Black governor elected in Virginia, takes office in Richmond.

1993: Third launch of the Space Shuttle Endeavour from the Kennedy Space Center.

1998: As a protest against homophobia, Alfredo Ormando sets himself on fire in St. Peter's Square, a large plaza in the Vatican.

2001: More than 800 are killed when an earthquake hits El Salvador.

Birthdays

1787: John Davis, governor of Massachusetts

1832: Horatio Alger, Jr., novelist, journalist

1885: Alfred Fuller, founder of Fuller Brush Company

1887: Sophie Tucker, singer, actor

1919: Robert Stack, actor

1926: Michael Bond, author, creator of Paddington Bear

1930: Frances Sternhagen, actor

1931: Charles Nelson Reilly, actor, comedian

1935: Rip Taylor, actor, comedian

1943: Richard Moll, actor

1949: Brandon Tartikoff, screenwriter, producer

1952: Stephen Glover, journalist, co-founder of the Independent

1955: Jay McInerney, novelist

1961: Wayne Coyne, singer/songwriter, the Flaming Lips

1961: Julia Louis-Dreyfus, actor, comedian

1962: Trace Adkins, singer/songwriter, guitarist

1964: Penelope Ann Miller, actor

1966: Patrick Dempsey, actor



Johnny Cash (left) and Luther Perkins performing at the Civic Auditorium in Grand Rapids on Feb. 18, 1960. On this date in 1968, Cash recorded his classic album "At Folsom Prison" in front of a captive audience in California.

viewpoint



125 years ago Lowell Ledger January 17, 1896

While Mrs. Archie McMillen, wife of a guard at the state prison, was preparing breakfast this morning at the family residence on Center street, the gasoline stove exploded without apparent cause, scattering the blazing fluid in all directions. In an instant Mrs. McMillen was enveloped in flames, and was horribly burned before her husband could extinguish the fire with blankets. All her clothing was burned, the skin on her hands, arms and face was shriveled and her hair singed close to the scalp.

Eight thousand dollars was the verdict returned at 10 o'clock last Friday forenoon for Josiah Brown, the Benton Harbor veterinary surgeon, against the township of Bowne for injuries received on a defective culvert Sept. 28, 1891. There was a large congregation of citizens of Bowne township about the corridors of the court house Friday morning awaiting the verdict, and their indignation rose almost to the height of mobbing the successful litigant when the verdict was returned. The general inclination of the citizens is to fight the case farther and never pay the judgment until they come to the end of the string of justice.

Lavina Skinner, a middle-aged woman of Ada, was arrested in Grand Rapids Monday afternoon, by detective Jakeway, on a charge of larceny of a sewing-machine shuttle from the agency of the New Home Sewing-machine company, on South Division street. She pleaded not guilty, was tried, convicted and sentenced to pay a fine of \$5 and \$4.46 costs or go to jail for fifteen days, and was committed. Rather dear shuttle, that.

100 years ago The Lowell Ledger January 20, 1921

War on immorality and statutory offenses, of which there is said to be an epidemic in Ionia county, has been declared by Prosecutor Harry H. Gemuend. Four men have already been arrested and warrants will likely be issued for several more, it is stated. State police plain clothes men are assisting in the roundup. All cases will be vigorously prosecuted, says Gemuend.

President-elect Harding having found it impossible to choose a cabinet satisfactory to the would-be dictators of his party, may conclude by picking one to suit himself; and that is what he should do, regardless of the big and little bosses.

Tuesday, President Henry and Attorney Shivel, were in Lansing, where they entered a protest against the granting of the Citizens' Telephone company's petition

for an increase of 30 per cent in telephone rates. They think the petition will be denied and that only a small increase—perhaps 5 per cent—will be granted, if any.

75 years The Lowell Ledger January 17, 1946

Michigan will have an epidemic of measles in 1946 if the disease follows its usual three-year cycle according to Dr. William DeKleine, state commissioner of health. Already reported cases of the disease are in the increase. Measles is serious, ranking as one of the leading causes of death for children under five years of age.

Some 268,000 packinghouse workers went on strike Wednesday morning which will shut off most of the nation's meat supply. Electrical appliance workers walked out Tuesday morning stopping production of radios, refrigerators and washing machines. Ford Motor Co. and CIO are still negotiating.

Talk is going around to the effect that a bowling alley costing around \$40,000 is a possibility here. There would have to be at least three tournament teams, preferably five to insure the venture.

50 years The Lowell Ledger January 21, 1971

Nothing succeeds like success, they say, and bringing home a trophy provides the evidence. Lori Matthews knows that thrill now. She became a state champion last week. Out of a field of eight girls from all over Michigan in the eleven-and-under age group, Lori took first place in archery as she zinged to the top in a state tournament in Lansing.

In his annual report to the citizens of the City, Police Chief Barry Emmons revealed that, "Traffic within our city has shown a marked increase during the past year, the year was completed with less reported accidents and without a report of a fatal or serious traffic accident."

A public hearing on a strict mobile home park ordinance was held at Monday's meeting. The only person appearing at the hearing was Jack Bowie, a Grand Rapids attorney, who represented Lowell Development Co. He requested that action on the ordinance be delayed until construction was started in the already approved mobile home park Lowell Development Co. plans.

25 years The Lowell Ledger January 17, 1996

Through a volunteer staff of a dozen students and volunteer staff announcers Performing Arts coordinator Richard Graham has been able to put together a televised schedule of 12 athletic games. The new video equipment will also be used for band and choir concerts.

Curt Cowles' proposed apartment complex development off M-21 was met with mixed reviews but residents who live or work near the area attended a recent public hearing to determine rezoning of 20 acres. While some residents think a project of this nature would be better than a light industrial development, there are still concerns regarding the sewage flow and what effect renters may have on nearby homeowners.

A trust bequest to the city of Lowell will be used as a library assistance fund. City manager Dave Pasquale informed the council that a \$20,815.71 bequest from the Frank L. Carr Trust will be used to establish a perpetual fund in his name.

Submit your disability update report online

We are required to conduct continuing eligibility reviews for disabled beneficiaries every three years. This process requires that beneficiaries complete a Continuing Disability Review mailer to update information about their medical conditions and recent treatments.

We now offer an online option to complete this update and provide any supporting documents about your medical treatment or your work.

We designed this new form with convenience in mind — and to save you time. You can access the online form at www.ssa.gov/ssa455-online-form. (Use either Microsoft Edge or Google Chrome for the best online experience.)

You will need your Social Security number, your current address and phone number, and a valid email address to complete the form. Also, you must have received a request for an updated disability report in the mail.

Once you "Click to

Sign," you will receive an email from echosign.com asking you to confirm your digital signature. Check your junk folder if you don't receive it within a few minutes. Your signature isn't complete — and your form won't be processed — until you complete the instructions in your email.

Please visit our blog at blog.ssa.gov for more articles — and our frequently asked questions page at ssa.gov/faq. Please be sure to let your friends and loved ones know about this new online option.

NOTE: *The mention of Microsoft Edge and Google Chrome is for informational purposes only and does not constitute an endorsement by the Social Security Administration.*

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.

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

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- temporomandibular disorders

Temporomandibular disorders (also called TMD) affect the jaw and the muscles you use to chew and open your mouth. It is sometimes incorrectly called TMJ. TMJ refers to only the jaw joint itself.

TMD can be caused by an injury to the jaw, head or neck. Grinding or clenching the teeth, arthritis in the jaw joint, jaw dislocation or fracture, an abnormal bite pattern or other things that put stress on the jaw can cause TMD. Certain conditions, such as rheumatoid arthritis, can also cause it. Depression, anxiety and chronic pain may be related to TMD.

TMD is more common in women and people 20 to 40 years of age. The most common symptom is pain around the jaw joint, especially when opening

and closing the mouth. It is usually felt on only one side. Other symptoms can include neck and shoulder pain, limited jaw motion and popping or clicking sounds when chewing or opening the mouth. Discuss your symptoms with your doctor. He or she will obtain a medical history and examine your jaw, head and neck. X-rays are usually not necessary.

Keeping your jaw relaxed and avoiding excessive jaw movement (such as gum chewing) are the first things to try for treatment. Medication to reduce swelling or to relax your muscles might be prescribed. Some people may need a mouth guard to keep from grinding their teeth at night. Most people do not require surgery for this condition.

business matters



Greenridge Realty announced that Corey Lee received Sales Person of the Month in December.

This award recognizes Lee for his outstanding success and achievements.



ABCs of Lowell History

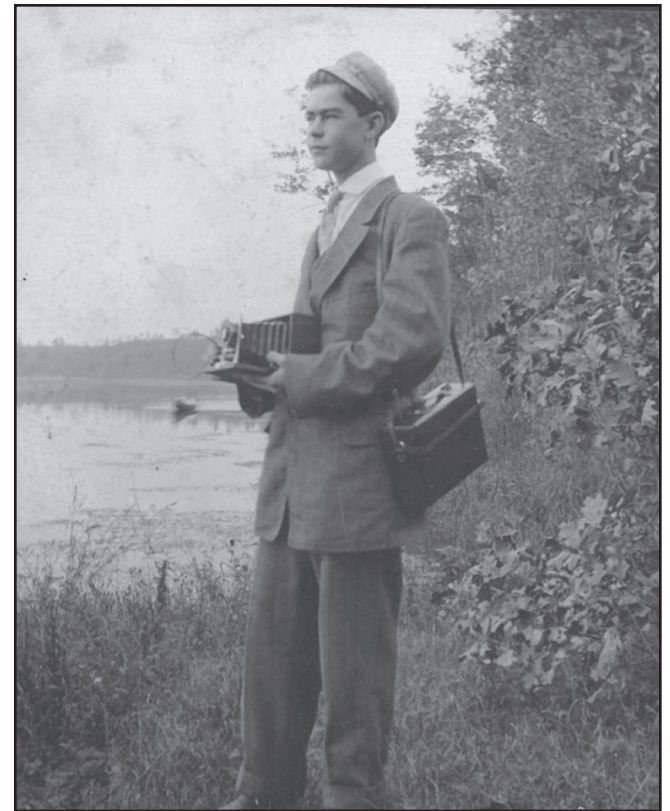
The ABC's of Lowell History was introduced last year as a way to share some of the many fascinating stories from Lowell's past. It was initiated in part by the pandemic shutdown which led the Museum to seek alternative ways to share local history with the community. The series will continue with a second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

N is for Norton Louis Avery

Born in 1894, Norton Louis Avery spent 90 years adding to the legacy of the Avery family name in Lowell and the world. Though Norton and his wife Ruby lived for a while in the Lansing area, Lowell was always home. While Abel Avery purchased from

Daniel Marsac the land on the East side of the Flat River and sold the "Avery" plats, his great-great grandson captured forever images of Lowell.

His dad, Sherman Avery, was employed at the Lowell Cutter Factory, and it was there that Norton began working his first job at 11 or 12 years old. He earned enough to purchase his first camera. By 1912, he was already a successful photographer, known for working with new processes and his artistry skills. While attending Lowell High School, he did the photography for the yearbook 'Retrospectus' and advertised his studio within its pages. He stated that he had inherited a love for the beautiful and an



Norton Avery at a young age with his camera.

college news

Trine University students were named to the President's List for the Fall 2020 term. To earn President's List honors, students must complete a minimum of 12 hours and have a grade point average of 3.750-4.000.

The following area students were named to the President's List: of Lowell: Brennan Battle, majoring in design engineering Technology and Joslynn Battle, majoring in exercise science; of Alto: Ella Dougherty, majoring in exercise science.

Troy Saylor of Alto, a Trine University student, earned Dean's List

recognition for the Fall 2020 term. Saylor is majoring in Biomedical Engineering.

To earn Dean's List honors, Trine University students must complete a minimum of 12 hours and have a grade point average of 3.500-3.749.

Aren Homrich, Transportation Design, and Lydia Irving, Architecture, both of Ada, have been named to the Dean's Honor Roll for the fall 2020 semester at Lawrence Technological University. To be named to the honor roll a student must maintain at least a 3.5 grade point average for the term.

artistic temperament from his mother, who was a natural artist in oils.

His grandfather, George, served in the Civil War Co F 2nd MI Cavalry, and Norton continued the family service by serving from March 1918 to June 1919 in the Army Signal Corps photographing captured German airplanes for intelligence purposes during World War I.

On December 19, 1918, the Lowell Ledger printed a letter from Norton to his mother and father. It was written the week of the signing of the Armistice. He told of the celebrations in France. He explained how he would be there for a few additional months as they would still have to compile all the data into book form to send to Washington. He encouraged the folks to write and tell him about American celebrations. In his parting words he wrote, "Now that this thing is practically over you folks ought to feel pretty happy as the parents of 75,000 boys have had to stand the grief of parting with their boys

and you don't have that to worry you any more so just cheer up and we'll all be back again soon with some experiences that we never will forget."

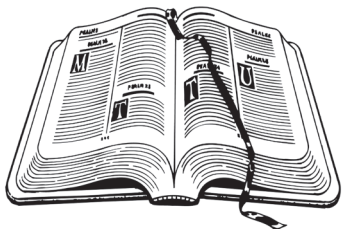
He didn't just work in photography, his love was photography. He photographed nature and historic sites, but not just for the Lowell area. He traveled the southwest, photographing along the way. He promoted tourism with beautiful color photographs that were then turned into postcards, placemats, and stationary. Avery was a part of the West Central Michigan Historical Society and spent innumerable hours taking pictures and collecting data for the files.

The Averys bought property in Lowell Township that had been part of the N.P. Husted Nurseries and kept it as a nature sanctuary. It was an 80 acre tract located on the southwest corner of Alden Nash and 36th Street.

Norton was known for

ABC's of history, continued, page 12

area churches

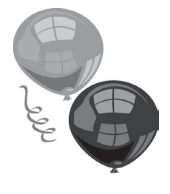


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 Contemporary Service: 10:30 am
 Sr. Pastor - Brad Brillhart

JANUARY 13
 Jake Sterzick, Stephen Rutherford, Emma Seddon.

JANUARY 17
 Kevin Rasch, Joe Potter.

JANUARY 14
 Angie Nowak, Ryan Burns, Tim Yonker.

JANUARY 18
 Shelby Weston.

JANUARY 15
 Dennis Burns.

JANUARY 19
 Tim Stencel, Susan Cook, Tim Schuitema, Trevor Mooney, Mark Ries, Scott Crandall.

JANUARY 16
 Alex Stuckey.

Michigan ranks 11th in USA for # of first COVID-19 vaccine doses administered



Dr. Joneigh Khaldun, chief medical executive and chief deputy for health at the Michigan Department of Health and Human Services

Michigan hospitals, local health departments and Federally Qualified Health Centers are quickly increasing the pace of vaccinations in the state, administering three times the vaccine last week compared to the number of doses administered the first week.

According to Centers for Disease Control and Prevention tracker data, Michigan is 11th in the nation for the number of first doses administered to date (124,689) behind Texas, California, Florida, New York, Illinois, Pennsylvania, Ohio, Tennessee, New Jersey and North Carolina. Michigan's COVID-19 Vaccine Dashboard currently shows 152,511 doses administered due to a lag between when CDC posts data and the state updates its information.

"The more people that are vaccinated, the less spread we will have, the fewer deaths and the quicker we can get back to a sense of normalcy," said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health at the Michigan Department of Health and Human Services. "With a new variant of the virus in the United States, one that may be easier to spread than the current variant, there is

more urgency than ever to vaccinate as many people as possible, as quickly as possible, with the safe and effective COVID-19 vaccine."

In an effort to increase the pace and make the vaccine available to those who have the highest level of risk, because of where they work or their age, Michigan today announced it would begin offering vaccine to Michiganders age 65 and older; frontline essential workers including police officers, first responders, frontline state and federal workers and jail and prison staff; and preK-12 teachers and childcare providers.

Additional data information based on CDC tracker data:

Michigan is ranked 10th in the nation for number of doses distributed (480,750) (behind California, Texas, Florida, New York, Pennsylvania, Illinois, Georgia, North Carolina, Virginia).

Michigan is ranked 29th in doses distributed per 100,000 population (4,814) (Tennessee, New York, Missouri, Massachusetts, North Carolina, Texas are just below Michigan).

Michigan ranks 40th in the number of first doses administered per

100,000 population (1,249) with California, Nevada, Louisiana, Idaho, South Carolina, Kansas, Arizona, Alabama, Georgia, Mississippi ranking lower. Using Michigan's dashboard number this would increase to 1,525 per 100,000.

"Although we have made progress, there is still a lot of work to do," Khaldun said. "We have to all continue

to do our part to end this pandemic. Wear your mask, wash your hands, continue social distancing and when it is your turn, sign up for an appointment to get the vaccine."

Information around the COVID-19 outbreak is changing rapidly. The latest information is available at Michigan.gov/Coronavirus and CDC.gov/Coronavirus.

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Schedule of Meetings & Application Deadlines

Bowne Township Planning Commission & Zoning Board of Appeals 2021-2022

PLANNING COMMISSION ZONING BOARD OF APPEALS

Submittal Deadline	Mtg.Date	Submittal Deadline	Mtg.Date	
Site Plans Sp. Use	Rezoning	Mtg.Date	Variations	
January 6	January 6	February 2	January 21	February 18
February 3	February 3	March 2	February 18	March 18
March 3	March 3	April 6	March 17	April 15
April 7	April 7	May 4	April 15	May 20
May 5	May 5	June 1	May 12	June 17
June 9	June 9	July 6	June 16	July 15
July 7	July 7	August 3	July 14	August 19
August 4	August 4	September 7	August 18	September 16
September 8	September 8	October 5	September 16	October 21
October 5	October 5	November 2	October 14	November 18
November 2	November 2	December 7	November 18	December 16
December 2	December 2	January 4, 2022	December 15	Jan. 20, 2022
January 2	January 2	February 1, 2022	January 19	February 17

Meetings are at 7:00 p.m. in the HISTORIC TOWNSHIP HALL
8240 ALDEN NASH SE
ALTO, MI. 49302
616 868-6846
www.bownetwp.org

BOWNE TOWNSHIP Schedule of Regular Board Meetings for 2021-2022

TIME: 7:00 PM
PLACE: BOWNE TOWNSHIP HISTORIC HALL
8240 ALDEN NASH SE, ALTO, MI
PHONE: 616 868 6846
www.bownetwp.org

- | | |
|-------------|-------------------|
| January 18 | July 19 |
| February 15 | August 16 |
| March 29 | September 20 |
| April 19 | October 18 |
| May 17 | November 15 |
| June 21 | December 20 |
| | January 17, 2022 |
| | February 21, 2022 |
| | March 28, 2022 |

This notice posted in compliance with PA 267 as amended (Open Meetings Act)MCLA41.72A(2)(3) AND WITH THE Americans with Disabilities Act (ADA)

Sandra L. Kowalczyk
Bowne Township Clerk

PLANNING COMMISSION MEETINGS
1ST TUESDAY each month-7:00 pm
Historic Township Hall

ZONING BOARD OF APPEALS
3RD Thursday – 7:00 pm
Historic Township Hall

Pink Arrow, continued



takes ongoing coordination, laying out a timeline and managing your time, and it's easier for a smaller team to communicate."

Working closely with Gilda's Club of Lowell, Lowell Area Schools and Lowell Community Wellness, the Pink Arrow Pride marketing team would coordinate the various aspects of multiple Pink Arrow events that take place every year. Marketing also includes print and broadcast advertising, social media posts and website maintenance.

"Marketing is a very big part of our success with this," Beachum said. "For example, we often put a billboard in our opponent's market, inviting them to get excited about the Pink Arrow challenge."

Activities and preparations for Pink Arrow Community Day in August and for the big game in September occur throughout the year.

"First of all, there needs to be a person that is willing to be the coordinator with the athletic department at

the high school, the athletic boosters club and the high school radio station," Beachum said. "Also, the school's administrative office needs to be kept in the loop every step of the way, as well as the volleyball, soccer, cheer and football coaches. We also like to have a relationship with the opposing team's coaches,

to wear pink and sometimes they buy our pink shirts."

Securing the year's T-shirt sponsors is accomplished during February and March. Community Day planning begins in April, including finding sponsors and a suitable location. That event is traditionally the first day of T-shirt sales, so those must be designed

the Buyer's Guide during July and often reprinted in the game day program.

"These are our neighbors, our friends, our coworkers and people that we see in passing in our community, who are willing and eager to share their experiences," Beachum said. "People who live here understand and support that."



Potential volunteers will *not* be responsible for turning the sky pink on game night.

because they will often bring a crowd when they know there's a purpose behind this game. Sometimes they like

and printed in time and the post-event sale locations must also be worked out. An essential part of Community Day is a health expo, usually including a mobile mammography unit and a blood drive, so those must be arranged with Versiti Blood and Spectrum Health. Somebody has to coordinate the Pink Arrow "Quiver Run." In May, work begins on the "Perseverance Stories" and photos that are printed in the Ledger and

Every year, Beachum must find underwriters and sponsors for those stories and for the banners that hang on Main Street starting in August. The program for the event is created and printed, and game day entertainment and refreshments must be arranged. The big event happens in September and then it starts all over again immediately. The first job is cleaning up the stadium after everybody leaves.

"It all builds up to game

day, when there needs to be what we call 'flow of show,'" Beachum said. "So they'll need to have a 'flow of show' coordinator for that event."

Ideally, the fundraising team would include somebody with a knack for grant writing.

"We have had local grants, like through the Rotary Club and the Grand

a completely different way of continuing these aspects of Pink Arrow Pride," Beachum said. "I'm sure there are marketing concepts that we have never even dreamed of. The biggest challenge is to bring newness and creativity into the cause... and new sponsors! But above all, we never forget why we do this. And that is



Lowellians of all ages enjoy the annual Pink Arrow Pride events.

Rapids Foundation, but there are many other grants available," Beachum said. "It just takes a lot of time and energy."

A template is helpful, but if overused it can become stale. Beachum said that she hopes the people who take over the marketing and fundraising are not afraid to do things their own way.

"Understand that this is just the way I've done it, new people may develop

to assist the families in our school district that are on a cancer journey, to give them a financial gift, to bring recognition and care to them and to make them feel like they're not on that journey alone."

If interested in volunteering for the marketing or the fundraising team, call Beachum at 616-897-7768 or send a message to teresa.beachum@gmail.com.



Teresa Beachum

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Martin Luther King, Jr. Day is Monday, Jan. 18

Following is an excerpt from "America's Chief Moral Dilemma," a speech composed by King in 1967.



Rev. Dr. Martin Luther King, Jr. speaking at Grosse Point High School near Detroit on March 14, 1968. [photo by Ahmed Ismail]

There can be no gainsaying of the fact that racism is still alive all over America. Racial injustice is still the Negro's burden and America's shame. And we must face the hard fact that many Americans would like to have a nation which is a democracy for white Americans but simultaneously a dictatorship over black Americans. We must face the fact that we still have much to do in the area of race relations.

[...]
I am convinced that segregation is as dead as a doornail in its legal sense, and the only thing uncertain about it now is how costly some of the segregationists who still linger around will make the funeral. And so there has been progress. But we must not allow this progress to cause us to engage in a superficial, dangerous optimism. The plant of freedom has grown only a bud and not yet a flower. And there is no area of our country that can boast of clean hands in the area of brotherhood. Every city confronts a serious problem.

[...]
We cannot forget the days of Montgomery, when 50,000 Negroes decided that it was ultimately more honorable to walk the streets in dignity than to accept segregation within, in humiliation. We will not forget the 1960 sit-in movement, when by the thousands students decided to sit in at lunch counters, protesting humiliation and segregation. And when they decided to sit down at those counters, they were in reality standing up for the best in the American dream and carrying the whole nation back to those great wells

of democracy which were dug deep by the founding fathers in the formulation of the Constitution and the Declaration of Independence.

[...]
It is now a struggle for

genuine equality on all levels, and this will be a much more difficult struggle. You see, the gains in the first period, or the first era of struggle, were obtained from the power structure at bargain rates; it didn't



Rev. Dr. Martin Luther King, Jr. speaking at Grosse Point High School near Detroit on March 14, 1968. [photo by Ahmed Ismail]

LOWELL CHARTER TOWNSHIP COMMUNITY PARKS AND RECREATION PLAN NOTICE OF PUBLIC HEARING

Lowell Charter Township Board will hold a Public Hearing as part of a Special meeting on January 28, 2021 at 6:00 p.m. to consider comments on the new Lowell Charter Township Community Parks and Recreation Plan. This meeting will be held via Zoom. Check the Township website for more information. The Plan is a guide to park and recreation development over the next five years and is required by the Michigan Department of Natural Resources to allow the Township to apply for State and Federal funding for park and recreation improvements.

cost the nation anything to integrate lunch counters. It didn't cost the nation anything to integrate hotels and motels. It didn't cost the nation a penny to guarantee the right to vote. Now we are in a period where it will cost the nation billions of dollars to get rid of poverty, to get rid of slums, to make quality integrated education a reality. This is where we are now. Now we're going to lose some friends in this period. The allies who were with us in Selma will not

all stay with us during this period. [...] Now let us be sure that we will have to keep the pressure alive. We've never made any gain in civil rights without constant, persistent, legal and non-violent pressure. Don't let anybody make you feel that the problem will work itself out. [...] For those who are telling me to keep my mouth shut, I can't do that. I'm

against segregation at lunch counters, and I'm not going to segregate my moral concerns. And we must know on some positions, cowardice asks the question, "Is it safe?" Expediency asks the question, "Is it politic?" Vanity asks the question, "Is it popular?" But conscience asks the question, "Is it right?" And there're times when you must take a stand that is neither safe nor politic nor popular, but you must do it because it is right.

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Gymnastics

First year of Red Arrow gymnastics

1975-76

One of the newest cycles at LHS is gymnastics. It's another of the individual sports that also requires a team spirit to bring home a victory. The gymnasts work together on things like spotting and tell each other how to improve their routines. In every meet, there are six events, with six people participating in each event. The events are floor exercise, vaulting, balance beam, uneven parallel bars, tumbling, and the trampoline. At every meet, each individual is judged in their area on a 1-10 scale. To go to regionals at least a 5.5 average, at three separate meets has to be earned. Tami Clemens was the only qualifier from LHS. She was also named most valuable and Denise Higgins received most improved.

A LOOK BACK IN TIME



Gymnastics is a growing sport in this area, and I'm quite positive that we'll have strong teams in the future. ~ Coach Knechtel

Lowell gymnasts place 4th at Conference; finish 3rd overall

1989-90



The goal for the 1990 Gymnastics team was to accumulate 115 points at four different meets. This would qualify the gymnasts for an automatic spot in regionals. The team accomplished this feat by taking fifth place in the Kenowa Hills Invitational with a score of 117.25. The tumblers set their goals high again when they placed fourth at the Rockford Invitational. This year's team was led by coaches Fitzpatrick and Pearson and also by captains Jody Smith and Kim Pullen. Overall it was a great season and very rewarding for everyone who participated. The year of '91 will be a very thrilling sight with the talents of Laura Kropf, Tammy Jeske, Kim Pullen, and Becky Hovey leading the way. Senior Katie Hawk, Carrie Lepkea, and Jody Smith will be greatly missed.

Gymnasts finish tenth in the state

2013-14

The Lowell gymnastics' team placed third at regionals and placed tenth at the team state meet. This is the first time in school history that the gymnastics' team has qualified. Corah Kaufman was the only one to place in the top ten. She earned her ninth place finish on the bars with a score of 8.625 in the individual competition. Six girls earned academic all-state honors. The honorees are Lauren Browning, Colleen Cater, Bethany Kaczanowski, and Meghan Plutschow. Kaylee Wold was awarded the Sportsmanship award from the Michigan High School Gymnastics Coaches and Judges Association at the state meet as well.



I am proud of how far this gymnastics program has come. We struggled for so many years just to qualify the team to regionals. ~ Coach Michele DeHaan

Gymnasts qualify for state for the first time

Red Arrow

- VOLLEYBALL

SPORTS

Volleyball advances to state semifinals

by Justin Scott
contributing reporter

The Lowell volleyball team is moving to the state semifinals. A unique season gave the Red Arrows another twist when state quarterfinal opponent, Portage Central, was forced to pull out of the tournament. The Mustangs were forced to forfeit.

The Lowell volleyball program released a statement through Facebook.

“We received news today that Portage Central will forfeit the quarterfinal match due to COVID-related issues. We will not be playing on Tuesday. We give our deepest condolences to Portage Central and would like to congratulate them on a fantastic season. Our thoughts, prayers and best wishes go out to the Portage Central players and their families during this hard time.

The Red Arrows will move onto the FINAL FOUR on Friday January 16 at Kellogg Arena at 6:30 pm against the winner of Skyline and Novi. The match will be viewable on MHSAA.tv. Stay tuned for all details to come!”

The match against Portage Central would have been Lowell’s third match in program history against the Mustangs, the last meeting

was in 2011. Lowell will face the winner of Ann Arbor Skyline and Novi who played on Tuesday.

Unlike last year, where Lowell had a capacity crowd at Kellogg Arena, the program is only able to have 50 spectators for the final four this year. Those 50 are limited to immediate family members of players. All team personnel from coaches to players need to be tested for COVID-19 three times a week.

The Red Arrows recorded a win over Novi during the 2019-2020 season, and beat Skyline 3-0 earlier this year. Skyline entered the postseason ranked sixth, Novi seventh, and Lowell third. The winner of the semifinals will face either No. 2 Bloomfield Hills Marian, Macomb Dakota, Grand Blanc, or HM Clarkston.

The forfeit throws another twist in a season full of firsts for the Red Arrows. The semifinals will be Lowell’s first competitive match in over two months. Competing against the state’s best, the Red Arrows will not be able to afford to be rusty. LHS will be looking to return to the state finals for the



Photo from last year's state tournament.

second consecutive year, falling to the state’s top-ranked team, Farmington Mercy, in the championship game last season.

Other Grand Rapids teams still competing in other divisions include Lakewood (2), Grand Rapids Christian (2), and Calvin Christian (3).



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obituaries

ABC's of history, continued

BLAIN

Dorothy A. Blain nee Pearson, age 80, passed away on Tuesday, January 5, 2021. She was preceded in death by her parents, John Pearson in 1964 and Joanne Bittle in 1990. Dorothy is survived by her children, Sheila (Tim) Aalsburg and Kenneth Blain; granddaughters, Chloe and Maya; youngest sister, Frances "Fran" (Rick) Rowell of Louisiana; childhood friend, Addie (Orison) Abel. Dorothy will be remembered for her generosity and hosting large family gatherings. She grew up in southern Michigan and graduated from Lowell High School in 1959. She married and raised two children. Through the years, Dorothy worked as an upholsterer, a realtor, school bus driver, and a greeter at Meijer. Per Dorothy's request, cremation has taken place. In lieu of flowers, donations can be made to the Fallasburg Historical Society. To share a photo, memory and to sign the online guestbook please visit www.stegengafuneralchapel.com



seeing something special in the ordinary... "to the artistic, appreciative and photographic eye of Norton there seemed to be a 'special picture' in the ordinary things he and most people saw."

The Averys had two sons, Keith and Hoyt Avery, who were also artists. Keith was a horseman, poet, and artist of the southwest. After Keith and his wife, Carol, retired from teaching at Lowell High School, they moved to Roswell, New Mexico, to pursue their interests in the southwest. Hoyt famously published his photography of Michigan's Upper Peninsula on postcards, stationery, and placemats and sold especially to tourists.

Today, part of the Norton Louis Avery collection is preserved at the Michigan State Archives.



Norton Louis Avery was an active member of the West Central Michigan Historical Society (1960s, 1970s, 1980s). This organization preceded the Fallasburg Historical Society and the Lowell Area Historical Museum. Back row standing (left to right): Norton Louis Avery, Clynis A. Benson, Ida Benson, Nona Kyser, Robert Kyser, Gordon Johnson, Virginia Tichelar; Front row sitting: Ruby Christiansen, Doris Myers, Donald McPherson, Lenora Tower, Ferris Miller, Lucy Miller.

The Lowell Area Historical Museum has many of the local photos and postcards taken by Norton Avery

featuring downtown Lowell, Lowell Showboat, the Fairgrounds, covered

bridges of the area, school classes, and his drawings of Fallasburg.

STARKWEATHER

Ross K. Starkweather age 71 passed away January 4, 2021 in Florida. He was born December 4, 1949 in Pontiac the son of Earl and Elsie (Tisson-Start) Starkweather. Ross served in the Airforce for 8 years during Vietnam. He was an over the road truck driver for many years. Ross was a member of Lowell and Greenville Moose Lodges, American Legion in Alto and Lyons VFW. He enjoyed bowling and golfing in his younger years. Ross new someone everywhere he went and knew how to get anywhere. Surviving are his sons, Denton (Holly) Starkweather of Lowell, Byron Rhamy of Ionia and Leland Rhamy of Saranac; grandchildren, Kevin Rhamy, Grant Rhamy, Olivia Starkweather, Blaise Starkweather, Denton Starkweather II, Ava Starkweather and Brooklyn Starkweather; great-grandchildren, Finley and Lucy; sister, Sue (Dave) Beute of Lowell; and brother, Craig (Paula) Starkweather of Mackinac Island. He was preceded in death by his parents, brothers, Gary, Kirk, and Bruce; and sister, Sheryl Miles. Funeral Services for Ross will be held 11:00 am, Friday, January 15, 2021 at Lake Funeral Home in Ionia with Mr. Jeff Starkweather officiating. Services will also be Live Streamed on Lake Funeral Homes Facebook page. Interment Chapel Hill Memorial Gardens in Grand Rapids. Visitation will be on Thursday 1-3 and 5-7 p.m. at the funeral home. Those wishing may make memorial contributions to American Heart Association. Online condolences may be made at www.lakefuneralhomes.com



Three ways to fight scammers who target your Social Security benefits

Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents and other law enforcement. They may claim your Social Security number is linked

to a crime. They may even threaten to arrest you if you do not comply with their instructions. Here are three things you can do:

- Hang up right away or do not reply to the email.
- Never give personal information, money, or retail gift cards.
- Report the scam at oig.ssa.gov immediately to Social Security's law enforcement team at the

Office of the Inspector General.

You should continue to remain vigilant of phone calls when someone says there's a problem with your Social Security number or your benefits. If you owe money to Social Security, we will mail you a letter explaining your rights, payment options, and information about appealing.

or prepaid debit card.

- Demand secrecy from you in handling a Social Security-related problem.

- Send official letters or reports containing personally identifiable information via email.

If you do not have ongoing business with our agency, it is unlikely we will contact you. Again, if you get a suspicious call



There are a few ways you can identify a scam call or email. Remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency,

claiming to be from Social Security, you should hang up and report it right away to our Office of the Inspector General at oig.ssa.gov.

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

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO
CREDITORS
Decedent's Estate

FILE NO. 20-208435-DE

Estate of WILLIAM A.
BRACE. Date of birth:
March 22, 1939.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, William A. Brace, died January 10, 2020.

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

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

Emily K. Sheridan (P-84658)
688 Cascade West Pkwy SE
Suite 230
Grand Rapids, MI 49546
616-285-6050

Sandra K. Havens
255 E Division
Rockford, MI 49341
616-975-2052

...
We should all start to live before we get too old. Fear is stupid. So are regrets.

~ Marilyn Monroe

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A	Y	P					T	E	C	H									
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3	2	9	6	5	7	4	1	8
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7	9	4	8	1	5	6	3	2
6	1	5	3	4	2	8	7	9
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Y U C X Z G E R E P A P G N I P P A R W
 O R D Y L I M A F S Y G S C E K Z E B X
 T G E K F U E P W O S P R B L H P A O Z
 C P Z C S Z P P T R T U I F I S I B D E
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Financial Focus

With Christopher C. Godbold

Edward Jones

Serving Individuals Investors Since 1871

How to Respond When Risk Tolerance Is Tested

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For

example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand

the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets.

Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy.

Look past the immediate event. While the market's pandemic-driven

fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of

large U.S. companies – and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments.

Keep your emotions out of your investment moves. The market will fluctuate constantly – but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell

when we feel badly (when markets are down). Your heart and your emotions may drive your financial goals – creating a comfortable retirement, sending your kids to college or leaving a legacy for your family – but when you invest for these goals, you should use your head.

Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture – and a better understanding of yourself as an investor.

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

Live the Life You Want Is telehealth counseling right for you?

Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

Today's technology can make it convenient to obtain all sorts of goods and services. Technology allows us to shop, attend webinars, hold meetings, and even video chat with friends and loved ones living on the other side of the world over the internet or using cellular service.

Due to COVID, many medical and mental health professionals are now using telehealth technology or video conferencing to treat patients because it is safer for everyone involved. So, is telehealth right for you?

In general, telehealth video conferencing services can be used effectively for individuals:

- that have mobility issues, chronic pain, or general health issues
- being counseled for life transitions, mild stress, some types of mild mood disorders (anxiety,



Melissa Spino
MA LPC CDMS

depression), certain panic disorders, some phobias such as Agoraphobia, relationship issues, career exploration, anger, and certain types of mental health trauma

If testing or assessments are needed, they can be completed prior to the telehealth video conference and reviewed during the session.

In general, telehealth video conferencing services are not ideal for individuals:

- in crisis
- at risk for suicide
- who self-harm
- diagnosed with moderate to severe depression)

- needing urgent or emergency treatment
- with personality disorders (there is some debate over this)
- dealing with certain types of trauma and PTSD
- diagnosed with schizophrenia or schizoaffective disorders (there is some debate over this)
- that do not have a good internet or cellular connection

Not every type of client, ideal or not, for telehealth video conferencing services can be listed or this article would be extremely long. Also, not everyone has access to this type of technology so sometimes

telephone consultations are also an option.

Finally, let's touch on HIPAA compliance and your privacy. Telehealth video conferencing is supposed to be HIPAA compliant and encrypted. However, not

for noncompliance with HIPAA rules if healthcare providers provide telehealth services through remote communication technologies. This means health professionals have some flexibility to continue



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all health care professionals are using HIPAA compliant telehealth software. For instance, Skype is not HIPAA compliant but some health care professionals still use it. Zoom does have HIPAA compliant paid software but it is expensive and so some elect not to use it and instead use the free version which does not provide privacy protection for clients.

The Office for Civil Rights (OCR) at the Department of Health and Human Services has issued a telehealth notice during this COVID-19 public health crisis. OCR states that it will exercise its enforcement discretion and will not impose penalties

to provide needed services to clients that may or may not be HIPAA compliant. It's important to know that not all connections used by health care providers may be secure or as private as you would expect. While my office only uses HIPAA compliant encrypted telehealth software for the protection and privacy of my counseling clients not all health care providers are doing this. So, when using telehealth video conferencing services with your provider, you may want to ask if they are HIPAA compliant so you can make an informed decision whether to use the services based on your level of comfort.

FUN PAGE

SUDOKO

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

Level: Intermediate

Here's How It Works:

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

GIFT GIVING WORD SEARCH

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

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

Puzzle solutions on page 13

GIFT GIVING WORD SEARCH

BAG
BOX
BUDGET
CONSIDERATE

COWORKER DECORATE

FAMILY
FRIENDS
GIFT
GREETING
HOLIDAYS

IDEA LIST

PRIZE
PURCHASE
RECEIPT
RECIPIENT
RETAIL

RIBBONS SHOPPING

STORE
TISSUE
UNWRAP
WRAPPING PAPER

Guess Who?

I am an actor born in Australia on January 13, 1990. Before I became an actor I worked in construction. I made my big screen debut in 2009, and I was in the popular "Hunger Games" trilogy.

Answer: Liam Hemsworth

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gifts.

B N I R S B O

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

Answer: Ribbons

1	2	3				4	5	6	7			
8			9				10					
11							12					
13				14			15					
16						17						
18					19	20						
				21				22				
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	27							29	30	31	32	33
	34							35				
36								37				
38									39			
40									41			
42											43	

CLUES ACROSS

- Adequate yearly progress (abbr.)
- Silicon Valley's specialty
- Gather a harvest
- Famed mathematician
- No (slang)
- Students use one
- Type of molecule
- Play make-believe
- Large barrel-like containers
- Touching
- Treats allergies
- Calendar month
- Single
- Cease to live
- Brew
- What ghosts say
- Geological time
- Focus
- Discomfort
- A citizen of Iran
- Trip
- Imitate
- Makes happy

CLUES DOWN

- Used in treating bruises
- One who cultivates a small estate
- One who supports the Pope
- Annuity
- Geological period
- Grab onto tightly
- Kept
- Chinese city
- The most direct route
- Type of tooth
- ___ kosh, near Lake Winnebago
- Popular veggie
- Supervises interstate commerce

- Foolish behaviors
- Witness
- Gives
- Expression of creative skill
- A way to prop up
- Midway between northeast and east
- Winter melon
- Supernatural power
- Target
- Threes
- A type of poetic verse
- They make some people cry
- Kindest
- Forman and Ventimiglia are two
- A way to liquefy

Life is going quite well for Josephine Emmette



by Brendan A. Sanders
contributing reporter

In 2017, Josephine Emmette was able to spend her first Christmas at home after being born four months premature. She spent the previous 86 days in the NICU after being born weighing just over a pound and a half.

Dave and Cheryl Emmette had been trying to adopt for over three years before Josephine came along, but

as soon as they laid eyes on her in the hospital after she was born, they knew she was theirs. They spent every day and night with her in the NICU reading to her, talking to her and keeping watch over her.

“We had been trying for years to adopt, and we were just starting to believe we weren’t going to get a child when we got the call,” Dave

Emmette said. “They said, ‘We’ve got one for you if you want her, three days old.’ We talked about it, prayed about it, and the answer was yes. Having a micro-preemie there’s a lot of things to be concerned about, not just the health issues but the survival rate. We prayed about it and rolled in.”

Today, Josephine is thriving. Now at age four,

she weighs 28 pounds. She goes to Saint Patrick’s for preschool and participates in sports like gymnastics with her friends, where she learned how to walk the balance beam and tumble.

“She’s a busy, busy little girl,” Emmette said. “When we try to put on some weight, she burns it all off going 100 miles an hour.”

She is happy and friendly, trying to say “Hi” to every person she meets.

“She makes friends pretty easily [and is] very sociable, almost too sociable,” Emmette said. “We’ll go to the playground and she’ll want to come up and hug every kid. She’ll say ‘Hi’ to everyone. When we take her on walks, anytime there’s a dog we have to plan on stopping. She’ll ask if the puppy is nice, if they say ‘yes’ then she’ll want to pet the puppy. Our neighbors have a dog and whenever they walk by, she’ll want to go out to pet the puppy. We go to get ice cream over at Red Barn and she’ll eat all her ice cream then want to go see all of the animals.

She’s definitely an animal lover. When we go on walks, she’ll say hi to everyone, the puppies, the kids, the adults, everyone.”

The last few Christmases have been great for Josephine, getting many great gifts from Santa such as a gumball machine that gives out M&Ms when you put a quarter in it. Candy is a favorite of Josephine - when she was asked what she wanted for Christmas, candy was her answer.

including oysters. While there have been a lot of doctors’ visits to make sure Josephine is developing correctly, this has not stopped her from having a normal life. You would not even know that she had been born four months premature.

Emmette had some advice for anyone who is currently trying or planning to adopt. “Patience, perseverance, it’s the best thing ever,” Emmette said. “We had gotten to the point where



“She loves Santa Claus,” Emmette said. “Fortunately, I was able to make some arrangements this year so she was able to see Santa and tell him what she wanted. Last year we were up in Marquette with a large family. She loves it, she knows everyone’s names, her great aunts, her cousins, everyone. She enjoys being around people. She has a lot of energy though, everyone says that.”

She really loves all types of food, not just candy. Pre-COVID, Josephine and her dad would go on daddy/daughter dates where she would try all sorts of foods,

we thought it wasn’t meant to be, we had been waiting to adopt for a while. We just stayed very careful about it, more persistent. We believed God had a plan, and every day we believe God found Josie for us, it was meant to be. It wasn’t meant to come earlier because we were meant to have Josie and Josie was meant to have us.”

Overall, the Emmettes could not be happier. From all the help from doctors of the NICU four years ago, to today with her loving parents, Josephine has developed into a beautiful young girl who has a bright future ahead of her.

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