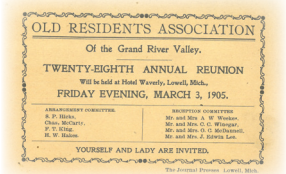


Lowell Area Fire Department promotions



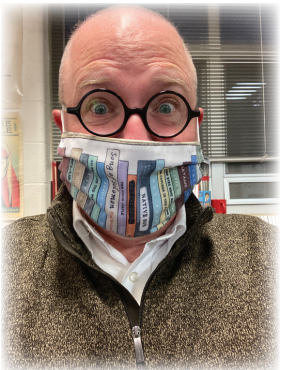
page 3

ABCs of history



page 6

Parent/teacher conferences



page 2

Class of '20 makes donation to Pink Arrow



The Class of 2020 All-Nighter parent committee pulled off a successful Senior All-Nighter with the support of the community. The event was held last summer without a hitch or a COVID case.

The committee had leftover funds and decided to donate the excess money to Pink Arrow and each of the current classes were given start-up funds for planning their all-nighter event.

Pictured are Anna Gaskin, Riley Fuller, Kaitlyn Rankin and Teresa Beachum with a big check to Pink Arrow Pride.

Lowell Showboat construction ending soon, fundraising for bathrooms continues

by Tim McAllister
lead reporter

It's been a long, hard road, and now construction on the new Lowell Showboat is almost finished.

The contractor, Wolverine Building Co., just has a few finishing touches, then that's it.

"Right now they are really far along, and they are close to being done," said Lowell city manager Michael Burns. "They're doing a lot of the interior trim work right now. They've had good weather, so they're moving along."

Designing and building a hybrid boat/building has been uniquely challenging.

"Three years from now, I think everyone will be relieved and happy with what has come out of it, but getting to that point has

not been fun, I'm not gonna lie," Burns said. "Nothing on this project has been easy, it's been a difficult project. It's not something you'd normally do. We're putting a building on water, and nobody wants to touch things like the building code. So basically we just treat everything like the building code, and that brings the cost up. If we built it to nautical code, we probably wouldn't have to do certain things."

A blessing turned into a challenge when the state gave over \$2 million in grants to the Showboat project, but the money came with a "spend it or lose it" time limit.

"When the state tells you that you've got to spend



money on a project before you have everything done conceptually, it creates a lot of headaches and a lot of frustrations," Burns said. "Normally you wouldn't

do that, but when you have \$2.3 million of the state's money, they want it spent! People complain about that, and I don't disagree with them. You don't do that! But

unfortunately on this project that's kind of what we had to do. It drove me very nuts!"

Once the boat is finished, Showboat, continued, page 3



LHS sports

pages 10-11

50¢



What parent/teacher conferences mean for teachers



Jeff Larsen

by Lara Steffens
contributing reporter

It's time for this trimester's conferences, and many parents will be going despite the fact conferences are being held online via Google Meet. What do parent-teacher conferences mean for the teachers? Generally

speaking, a lot of grading. Teachers have to make sure that grades are up-to-date.

Jeff Larsen, a teacher for 27 years, said preparing for high school conferences is a long process.

"I make sure that all of my grades are up-to-date on Infinite Campus," Larsen said. "Prep is a number of hours ahead of time. I would guess it takes anywhere from eight to 10 hours."

Justin Phillips has been a teacher for three years, and in his experience students tend to turn in a lot of late work right before conferences, which causes a larger workload.

"The latest I stay is 7:30 one night for conferences," Phillips said.

Teachers with more advanced classes have more work for those classes as well. Larsen explained that of the three classes he teaches, English 11, Literature and Film and Advanced Placement Literature, each takes a different amount of preparation.

"Preparation for Literature and Film is not as time-consuming as English 11A," Larsen said. "Then again English 11A is not as time-consuming as preparation for AP Literature, just because of the nature of the complexity of the course's complexity."

Phillips says the same about his classes. US History takes more preparation than History vs. Hollywood. He also mentions that he has much less freedom for lesson-planning with US History than he does with History vs. Hollywood since US History is a state-required class.

Both teachers agree that conferences are important.

"[Conferences] give parents a glimpse into how their students are doing outside of the grade book," Phillips said. He also pointed out that it's important to help parents understand grades can still improve.

Larsen said that face-to-face (or face-to-screen) conversations are good to



Justin Phillips

help parents see how their student might need help and how to go about that.

"If [students] know that

there's someone on the other end who's willing to help and knows what specifically needs to be done, it becomes easier," Larsen said.

Englehardt Library offering craft/maker kits for K-12

by Tim McAllister
lead reporter

As part of their ongoing effort to destroy boredom and stimulate creativity among Lowell's youth during the pandemic, the Englehardt Library, 200 N. Monroe, has been creating free "maker kits" for children, tweens and teens.

"These were originally engineered as a response to COVID as a placeholder for our weekly Teen Zone," said Alantha Mansberger, the KDL branch librarian responsible for the teen maker kits. "[That] is an afterschool program where students in sixth through 12th grade can hang out at

the library, eat a snack and make a different project each week. Since we can't have in person programming, we decided to shift gears and find a different way to provide quality programming for our patrons. In this new age of Zoom everything and virtual learning, parents as well as teens have been grateful to have activities that don't involve screens."

"We started offering the craft kits in response to the pandemic," said Lynda P. Austin, KDL youth branch librarian. "Normally, our KDLville kids area features a writing activity/craft activity that stimulates fine

motor skills and inspires a child's creativity. Engaging in activities such as these lengthen a child's attention span, making learning in preschool and regular school a little easier."

There are two types available. The "School-Age Grab 'N Go Craft Kits" are designed for kids between ages six and 11, and the "Teen Maker Kits" are for older kids.

"The Grab 'N Go Crafts for School-Age Kids kits are available every Tuesday after we open at noon," Austin said. "They are given out via curbside delivery while we are not open to the public. When we do reopen, patrons can find them in KDLville. They are available first come, first served and are made up of raw craft

and assembly materials and an instruction sheet. Most times they can be crafted by school-age kids; when adults could help we note that on the instructions. We typically make up 50 kits and all are usually gone before the next Tuesday. There is no cost to get these kits, nor is a library card necessary to get one."

"Teen Maker project kits are available during open hours and are available on a first come, first served basis," Mansberger said. "The kits contain everything to complete a single project and an instruction sheet. Families may need to provide their own scissors. Our teen kits are geared for ages 11 and older. In the past, we've had kits to make slime, miniature bow and arrows, blackout poetry,



tiny piñatas and more. We're looking forward to some really cool projects coming up, including marshmallow launchers, concrete casting and miniature solar ovens. We usually have 30 available on Friday and it's not uncommon for all of them to be claimed by Saturday afternoon. You can see what kits we have available by checking the Englehardt Library's Facebook page, or following our teen Instagram account, @

kdlenglehardtteens." Both types of kit are free, a library card is not necessary and they are available via curbside pickup. "KDL works very hard to be responsive to our community," Mansberger said. "We want our materials, services and programs to be accessible to everyone in our community. If there are programs you'd like to see or projects you think we should try out, we want to hear your suggestions!"



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Due to Covid-19, masks will be required, temperatures may be taken upon arrival, and appointments will be limited to two people.

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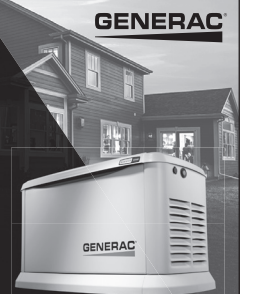
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Lowell firefighters advancing through the ranks

by Chief Shannon Withereil
Lowell Area Fire Department

The Lowell Area Fire Department and the Lowell Area Fire and Emergency Services Authority are pleased to announce several promotions.

Firefighter Kevin Jones has been promoted to the rank of Lieutenant. Lieutenant Kevin Jones joined our department in

Jones enjoys hunting and fishing in his spare time.

Firefighter Charles Johnson has been promoted to the rank of Lieutenant. Lieutenant Charles Johnson joined the department in 2009. At that time, he was a dual member serving on our department and Saranac Fire. Lieutenant Johnson

been promoted to the rank of Lieutenant. Lieutenant Erik Kelley joined the department in 2013. Lieutenant Kelley served several years with the Ionia County Sheriff's department reserve unit. He has consistently been in the top 10 responders. He has been an active member in our fundraising activities

Sean Donahue became a firefighter in 2008 after serving as a high school cadet for three years. Captain Donahue has overseen the department's public education program for the last four years. He has organized our department open house and hundreds of public education and

the maintenance and service of all of our equipment. He has personally designed and built the skid system for our UTV as well as several other mounts and brackets for our equipment. His work has saved the department thousands of dollars. Captain Soyka has been a key component in the building of

joined the department in 2009 and rose to the rank of Lieutenant/training officer in four quick years. Deputy Chief Velzen has completely rebuilt our training program, helped to develop a member competency test and an NFPA annual physical agility test. Deputy Chief Velzen's passion for training reaches



Lowell firefighters Sean Donahue, Charles Johnson, Kevin Jones, Erik Kelly, Justin Soyka and Corwin Velzen (L-R) were promoted recently.

2017 as a dual member serving both our department and as a Lieutenant at Alto Fire. Firefighter Jones has helped with several projects around the station as well as helping our leadership with conducting training and scene management. Lieutenant Jones is Firefighter I and II certified, Medical First Responder certified and is currently in Fire Officer I and II training. He and his wife Mandie have two daughters. Lieutenant

has overseen our department fundraisers for the last several years. Lieutenant Johnson was named the department's first Firefighter of the Year in 2018. Lieutenant Johnson is Firefighter I and II certified, certified Fire officer I and II and an EMT. Lieutenant Johnson and his wife Stacy have a son and two daughters. Lieutenant Johnson spends most of his free time working on cars in his shop.

Firefighter Erik Kelley has

and community events. Lieutenant Kelley served on a committee of members that put together a member recognition program. Lieutenant Kelley is Firefighter I and II certified, Medical First Responder certified and is currently in Fire Officer I and II training. Lieutenant Kelley and his fiancée Tracy have one son and two daughters.

Lieutenant Sean Donahue has been promoted to the rank of Captain. Captain

community events. He has been a key part in the growth of our programs. Captain Donahue and his wife Amy have two sons and a daughter. He enjoys hunting in his free time.

Lieutenant Justin Soyka has been promoted to the rank of Captain. Captain Justin Soyka joined the department in 2006. Captain Soyka has overseen our public education program before taking over as equipment officer where he oversees

the last three trucks that were purchased. Captain Soyka has been the team leader of the green team since his promotion to Lieutenant. He has earned the trust and respect of the members as a fair and confident leader. Captain Soyka and his wife Audrey have two sons. In his free time, he enjoys the outdoors.

Lieutenant Cory Velzen has been promoted to the rank of Deputy Chief. Deputy Chief Corwin Velzen

far beyond our department. As the vice president of the B-Side FOOLs, he has had a part in bringing specialized firefighter training to several Michigan departments including training as far away as Houghton, MI. Deputy Chief Velzen has been instrumental in firefighter development and department growth. Captain Velzen and his wife, Ashley have two daughters. In his free time, he is a hobby beekeeper.

Showboat, continued

the next construction project will be the bathrooms. They'll be across the Riverwalk in the disused city-owned garage directly to the left of the Lowell Area Chamber of Commerce.

"We've still got to build the bathrooms, and we're figuring that out right now," Burns said. "We'll be bidding it out, I think next week. The bathrooms are part of the whole [Showboat] project, but they will be in the old DPW building. We will have bathrooms one way or

another, it's just one of those things that we still have to fundraise for. The ultimate plan is to do that whole DPW building eventually, but just to do the bathrooms it's about \$160,000. My projection is showing \$816,004.59 [will be required] to get us through all of Wolverine's work, but that doesn't include the bathrooms. It was a \$1.4 million project. Cash on hand, we have about \$842,000, so right now we're about \$25,000 ahead, at least on getting us through

Wolverine's work, so [the remainder] would be put toward the bathrooms."

Fundraising bricks are still for sale, but the opportunity to buy one is coming to an end soon.

"Looks like we have fallen under the \$150,000 mark of what is needed to reach our goal of \$780,000," said Lowell Area Chamber of Commerce executive director Liz Baker. "We have \$147,025 yet to go."

The Showboat non-profit organization had their first

meeting last week and they're going to have another one next week.

"We're starting to get into the brass tacks of things," Burns said. "Organizing events, how we're going to run events, maintenance, all the business end things, basically. We're starting that."

Other than the two state grants, no taxpayer money has been used to pay for any aspect of the Showboat.

"Other than if you want to include my time, we have



not put one dollar of local taxpayer money into the Showboat project at all," Burns said. "The DDA may pay for the bricklaying, but

that's a public improvement project that had to be done anyway. That would be the only thing public dollars would be used on."

There's no better time to take care of yourself!



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the lowell ledger

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sharing the vision

LAS Superintendent Nate Fowler

Lowell Area Schools celebrates School Board Recognition Month

Lowell Area Schools is joining 544 local and 57 intermediate school districts across Michigan to celebrate January as School Board Recognition Month.

School board members represent the views and priorities of their community in the complex system of maintaining and running a district's public schools. They also reinforce the principle of local control over public education, which is an important, highly valued aspect of education in Michigan.

The school board's main goal is to support student achievement added. To achieve that goal, the board focuses on the following needs:

- Creating a vision for what parents and citizens want their school district to become and how to make student achievement the top priority.
- Setting standards for what students must learn and be able to do.
- Assessing whether schools achieve their goals and whether students are learning.
- Accounting for the outcomes of decisions and by tracking progress and reporting results.
- Aligning the use of the district's human and financial resources.
- Creating a safe and orderly climate where students can learn and teachers can teach.
- Collaborating to

solve common problems and to support common successes.

• Focusing on continuous improvement by questioning, examining, revising, refining and revisiting issues related to student achievement.

Even though we are making a special effort during January to show appreciation for our school board members, we recognize their contributions reflect a year-round effort on their part. No matter what challenges lie ahead for our district in 2021, our school board members will continue to govern to improve student achievement and provide exceptional education for all our community's children.

The individuals serving Lowell Area Schools are:

- Brian Krajewski, President
- Laurie Kuna, Vice-President
- Gary Blough, Treasurer
- Pat Nugent, Secretary
- Tom Kaywood, Trustee
- Dan Stephens, Trustee
- Jessica Curtis, Trustee

outdoors

sanctuary

Dave Stegehuis

The world in general and the smaller world we each live in daily is always changing. Some changes are subtle, some are major, some are good, some are bad. Almost all changes are the result of choices we make as a society. The quality of our lives is determined by how we adjust to these changes. We definitely live with a different set of challenges than the generations before us.

One thing that doesn't change is nature and the rules that govern these wild places. We can observe and personally interact with nature by accepting its rules. If it is going to rain, it will rain. The wind blows, the sun comes up and goes down, rivers run downhill. We have to live with it and the mosquitoes

When getting out in nature we all experience the same environment and feelings that visitors to that same place did centuries ago. We see the trees and flowers, hear the water flowing over ancient stones, smell the fragrance of blooming plants, and feel the cool breezes drifting from a dark cedar swamp.

I can go to national forest land and toss a line into the dark water under a fallen log in a small creek in anticipation of feeling the tug of a brilliant speckled brook trout. I fished this water six decades ago with my dad. My dad is gone, and I am much older now, but the stream and its promise are still there. It is still there for you.

We must build on the conservation legacy of Roosevelt and Leopold, as

well as the Great American Outdoor Act signed in 2020 to protect wild places and wildlife that live there so future generations will be able to find sanctuary from the challenges of a modern lifestyle by connecting with that which is real. With all of the distractions surroundings around us, we do not want to overlook opportunities to preserve and protect our wild land. Human concerns come and go over time, but nature is unchanging.

We have a chance to rectify some of our mistakes. We can't make forests and rivers and wild creatures, so we must be good stewards of what we have—that which was created for us in the beginning.

college news

Alma College has released the Dean's List for those students who achieved outstanding academic performance during the 2020 Fall Term. Students who achieve a 3.5 or better grade point average during a term, while carrying a minimum of 13 credits, at least eight of which are evaluative

grades, are named to the Dean's List.

Students from your area include: Ava Frederickson, Luke Jones, and Elizabeth Vredevelt, of Alto; Zackery Post and Jacob Reagan, of Lowell; Michael Wojcik, of Saranac.

The University of Wisconsin-Stevens Point

honored more than 2,600 undergraduate students for attaining high grade point averages during the fall semester of the 2020-2021 academic year.

Full-time undergraduates who earned grade points of 3.90 to 4.0 (4.0 equals straight A) are

College News, continued, page 12

viewpoint

to the editor

Musings January 18

I'm sitting peering out my window at the gently falling snow. Like many of you I'm wondering what the next year will bring to our great country. I should start this rambling with a salute to MLK and to the dreams that he had for this nation. This has been beyond a trying twelve months for most of us. Rather than dwelling on the hand wrenching that will surely dominate the media let's quickly dispense with

the review as it is necessary to get a proper picture of the future.

We all need to take a moment to remember those who have been lost due to the virus that takes no prisoners. The scourge, whether you have lost a friend or loved one, has touched us all. Our youngsters have spent parts of two school years in limbo and I fear the cost is dramatic. Teachers were as much victims as their

students. We would be remiss to not address the yeoman's efforts put forth by medical personnel in all settings. And then there are the selfless contributions by staffers in retail settings that kept the shelves stocked with the needs of their fellow citizens. Many of our friends and neighbors have also suffered with loss of incomes as jobs were whisked away in shuttering of businesses. Ah, and many of those same businesses, products of years of work and investment by their owners, will remain closed, lost forever. Thankfully, the Spring is just a few weeks away and with it a promise of a better tomorrow. Gone are the endless political ads

that sought your vote by tearing down an opponent, there must be a better way. Most candidates and subsequent office holders are indeed well intended, can't that not be the focus of the pitch for votes. Well, we will be spared that assault for a couple of years.

Let's peek into the future for a moment shall we. Lowell and its environs are not unlike many other towns across this country. There is the eternal struggle to provide for the needs of the public on budget and I might add those 'needs' are constantly changing. The services that we all pretty much take for granted like utilities, both public and private, road maintenance,

development, law enforcement, and care of the aged are just a few of the things that we expect for our dollars. Many of those needs are well serviced by public servants. We all need to look around at the changes that are afoot just down the street. Like many of you, I was saddened to see the demise of the Springgrove Variety Store after such a long successful run servicing the needs of their customers. Perhaps, and pleasantly so, the rebirth of the building on Main as a new Mexican restaurant best says volumes about the future of Lowell. I mean, think of the courage of the new entrepreneurs to jump into a new adventure at this time. There are the

stalwarts of the employer ranks: the King Milling Co, the folks at Lighthouse, Attwood, and the expanding Enworks to name a few. The retailer community is also changing with the addition at New Union Brewing and the cannabis venues, and there are countless other changes like the makeover of Keiser's Kitchen. All demonstrate the courage of our fellow citizens in the strength of the community. Now it is up to you the support these efforts.

I would challenge each of us to put the difficulty of the past twelve months behind us and embrace 2021 and the promise that awaits.

Roger Royer



125 years ago Lowell Ledger January 24, 1896

A police justice imposed a fine on a young woman who smoked a cigarette on the street. Cigarette smoking is bad enough, and is particularly shocking when indulged in by the women, but the justice would not think of punishing a man for such an offence. It seems that the courts don't always place the sexes on an equal footing.

It is stated that ex-President Harrison is about to marry again and that his children are up in arms about it. Mr. Harrison is old enough to be able to manage his own household; and his children are not obliged to live in it. When a man's children have grown up and left him and the wife of his youth been taken from him, we know of no law human or divine that will compel him to live out his life in loneliness and gloom.

Some prisoners just out of the county jail have registered a protest against the food served up at that institution. Wonder if they expected Delmonico to wait upon them? They had better behave themselves and keep out of jail. They are not obliged to go there. There is such a thing as making such places too attractive to lazy criminals.

100 years ago The Lowell Ledger January 27, 1921

What might have been a disastrous fire in the West side business district was averted last Thursday evening after several hours of hard work by the Lowell fire department. D. G. Look's wall paper stock, much of it just received, located in the rear upper floor room, is a total loss from fire and much of the stock in the drug store was lost or damaged by water and smoke.

Alexander Ogilvie, about twelve years of age, son of Mrs. Ella McCue, of Morse Lake, was taken violently ill Tuesday morning at school. He started for home and went as far as Wesley Yeiter's. The doctor arrived there and took the boy home. He continued to grow steadily worse and passed away some time during the night.

A Grand Rapids couple has been arrested for improper dancing, the charge being "disorderly conduct." It is encouraging to find that there are some things that some people will not tolerate.

75 years The Lowell Ledger January 24, 1946

All Lowell citizens know that there is an acute shortage of dwelling places. Returning veterans and other citizens find it impossible to secure living quarters and many who have worked in Lowell are leaving, and many who wish to work in Lowell cannot find accommodations. Action is needed at once!

It is reported that there is considerable sentiment about town in favor of prohibiting the sale of beer on Sundays and the employment of minors in places where beer is sold. Slot machines are also included in the ban. The proprietor of one eating establishment where beer is sold told the Ledger that he was personally in favor of the program.

At this writing nearly two million men are on strike which, if continued, will practically paralyze the entire country, even our own Main-St. This paper believes that our country could embark on its greatest era of prosperity if both management and labor would follow the Golden Rule—"As ye would that men should do unto you do ye even so unto them likewise, for this is the law and the prophets."

50 years The Lowell Ledger January 28, 1971

The appointment of Leonard Sinke of Marlette as the new Superintendent of Lowell Area Schools, has been announced by the Lowell Board of Education. Sinke's appointment fills a vacancy caused by the

untimely death of Superintendent Carl Hagen, last November. Until now, the school's superintendentship has been temporarily filled by Donald Kelly.

Carol "Sam" Lawrence has assumed the direction of the editorial department of the Ledger-Suburban Life starting this week. Mrs. Lawrence was on the editorial staff for 12 years before leaving in 1968. After leaving the Ledger, she was employed in the purchasing department at Attwood Corp., and more recently at Northern Equipment Company.

The variation in today's fashion world makes one wonder, as they drive down Main Street, just exactly what era we're living in. Long coats, short coats, etc., could make one wonder...but the big question that arises is who wears the pants in the family?

25 years The Lowell Ledger January 24, 1996

For 12 years Bill Thompson sat to the left of former mayor, James Maatman. That changed Jan. 2. Thompson was appointed by the council to replace Maatman as Lowell's new mayor.

Asked if he was surprised at the speed in which things were moving along, Goodrich Quality Theaters, Inc. president Robert Goodrich replied with a smile, "I've done this before." The Lowell Planning Commission gave final site plan approval to Goodrich's Lowell 5 Theater, his 16th location.

Former Lowell Athletic Director Bob Perry helped Lowell honor two of its former coaches for their years of service to the Red Arrows and for the impact they had and continue to have on Lowell students. Perry presented plaques to Laurie Kuna and Phil Christensen at Halftime of the Forest Hills Central basketball game Jan. 12.

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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

- raynaud's disease

Raynaud's disease is a condition in which the fingers and toes become very cold and turn white or purple in color when one is in a cold environment. The tiny arteries that supply blood to these areas are hypersensitive to cold and constrict, thus limiting blood flow to these areas. It is found much more frequently in women. For most people it is a nuisance, but for some it can cause more serious problems.

Risk factors for primary Raynaud's include:

- Your gender. Primary Raynaud's affects women more than men.
- Your age. Although anyone can develop the condition, primary Raynaud's often begins between the ages of 15 and 30.

• Where you live. The disorder is also more common in people who live in colder climates.

• Your family history. Additionally, a family history appears to increase your risk of primary Raynaud's. About one-third of people with primary Raynaud's have a first-degree relative - a parent, sibling or child - with the disorder.

Risk factors for secondary Raynaud's include:

- Associated diseases. These include conditions such as scleroderma and lupus.
- Certain occupations. People in occupations that cause repetitive trauma, such as

Health, continued, page 14

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.

O is for Old Residents' Association

The Old Settlers' Society of Kent County was formed February 22, 1858. The purpose of the association was to "gather facts about the early history of Kent County and Michigan and to form a social feeling among those who ranked as pioneers." To be eligible for membership, a man must have settled in Kent County, Territory of Michigan, prior to January 26, 1837. On December 27, 1871, a meeting was held to reorganize, and in 1876 changes were again made and the name was changed to 'Old Residents' Association of the Grand River Valley'. Changes were made along the way requiring a man (and later women were admitted) to be a resident of Ottawa, Kent or Ionia counties for 25 years or more.

In Lowell, the Association met for celebrations and remembrances annually beginning in 1877. They paid tribute to those who came before. This organization was highly successful in the preservation of the area's history. While education

OLD RESIDENTS' ASSOCIATION

Of the Grand River Valley.

TWENTY-EIGHTH ANNUAL REUNION

Will be held at Hotel Waverly, Lowell, Mich.,

FRIDAY EVENING, MARCH 3, 1905.

| | |
|---|---|
| <p style="margin: 0;">ARRANGEMENT COMMITTEE.</p> <p style="margin: 0;">S. P. Hicks, Chas. McCarty, F. T. King, H. W. Hakes.</p> | <p style="margin: 0;">RECEPTION COMMITTEE</p> <p style="margin: 0;">Mr. and Mrs. A. W. Weekes, Mr. and Mrs. C. C. Winegar, Mr. and Mrs. O. C. McDannell, Mr. and Mrs. J. Edwin Lee.</p> |
|---|---|

YOURSELF AND LADY ARE INVITED.

The Journal Presses Lowell, Mich.

was a high priority, the events were fun social times. There was a first class dinner and meeting, followed by a dance, usually at Train's Opera House. Some years the celebration was held in the summer with a picnic in Island Park, followed by a dance in the evening. These members were of sturdy stock. Not only did they survive early settling and pioneering, it was not uncommon for these parties themselves to last until 2 or 4 a.m. They literally danced the night away.

The meetings were times of reunion. It wasn't just the actual events, but since the events brought many former residents back to the area, the result was a weekend of visiting.

As the earliest pioneers began disappearing from the scene, it encouraged those left to strive to pass along their history. It was noted in 1891 that some of the individuals in attendance

rarely left their homes, but for these occasions of utmost importance. This was a priority to them.

The educational aspects of the events were quite thorough in nature. One year the speakers dealt with issues such as the pioneer farmer, the pioneer table and the pioneer 'roads.' These topics could be so easily overlooked and yet great care was taken to preserve the memory of even these topics.

In 1900 the speaker pointed out that "the early settlers were men of rare ability and sterling character." Many of them came without means and borrowed money to buy land paying two dollars for one to obtain it. The speaker settled at Fallasburg with only 50 cents which he paid for flour, leaving him penniless. He built a shanty (10'X12') with a 'three story' bed and six people lived in it at one time. They had no fireplace and the cooking

was done by the side of a log. They did not suffer any but enjoyed themselves "as well as people do now."

In 1907 organizational meetings had been poorly attended so the officers wrote up a challenge in the newspaper. They pointed out that without exception all of the reunions had been huge successes. They were educational to the younger generation. Just because the earliest settlers were now gone, "shall we eliminate from this community the benefits derived from this annual reunion?" This worked! At the next meeting a large number showed up and decided to continue the event.

What an inspiration these early pioneers and settlers were, and what vision to preserve Lowell's history. They worked so hard, but had fun along the way. Today the Lowell Area Historical Museum strives to continue that passion and vision.

Happy 97th Birthday

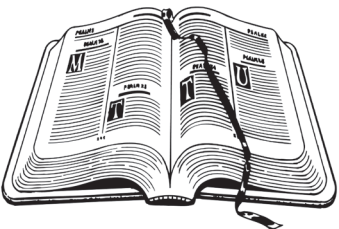
to Betty Yeiter

on February 7th

Please shower her with Birthday Cards sent to:

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Lowell, MI 49331

area churches



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JANUARY 20
Shelby Baird, Josh Rinard.

JANUARY 23
Amanda Wingeier, Zach Stauffer.

JANUARY 21
James Vezino, Mark MacNaughton, Jankowski, Brooklyn Rinard.

JANUARY 24
David Szymczak, Haleigh Timmers, Mackenzie Stiles.

JANUARY 22
Cheryl DeYoung, Bob Pfaller, Dale Latva, Jenni Magner, Frances Walling, Glenn Vanbuskirk, Shane Gildner, Reece VanderWarf, Frances DeVries, Elijah Barr.

JANUARY 25
Molly Doyle, Dean Olin.

JANUARY 26
Victor Weeks, Steven Uzarski, Andy Nowak, Alex Dommer.

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Sr. Pastor - Brad Brillhart

Lowell Showboat donations as of Wednesday, Jan. 20

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| PILOT HOUSE Thomas W. Richmond Trust | | | | | |
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| POOP DECK ASG: Attwood Corporation | | | | | |
| SMOKESTACK Mark and Theresa Mundt Bieri Auto Body | | | | | |
| BAR Key Heights Village, MHC and Key Vista, MHC Roth-Gerst Funeral Home Seaman's Mechanical: Randy and Peggy Seaman | | | | | |
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Treasures Thrift Shop: bargains on clothes, tons more



Turn here...

\$60 worth of items for only \$10! Some customers even purchase and fill a second bag.

We also have weekly half-off sales on different items. Sale information is available on our sign in front of the building, our posts on Facebook or through email notifications. If that wasn't enough, there are weekly items in our bargain bin and 75%-off rack. A \$3 shirt from the 75% rack is only 75 cents! The items in those areas change regularly as well.

Spending money at Treasures Thrift Shop helps



by FROM staff

You never know what you will find at Treasures Thrift Shop! We have a wide range of unique items for all ages. For example, some shoppers that are starting a new home come in for everything from the basics to home decor. We have a lot of regular shoppers looking for a specific treasure from our antiques department or a cartful of clothes. There are also electronics and home repair items.

In November, we started a New Purpose section in our store that offers clothing for the young adult crowd. We have some volunteers in that age group that donate, select, and merchandise the product. It has been a fun experiment and we are already experiencing success!

We had a teacher in the store recently. She purchased books for her classroom at a small



Keep going...

fraction of the cost that she would have purchased them elsewhere. The store is restocked daily so it is best to stop by regularly.

Our prices start out very reasonable. Adult shirts are as low as \$3 and books are as low as \$0.50. On top of that, we have regular sales. Our "Red Bag Sale"

is usually a big draw for customers. On our special "Red Bag Day" you can stuff a FROM Red Bag full for just \$10! It is amazing how much clothing can be stuffed into one bag. Some customers choose several DVDs, toys, baby items or whatever else. Customers have purchased as much as

You can join our mission by volunteering, donating gently used items and, of course, bringing a friend to shop.

Treasures Thrift Shop hours are 10 am to 7 pm Tuesday through Friday and 10 am until 2 pm on Saturday. We are closed Sunday and Monday.

Despite our low prices, sometimes our neighbors need a little extra help. If you know someone in need, a no-cost voucher

"VOLUNTEER" to 616-897-8260 and we will contact you. You can also go to fromlowell.org/volunteer and fill out our volunteer form. You may call our main lobby at 616-897-8260.

New volunteers are trained by staff and experienced volunteers. It is a gradual process that goes at the volunteer's pace. As mentioned earlier, there are many opportunities for volunteering that utilize



Head in!

neighbors in need. Sales from the store funnel into our programs and provide essential services to the greater Lowell community. We have so many dedicated volunteers that make this possible. In 2020, volunteers worked 18,766 hours, the equivalent of nine full time people to support the shop!

Right before we had to close Treasures due to the pandemic, we did a customer survey. Ninety-eight percent of our shoppers said they would recommend our shop to others. Great price, value, product selection and friendly staff were among the top reasons for recommending the store.

at Treasures is available through FROM's Connections office at 616-897-8260 ext. 125.

There is a need for volunteers to do cashiering and bagging, and there are many other opportunities for volunteering that utilize a full range of skills and abilities. Please consider volunteering.

To volunteer, text your name, phone number and

a full range of skills and abilities. We can find something for everyone and their schedule.

We also encourage you to donate. Our hours to accept donations are Monday, Thursday and Saturday from 6 am to 6 pm. The alternate days enable us to quarantine donations to keep our volunteers and customers safe.

...

They laugh at me because I'm different. I laugh at them because they're all the same.

~ Kurt Cobain (1967-1994)

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Civics 101: The Supreme Court

by Lara Steffens
contributing reporter

The US Constitution was ratified in 1789, forming the three branches of government we have today: the Legislative Branch, the Judicial Branch and the Executive Branch. This week we will take a closer look at the Judicial Branch's highest office: the Supreme Court.

Our modern Supreme Court consists of nine justices appointed by the President and approved by the senate. This ensures the checks and balances system. The justices serve their whole life, or until they retire. The Supreme Court reviews laws passed by the legislature to ensure the law is constitutional. This is called Judicial Review.

The Supreme Court hears original jurisdiction and appellate cases. Original jurisdiction cases are cases that are being heard for the first time, while appellate cases are cases that have been handed to the court from lower court systems. The majority of the cases the Supreme Court hears are appellate cases. For one's

case to be heard by the Supreme Court, they have to apply, and four of the nine judges must agree to hear the case.

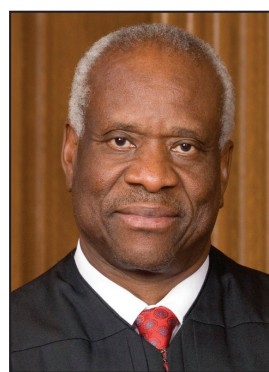
The United States' original lawbook, the Articles of Confederation, only had a legislative branch, and it was found to not be strong enough to support our young country. The Founding Fathers decided that there needed to be a checks and balances system to keep any one branch of the government from having too much power. Therefore, the Judicial Branch was formed under article three of the Constitution. It was created to enforce laws.

The Supreme Court first met on Feb. 2, 1790 at the Merchant's Exchange building in New York City. At first the Supreme Court didn't hear cases, as its members were working on organizational procedures. The US Supreme Court held its first trial on Aug. 2, 1791, an unremarkable case between a farmer and a family he owed money to. The first presiding Chief Justice was John Jay.

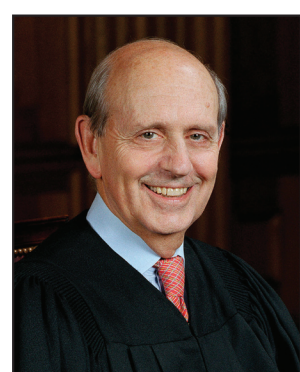
Current Supreme Court judges



CHIEF JUSTICE JOHN ROBERTS
Appointed by George W. Bush,
Sept. 29, 2005



CLARENCE THOMAS
Appointed by George H.W. Bush,
Oct. 23, 1991



STEPHEN BREYER
Appointed by Bill Clinton, Aug. 3, 1994



SAMUEL ALITO
Appointed by George W. Bush,
Jan. 31, 2006



SONIA SOTOMAYOR
Appointed by Barack Obama,
Aug. 8, 2009



ELENA KAGAN
Appointed by Barack Obama,
Aug. 7, 2010



NEIL GORSUCH
Appointed by Donald Trump,
April 10, 2017



BRETT KAVANAUGH
Appointed by Donald Trump,
Oct. 6, 2018



AMY CONEY BARRETT
Appointed by Donald Trump,
Oct. 27, 2020

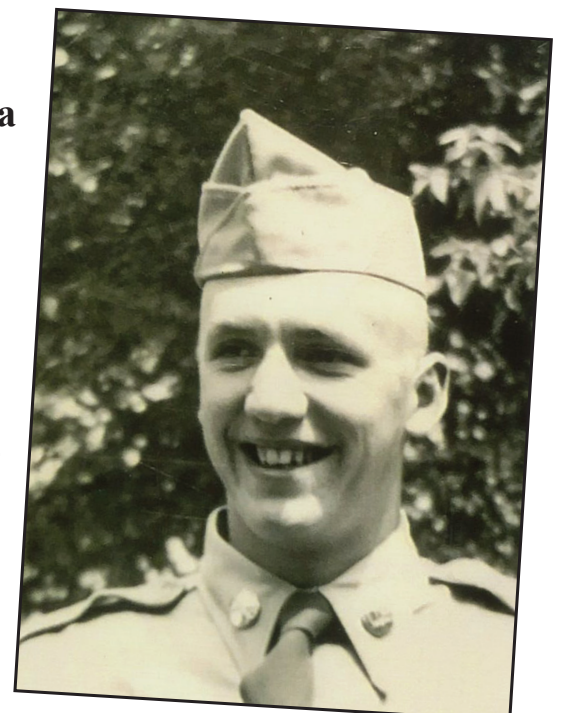
JOHN R. SCHNEIDER



John R. Schneider, of Lowell, passed away peacefully on Wednesday, January 13, 2021, at the age of 89. John was a veteran of the United States Army, serving during the Korean War, decorated with the Korean Service Medal with 1 bronze star, Combat Infantryman Badge, National Defense Service Medal, United Nations Service Medal, and the Good Conduct Medal. He worked hard for 25 years as a Master Mechanic at the Lowell Area Schools Bus Garage. John's passion in life was to build and fly RC



planes. He was a loving husband, father, grandfather, and great-grandfather, who enjoyed spending time with his family. John was preceded in death by his parents, Phillip & Vivian Schneider; brothers, Bruce Schneider and Phillip Schneider. He is survived by his loving wife of 41 years, Shirlee Schneider; children, Tammy (David) Adrianse, Tim (Vicki) Stepek, Tony (Michelle) Stepek, Tonya (Dan) Schmidt, Marta Rozema, Kim (Lane) Hofman, and John (Mandy) Schneider; brother, Mart (Annette) Schnieder; 21 grandchildren; and 14



great-grandchildren. John's final wishes were for no formal services to be held but instead to be remembered for his infectious laugh and his compassion for others.

Memorial Contributions in John's memory may be directed toward Walter R.C. Park, 8548 Morrison Lake Road, Saranac, MI 48881.

Girls Tennis

Red Arrows finish fourth in conference

1979

Girls tennis at Lowell was at its usual high quality of the 1979 season. Our varsity team played many tough games and finished in fourth place in the conference. The team was led by All-Conference Jilisa Grooters and Tawnie Knottnerus. The honorary co-captains were Kathy Kropf and LeeAnn Hill. Voted by the team for Most Valuable was Jilisa Grooters, Most Improved was Merlene Parsons, and Kathy Kropf received Most Spirited.

A LOOK BACK IN TIME



Red Arrows take second in conference and fourth in regionals

1983



The girls tennis team enjoyed a very fine season ending the year with a spectacular 8-3 record. The year was made more interesting by Tawnie Knottnerus. She was selected to the All-Conference team as well as the All-State team. She was also team captain and MVP. Diane Rittenger and Amy Hill also faired well in competition and were chosen All-Conference. Sue Westcott was named Most Improved while Diane Rittenger and Pam Westcott were selected Most Spirited.

Lowell tennis: something to smile about

Girls' team finishes with respectable marks in conference tournament

2006

The girls varsity tennis team had a great season. Friendships were made, matches were won, and memories that will forever live in the hearts of these women were made. With a record of 14-3, these girls make one awesome team. Every member puts forth their best effort, and the coaches really know how to get that out of them. With MVP and captain, Rachelle Levingston, Most Improved player Lindsay Aiken, Scholar Athlete Becky Plummer, and Megan Vaught receiving the Sportsmanship award, this made one excellent team. From backswings to forehands, and from lobs to volleys, these girls have it all.



I'm really proud of this year's team. We thought we'd be down this year after losing so many seniors. But this has been the hardest working team, and overall they've been so great at picking each other up and helping each other out.

~ Coach Bonnie Walls

Red Arrow VOLLEYBALL SPORTS

After long season, Lowell ends as State Runner-Up

by Justin Scott
contributing reporter

It was a crazy season for the Lowell Red Arrows varsity volleyball team. With COVID restrictions, face coverings on the court, starting the season practicing outside, and ending all the way in January, almost 5 months later. The season did end exactly where the Lady Arrows wanted it to, in Battle Creek, at the division 1 state championship match.

For the second year in a row, the Lowell Volleyball team would end up as state runner-ups after falling to Bloomfield Hills Marian. The Mustangs came in ranked second in the state, and upset defending state champion Farmington Mercy in the regional round. They were nearly upset themselves, taken to a fifth set by Clarkston in the semifinals. Marian came into the weekend with heavy hearts. Marian Athletic Director, David Feldman, died after a long battle with COVID-19 on Thursday, just one day before the Mustangs' semifinal match with Clarkston.

"We're going to go out there and honor his name by playing as hard as we can and be Marian strong. He loved his job and he loved the athletes and the community is heartbroken and we're going to mourn his loss for years to come," Mayssa (Bazzi) Cook, Marian Volleyball Coach told The Detroit News last week.

Marian, a team remarkably in the finals without any seniors, got off to a strong

start and played nearly mistake-free volleyball during the match with Lowell (ranked No. 3 in the state). This made a tough matchup even tougher for LHS as they fell 3-0 in their second ever match against Marian. The first came last year, which ended in a Red Arrow win. The final set score was 17-25, 20-25, 19-25. Lowell was led by seniors Jenna Reitsma with 22 kills and nine digs, Sophie Powell had 32 assists, four digs and two kills, and Emma Hall had 17 digs. Reitsma, Powell, and Hall were the team's lone seniors, but were all integral parts of the Red Arrows' success the last four years.

"Unfortunately, things didn't go our way today, but Marian is one of the best teams in the state for a reason. I'm proud of my kids for how hard they worked all season and the effort they showed through what's been a crazy season of volleyball. From where we started to where we are now, it's been crazy to see the kind of growth and maturity these girls have shown. They've set a really high bar for our volleyball program and they've motivated an entire generation of younger volleyball players in the youth system who want to grow up to be varsity players at Lowell and compete for state championships," Lowell Head Coach Jordan Drake told reporters after the game.

To get to the finals, Lowell had to get through a very game Novi team who were



fresh off a win. The Red Arrows won by forfeit over Portage Central after a positive COVID test for the Mustangs forced the cancelation of their season. Going into the Novi game, that meant Lowell's semifinal game was their first in nearly two months. That rust, combined with strong play by the Wildcats, was not enough to take down Lowell who won the match in a five-set back-and-forth thriller.

The Wildcats started strong, taking the first set 25-17. That didn't shake the confidence of Lowell senior Jenna Reitsma, even as Lowell trailed 12-9 in set two. Lowell came back to win the set 25-21.

"We really want to play

hard and I think getting down in the first set is more motivation to do better later on because we don't want to end that way, we want to keep fighting. Our team works together so well, we all rely on each other so much to do our jobs and I think that really showed as we came back in that set," Reitsma told reporters at the press conference after the match.

LHS would go on to win set three and force a match point in set four before Novi came back to take the set. Tied 2-2, Lowell senior OH and future Marquette volleyball player, Reitsma, came through with seven kills to help the Arrows cruise to a 15-6 set five win and close out the

match. A block by Emily Struckmeyer, ace by Kelsey Stephens, and kill by Sydney Zandstra midway through the set helped Lowell keep the Wildcats from getting close.

Across the four divisions in volleyball, this season all of the state champions were private schools. Marian beat Lowell in Division 1, fellow OK White Conference member Grand Rapids Christian beat Lakewood in Division 2, Monroe St. Mary's Catholic Central beat Schoolcraft in Division 3, and Battle Creek St. Philips beat Auburn Hills Oakland Christian in Division 4.

Lowell getting to Battle Creek this year was about more than competition. Yes, Lowell had to work through

a challenging district and regional bracket, but they also had to stay healthy. One positive COVID test could have derailed the season, as it did to Portage Central. Being tested three times a week also meant the girls had to be especially careful to stay healthy. That included protocols like remote learning, mask-wearing, and social distancing whenever possible. The Lowell Volleyball program got through a long season, bringing home a state finalist trophy, and ending the season at 35-5.



Ski kicks off winter sports season

by Justin Scott
contributing reporter

It took a long time, but winter sports are here. Non-contact sports were given the green light from the Michigan Department of Health and Human Services and Michigan High School Athletic Association last week. Those three sports were gymnastics, bowling, and swim & dive. The contact sports of wrestling, basketball, competitive cheer and hockey will not be able to start until at least February 1.

One sport that has been able to compete since December is the one outdoor winter sports team Lowell

has, ski. Yes, the Lowell Ski team is competing, even with COVID-19 restrictions wreaking havoc on the winter sports season. Lowell is competing against the co-op of Forest Hills Northern/Eastern, Rockford, and Spring Lake. The conference took steps to limit the number of schools competing at one time on the hill.

In Lowell's first race of the season, Lowell had several strong performances in the giant slalom including Kaylee Byrne in second with a combined time of 57:41 seconds, Emma Schmidt in 13th with a combined time of 1:05.72, Olivia Torline in 16th, and Sydney Spanbauer

in 17th. In the girls slalom, Kaylee Byrne led in fourth with Emma Schmidt (14th), Olivia Torline (19th), and Delaney Kelley (20th) also earning points.

The boys team was led by Colton Byrne with a third place finish in the giant slalom (55:43), and an eighth place result in the slalom. Preston Sobeck (57:03) had eighth and tenth place finishes respectively. Hunter Stepanovich (15th) and Jakob Koerle finished out the results from the giant slalom. Stepanovich (20th) and Cole Lillie (21st) were top four for LHS in the slalom.



The Lowell ski team. Photo courtesy of Lowell Ski.

obituaries

GERIG

Andrew Glenn Gerig, age 30, passed away unexpectedly December 19, 2020. Andrew was born in Grand Rapids, MI, April 7, 1990. He is survived by his wife, Anika Gerig (Slauer); parents, Stan and Cindy Gerig; siblings, Hannah Gerig, Benjamin Gerig, Melody Gerig, Abigail (and Cam) Berning, and Charity Gerig; niece, Addyson Gerig; grandparents, Esther Gerig, and Glenn Marks. He was preceded in death by his grandfather, Zenas Gerig and grandmother, Norma Jean Marks. Andrew was a 2008 graduate of Lowell High School, a 2012 B.A., double major graduate of Bethel College (Mishawaka, IN), and a 2013 graduate from the Michigan State Police Academy. After serving briefly as a Michigan State trooper, he went on to be employed at Forklifts of Michigan (Morrison Industries), and most recently was the general manager and recruiter for Gearhead Careers of Morrison Industries. Andrew loved soccer, fishing, his pets, big horn sheep, collecting rocks, and most recently being a passionate Petoskey stone polisher. Growing up he was a top Bible quizzier for his home church, Evergreen Missionary Church, his team taking first place in several International Quiz events within the Missionary Church denomination. He also loved to play bass guitar, acoustic guitar, piano and drums. Using his musical gifting he helped to lead worship in churches, youth camps and retreats. Andrew loved people. He enjoyed networking with acquaintances, coworkers and certainly his friends ('Dinos'! 'Lewis & Clark'! Small Groups!). He especially loved to invite people to be a part of a church family so they could learn to know Jesus. Most recently as a member of Ada Bible Church he was very active helping to lead in worship and small group ministries. Andrew deeply loved God, his dear wife, Anika, his family and friends. Of the many verses Andrew underlined in his Bible he included these: "...those who are led by the Spirit of God are sons of God...And we know that in all things God works for the good of those who love him... For I am convinced that neither death nor life, neither angels or demons, neither the present nor the future... nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus...that if you confess with your mouth, 'Jesus is Lord' and believe in your heart that God raised him from the dead, you will be saved." In the front of Andrew's Bible we found he had written: "I AM BROKEN. I AM LOVED. I AM HIS." Andrew is, and will be, deeply missed! But, we greatly look forward to being together with Andrew again, forever together, in that place that Jesus promised to prepare in His Father's house for those who love him! A 'Celebration of Life' service is planned on February 13, 2021, 2:00 pm at Crossroads Bible Church, 800 Scribner Ave NW, Grand Rapids; visitation 1:00-2:00 pm. Masks (unless unable), social distancing and signing in are expected. Memorial gifts can be given to Focus On The Family @ focusonthefamily.com .



JUAREZ

Justin Juarez, age 29, of Lowell, passed away Friday, January 15, 2021. He is preceded in death by his sister, Alicia Juarez; grandparents, Agustin Lugarda Juarez, Kay Whitaker, and Frank VandenBerg; uncles, Flabiano Juarez, and Antonio Juarez; aunt, Guadalupe Juarez; and cousin, Leive Juarez. Justin is survived by his parents, Agustin & Terri Juarez; brothers, Roy (Katy) Juarez, Agustin Juarez III, and Alejandro Jaurez; nephews, Preston, Easton, and Gianni; godparents, Moises & Carmen Juarez; and many aunts, uncles and cousins. Justin graduated from Lowell High School with many fond memories with his friends. He was loved by everyone and was always able to make a friend. Justin enjoyed golfing with his brothers and dad; he had a great sense of humor and loved to make those around him laugh. He was a loving uncle and adored his nephews and the time spent with them. Above all, Justin loved nothing more than being surrounded by the company of family and friends. Visitation with the family will be from 2-4 PM & 6-8 PM on Wednesday, January 20, 2021 at Roth Gerst Funeral Home, 305 N. Hudson, Lowell, MI 49331. Rosary will be recited at 7:30 PM on Wednesday, January 20, 2021 at the funeral home. Mass of Christian Burial will be at 11 AM on Thursday, January 21, 2021, at St. Mary's Catholic Church, 402 Amity Street, Lowell, MI 49331, with visitation one hour prior. Rev. Aaron Ferris will be presiding. Social distancing and masks are required. Interment will be at St. Mary's Catholic Cemetery.



WOOD



Ronald J. Wood "Ronnie" passed away peacefully into the arms of Jesus early Friday morning, January 15, 2020. He was preceded in death by his parents, Olive & Otis Wood; sister & brother-in-law, Janice & Dick Copeland; and nephews, Scott and John. Survivors include sisters, Nancy Brown, and Kay Wood; niece, Barb (Dave) Harmelink; nephew, Dave (Becky) Brown; great nieces, Amanda (Aaron) Muir, Sammi (Mickey) Marx, Meredith (Nathan) Tobaben; great nephew, Derek (Jayce) Brown; special great grand nieces & nephews, Nolan, Lucy, Makayla, Alexis, Kendal, Eevie, Brody, Jaxson, Greyson, and Bee. Ron served during the Korean War in the United States Army. He taught school in Yuma, Arizona for over 20 years. Ron was very proud of his baseball team winning a state championship. In Grand Rapids he worked in adult education. He was an avid Detroit Tiger fan! (Go Tigers!) Ronnie was a great brother and uncle, he loved to tease his family and friends. A memorial service will be held in the spring. Memorial contributions may be made to the Humane Society, 3077 Wilson Dr NW, Grand Rapids, MI 49534; or the Alzheimer's Association, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601.



KRANENBERG



Orley Kranenberg, age 84 of Clarksville, passed away January 17, 2021. He was preceded in death by his wife, Roselyn Kranenberg; parents, John & Menetta "Ruth" (Kilgus); and brother, John. He is survived by wife, Diana; children, Sue Seese, and Perry Kranenberg; grandchildren, Rebecca Popielski, Amanda (Jason) Stout, Kyle (Stacy) Seese; great-grandchildren, Alexis, Ryker, Cooper, and Dominic; stepchildren, T.J. (Lisa), Brad (Darcie), Rebecka (David); step-grandchildren, Ryder and Grayden; and niece, Julie Kranenberg. Orley was a custom home builder for John Sheperd; he loved working with wood. He also loved fishing, hunting, and camping; and he shared these activities with his wife of 13 years, Diana. For the last 10 years before retiring, Orley has worked at the Franciscan Life Process Center as the maintenance "do-it-all" man. Graveside services will be held at 1:30 PM on Friday, January 22, 2021 at Bowne Center Township Cemetery (M50 & 84th Street). Social distancing and masks are required. Memorial Contributions can be directed to Franciscan Life Process Center, 11650 Downes St NE, Lowell, MI 49331. "A day spent fishing is not counted against you."



Health, continued

workers who operate tools that vibrate, also may be more vulnerable to secondary Raynaud's.

- Exposure to certain substances. Smoking, medications that affect the blood vessels and exposure to chemicals such as vinyl chloride are associated with an increased risk of Raynaud's.

Treatment involves obviously keeping the extremities as warm as possible. If symptoms are bothersome enough, your doctor may prescribe a medicine that dilates the arteries. This medicine is typically quite effective and used only when the temperature is cold.



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Put your ear down close to your soul and listen hard.
~ Anne Sexton

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misc.

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LHS SENIORS - The General Local Scholarship online process will open to LHS seniors via an email in their "lowelleducation" account at 8:00 a.m. on January 29, 2021. Interested 12th grade students living within the Lowell school district boundaries but not attending LHS should phone 616-987-2908 for directions. Deadlines are noted with applications. Two letters of recommendation, transcript, and personal statement are also required.

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HALL FOR RENT - Lowell Veteran's Center, 3116 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org. All Vets Coffee Hour the 3rd Thursday of each month at Keiser's. Bring a friend. Call John at 299-0486 or 897-8303. TFN EOW

WHISTLE STOP MINI STORAGE - 12661 Vergennes, N. of Lowell. 5x10; 10x10; 10x20; 10x30; 12x40. Fenced lighted, key code entry. Call for more information, 897-8872.

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Word search grid with words circled:

Words found: DOWN, HILLS, FROST, BITE, YIELD, THCF, SLEED, GARDEN, WGNUT, SDYO, FOGTIF, DOWNHILLS, AUDEHW, GARMUFW, GTCITIHFWGLTAOGUTALTIT, OHSSTUIYYNERSSWVFWOCVINT, UDCACHGKWWMCEETTENCIST, OFOKICUSTUNHDDUKLLOGLE, UHMS, TSVHF, MFSENBTEBYR, WKVCVVMLIYN, GRCE, EVBKD, FBOF, OIU, SD, OUDFI, WBTHR, CME, TKRT, FV, MGB, YFUR, NOS, DFCR, RCNLTWN, FROSTY, HCH, LEBIAHGAAYEHDOHUUFKV, AKEG, OKNO, GK, MIMM, HED, EUR, SLM, BUNDE, DEN, EYGC, MHY, YMF, DHT, EDWT, YFFUL, FAD, DH, CCC, MI, DAU, FAL, BECV, DRAOB, VFT, RK, SNETTIM, YOK, LOCHU

Live the Life You Want

Are you living or just existing?

Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

So how do you know if you are really living or just existing? Ask yourself these questions. Do you wake up day after day and feel like you are in the movie "Groundhog Day" living the same day over and over, just going through the motions of life? Do you wonder what's the point of your life when you feel like you are going nowhere and doing nothing meaningful? Do you feel like you are not living the life you were meant to live? Do you feel alone, empty, bored, or lost, rarely feeling positive emotions and not making meaningful connections with others? Do you just feel empty?

If you answered yes to several or all of these questions you may be existing and not really living. The cause could be many things such as depression, social anxiety or introversion, but that is not the point. The point is if you could have changed this you probably would have. No one chooses to just exist instead of truly living. So, isn't it time to make some changes and start really living?

Ways to Really Start Living

Here are some suggestions to get you

started down the path to really living your life. You may find that you need more help beyond these suggestions. If so, reach out to a professional, they can help.

Start by doing something outside of your normal routine. Go for a walk, take a drive, go to a museum, listen to something different, or eat something different. Try decluttering a room, painting a room, or even rearranging the furniture. You don't have to change everything, just start by doing one thing outside of your normal routine.

Next, start practicing mindfulness. I know you've heard this before, but mindfulness works. If your thoughts tend to be of sadness and anger you are probably focused on the past. If they are anxious and stressed you are most likely future focused. It's hard to find happiness, peacefulness, or enjoyment when you are not living in the present moment and this takes practice. For mindfulness beginners I usually suggest trying short meditations. Just know that you experience thoughts and feelings but you are not your thoughts and feelings.

Focus on enjoying the little things. This may happen naturally when

you slow down and shake up your routine. Focus on the beauty of a sunrise or sunset, the snow on the trees and plants blanketing the landscape, or the sound of laughter. Let the small



Melissa Spino
MA LPC CDMS

things into your awareness.

Find your passion. Put down the smartphone, put away the computer, shut off the television. Toss the routine and boring activities you use to fill your time. Instead try things that you have always wanted to try but felt you never had the time or energy to do. Try painting or a different type of craft, learn a new language, learn to cook, plant a garden, or maybe learn to make wine or beer. Just try an activity you have always wanted to try, if it's physical get your doctor's okay first. If it isn't for you,

that's okay, try something else. This will help you connect with others and real life.

Get out of your comfort zone and take a chance. Start that side business you have always wanted, write that novel, maybe travel (this can still be done safely).

Take the day and focus on gratitude and kindness. Try shifting your focus for the day and see what happens. Focus on being grateful for the small things. Be friendly, kind, non-judgmental, and understanding toward others. Try giving back. Make a donation of items, money, or your time. Make someone's day by anonymously paying for their meal at the drive through. Help a family member, friend, or neighbor. The point is to get away from negativity, criticism, snarkiness, and sarcasm for the day.

Try some of all of these suggestions and see what happens. If you can't seem to break free from just existing or notice negative thought patterns that you can't seem to stop, it may be time to get professional help. This article is not intended to diagnose or treat.

College News, continued

given the highest honors designation. High honor citations go to those with grade point averages from 3.75 to 3.89 and honor recognition is accorded to those with grade point averages from 3.50 to 3.74.

Personalized certificates of scholastic achievement are being sent to those who earned highest honors distinction.

Local students who received honors include: Natalie Coash, of Ada, senior, Honors.

Albion College announces students who were named to the Dean's List or who were named new Albion College Fellows at the end of the fall 2020 semester. Dean's list honors recognize students with a minimum 3.5 GPA in four graded courses, while Albion College Fellow is an honor reserved for students who maintain a minimum 3.7 GPA over three consecutive semesters.

Chase Potter was named a new Albion College Fellow at the end of the fall 2020 semester. Potter is majoring in biochemistry and is a member of the Prentiss M. Brown Honors Program.

Potter is a resident of Saranac and is a graduate of Saranac High School.

Collin Bowers was named to the Albion College Dean's List for the fall 2020 semester. Bowers is majoring in economics and management with a minor in communication studies with a concentration in the Carl A. Gerstaecker Institute for Business and Management. Bowers is the child of Kelly and Linda Bowers of Lowell and is a graduate of Lowell High School.

Victor Santillan was named to the Albion College Dean's List for the fall 2020 semester. Santillan is a sophomore at Albion College with a concentration in the Carl A. Gerstaecker Institute for Business and Management. Santillan is a resident of Lowell and is a graduate of Forest Hills Northern High School.

Kora Orosz was named to the Albion College Dean's List for the fall 2020 semester. Orosz is a first-year student at Albion College. Orosz is a resident of Alto and is a graduate of Caledonia High School.

Four questions about Social Security that can help you plan your retirement

Social Security benefits are part of the retirement plan of almost every American worker. If you're among the many people covered under Social Security, you should know what your future benefit may be. These monthly payments may be a

vital part of your retirement income.

We base your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had

low earnings, your benefit amount may be lower than if you had worked steadily. Even if you have never worked under Social Security, you may be able to get spouse's/ divorced spouse's benefits.

Our online retirement portal at www.ssa.gov/

retirement is a great place to start mapping out your retirement plan. There, we provide important information that you should know. For example, have you considered:

- When you should apply to start retirement benefits?

- What documents you need to provide?

- Which factors may affect your retirement benefits?

- What you should remember to do after you apply for retirement benefits?


You can use your personal *my Social Security*

account at www.ssa.gov/myaccount to get an instant estimate of your future retirement benefits. You can also see the effects of starting your retirement benefits at different ages.

Benefits for family members may also be important to you. When you start receiving Social Security retirement benefits, members of your family may also qualify to receive benefits on your record. You can learn more at www.ssa.gov/benefits. Please share this information with family and friends to help them prepare for retirement.

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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FUN PAGE

SUDOKO

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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!

WINTERTIME WORD SEARCH

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

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

Puzzle solutions on page 13

WINTERTIME WORD SEARCH

DOWNHILL

HOCKEY

SLED

DRIFT

ICE

SNOW

FLUFFY

MITTENS

TUBE

FLURRIES

SCARF

WARMTH

BOARD

SHOVEL

WINTER

BUNDLED

FROSTBITE

SKATING

WONDERLAND

CHILLY

FROSTY

COAT

GUSTS

SKIING

Guess Who?

I am an actor born in California on January 21, 1994. I began an acting career at age 10, appearing on many different TV shows. I am best known for my role in the Twilight saga, in which I was one of the wolves.

Answer: Booboo Stewart

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to winter.

A R F S C

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Answer: Scarf

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| | | 66 | | | | | | | 67 | | | | | |

CLUES ACROSS

- Ancient kingdom near Dead Sea
- 2014 Winter Olympics host
- Soft fabric
- Covered in flowers
- Works at a college or university
- Keeps us cool
- Corpuscle count (abbr.)
- Similar
- Birthplace of Muhammad
- They __
- Preamble to a book
- Southern China people
- Hair product
- The woman
- Partner to cheese
- One point north of due east
- Round Dutch cheese
- Be in awe of
- Christmas song
- Emits coherent radiation
- Something that is comparable to another
- Monetary unit
- The cutting part of a drill
- Resinlike substance secreted by certain insects
- Touch lightly

- Toyota SUV
- __ and Andy, TV show
- Made less dangerous
- Assets under management (abbr.)
- Nostrils
- Moved quickly
- Thai isthmus
- TV personality Roker
- Honors anew
- Rags
- One who obtains pleasure from inflicting pain or others
- Marketplaces
- Dark brown or black

CLUES DOWN

- Nowhere to be found (abbr.)
- Not new
- Brew
- Stain with mud
- Chief or leader
- Luke Skywalker's mentor __-Wan
- Type of sauce
- Sharpens
- Priestess loved by Zeus
- Jean Henri __, French entomologist

- Regulates supply of fuel
- Disturbing and horrifying
- Equal (prefix)
- Hosts film festival
- Tattered piece of clothing
- Rich desserts
- Unique motor (abbr.)
- Disfigure
- Chemical substance
- Slang for famous person
- Department of Labor
- The A-team rode around in one
- Beach cabin
- Living things
- Gun (slang)
- Disconsolate
- Stroke gently
- Actress Richards
- "Cletus Hogg" actor
- Returned material authorization (abbr.)
- Brazilian mountain range
- Upset
- One with supernatural insight
- Insecticide
- Taxi
- "Much __ about nothing"
- Cannister
- Popular clothing retailer

LOWELL SHOWBOAT VI



Much nostalgia and happy memories surround the former boats. Many people reminisce about attending shows with popular headliners, singing in the chorus or being one of the end men. Some also remember running the several outboard motors that allowed the boat to travel down the Flat River, around Cattail Bend to the showboat dock each summer.

Still others remember using the boat as a unique high school graduation backdrop or sitting at Sizzlin' Summer Concerts, with the boat behind our weekly performers as well as Santa Visits on the Lowell Showboat. With the continual deterioration which resulted in closing the wooden structure of boat five to the public, a group of concerned citizens, under the direction of the Lowell Area Chamber of Commerce, began plans to raise money in order to recreate a steel structure "that would represent the long, proud history of the Lowell Showboat and last a very long time," as quoted by one of the members of the Showboat Committee. The committee's vision went beyond having a solid replacement of this community icon, to being able to offer a venue for community gatherings, which is currently much needed in our area

Where We Stand....

We have accumulated \$3.155 million from State and various grants, miscellaneous fundraisers, local businesses and individual community members. We are still in need of additional funding to complete the interior of the boat and adjacent restroom facilities (located in the DPW Building). We began our private Naming Opportunity Campaign a couple of months ago. We are very excited to announce we have received over \$800,000 in donations towards our \$780,000.

A Glimpse of What You'll See... The plan for the new Lowell Showboat VI was chosen to reflect the aesthetic of the American Classic Design in nautical blue, white and cranberry red. This theme continues to be evident in the preservation of our Historic Downtown. White woodwork, dark stained wood floors and an elegant staircase are the centerpieces of the refined interior. The exterior of the boat is in keeping with the original color scheme, unique trim, and railings from Lowell Showboat five.

The Lowell Showboat VI boasts over 3500 square feet of climate-controlled space for any special event. The boat will seat 100-150 guests in its enclosed areas which includes the Pilot House. Outside seating will allow for many additional guests. This venue is available year-round for the first and second decks and about 7 months of each year for the entire boat. The Lowell Showboat will leave a steadfast impression for those that tour, book an event or are a guest at a special occasion.

Suggested Uses...

- Weddings and Receptions
- Family Reunions and Gatherings
- Showers and Graduation Open Houses
- Business Gatherings, Conferences, Retreats & Meetings
- Photo Ops for Families and Businesses
- Community Events like, Riverwalk & Sizzlin' Summer Concerts
- And of course, Santa Visits!

What Will My Gift Accomplish?

By introducing our Brick Campaign, our hopes are that you will be moved to help us complete this icon and spectacular rental venue within our community. By selecting a brick level, your support will bring the Lowell Showboat VI to reality. We offer a heartfelt thank you for your interest in Lowell Showboat VI and its continuation as a beautiful icon and venue within our community.

Sincerely,
The Lowell Showboat Fundraising Committee



FROM VISION TO REALITY... LOWELL SHOWBOAT VI

Continuing a Community Icon....

The Lowell Showboat has been an historical icon of the Greater Lowell Community since 1931, serving as a catalyst in bringing the residents of our town and surrounding area together. After five showboat structures, we are about to launch Lowell Showboat VI into the waters of the Flat River.

Brick Opportunities

BRICK ORDER FORM (Please make a selection below)

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

| Level | Donor Recognition Area | Donor Commitment |
|----------------|--|------------------|
| Admiral | 8"x8" 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"x8" brick with up to 4 lines of text containing 16 characters in each line. Your name on the donor recognition plaque | \$500 |
| Ensign | 4"x8" brick with up to 3 lines of text containing 16 characters in each line. Your name on the donor recognition plaque | \$250 |
| Swabby | 4"x8" brick with up to 3 lines of text containing 16 characters in each line. | \$125 |

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

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

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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

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Signature of Person Placing Order: _____

Address: _____

Zip: _____

Contact Info: Cell _____ Email: _____

Payment Type:

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

Amount Paid: \$ _____

