# the lowell Red der vol. 48 issue 23

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### Lowellians hike PCT for MD

wednesday • march • 3 • 2021



pages 8-9

### A peek inside **Riverview Flats**



page 16



**Davenport announces run for city council** by Tim McAllister lead reporter

Election season has officially begun.

Broadcasting live from the Riverwalk on Saturday, Feb. 28, Jake Davenport announced he will run for a seat on Lowell's city council this fall.

"I believe that one person can make a difference," Davenport said during the live broadcast. "I believe I can make a difference. [...] I believe that every single business and individual that calls Lowell home has unlimited potential and a boundless future. This pandemic has hit so many folks, and hard, that people are struggling. People are wondering where their next paycheck is going to come from."

Davenport is a lifelong Lowell resident who graduated from Lowell High School in 2013 and then earned a political science degree from Ferris State University. He has attended every single council meeting for the past two years and has already made two unsuccessful runs for a seat on the council.

"The Lowell community means a great deal to me," Davenport wrote in a press release dated Wednesday, Feb. 24. "It has been my home the entirety of my life. Lowell is an incredibly special community. It's the kind of community where you can go to the bank, go to the post office or hardware store and be on a first name basis with the teller, cashier or you run into a neighbor or friend. Times have been difficult for many Lowellians, because of the pandemic and ensuing slowdown. economic Draconian, Orwellian decisions made by our



Jake Davenport made the announcement during a live broadcast from Lowell's Riverwalk on Saturday, Feb. 28.

leaders in Lansing, who have showed nothing short of calloused indifference, have devastated communities such as ours. These factors have weighed heavily in thinking through my decision as to whether or not I will seek city council.

Leadership matters in times of prosperity, and especially in times of hardship. Times are hard and it's important to step up to the plate when you feel compelled to lead."

For more information about Davenport and his candidacy, visit the Facebook page "Jake Davenport for Lowell City Council 2021."

www.thelowellledger.com

There will be three seats up for grabs in the Tuesday, Nov. 2, 2021 election, those currently occupied by Marty Chambers, Leah Groves and Jim Salzwedel. The incumbents have not yet announced their intentions.

## Monday, March 1 city council meeting report

by Tim McAllister lead reporter

Lowell city council had their latest regular meeting over the Zoom app at 7 pm on Monday, March 1. The meeting lasted approximately 23 minutes, and the council discussed topics such as the downtown social district, the Lowell Showboat and an upcoming road construction project.

Lowell city manager Michael Burns briefly updated the council about the social district. There is a story about this on page 3. Several of the councilors said they visited it and were pleased by what they saw. "The first night was really cold down there, the first Friday," said councilor Jim Salzwedel. "Last weekend it was much better. My wife

and I went down there both Friday nights and we enjoyed it. The crowds seem to be getting a little bit bigger. I don't know what it's like on Saturday or during the daytime."

"Saturdays, from my perspective in the store, for the social district are looking good," said councilor Cliff Yankovich, co-owner of Chimera Design. "The first Saturday we had a couple people from Grand Rapids, they came out just to see what it was all about. They were wandering around and going in the shops, so I think

amount outstanding" document provided by the city [see image below], there is still \$591,493.41 of bills left to pay.

"As of right now, we're good with Wolverine, we should be able to cover the cost of Wolverine's contract," Burns said.

Bids are open on the restrooms part of the project, there should be an update on that at the next council meeting.

"I think we're pretty close to having all the funds we'll need for the restrooms," Burns said



Lowell city council in discussion during their regular meeting on Monday, March 1.

summer. The exact date is for an indoor riding arena, yet to be determined.

PFM Financial Advisors exhibit displays, \$5,790.50 conduct a valuation of the water and wastewater treatment plants. The cost of the valuation is \$40,000, to be split between Lowell, Lowell Township and developer Sid Jansma. "Only if you're able to reach an agreement with the township are you responsible to reimburse the developer for your third," said Lowell city attorney Jessica Wood. Salzwedel said that the LCTV endowment board gave out \$108,479.10 in grants this year. The LCTV board granted \$50,000 to the Lowell Area Chamber of Commerce for the Lowell Showboat, \$22,000 to Vergennes Township to improve their offices, \$17,000 to the

Barn for Equine Learning \$7,488.60 to the Kent The council agreed to have County Youth Fair for still to Lowell's Open Table for tables outside, \$4,000 to the city of Lowell for LCTV fund administration expenses and \$2,200 to LowellArts for technology upgrades. Two requests were declined, one by Flat River Outreach Ministries for a marketing project and one by the Lowell Women's Club for a student scholarship fund. Lowell city council's next regular meeting is scheduled to take place via Zoom at 7 pm on Monday, March 15. watch previous То city council, board and commission meetings, look for the "City of Lowell" and "Lowell Light and Power" channels on YouTube or visit archive.org.



LHS sports pages 10-11



it's doing well."

The council got a brief update about the Lowell Showboat project's finances. According to a "contract

The Kent County Road Commission notified the city they will be repaying Alden Nash from Main to Foreman

sometime this spring and

**CONTRACT AMOUNT** OUTSTANDING

	paid			standing	total		
Moran	\$ :	1,545,741.80	\$	3,000.00	\$	1,548,741.80	
Comprehensive	\$	75,791.42	\$	8,208.58	\$	84,000.00	
Javo	\$	7,240.00	\$	71,160.00	\$	78,400.00	
Lynch	\$	17,224.00	\$	8,776.00	\$	26,000.00	
Wolverine	\$	902,914.20	\$	532,723.80	\$	1,435,638.00	
Hearthstone	\$	21,492.73	\$	6,007.27	\$	27,500.00	
Chamberlain	\$	5,582.24	\$	23,417.76	\$	29,000.00	
Fence	\$	4,290.00	\$	9,360.00	\$	13,650.00	
TOTAL EXP	\$ 2	2,580,276.39	\$	662,653.41	\$	3,242,929.80	
DEDUCT			\$	71,160.00			
OUTSTANDING			\$	591,493.41			

### page 2 . ' <u>ledger</u> **Civics 101: Secretary of Defense**

by Lara Steffens contributing reporter

The Secretary of Defense is a member of the cabinet and the National Security Council. They advise the president on issues relating to national security and the armed forces. The Secretary of Defense looks over the Department of Defense and acts as the principal defense policymaker and advisor. The position is part of the executive branch and is the chief executive officer of the Department of Defense. The position reports directly to the president and is second in command and authority over the military only to them.

The Secretary of Defense is appointed by

the president, and then the president's appointment must be approved by the senate in order for the person to become the Secretary of Defense. The Secretary of Defense assists the president in all matters relating to the Department of Defense. They also take over for the president in all matters not large enough to warrant the president's attention.

The position was created in 1789 by an act of Congress called the National Security Act. It was created before the Constitution was drawn up in order to protect the 13 colonies from the threat of an invasion by the British.



Retired US Army general Lloyd Austin is the current Secretary of Defense.

## Ford Airport named 'Airport of the Year' by MDOT

The Gerald R. Ford International Airport has been named "Airport of the Year" in the air carrier category by the Michigan Department of Transportation Office of Aeronautics.

The airport has been recognized for "outstanding contribution and sustained excellence toward aviation progress in Michigan."

The MDOT Office of Aeronautics annually exceptional recognizes

airports in various categories. The Ford Airport was presented with the award at a virtual ceremony on Feb. 18 during the 2021 Michigan Airport Conference.

In 2019, the Ford Airport Authority announced plans

for Project Elevate, a three development expansion that will include a \$90 million extension of Concourse A to accommodate projected passenger growth over the next 20 years. Despite the COVID-19 pandemic and the

need to adapt its expansion plan, the Ford Airport has broken ground on the first phase of its future federal inspection station. This is the first step to welcoming direct international travel.

Through its programs,

### Keep an eye out for Girl Scout cookie booths by Lara Steffens

contributing reporter

As spring approaches, local Girl Scout troops are getting ready to sell cookies. Each troop is able to fund what they want with the sales money, but some of the things local troops are saving money for include camping trips, badges and field trips.

All of these things are important to the Girl Scout experience and work a little bit like a reward system for all the work the Girl Scouts do to help

the community. They do things such as picking up trash, helping out at events, teaching younger children and many other things.

Although it depends on how many boxes they sell, the girls make approximately 70 cents a box, and an average Girl Scout troop will sell around 2,000 boxes, with 150 to 200 sold by each girl. The 14 troops in the Lowell area are getting their cookie shipment this week and will start selling soon after.

"Thin Mints sell the most, hands down, followed by Carmel Delights," said Amanda Rogers, who leads a few troops in the Lowell area.

Cookie booths will be appearing around the Lowell area shortly, and you can find one by going to gsmists.org. Cookie booths are a great way to help out the Girl Scouts and buy delicious cookies, so make sure to find one near you.

partnerships and innovative solutions, the Ford Airport is committed to reducing its impact on the environment. Sustainability was a primary focus of the 2018 Master Plan and, most recently, the reconstruction and expansion of the terminal apron resulted in more than 99% of the materials generated being recycled or reused. Thanks to a collaborative partnership between MDOT, the Federal Aviation Administration and the Ford Airport, this \$50 million investment has been completed to support Project Elevate and the airport's future growth.

Additionally, the airport's continued partnership with Consumers Energy on energy improvements, its natural treatment system for deicing fluid and expanded recycling program with the Kent County Department of Public Works are examples of its stewardship.

The Gerald R. Ford International Airport is the second busiest airport in Michigan.

<b>PUBLIC NOTICE</b>
Vergennes Township
2021 March Board of
<b>Review Meeting Schedule</b>

NOTICE TO: TAXPAYERS AND PROPERTY **OWNERS OF VERGENNES TOWNSHIP** 

Vergennes Township Board of Review will meet on Tuesday March 2, 2021 at 10:30 a.m. (to review the 2021 Roll).

Public hearings will be held by appointment at VERGENNES TOWNSHIP HALL 10381 Bailev Drive NE, Lowell, Michigan on WEDNESDAY, MARCH 10, 2021 from 12:00 p.m. - 5:00 p.m. & 6:00 p.m. - 7:30 p.m. FRIDAY, MARCH 12, 2021 from 12:00 p.m. -5:00 p.m. & 6:00 p.m. – 7:30 p.m.

	Ratio	Factor
Agricultural	47.48	1.05307
Commercial	49.57	1.00867
Industrial	49.35	1.01317
Residential	47.77	1.04668
Personal Property	50.00	1.00000

Said Board will meet for the purpose of reviewing Assessment roll and hearing objections thereto. Please call the township office for an appointment with the Board of Review 616-897-5671.

If you cannot be present during meeting hours, or due to Coronavirus concerns, you may submit a protest in writing or via a scheduled Zoom appointment.

Please call 616-897-5671 or email clerk@ vergennestwp.org for a zoom appointment. Written protests must be received by Friday, March 12, 2021 to be heard by said board. Documents will not be returned.

> Cory Burns, Assessor Tim Wittenbach, Supervisor



Deborah Wilks Ins Agency Inc Deborah Wilks, Agent 11827 Fulton St E Lowell, MI 49331 Bus: 616-897-9237

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### — the leed ger

## Social district helping fill local bars and breweries

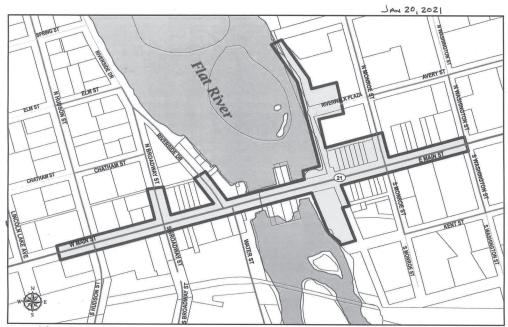
by Tim McAllister lead reporter

Since it first opened on Friday, Feb. 19, Lowell's downtown social district has been quite successful filling local bars and restaurants.

"So far, it has been going pretty good," said Vance Simmons, manager of Flat River Grill, 201 E. Main. "It's been really good for people to be able to sit and have a cocktail instead of just going out for an hour long wait. It makes the wait time not seem as long, definitely."

A social district is a special liquor license that allows a municipality to designate a certain outdoor public area where people can gather, drink alcohol and socialize. Spring is just around the corner, but until then they have placed some fire pits around the district to keep folks warm.





More than 20 other cities in Michigan including Grand Rapids, Rockford, Kalamazoo and Allendale have already established social districts.

In Lowell, the participating businesses are New Union Brewery, Larkin's, Main Street BBQ, Flat River Grill, Sneakers and Big Boiler Brewing.

After ordering a beverage from one of those five places, you can then take that drink and walk around outside with it anywhere inside the social district boundaries. See the map for details on that.

The hours are 4 pm until 10 pm Monday through Friday, noon until 10 pm on Saturday and noon until 8 pm on Sunday.

The only change to the

program since opening day has been a request to move one of the warming stations.

"There have been no changes to the social district other than the warming area on Monroe being moved," said Michael Burns, Lowell city manager.

# Licorice is the liver of candy.

~ Michael O'Donoghue (1940-1994)





### **LCTV** fund story correction

#### by Lara Steffens contributing reporter

The LCTV grants article in the Feb. 10 edition of the Lowell Ledger was incorrect. The LCTV endowment board grants \$100,000 dollars each year, not \$2 million.

"The endowment balance is now \$2,566,000, and the original amount was 2.3 million, so the balance has grown some," said LCTV member Bill Thompson. "More than the five percent available each year. There's normally around \$100,000 available for grants each year."

Thompson said there are four criteria for a project to be funded.

"First, the proposed project must benefit a large portion of the Lowell area community," Thompson said. "Second, the proposed project enhances the quality of life in the area. Third, the project encourages cooperation among the community. And lastly, that it qualifies as a onetime capital improvement project."

The amount of money available for grants is based on how much money is in the endowment fund. Five percent of that number is available for grants.

"Five percent of the value of the endowment fund, which this year was a little over \$108,000, is granted per year," Thompson said.

page 3



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

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

#### page 4 <sup>the</sup>leedger wednesday • march • 3 • 2021 Seasonal weight and speed enforcement has begun

Safety

4MTA

regarding

Michigan Center for Truck

and statewide information

restrictions is available at:

1-800-MTA-

seasonal

(1-800-682-4682),

at

micountyroads.org.

Beginning Monday, March 1 at 6 am, seasonal weight and speed restrictions will be enforced by the Kent County Road Commission and several other agencies.

The intent of the restrictions is to protect the integrity of the road when frost is coming out of the ground. As frost melts beneath a paved road, water is trapped between the pavement and the remaining ice layer beneath. This compromises the strength of the road and the weight it can sustain. When trucks and heavy equipment travel over a layer of concrete or asphalt that is not adequately beneath supported its surface, the road can incur significant damage.

Therefore, on roads with seasonal restrictions, legal loads must be reduced by approximately 35 percent and speeds for vehicles over 10,000 pounds reduced to 35 mph.

"We will be enforcing the restrictions based on multiple factors including solid frost depths, pavement temperatures, and air visual signs of pavement bleeding, pavement distress and the 10-day forecast," said Jerry Byrne, KCRC's deputy managing director of operations. "Neighboring cities and counties work closely together to discuss these factors and align enforcement, when possible."

KCRC will be joined in these efforts by the Allegan County Road Commission, Barry County Road Commission, Ionia County Road Department, Kalamazoo County Road Commission, Montcalm County Road Commission, Road Muskegon County Oceana Commission, County Road Commission, Ottawa County Road Commission, Van Buren County Road Commission, the city of Kentwood and the city of Walker.

Those with truck-related questions may contact the



saturated gravel base

Water trapped between the pavement and the remaining ice layer beneath can impact the structural integrity of a road. When trucks and heavy equipment travel over a layer of concrete or asphalt that is not adequately supported beneath its surface, the road can incur significant damage.

## Grant will enhance legal services in rural and tribal communities

Michigan will develop a roadmap to ensure victims domestic violence, of sexual assault and stalking have enhanced access to civil legal assistance in Michigan's rural and tribal communities thanks to a federal grant awarded to the Michigan Department of Health and Human Services Division of Victim Services.

Limited financial geographic resources. isolation, and diverse cultural barriers currently inhibit many tribal and rural victims from accessing essential legal services and representation.

Services has provided numerous funding for legal initiatives that have identified significant gaps in services for tribal and rural victims. This project seeks to evaluate existing efforts to support these communities while creating a comprehensive roadmap for future work to enhance the availability of meaningful legal assistance. The division has partnered with Michigan's tribal coalition, Uniting Three Fires Against Violence and the Michigan Coalition to End Domestic and Sexual

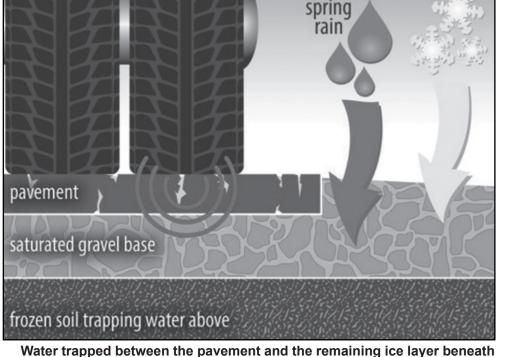
victim liaison responsible for convening stakeholders in tribal communities and in specific rural communities to identify the needs, challenges, and solutions to providing legal assistance to survivors of domestic and sexual violence, stalking, and related crimes. Cook, a member of the Grand Traverse Band of Ottawa and Chippewa Indians, has extensive experience on criminal justice and tribal issues, including service as a tribal court judge and tribal council member.

"There is a great need for civil legal service that considers the complexities of access to safety and within justice tribal communities," said Rachel Carr, executive director of Uniting Three Fires Against Violence. "We're excited to be a part of this collaborative project and are hopeful that in the future, those seeking civil legal service will not experience the barriers that our tribal and rural communities have faced for so long."

The KCRC seasonal including the Kent County truck weight and speed restriction operator's map that identifies all-season information within KCRC's routes regarding KCRC's seasonal jurisdiction, is available on the kentcountyroads.net.

melting

snow



hotline is 616-336-2019.

restrictions,

More

weight





"Providing affordable, equitable, and accessible civil legal representation to all victims of crime is essential, and this project seeks to enhance these efforts for those living in rural and tribal communities," said Debi Cain, executive director of the MDHHS Division of Victim Services. "This multi-coalition partnership shows how important these efforts are to countless victims and their families, and we are grateful for this opportunity to work together on their behalf."

several For years the Division of Victim Violence on this project. "As someone who

has worked for over 20 years representing rural victims of violence, I can personally attest to the deep lack of available resources for victims of crime," said Sarah Prout Rennie, J.D., executive director of the Michigan Coalition to End Domestic and Sexual Violence. "I am proud to be part of this effort and am grateful to Debi Cain and the Division of Victim Services for being such trailblazers in the ongoing work to ensure victims of crime have the support they need."

> JoAnne Cook, J.D., will serve as the statewide

To learn more about programs and services offered by the Michigan Division of Victim Services, visit www.Michigan.gov/ CrimeVictim.

<sup>™</sup>ledger

viewpoint



### 125 years ago Lowell Ledger March 6, 1896

On Sunday, March 1, Hotel Waverly passed out of the hands of Myers & Heliker to those of R. W. Swayze of this village. During their stay among us Messrs Myers & Heliker have demonstrated their ability to run a first class hotel and leave behind many friends who will wish them success in whatever field they may cast their lot.

Susan B. Anthony has started an equal rights campaign in California, with 114 speeches in view in as many different places, Dear old Susie! She has a better right to vote than any fool or barroom bum on God's green earth and some day she will be granted equal rights at the polls. Some day brains and character will count for more than muscle and appetite for strong drink.

A. Levitt of Grand Rapids has purchased the dry goods store of Ruben & Co., and will do business at the old stand. He is desirous of meeting the friends and customers of the old firm, and will endeavor to merit their continued patronage.

### 100 years ago The Lowell Ledger March 10, 1921

Jewels of the value of \$2,000 belonging to Mrs. Daniel S. Sinclair and which were reported to the police last fall as lost, were found in the pocket of an apron which Mrs. Sinclair had carelessly placed in a trunk. Through the generosity of two Lowell Citizens, Messrs. C. H. Runciman and L. W. Rutheford, a Lowell airport may now be looked upon as a certainty. In order to secure State and Federal aid for the project it was necessary that the Village of Lowell own the site and this was accomplished last Monday night when Messrs. Runciman and Rutherford appeared before the Common Council and announced that they were giving to the village 50 acres of land for the airport.

The Lowell Showboat, which has been a war casualty since 1942, will return for its usual trips down Flat River on July 23-27 inclusive. These dates were fixes at a meeting of Showboat directors at the City hall on Tuesday night.

All types of amusement devices, card playing, dice and other games are barred from the premises of all licensed establishments under a new ruling of the state liquor control commission which is effective immediately.

### 50 years The Lowell Ledger March 11, 1971

Members of the Board of Directors of Lowell Showboat presented retiring president, William S. Doyle, with a silver cigarette box last week honoring his five years as president and some 35 years of working on Showboat. The box was presented by new president, Larry Wittenbach, and inscribed, "To Bill Doyle, in appreciation of 35 years' service to Lowell Showboat, President 1965-1971." Doyle will continue to serve Showboat as a member of the advisory committee.

What appeared to be an invasion of thieves in Lowell last week turned out to be a one-boy crime wave. Lowell police on Friday obtained a confession from a 15-year-old Lowell high school boy to breaking into several Lowell offices and businesses and to furnishing stolen drugs to his fellow students in Lowell High School.

Eight of Lowell's High School Juniors are eligible for a trip overseas under the Youth for Understanding program it was announced by the committee Monday. Those juniors that qualified (in alphabetical order) are: Paula Detmers, Louise Doyle, Sally Doyle, Denise Kropf, Barb Nordhof, Nancy Roth, Richard Siegle, and Vicki Sterzick.

### 25 years The Lowell Ledger

### outdoors

### turkey

Squirrel hunting was once considered an entry level hunting experience for new hunters. That is still true, but

there is an alternative-the

eastern wild turkey. Turkeys were absent from the Michigan landscape by 1900 because of unregulated hunting and habitat loss. Since then, turkeys have been reintroduced and have done well enough that they are hunted in areas throughout the state. Wild turkeys are closely managed now, so a special license is needed to hunt the bird.

Because turkeys can be found near and around where most people live, including state and federal hunting areas, there is ample opportunity to hunt this remarkable bird. Long trips and overnight or weekend accommodations are not necessary. Fall and spring hunting seasons occur during relatively mild weather. This is a great time to be outdoors for any reason.

Pre-season scouting for turkeys will give the hunter information for planning hunt strategy. This is yet another opportunity to get out and about in the countryside. The spring hunt during April and May is most popular. Only toms are legal at that time and are actively seeking out hens so will aggressively respond to calling. The hunter can set up and wait for a turkey to make an appearance.

**Dave Stegehuis** 

Equipment requirements can be minimum or over the top. A shotgun and a box call are basic tools for the job. After that, blinds, assorted calls, binoculars, vests, decoys, and camo clothing can be considered after spending some time and gaining experience in the field.

Finding turkeys and setting out on a hunt can be easy. Taking a bird home can be a real challenge. Turkeys are very wary. Especially if they experience any hunting pressure. The birds have excellent eyesight and can pick up the slightest movement. Like any wild game, there is plenty to learn about the species and how to hunt it. The process can take a lifetime, but one has to start someplace

The sound of a booming gobble as a wary tom struts into view is very exciting. There is all the drama and satisfaction of a big game hunt. Turkeys are sometimes classified as big game. There must be a reason.

### 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.

The plan to compromise on a moving picture censorship has the support of many who were disputing over the merits of the first censorship plans. The compromise idea is to leave the censorship to the state administrative board, headed by the governor, giving the board the power to rule out all pictures showing criminal and immoral acts.

In view of the fact that 72 cases of the sleeping sickness have been reported since January 1, Dr. R. M. Olin, head of the state health department, will try to secure an accurate check on all cases existing in Michigan. He issued orders to all health officers in the state to report immediately any cases which diagnose as sleeping sickness.

### 75 years The Lowell Ledger March 7, 1946

### March 6, 1996

Hoping to get them before they get us, the Lowell Charter Township Board discussed joining the effort to battle gypsy moths in Kent County. The township board agreed earlier in the year to join a countywide coalition to battle the moths, but now it's time to determine if the effort is cost effective.

More students from the Kendall College of Art and Design have been accepted at the Royal College of Art in London, England, than any other school. On an average, every summer seven students from the West Michigan college are accepted to study over a six week period in London. Beginning in late June, Lowell's Robert Rogers will begin and intense semester enrollment of courses.

Lowell City Council gave its full faith and credit to the bond obligation of \$745,000 in the public library construction project. As part of the financing process for the construction of the new library, bonds will be sold through the Building Authority to provide funds not raised through grants and public donations. • 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.



Johnathan G. Meier. D.O. Wayne A. Christenson, D.O. Kaili M. Walker, PA-C Tracy L. Lixie, D.O.

Laura E. Kass, PA-C Alexandria Clum, PA-C Catherine S. Smith, NP-C

### skin issues with mask wearing

Many students and employees are spending long stretches of each day wearing a mask due to the current pandemic. As helpful as masks are, repeated mask wearing can lead to irritation on the skin of face, the bridge of the nose, and behind the ears. The moisture contained within the mask can also increase the acne breakouts and other skin concerns. Some tips to avoid and ease these symptoms include:

• Adopt a regular skin care routine. Clean and moisturize your face before and after using a mask. Choose products labeled "noncomedogenic" which means they won't clog skin pores.

Apply a barrier ointment or bandage to the bridge of the nose, or behind the ears, if there is tissue injury due to friction and pressure from the mask.

Zinc oxide or small gauze pads can be quite helpful in this situation.

• Ease blister discomfort. If a blister forms, keep it clean and apply antibiotic ointment, then use a bandage to create a protective barrier between the blister and the mask.

• Treat acne. If mask-acne (mask-ne) develops, be sure to clean your skin gently at least once daily then apply a watersoluble moisturizer. Use acne treatment products that contain benzoyl peroxide or salicylic acid and avoid or squeezing popping blemishes.

If you are not able to control skin reactions to mask wearing, contact your primary care provider. Cracked, bleeding, ulcerated skin can increase the risk of infection and prescription treatment may be needed.



### US-16 existed from 1926 until 1962. It ran

U is for US-16

across the Lower Peninsula and right through Lowell Township. Today this is Cascade road.

This route, originally a footpath called 'Grand

designating roads throughout the state as "state trunk lines" around 1909, and began working on the Grand River Road from Detroit all the way to Lake Michigan. From 1918 until 1926, the route was M-16. It began in Detroit and ended in Grand Haven. In 1926 it was changed to US-16, and it became just

equivalent of today's bed and breakfast, during the 1920s and 30s. This house still stands and was the Graham-Proctor/Wingeier/ Shores/Vandeziel house.

In 1929, the first publicly accessible roadside picnic table on state government right of way was placed on US-16 near the corner

from appreciative motorists. In the next five years Ionia County built and placed more than 1000 tables for rest areas. A Historical marker now marks the spot of the first Roadside Table in Michigan.

The 'Lowell Road

ABCs continued, page 12



## **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.

River Trail' was begun by the earliest native settlers here. As the Europeans came they widened, straightened and worked on the trail so that in 1850 Detroit to Lansing could be traveled by toll plank roads. The planks deteriorated but the roads were improved and became public, not toll, roads. The Michigan State Highway Department began

a segment in a highway which ended at Yellowstone National Park. The crossing of Lake Michigan between Muskegon and Milwaukee was via railroad car ferry.

An overnight stop for travelers could be arranged at the large brick house at the top of the hill at 12434 Cascade Road. The Wingeier family operated "Tourist Rooms" in their home, the of Morrison Lake Road in Boston Township. It was built by Alan Williams, an Ionia County road engineer who was working along the road and noticed picnickers spreading out their lunch on the ground. He made some tables from damaged and discarded highway materials and placed them along the highway. The state began receiving thank you letters



## happy birthday





#### **GOOD SHEPHERD** LUTHERAN CHURCH 103 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21

#### Access Services at www.goodshepherdlowell.org Left hand side, click on Sermons, etc.

Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible **St. Mary Catholic** Church

Nursery available at both services Barrier-Free

**CALVARY CHRISTIAN** 

**REFORMED CHURCH** 

**OF LOWELL** 

897-7060 Pastor Ryan Landt

1151 West Main Street, Lowell, MI Morning Worship......10:00 AM Sunday School..... 11:20 AM

.6:00 PM

Evening Worship.

402 Amity Street • 616-897-9820

Website: www.stmarylowell.com

Weekend Masses: Sat 5 pm; Sun 10:30 am Confession: Saturdays 3-4:30 pm

Prayer & Adoration: Wednesdays 8 am to 7 pm RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

#### MARCH 3 Sarah Newell.

MARCH 4

Tulppo, Patrick N. Johnson,

Jared Brzezniak, Dawn

MARCH 5

Don Silvis, Michael

Emelander.

Scott Vashaw, Bryce

Marshal Mooney, Michael Barnes, Shirley Canfield.

### MARCH 8

Rittersdorf, Amber DJ Main, Charles Drake, Colleen Lally.

### MARCH 9

Bob Vezino, Marsha Stephens, Mark Richmond, Pam Cebelak.

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

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

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

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

### LOWELL UNITED **METHODIST CHURCH** discover. grow. share 621 E. Main Street 897-5938 www.lowellumc.com • Barrier Free Entrance

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

Nearing, Brandy Washburn. MARCH 6

Pat Covell, Darlene Waldron.

MARCH 7

Carrie Metternick,



### - 🖞 🖑 🗖 Behind the Scenes: Linda Todd, D&L Tax Service

by Tim McAllister lead reporter

Linda Todd represents the "L" in D&L Tax Service, the accounting firm at 220 W. Main.

Todd grew up in Norton Shores and graduated from Mona Shores High School in 1971, then she immediately got married and raised three kids. Todd skipped college but got all kinds of in-depth lessons about taxes when they started their first family business in downtown Lowell in the 80s.

"My husband worked for a restaurant, and when the restaurant closed up he became self-employed making waterbeds," Todd said. "So we used to be Lowell Waterbeds. That is when I first got into the tax business, because I needed to learn how to run our business."



Todd went to work at the H&R Block in Lowell before venturing out on her own.

"I worked at H&R Block for John Richards, who is no longer living," Todd said. "He ran it from the big house across from Ball's Softee Creme. I worked for him for 11 years while also running the waterbed store where my husband built waterbeds. When our boss Mr. Richards passed away, another lady, Darlene Gahan, and myself decided we were not giving up on our people! So we went through the phone book and we tried to remember everybody we did, because we used to do them by hand. And so we started our own business right here."

Gahan has since retired, but the "D" remains in the

#### company's name as a tribute to the co-founder.

"I didn't want to change the name because that's how people knew us," Todd said. "If I had to find another D it would be either donuts or diamonds! I haven't figured out which yet, they're both good. So yeah, the business has just grown year after year."

Todd said her recipe for success was quite simple, charge less money than the competition.

"I think the reason we have such a big clientele is just because we don't charge them a lot," Todd said. "Our prices are very low compared to everybody else. And I care about my clients. When people move away, they still bring their stuff to us. We've got people from way up north, other states, out in Jenison, all over."

The events of last year have caused some people's tax returns to be a little complicated this year. Todd said that stimulus payments are not taxable but they must be listed on your tax return.

"They must be, because if you didn't get the right amount, then you could get it in 2020," Todd said. "There is a specific space to put it on the tax return this year. If you leave it blank, they're going to assume that you did not get it, and that is going to hold up your refund."

Todd also said that you should still file a return, even if you haven't finished paying last year's taxes.

"If you wait and do not pay your taxes, if you owe, the IRS is going to come back and fine you," Todd said. "So it's best to at least file, even though you might not be able to pay the bill. You don't want to make IRS mad!"



Finally, Todd pointed out some important changes to the "W4" withholding form.

"The IRS is making their withholding tables less every year, so they withhold less every year out of your paycheck," Todd said. "They do this for two reasons. One, they want you to have more money in your pocket, which most people don't even notice they're getting. It's minimal. The second

want to have to give you money back at the end of the year. So if you follow the W4 the way it is, you may end up owing. You really need to make sure to look at your pay stub. I don't care if it's online or in your hand, look at it. You must have at least 10 percent withholding so that you don't owe. The first bracket is 10 percent, then it goes to 12. You need

reason is because they don't

to be covered. So let's say somebody is married and has two kids. If they were to fill out that W4 the correct way -and we're still trying to figure out what the correct way is - they would probably end up owing because they wouldn't take out hardly any withholding at all. People need to just make sure that 10

percent is coming out. If it's more than that, that's fine. Less, that's the problem." For more information about D&L Tax Service, 220 W. Main, call 616-897-1140, send a message to dltaxservice220@gmail. com or find them on social media.

### **2021 BOARD OF REVIEW MEETING SCHEDULE** LOWELL CHARTER TOWNSHIP, **KENT COUNTY**

Tuesday, March 2, 2021 at 9 a.m. = **Organizational Meeting** 

Monday, March 8, 2021 9:00 a.m. to 12 noon & 1:00 p.m. to 4:00 p.m.

Tuesday, March 9, 2021 2:00 p.m. to 5:00 p.m. & 6:00 p.m. to 9:00 p.m.

Virtual or telephonic appointments will be Available by request.

The Board of Review will meet as many more days as deemed necessary to hear questions, protests, and to equalize the 2021 assessments. By board resolution, residents are allowed to protest by letter, provided protest letter is received prior to March 9, 2021.

### LEGAL NOTICE

### **STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT**

estate will be the forever barred unless presented to Laura



NOTICE OF ADOPTION AND SUMMARY OF AN ORDINANCE ADDING A NEW **ARTICLE VI, "FIRE AND EMERGENCY CHARGES** SERVICE COST **RECOVERY**", TO CHAPTER 10 "FIRE **PROTECTION**" PREVENTION AND SPECIFICALLY 10-74 SECTIONS THROUGH 10-84 **AUTHORIZING** COST RECOVERY FOR FIRE AND **EMERGENCY SERVICE CHARGES** 

NOTICE TO **CREDITORS Decedent's Estate** 

FILE NO. 21-208749-DE

Estate of VINCENT LAPPE. Date of birth: 12/17/1960.

**TO ALL CREDITORS:** 

NOTICE **CREDITORS:** The decedent, Vincent Lappe, died 12/1/2020.

Creditors of the decedent are notified that all claims against

VanEss, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Suite 2500, Grand Rapids and the personal representative within 4 months after the date of publication of this notice.

February 22, 2021

John D. Mitus (P31244) 410 Bridge Street N.W. то Grand Rapids, MI 49504 616-774-4001

> Laura VanEss 3989 Port Sheldon Hudsonville, MI 49426

The Lowell City Council adopted Ordinance No. 21 - 02 adding a new Article VI to Chapter 10 being Sections 10-74 through 10-84 of the Code of Ordinances of the City of Lowell on February 16, 2021. Ordinance No. 21-02 authorizes the Lowell Fire Department to seek reimbursement from residents and nonresidents for the costs of services under certain defined circumstances when those services are rendered individually or as part of the Lowell Area Fire and Emergency Services Authority. A copy of Ordinance No. 21- 02 is available for inspection at City Hall, 301 East Main Street, in the City during regular business hours of the City. Ordinance No. 21- 02 is effective 10 days after

this publication.



Susan Ullery City Clerk

The tentative ratios and the estimated multipliers for each class of real property and personal property for 2021 are as follows:

Agricultural	48.64	1.0279
Commercial	52.88	.9455
Residential	47.43	1.0541
Industrial	48.07	1.0401
Personal	50.00	1.0000

American with Disabilities (ADA) Notice The Township will provide necessary reasonable services to individuals with disabilities at the Board of Review meetings upon 2 days notice. Contact: Supervisor Jerry Hale, 2910 Alden Nash Ave SE 616-897-7600

Board of Review Members, Sandra Graham, Nancie Mathews & James Foerch. Jerry Hale, Township Supervisor, Secretary of Board of Review.

### the lowell dger wednesday • march • 3 • 2021 Lowellians hiking Pacific Crest Trail to benefit MD



Skye Lemmen [photos provided]

by Tim McAllister lead reporter

Skye Lemmen and Kelsey Smith, LHS class of 2012, plan to hike the entire 2,650 mile length of the Pacific Crest Trail this spring as a benefit for the Muscular Dystrophy Association.

"We've been very close friends for a very long time," Lemmen said. "We both had to apply for permits to through-hike this trail together, because the Pacific Crest Trail Organization only offers 50 permits per day to start the trail in March, April and May each year. This helps to spread out and limit the potential damaging effects of too many hikers on the fragile ecosystems along the trail."

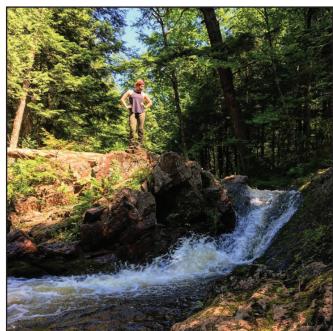
They plan to start the journey on Friday, April 30. Typically, this hike will

take between four and five months. The Pacific Crest Trail stretches from the Mexican border in California up to the Canadian border in Washington. Lemmen and Smith will likely hike between 15 and 35 miles a day, while carrying all of their food, water and other gear in backpacks.

"My longest throughhike experiences have been no more than one week ventures at a time in the Midwest and eastern parts of the US," Lemmen said. "The Appalachian Trail treks I did before in Virginia and again in Massachusetts are probably the best training I've had to get me ready for a true through-hike, but I do wish I had the time to do a few more longer hikes

prior to the PCT. It's been enough to get my gear dialed in to where I want it when considering the weight of my pack, which items work best in certain environments, which items end up being more or less useless on trail and which should just be left home. I have much to learn, but I've been personally talking with experienced through-hikers, doing lots of research and listening to the advice from others that have more knowledge in the backpacking scene than I do. The trail community is very robust, and it's easy to find groups online like the 'PCT Class of 2021' Facebook group, where you can talk with other aspiring throughhikers and bounce ideas and questions off of each other leading up to the hike. I was a long distance cross country runner all four years back in my high school days, so I've always been drawn to the type of activity that requires mental fortitude and endurance I suppose. I didn't realize my love for backpacking until I reached my college years, however. I am glad to know that many people's first major throughhikes have also been on the PCT, so that gives me confidence that I can achieve this goal as well. I have been to some major cities along the West Coast on past road trips, however I've never gotten an opportunity to see any part of the PCT itself. It's a bit unnerving to go from never hiking in these environments before to all of the sudden living in them for four to five months straight, but I find that YouTube documentary videos from

previous through-hikers and diligent research has helped me gain a better grasp on what to expect once we arrive. I am most nervous to start in the desert because I have little to no experience with that environment, but it's also exciting to something experience so new and challenging. There are three really long 'mainstream' throughhikes in the US that seem to get the most attention in the backpacker world; the Appalachian Trail, the Pacific Crest Trail and the Continental Divide Trail. And if you're determined enough to successfully through-hike all three of these trails, it's known as 'Triple Crowning.' I guess I always knew I wanted to attempt one of these three established trail systems, but it took some deeper thought and research to confirm which trail would be my ultimate goal. Many hikers seem to aim to through-hike the Appalachian Trail first. I have done a couple smaller week-long hikes on the AT in the past that helped me get a feel for it in-person. While I enjoyed my time there, the AT is known to be far more populated with hikers and trail towns, to have much rougher and



rockier terrain and to have the National Trails System. less varied landscapes and Lowell even has a North vegetation throughout. I wanted an experience that spanned across many different types of landscapes and ecosystems, was a little less 'crowded' on the trail than the AT, but still offered a sense of a hiker community to meet along the way. The Pacific Crest Trail checked all the boxes. The CDT was last on my list, as the trail itself isn't quite complete yet and requires a lot of bushwhacking and roadwalking throughout. While it'd be great to attempt someday, that trail would likely be further down my priority list and is usually attempted by more experienced through-hikers. One side note, Lowell is actually a 'trail town' to



the very popular North Country Trail. The trail cuts right through Lowell, although many people may not have ever noticed. The NCT spans all the way from Vermont to North Dakota and passes through eight different states, including both the upper and lower peninsulas of Michigan. That's a whopping 4,700 mile stretch that crowns the NCT as the longest trail in

Dystrophy Association in honor of Lemmen's father and other relatives fighting the disease.

"There are so many great causes out there to support, but this one hits home for me on such a deep level," Lemmen said. "Muscular Dystrophy has impacted a rather shocking number of my relatives. My father and four of his siblings have been diagnosed with different types of MD. One of his siblings was my late Uncle Kenny, who passed away from Duchenne Muscular Dystrophy at the early age of 16. My dad is diagnosed with Facioscapulohumeral Muscular Dystrophy, which is a different strain of the disease entirely and has many different effects than DMD. Muscular Dystrophy has no known cure as of now, but research efforts have come a long way in determining what causes different types of neuromuscular diseases and will one day hopefully discover either a cure, or a way to at least slow down or stop the continuing muscle degeneration. According to the MDA, 'Even where no cure is available yet, MDA research has resulted in better treatments that result in increased survival and better quality of life." Supporting the MDA not only provides necessary funds and resources for clinical trials and research laboratories, it also provides services that help people affected by neuromuscular diseases including MDA Care Centers and even MDA Summer Camps for kids with muscular dystrophy and related diseases. The MDA positively impacts the lives of so many people fighting this battle, and I have faith that if we continue to support their endeavors, we can change the lives of so many more people in the future too. I

ome M



105 N. Broadway, Lowell • 897-9261 Hours: Mon. - Thurs. 8-5 pm • Fri. 8-noon Country Trail Association office right on Main St in the heart of downtown. While I love that Lowell is a part of this trail system, it's a bit too long of a trail for me to attempt. It's actually rather dangerous to attempt to through-hike the entire trail in one go because of the extreme winter weather these states can experience outside of the typical hiking season window. I've planned many smaller weekend hikes along different parts of the NCT and I've always loved it. I've hiked along the NCT in the Porcupine Mountains in the UP as well as the Manistee River Trail loop closer to home."

Lemmen and Smith are supporting the Muscular

### **−** <u>"l</u>ëdger Lowellians hiking Pacific Crest Trail to benefit MD

can only truly speak to my family's direct experiences with Facioscapulohumeral Muscular Dystrophy, so please know there are many other types of MD and many other experiences that other families have gone through that could differ widely from my own. Much like a through-hike, the challenges faced with FSHD are typically drawn out over a long period of time and slowly wear away at you. What starts as difficulty standing straight while walking eventually turns into the inability to walk years later. My dad was officially diagnosed with FSHD when I was in the fifth grade. He was around 48 years old, but he first started showing symptoms around the age of 38. I remember my brother and I used to always partake in so many outdoor activities with him when we were vounger; biking, basketball, softball, tossing the football and so much more. He undoubtedly set me on my path for the love of sports and the outdoors. But after his diagnosis, things began to change. He couldn't stay out and play catch with us as long as he used to when he was healthy. And eventually, he couldn't do those activities at all with us any more. He fights harder than anyone I know to rise above this disease both physically and mentally. It's truly tough on everyone involved. He always says, 'No matter how difficult you have it in

life, someone always has it worse than you. You should be grateful for what God has given you.' I find his optimism and gratefulness for what he does have in life to be an inspiration and motivation for me. When I'm exhausted on the trail, I'll absolutely be thinking of my dad and my loved ones with MD, and I'll push forward knowing that I am grateful for my ability to do so when others cannot."

Lemmen has a Bachelor's degree in Hospitality and Tourism Management with a focus in the Lodging Industry, and a minor in Business Administration. She works as an event coordinator at John Ball Zoo in Grand Rapids.

"My main tasks are to work with clients from their first inquiry about our venues at the zoo, all the way through their scheduled events onsite," Lemmen said. "This means I'll meet with clients to show them the venue and sell the space. I'll create their contracts and talk with them through their event details, I'll create a venue layout specific to their needs and I'll eventually be onsite the day of their event to make sure everything runs smoothly. My job primarily is focused on weddings and other types of events held at our popular Bissell Tree House venue, however I am also in charge of managing all of our park space rentals. I also assist with facilitating all of the large zoo events



Kelsey Smith and Skye Lemmen

such as Zoo Goes Boo, Princess Day, IllumiZoo, Wizarding Weekends, etc. I really love what I do at the zoo and am grateful I landed a position within my degree path directly out of college, so it will be very difficult for me to leave this position when it's time to begin my hike."

Lemmen said they were inspired by experiences they had during their time enrolled at Lowell High School.

"Growing up in Lowell and going to these schools taught me a lot about empathy, hard work and finding a passion something greater for than yourself," Lemmen said. "My involvement in sports through my school years certainly inspired my continued interest in outdoor activities as an adult. I also had the opportunity to witness the 'Jared's Team' Muscular Dystrophy fundraiser first hand when I was at LHS. I distinctly remember the light blue shirts with white writing that said 'Jared's Team' in support of Jared Sweet's battle with Duchenne Muscular Dystrophy. The Pink Arrow Project for cancer research also began during my time in high school, so I was fortunate enough to witness the beginning of two important fundraisers all while at LHS and got to see them firsthand grow to amazing heights within the community. I think watching the success

from those campaigns gave me the confidence and creativity to come up with my own unique fundraiser specific to my life and my passions. The love and support that pours out from this community is inspiring on its own."

For more information about the Muscular Dystrophy Association, visit mda.org. For more information about the Pacific Crest Trail, visit pcta. org. Lemmen will maintain a blog where anybody can follow their adventures on the trail and keep up with their fundraising efforts.

"If you are interested in more of my personal stories, I have a PCT and fundraiser blog at twomoredays.blog that you are welcome to check out," Lemmen said. "The link to the MDA fundraiser can be easily found on that website as well. This is where I direct people who are interested in donating to the cause and for those who may also want

to follow along with my journey. I will be posting on this website throughout my hike, as well as on my Instagram page, @skye. lemmen, along the way. This fundraiser began in 2019 when I originally intended to hike the PCT in 2020, so it's been a long time of planning and anticipation. As of today, we've raised \$1,395 overall since my original campaign started in 2019. You'll only see \$775 raised in the meter on my new campaign page because I recently moved the donation platform from Go Fund Me directly to the MDA's website, so it doesn't show the \$620 already raised from Go Fund Me. My goal is to raise at least \$5,000 by the end of my hike. I'm workshopping through a few new fundraising ideas that I'm excited to release soon, including a 'tribute trail' that will allow me to dedicate certain mileages on the trail to people with Muscular Dystrophy and other neuromuscular diseases."



## **CARD SHOWER**

Marsha ~ Marsha ~ Marsha HAPPY 80TH

### **BIRTHDAY** MARSHA WILCOX March 8

Send Cards to: 9654 Bailey Dr., Lowell, MI 49331

Love, your family & friends

### page 10 \_ Red Arrow SPORTS - GYMNASTICS

## Ivy McDonald breaks beam record, gymnasts put up strong numbers

#### by Justin Scott contributing reporter

Lowell gymnastics is peaking at the right time. With regionals not too far in the distance, Lowell put on an impressive performance defeating Forest Hills United 140.675-129. It was the Red Arrows highest score of the season and was within one point of the 2014-2015 team's school record of 141.65.

One record that was broken on Wednesday was the school balance beam record. Ivy McDonald broke the school record with a 9.5 with a nearflawless performance. That score broke the former record held by current gymnastics assist coach Lauren DeHaan, who recorded a 9.45 in 2015.

Lily Kooistra also scored an impressive performance and personal record on beam with a 9.225. McDonald's 8.625 led the way for the Arrows

on bars. Marissa Weaver (9.0) and Katy Hock (8.85) led the way for the gymnastics team on the floor exercise.

The gymnastics team is 4-2 this season with wins over Forest Hills United (2), Kenowa Hills (2), and losses to Rockford (2). On senior night against the Rams, Lowell put up another strong number of 138.775 to Rockford's. Seniors Katy Hock, Marlie McDonald, Aubri Lemke, and Kira

Jungblut were honored. Lowell competed against Kenowa Hills on Monday, results were not available for this week's edition.

Pictured lvy **McDonald** breaks school record on beam with a 9.50 (Courtesy of Lowell Athletics).



#### - BOYS BASKETBALL

## **Red Arrows hit tough stretch of conference schedule**

#### by Justin Scott contributing reporter

It was a tough week for the Lowell boys basketball team who went 0-3 with losses to East Grand Rapids, Grand Rapids Christian, and Forest Hills Central.

The week sums up the challenging OK White conference which is among the top conferences for boys basketball in West Michigan. Final scores were 66-40 against EGR, 67-40 against Grand Rapids Christian, and 78-43 against Forest Hills Central.

Lowell was at Forest Hills Northern on Tuesday, and is back home against Northview and Hopkins on Friday and Saturday.

> Members of this



year's Lowell varsity boys basketball team include Landon Grant, Dawson Douma, Troy Taylor, Brett Spanbauer, Kaleb Siebert, Nate Clark, Drew Veldman, CJ Steinebach, Aidan Fitzpatrick, Brad VandenHout, Gage Snarski, Dominick Ronchetti, Reid Reynolds, and Robert Hays. The team is coached by Travis Slanger with assistant coach Brandon Barber.

Q&A Lowell head coach Travis Slanger talks win over Byron Center:

Up one with under 10 seconds left, what did you say to the team going into the timeout?

"Entering the timeout, I asked them if they wanted to stay in zone or switch to man. Almost in unison they responded "stay in zone". We talked finding their best two players, covering the often go unnoticed to solidify post, and prevent getting pinned on the baseline.

We wanted to force a long jumper and get a strong box out to prevent a last second tip-in. That is exactly what happened, they tried to pin our wing defender and we forced a deep three from the corner. Brett Spanbauer was in a great position to contest the shot and Landon Grant came up with a strong rebound to seal it."

Who were some of the standout performers from the win?

"Different guys made big plays when we needed them. We trailed most of the game and went down six last in the fourth quarter. Our Seniors Brett Spanbauer, Troy Taylor Nate Clark, Brad VandenHout, Landon Grant, and Reid Reynold did what Senior leaders do. They took advantage of their opportunities offensively

lot of maturity in managing the game. He was able to penetrate their defense, find open teammates, finish over bigger defenders, and played a nearly perfect game defensively. Troy Taylor and Sophomore CJ Steinebach hit multiple big momentum-changing three's in the second half. Sophomore Drew Veldman made a couple of key defensive plays in the fourth quarter, hit a late three in transition to bring us within one possession, then slid under a bigger defender to hit what became the gamewinning bucket. Junior Kaleb Siebert gave us an early offensive spark and made three big defensive plays, his late steal lead to Drew's timely three."



Lowell celebrates after a basket against Byron Center in a win last week.

and did the little things that our defense. Sophomore PG Dawson Douma showed a

#### - WRESTLING

## Wrestlers take on state elites again last weekend

by Justin Scott contributing reporter

For the second straight weekend, Lowell traveled to the east side of the state to take on some of Michigan's elite. The Red Arrows came away with two wins, over Rochester Hills Stoney Creek and Macomb Dakota. Lowell's lone loss on the week came against nationally-ranked Detroit Catholic Central.

The Detroit Catholic Central-Lowell dual was certainly the marquee matchup of the weekend. LHS held their own against the hosts early on with wins by Keegan Nugent, Carter Blough who recorded a late fall, Carson Crace, Doak Dean, and Will Link. Lowell's strength this year is in the upper weight classes where more of their top ranked wrestlers are. The

dual was tied at 21 heading into the lower weights which the Shamrocks swept to finish the dual with a 42-21 win.

Lowell defeated Stoney Creek 46-17 and Macomb Dakota 56-15. Macomb Dakota has the largest enrollment in the state of Michigan with 2,996 students. A 5-2 decision by James Link kicked off the Dakota dual. Cole Huisman,

Tacho Gonzales, Will Link, and Jacob Lee all followed with pins. Dean recorded a technical fall in that span as well to give Lowell a 32-0 lead. Derek Mohr, Blough, Keegan Nugent, Easton Lyons, and Ramsy Mutschler finished the second half of the dual with wins.

Against Stoney Creek, Zeth Strejc, James Link, Huisman, Gonzales, Will

Link, Dean, Lee, Blough, and Nugent all picked up wins.

While the pandemic has kept Lowell wrestling fans away from the bleachers this year, matches have been able to be streamed across a wide variety of platforms including WRWW and MHSAA.TV

On Wednesday, Lowell clinched their 12th straight

conference title by sweeping two OK White conference duals. LHS beat Forest Hills Central 62-9 and Byron Center 65-6. Terrick Stewart kicked off the Byron Center dual at 140 with a pin. He also recorded a 6-0 decision in the Forest Hills Central match. Lowell has a quad at Thornapple Kellogg this week.

Red Arrow

ski team

## Three Red Arrow skiers compete at state meet

#### by Justin Scott contributing reporter

Lowell has their firstever downhill ski state champion. LHS junior Kaylee Byrne took home the trophy last Monday in the giant slalom by the narrowest of margins. She beat Cadillac's Onalee Wallis by just 0.52 seconds with runs of 31.7 seconds and 28.06 seconds.

"After her first run in giant slalom at the state meet, we knew she had a good edge up on the competition, she would just need to have a clean second run to hold the title and that's what she did! She knew she had the ability to ski that well and it was satisfying to see it all come together for her. She is grateful to her teammates as she would not have the opportunity to race at the regional and state level without them. The team has made so many positive gains over the last couple of years and we are excited to see where they will take it next year," head coach Karla Byrne told the Ledger.

Byrne becomes the only Lowell skier to win a state championship. Abi Ellis, who went on to ski at the University of Michigan, finished state runner-up during the 2012 state finals.

SPORTS

"This was Kaylee's third straight season of competing at the state level. She started off the season with a minor knee injury in early December, so she had been working all season to get back to full strength especially in GS. It's been her ultimate goal this year to take the state title in GS and place in one of the top spots for slalom as well. With hard work and dedication, she did just that."

Lowell's division, division 2, was won by the girls team of Pontiac Notre Dame Prep and the boys team of Petoskey.

In the slalom, Kaylee Byrne placed sixth with a time of 92.82 seconds.

Lowell had three Red Arrows competing, Kaylee Byrne, Colton Byrne, and Preston Sobeck. It was Sobeck's debut at the state

level. Colton Byrne took 18th in the giant slalom and 23rd in slalom. Preston Sobeck took 28th in the giant slalom and 37th in slalom.

"This year we had three members of the team qualify for the state finals. All three have been leaders on the team. This was Colton's second time competing at the state level and Preston's first time. All three athletes put countless hours into a sport they all love. Each of them compete at the high school and USSA level. Colton met a goal of being in the top 20 at states, by taking the 18th spot in GS. He has a lot of time left in his high school racing career to keep climbing the ladder. Preston has skied well all season to earn his spot at states. We're eager to see where his senior year will take him, next year. It was an awesome accomplishment to have all three of our state qualifiers finishing in the top half in every run!"

In a separate race,



Lowell skiers Kaylee Byrne, Colton Byrne, and Preston Sobeck compete at the state meet. (Courtesy of Lowell Ski)

Colton Byrne qualified for the U16 Rocky/Central Junior National being held in Colorado this week.

"It's been a successful season for the Red Arrows, Coach Byrne concluded. "Just being able to compete

in a full season of skiing with all the restrictions in place, has been a blessing."

#### - GIRLS BASKETBALL

## Lady Arrows perform well against top-ranked Pioneers

by Justin Scott contributing reporter

The best game of the season for the Lowell girls basketball team may end up having been a 20 point loss. That may seem strange

to someone who wasn't at the Lowell-East Grand Rapids game, but to those who were there, they may certainly agree. Lowell fell to East Grand Rapids 79-



59, but they gave the No. 1 ranked team in the state a battle.

The Pioneers went 22-1 last year and returned eight of 10 players. They are led by Jillian Brown, а

Basketball Miss candidate, McDonald's All - American Game nominee, and Northwestern commit. She found herself in foul trouble, having to sit in the third quarter with four fouls. This would be a problem for most teams, but not East Grand Rapids. Alli Carlson, Western Michigan а commit had a day, scoring 24, all of which came in the first three quarters. She also tallied nine assists. Jillian's sister Macy Brown had 17, and even despite foul trouble, Jillian Brown had 14. The trio had every answer to Lowell's stellar play. As Lowell closed the gap with impressive offensive plays to as close as 12 early in the fourth quarter, East Grand Rapids would go down, hit a three, and make it look easy. The Red Arrows had trailed by just five after the first quarter, and by 15 at halftime.

> Freshman Emma



### 7th & 8th Grade Girls Wanted to Fill a YMCA Soccer Team

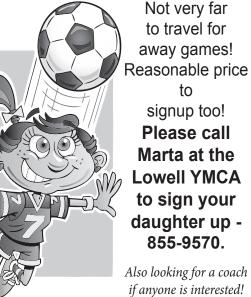
We need a few more girls to complete a team at the Lowell YMCA. Practice 1 or 2 times a week here in Lowell and games on Saturdays.

Lowell's Taryn Jackson looks for a teammate against top-ranked EGR.

Bruwer led the way for Lowell with 15 points. She was followed by Brax Baker (14) and Taryn Jackson (11). The Red Arrows

rebounded from the loss to East Grand Rapids, having a very close battle against Grand Rapids Christian, losing 60-57. On Saturday morning, they beat Forest Hills Central 62-57.

The Lady Arrows are 2-6 on the season. Senior night was on Tuesday at home against Forest Hills Northern. LHS is on the road later this week at Northview and Rockford.



signup too! Please call Marta at the Lowell YMCA to sign your daughter up -855-9570. Also looking for a coach

## **ABCs**, continued

is what the roads were called that came into Lowell. South of town the Lowell Road is today called 'Segwun Avenue'. It connected Lowell to US-16. The intersection of US-16 and the Lowell Road was very busy. The old Lowell Township Hall stood there, along with businesses to meet travelers' needs. On the southwest corner was a gas station and small grocery store known as Shorty's in the 1960s (the building remains). On the northwest corner was the Lucky Inn and Oil Station. In 1953 it had been purchased by Mr. and Mrs. Leo Blocher and the new owners advertised a Father's Day special of a chicken dinner for \$1.15!

US-16 was the route for the Greyhound bus line. The Lucky Inn also housed the Greyhound Bus Depot for the Lowell intersection. You

could board, buy tickets, and send packages from there.

Further along the road to the east overlooking Pratt Lake was The Coffee Cup Truck Stop. They served food especially for truckers (1950s).

Back to the west on the SW corner of Alden Nash, there used to be a gas station and garage where oil changes and mechanical work could be done. (Garage building One memory remains.) shared was that one day when the storyteller was young, he and his friends saw the notorious gangster Al Capone pull up and purchase gas at that station. Capone had hide-outs in Michigan.

Residents along US 16 in the 1950s prior to the opening of I-96 recall that traffic was so heavy at times, especially on Saturdays after a home MSU football game, that the locals could not enter

the highway. This was the main thoroughfare between Grand Rapids and Lansing.

In 1956 the interstate highway act was signed and Interstate 96 was begun and now runs the same general route. In 1962 US-16 was decommissioned in Michigan, ending an era and a traffic pattern, as the newer Interstate created the need for new roads leading directly from the exit to Lowell. The section of today's Alden Nash was built and is the home of the new Lowell Township Hall. This change of traffic pattern has left few clues as the restaurant and Township Hall buildings are gone, but if you have wondered why the road out of town is Segwun but quickly veers off and becomes Alden Nash, and why there is a private residence at the intersection of two seemingly quiet country roads that looks suspiciously like a vintage fuel station, now you know!

## Show Local **Businesses** ome lov

GENERAC Prepare for unexpected power outages with a Generac home standby generator **REQUEST A FREE QUOTE!** 877-378-0097 7-Year Extende A \$695 Value! 7-Year Extended Warranty\* GENERAC Offer valid December 15, 2020 - March 1, 202 **Special Financing Available** ct to Credit A

## Live the Life You Want Are you listening to your intuition?

Melissa Spino MA LPC CDMS Life Transitions Therapy LLC

Intuition is known by many names such as a gut feeling, instinct, our inner voice, or our sixth sense, but what is it really? Oxford defines it as "the ability to understand something immediately, without the need for conscious reasoning." I believe, we were given the gift of intuition for a reason and it can help us navigate through some of life's uncertainties and potential pitfalls. Yet, sadly it often goes unheard or ignored. Why?

Learning to Listen to **Our Intuition** 

I like to think that I listen to my intuition and trust my instincts. Yet, years ago, I was offered a job in Washington state. It was a change I wanted to make

and I was over the winter weather here. To help with the decision, the company flew me out to Washington and set me up with a real estate agent, rental car, and hotel so I could get to know the area and see the housing options available. They would even fully pay to move me to Washington. It was a good offer!

The Washington area was beautiful and I felt comfortable there. Yet, when asked for an answer about the job offer, I asked for an extension. Now I'm not one that usually has a tough time making decisions, but I was really struggling with an answer. After all, it was a big decision. So, I researched the area, talked with others, and thought about it over and over, but I still couldn't seem to reach a decision. I was feeling the pressure.

Finally, I decided to accept the position and was in the process of making the call when I felt sick to my stomach. The nausea came on fast. I hung up the phone and the nausea calmed. I tried the call again and the same thing happened. I then realized my intuition was trying to tell me that this move was not right for me. As soon as I realized this, I felt a sense of calm, my head cleared, and I didn't feel sick to my stomach any more. I called and turned down the position and felt completely at peace with the decision. What happened is that my



Melissa Spino MA LPC CDMS

feelings of wanting to relocate were overriding my intuition which was trying to tell me this wasn't a good fit. Thankfully, I finally got the message and it turned out to be a good one.

"Your mind will answer most questions if you learn to relax and wait for the answer." - William S. Burroughs

In this situation my emotions and wants were clouding what my gut was trying to tell me. So, it's important to know if our feelings, thoughts, or perceptions may be interfering with our intuition. Like any tool, there are ways you can sharpen your intuition so connecting with it becomes easier.

**Honing Your Intuition** 

Today's society puts more focus on making rational judgments instead of gut feelings so we have

Live the Life continued, page 14

LEGAL NOTICE

### **CITY OF** LOWELL **NOTICE OF PUBLIC** MEETING

The City of Lowell will conduct a virtual public meeting via Zoom on Monday, March 15, 2021 at 7:00 p.m. The purpose of the Public Meeting is to receive input and comments from the public on the proposed application by the City to the 2021 Michigan Department of Natural Resources Trust Fund for a grant for the construction of nonmotorized trail improvements.

The proposed improvements include the installation of new paved non-motorized trails, pedestrian bridges, benches, picnic shelters and signage. This project will go through the Lowell community will connect to the existing Fred Meijer River Valley Rail Trail network which extends to Belding, Saranac and points beyond. A copy of the proposed trail route is available for viewing at City Hall and on line at http://www.lowellmi.gov/.

Following the public comment period, the City Council will consider a resolution authorizing submittal of their application, which is due on or before April 1, 2021.

Interested persons may offer comments at the public meeting or submit them in writing prior to the meeting directly to the City of Lowell c/o City Clerk, City of Lowell, 301 E. Main St, Lowell, MI 49331, or by calling 616-897-8457 or by email to sullery@ ci.lowell.mi.us.



PUBLICATION OF NOTICE OF HEARING **STATE OF MICHIGAN** The Probate Court for the County of Kent In the matter of **Dora Skalandis** Guardianship File No. 21-208,801-GA TO ALL INTERESTED PERSONS including John Skalandis unknown and any children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: Α hearing will be held on April 16, 2021, at 9:00 A.M. at Kent Co. Probate Court, 180 Ottawa

NW, Grand Rapids, MI 49503 via Zoom before Judge David M. Murkowski (P35026) for the following purpose:

### **STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT**

NOTICE TO DITORS it's Estate 1-208759-DE ate of Y DONALD IOLAS, d. Date of 7/22/1953. EDITORS: то S: The Bradley Nicholas, the of

the estate will be forever barred unless presented to Lori Engelbrecht, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

Join Zoom Meeting https://us02web.zoom.us/j/9806911106

Meeting ID: 980 691 1106 One tap mobile +13126266799,,9806911106# US (Chicago) +16465588656,,9806911106# US (New York)

Dial by your location +1 312 626 6799 US (Chicago) +1 646 558 8656 US (New York) +1 301 715 8592 US (Washington D.C) +1 346 248 7799 US (Houston) +1 669 900 9128 US (San Jose) +1 253 215 8782 US (Tacoma) Meeting ID: 980 691 1106

Sue Ullery, City Clerk, City of Lowell

Appointment of a	CREDITORS
Guardian.	Decedent's Estate
Dated: February 26, 2021	FILE NO. 21-208759-DE
	Estate of
Adult Protective	BRADLEY DONALD
Services, DHHS,	NICHOLAS,
Petitioner	Deseased. Date of
121 Franklin St. NE	birth: 07/22/1953.
Grand Rapids, MI 49507	
(616) 260-5649	TO ALL CREDITORS:
VAN ESSEN AND	NOTICE TO
ASSOCIATES PLLC	CREDITORS: The
Attys. for Petitioner	decedent, Bradley
by Amanda Van Essen	Donald Nicholas,
Wirth (P75001)	01/21/2021.
109 E. Main St.	
Suite 11	Creditors of the
Zeeland, MI 49464	decedent are notified
(616) 633-0196	that all claims against

February 22, 2021

Meredith Curless (P78235) 410 Bridge Street N.W. Grand Rapids, MI 49504 616-458-3699

> Lori Engelbrecht 6929 Weller Ave NE Rockford, MI 49341 616-874-5563

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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.TEN EOW

### ESTATE SALE - Antique collectibles, antique furniture, vintage glassware,

sales

tools, fishing equipment, antique & children's books, household items, costume jewelry. March 5,6 & 7, Fri., 10-4; Sat., 10-5 & Sun. 11-3. 804 N. Monroe, Lowell. 

### <u>services</u>

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### services

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SCANNING SERVICE -Do you need something scanned & emailed? The Buyers Guide/Lowell Ledger now offers this service! Mon. - Thurs., 8 - 5 p.m. & Fri., 8 -noon. Ph. 897-9555 with any questions.





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### **PUZZLE SOLUTIONS**

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m	is	C.

NEED AN AL-ANON MEETING? - Al-Anon is a fellowship of families and friends of alcoholics. Join us Sunday-Saturday at 10:30 AM and 7 PM on Zoom. Come learn the Steps, Traditions & Concepts of living and coping, in Serenity, with alcoholism. There are no dues or fees for Al-Anon. For Zoom meeting ID & Password, please call Joy at 616-901-7779.

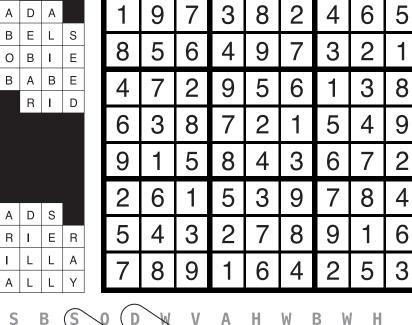
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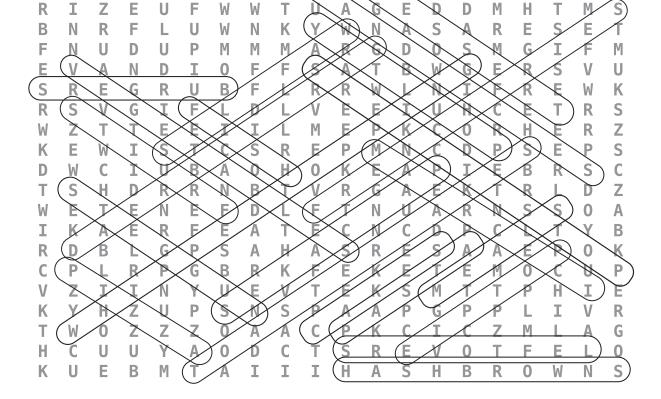
MI215 to 38000; for the Ada store text MI223 to 38000. It's easy and an application will come directly to your phone. 



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## LHS announces January Students of the Month

Lowell High School is proud to announce that Emily Struckmeyer, 11th grade and Izabel Rutz 12th grade, are the Lowell High School January Students of the Month. In order to be eligible for this honor a student must be nominated by a teacher. All the nomination forms for the month are then reviewed and voted on at the monthly Department Chair Meeting. Students are selected based on academic achievement, character, and work ethic. There are 1,200 students eligible for nomination, so this is



**Emily Struckmeyer** 

quite an accomplishment for Struckmeyer and Rutz. The students receive a \$20 Meijer gift card and a certificate.

Struckmeyer was nominated by Jamieson Irwin and he writes, "Emily deserves to be Student of the Month at LHS for a variety of reasons. Some of the qualities that make her deserving are her discipline and work ethic. This winter, Emily was an important part of the High School volleyball team and missed a week of school to be quarantined for state finals. During that week, she maintained consistent contact with me and other teachers, continued to study, completed all of her work on time, and maintained an A. When she returned to school she understood and knew all of the information as if she hadn't skipped a beat. Emily shows up prepared every day with questions, thoughtful responses, and a positive attitude. Nothing can get in her way or bring her down and she is inspiring to be around. Emily is also a role model for her peers. She is considerate of others, kind, warm hearted and friendly, Emily is a natural leader and an excellent candidate to be student of the month." Kristine Stedman

nominated Izabel and she



**Izabel Rutz** 

writes, "Izabel Rutz has done excellent work in Personal Finance. Izzy attends daily in all situations whether it be a remote day,

a hybrid at home day, or an in-person day (and this is a first hour class); she is a dedicated worker in all situations applying new knowledge along the way. She has rocked Budget Challenge, paying bills ontime, saving for retirement, managing a credit card the right way, and balancing a checking account. Izzy is a great student and will be an asset to her future school and employer. Thanks for all your hard work Izzy!"

### college news

Ashley Boehr of Lowell has made the fall 2020 Dean's List at Cornerstone University, earning a GPA of 3.9.

Boehr is a member of Cornerstone's Creativity and Innovation Honors Institute (CIHI) and is also majoring in Psychology.

Almost 1,900 students from Saginaw Valley State University earned a spot on the fall 2020 semester Dean's List.

To be eligible for the Dean's List, a student must take at least 12 credit hours and carry a semester GPA of 3.4 or better.

Depew, Emily of and Lowell. Kelsey Merrifield, of Saranac, were among those honored for academic excellence.

Danielle Barnes, of Lowell, was named to the Dean's List at Miami University for the 2020-21 fall semester.

Miami University students who are ranked in the top twenty percent of undergraduate students within their division for first semester 2020-21 have been named to the Dean's List recognizing academic performance.

Collier Kaufman, of Lowell, a freshman Exercise Science major at Grove City College, has been named to the Dean's List with High Distinction for the Fall 2020 semester. Collier is a 2020 graduate of Lowell High School and is the son of Mr. and Mrs. Michael Kaufman (Eileen) from Lowell.

Students eligible for the Dean's List have a GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

The following students have been named to the Dean's List for the fall 2020 semester at Marquette University in Milwaukee, Wisconsin.

To make the Dean's List, students must have earned at least 12 credits for the fall 2020 semester and have no disqualifying grades. The GPA threshold varies by college - for the College of Education and the Klingler College of Arts and Sciences, undergraduate students must have at least a 3.7 to be named to the Dean's List. undergraduate The GPA requirement is 3.5 for the following colleges:

the Diederich College of Communication, the College of Business Administration, the College of Health Sciences, the Opus College of Engineering and the College of Nursing. All other programs have a 3.75 GPA minimum.

Local students are: Dylan Cole, pursuing a Bachelor of Science in Biomedical Sciences; Jaclyn Goble, pursuing a Master's in Physician Assistant Studies; and Elizabeth Kunkel, is pursuing a Bachelor of Science in Nursing, all of Ada.

William Brennan, of Ada, was named to the 2020 fall semester Dean's List at the University of Minnesota Twin Cities, the university announced today.

To qualify for the Dean's List, a student must complete 12 or more letter-graded credits while attaining a 3.66 grade point average.

Brennan is a freshman at the Carlson School of Management.

Concordia University Wisconsin officials have released the Fall Honors List for the 2020-2021 academic year. To be eligible for the honor, students must achieve a minimum 3.60 GPA.

## Live the Life, continued

trust our intuition. Even so, there has been a lot of research conducted trying to figure out how our intuition works. One thing many of the researchers seem to agree on is that when a fast decision must be made and there isn't time to think though all the "what ifs" it's best to trust vour intuition. If you want to tap into this powerful tool and better develop your intuition below are some suggestions to help.

Emotions and mindset play a large role in hearing your inner voice. If you are in a negative mindset or mood that just puts a barrier between you and your gut feelings because your brain is more focused on the negative feelings. So, work to get your negative emotions under control.

Get away from the situation or strong emotions. Go for a walk

learned to ignore or not or hike. Get outside. Do something that you enjoy. Let you mind wander and focus on something else. This is often when you will more clearly connect with your intuition.

> If you feel tired, drained, stressed, uncomfortable, or not "right" about a situation or person, pay attention - that is most likely your intuition trying to tell you something.

If you are having problems connecting with your intuition, try meditation. This helps quiet the mind which can help you connect more easily.

Pay attention to your dreams. It has long been believed that dreams help us process our experiences and emotions and research backs this up. So, if your dreams have become more disturbing or you keep having the same dream your intuition may be trying to send you a message.

Look for and pay attention to subtle messages from your intuition. Such as the hair standing up on the back of your neck, feeling ill (headache or stomach ache) for no apparent reason, butterflies, a sense of urgency, or a feeling that something is wrong or off.

Start writing in a journal. When you write things down or free write whatever comes to mind it can help you see patterns and make sense of emotions and thoughts.

Practice mindfulness. Stay focused on the present. Focusing on things in the past can cause feelings of pain, anger, guilt, or worry. Focusing on the future often produces anxiety and stress. These negative emotions stifle intuition.

Your intuition is there to help and guide you. Trust in it and yourself.

Shipshape

Madelyn Savage, of Alto, was among the students named. She is studying Diagnostic Medical Sonography.

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### **SUDOKO**

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Level: Beginner

### Here's How It Works:

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

# FROZEN FOODS WORD SEARCH

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

Guess Who?

I am an Instagram star born in England on March 4, 1999. My parents are a famous soccer player and a former pop star. I made my first television appearance at age 3, and I have three younger siblings. I share my first name with a borough in New York.



### DESSERT POULTRY FISH NUGGETS SANDWICHES SC CRAN Rearrange the letters to spell something pertaining to frozen foods. ORSFT 1SONA :NOMSUN 25. Term to address a **CLUES ACROSS** character 1. One of Noah's sons 52. Takes woman

5. Openings

**FROZEN FOODS** 

WORD SEARCH

BURGERS

CAKES

**Puzzle solutions** 

on page 13

- 11. Rising from the dead
- 14. Expressions for
- humorous effect 15. North American country
- 18. Flowed over
- 56. Rules over 58. More fervid
- 60. Sweet drink
- 62. Cry loudly
- 63. A friendly nation

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**FRENCH FRIES GARLIC BREAD** HASH BROWNS ICE CREAM **LEFTOVERS** MEALS

PANCAKES

PASTA

PIZZA

POT PIE

POTSTICKERS

**TOASTER CAKES** 

**VEGETABLES** 

WAFFLES

WHIPPED TOPPING

34. "Titanic" actor 36. Campaign for students'

31. Native American tribe

26. Swiss river

27. About senator

Paulo, city

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	56					57		58						59
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				62							63			

19. Tags 21. Long-lasting light bulb 23. Off-Broadway theater award 24. Khoikhoi peoples 28. Beloved movie pig 29. South Dakota 30. Tai language 32. Get free of 33. Afflict 35. Transmits genetic information from DNA 36. Commercials 39. Diaits 41. Expression of sympathy 42. Bleats 44. Swiss Nobel Peace Prize winner 46. Vegetable 47. Turf 49. Disorganized in

### **CLUES DOWN**

1. A title of respect in India 2. His and \_ 3. Employee stock ownership plan 4. A type of bond (abbr.) 5. Acting as if you are 6. Affirmative 7. Not caps 8. Type of medication 9. Monetary unit 10. Private school in New York 12. Small stream 13. A person of wealth 16. Exclude 17. Someone who vouches for you 20. Vegetable part 22. Gov't lawyer

rights (abbr.) 37. Capital of Senegal 38. Slang for military leader 40. Football's big game 43. Women who threw themselves on funeral pyres 45. Equally 48. Forest animal 50. Heavy stoves 51. Releasing hormone (abbr.) 53. Song 54. Type of pickle 55. Offer in return for money 57. Soviet Socialist Republic 58. Burns wood (abbr.) 59. Beloved singer Charles 61. Three-toed sloth

### - 📲 📲 🖿 wednesday • march • 3 • 2021 **First residents moving into RiverView Flats condos**

by Tim McAllister lead reporter

The first residents have moved into the new RiverView Flats condos in the historic Unity School building, 320 N. Monroe.

Rita and Eric Lundstrom moved in on Thursday, Jan. 23. Neither attended the school during its heyday, but Eric used to sell toner to them when it was the printing shop for the schools.

"I had walked by those buildings for years and thought someone should make these into condos," said Rita Lundstrom. "The location and view are awesome. As soon as I saw the sign, I called to say, 'We have to have one of those.' It's been fun watching it take shape. Covid caused many delays, which was frustrating but understandable. We also appreciate that the developers are trying to keep the trades local. Arctic Heating & Cooling did the air, Vergennes Broadband was used for the WiFi, and there were others."

"We are so excited to be part of this project," said Eric Lundstrom. "This summer is going to be great for Lowell with the new Showboat, social zone and RiverView Flats. Rita and I are also big paddleboarders and kayakers, so the riverfront was key."

The Lundstroms said the downtown condo was perfect for them because they were ready to downsize and they wanted to spend more time with their grandchildren, Owen and Ella, who live nearby.

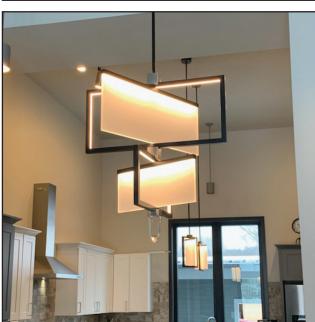
"The only thing that will improve this property is when all the condos are occupied," said Rita Lundstrom. "The developers have been very accommodating and easy to work with. Sounds like they are filling up fast."

They filled the condo with their own furnishings, and were then able to pick out the flooring, wall paint, door hardware, lighting and other details themselves.

"We were involved in the early stages, so when









Interior photos submitted by the Lundstroms.



our bedroom [size] needed to be increased due to our furniture, they were able to make that happen," Rita Lundsrom said.

couple The was particularly excited to have a gas fireplace and to no longer have to depend on firewood.

"After 17 years living on five wooded acres with a fireplace and wood stove, Eric was all about just flipping a switch and getting a beautiful flame," Rita Lundstrom said. "We bought the fireplace from Builder's Fireplace in Lowell."

For more information about RiverView Flats, visit riverviewflats.com, call 616-512-3450 or send a message to todd@estesgroup.com.



