

Lowell city council meeting



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LWC flower bulb fundraiser



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2021 at LowellArts



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LHS sports
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50¢



Lowell wrestling team wins eighth straight state championship!



The Lowell wrestling team after winning their eighth straight championship last Wednesday. See the story on page 11

BC Pizza's new owner plans remodel soon

by Tim McAllister
lead reporter

Tim Ofield has been the new owner of BC Pizza, 1335 W. Main, for about a month now. It was his family's go-to for pizza, and when it came up for sale, Ofield couldn't resist.

"Since we came here, we tried a couple of the other pizza restaurants, and that was our family's favorite, so we started ordering it," Ofield said. "I thought it'd be kind of fun to own a business in the town you live in, it's pretty good way to invest in the community."

Ofield, a native of Forest Hills, moved to Lowell with his family about two and a half years ago.

"I grew up in Forest Hills, and we wanted some more land, and Lowell offered

that," Ofield said. "We fit in better in Lowell, just in general, and we like Lowell a lot more than we do Ada or Forest Hills, so that's why we moved over this way. We just love Lowell."

He has plenty of business experience, but owning a restaurant will be brand new for him.

"I also own a couple funeral homes," Ofield said. "One in Kentwood, one in Allegan, one in Hopkins and one in Fennville. And then we run a company called Simply Cremation as well, a local company. But I have not owned a pizza restaurant before. It's a little different, for sure. But all we're really doing is customer service, and I love



working with people, I love talking to people and I like doing a good job for people.

Within that, it stays pretty consistent. You have to try to meet people's expectations, keep people happy and do a good job with what you're providing people. Our goal is to serve people the best we can, and that doesn't change depending on what we sell."

Look out for some changes to the restaurant, Ofield is preparing for a remodel later this year.

"We will make some changes to the actual restaurant," Ofield said. "We're actually going to remodel the whole store, hopefully within the next

month or two months. But yeah, we'll make some changes. Corporate's not too strict on their rules, they just have quality standards. So we're going to do our best to try to live up to those standards, and then try to supersede them."

For more information or to order some pizza, visit the bc.pizza website, call 616-897-9776 or find them on social media.

"It's just got great, great sauce and really good crust, and it's just an all-around great pizza," Ofield said.



April 5 Lowell city council meeting report

by Tim McAllister
lead reporter

Lowell city council had their latest regular meeting, both in person and over the Zoom app, at 7 pm on Monday, April 5. The meeting lasted one hour and 37 minutes

Lowell public works director Dan Czarnecki described \$7,353,000 worth of Monroe St. and Washington St. infrastructure projects that should last “50 or more years.” See images below for details.

In order to get the ball rolling on the Monroe St. portion, the council approved \$190,000 for design and engineering services by Williams & Works.

The council also approved \$236,036 to resurface Jane Ellen Dr. from Sibley St. to Donna St., \$50,938.59 for a new police car, \$13,678.12 for new police department computers and \$10,600 to replace the roof and gutter at the 830 Shepard Dr. water pump station.

Lowell city council’s next regular meeting is scheduled to take place in person and via Zoom at 7 pm on Monday, April 19.

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



Screenshot of Lowell city council in discussion during their regular meeting on Monday, April 5.

Monroe Street

The original work anticipated the total reconstruction of Monroe St. from the south terminus at Front St. to the north terminus at Fremont St. This included the installation of new 8-inch diameter watermain from Kent St. to Main St. and from Avery St. to Fremont St. The proposed sanitary sewer work was the replacement of sewer from King St. to Sherman St. and from Front St. to just south of Main St.

From our review of the existing infrastructure we are now proposing to replace the water line in the alley behind the stores, install a watermain on Kent St. from Monroe St. to Washington St., install watermain on King St. between Lafayette St. and Washington St., and be prepared to replace galvanized water services as required by the current State of Michigan Lead /Copper Rules. We are uncertain on how many water services may need total replacement. We are planning for the worse, and hoping for the best.

We now are anticipating replacement of all the sanitary sewer pipe from Avery St. to Fremont St. to provide for an entire new system in this area.

The storm sewer is now being considered for replacement as we expect the other underground work to displace much of the existing storm sewer pipes. Additional paving work has been added for Kent St. and King St.

The updated project costs for Monroe St is now estimated to be \$3,841,000.

Washington Street

The original project work anticipated the total reconstruction of Washington St. from the south terminus at Front St. to the north terminus at Fremont St. This included new watermain from Front St. to Main St. and from Main St. to Grant St. The proposed sanitary sewer work was the replacement of pipe from Avery St. to Grant St.

As we continue to review the existing infrastructure we are proposing to replace the watermain pipe from Main St. to Fremont St., and also to make the watermain connection with the new pipes on Kent St. and King St. We also are preparing for replacement of galvanized water services.

The sanitary sewer work is now anticipating the replacement of all the sanitary sewer pipe from Avery St to Fremont St.

All of the existing storm sewer piping is being considered for replacement as the work to replace the other underground infrastructure most likely will cause the existing storm sewer pipes to be displaced. We are also looking at additional paving of one block length of streets that connect Washington St. to Monroe St., including Sherman St., Grant St., North St., and High St.

The updated project costs for Washington St. is now estimated to be \$3,512,000.

From a city memorandum, descriptions of the infrastructure projects planned for Monroe and Washington Streets.

Up next for Republicans: ballot reforms by law or petition

An upcoming voter reform citizens initiative was pledged by Michigan Republican Party chair Ron Weiser in comments to the North Oakland County Republican Club last week.

Mitchell of Mitchell Research and Communications, it’ll be a winner with 41 percent of voters still feeling President Joe Biden didn’t win the election legitimately.

If the MRP or some well-organized offshoot like

Unlock Michigan launches a “voter integrity drive,” “they’ll get those signatures in a heartbeat,” Mitchell said.

Weiser told the North Oakland Republicans Club that his intention is to pick among the 40-some election security and accessibility bills in the House and Senate that the Governor doesn’t sign and push them as part of a citizens initiative.

Under that strategy, if enough signatures are collected, the Republican-led House and Senate can pass the initiatives through simple majority votes without the governor’s signature.

Nothing is a go, yet, as the reforms in question are still going through the legislative process.

“We don’t want to take anything off the table when

it comes to making our elections safe and secure,” said MRP spokesperson Ted Goodman. “We definitely are looking into the legitimate concerns of the hundreds of thousands, if not millions, of voters. We will be prepared to go directly to the voters.”

Meanwhile, a group called the Coalition to Rescue Michigan has drafted some ballot language to ban ballot drop boxes, eliminate

third-party absentee ballot applications, mandate additional poll worker training and other reforms.

The effort is led by Adam deAngeli, a political activist who has worked for former Rep. Gary Glenn and US Sen. Ron Paul’s campaign activities in the past.

DeAngeli said he spoke with Weiser’s team recently

Ballot reforms, continued, page 3

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Ballot reforms, continued

about comparing notes and possibly working together to get petitions in front of voters and the legislature. Their proposal has some overlap with the Senate Republican plan, but the key is to avoid competing ballot initiatives that would confuse voters.

“Everybody I’ve spoken to is still hopping about election integrity,” deAngeli said. “I’d rather be working on Unlock Michigan II with an initiative on the public health orders, but this is as big, if not bigger.”

According to Mitchell, the polling bears this out. A March 20-23 poll from The Economist and YouGov found 41 percent of voters still believe Biden didn’t win legitimately, with that number at 84 percent among Trump voters.

A separate Rasmussen poll from earlier this month found 75 percent of voters back voter ID laws while only 21 percent oppose them. Among Democrats, support is at 60 percent, according to the poll.

Mitchell said the Democratic Attorney General and Democratic Secretary of State may attempt to slow-walk the process, but Republicans have until next year to get this initiative done.

Democrats can always launch a competing ballot proposal or a referendum, but Republicans may have the upper hand on this issue, he said. “They will have all the election reform they need to have,” Mitchell said.

Spring chicks might carry Salmonella

Health experts at the Michigan Department of Health and Human Services and the Michigan Department of Agriculture and Rural Development are warning parents about the potential for baby poultry to carry Salmonella. Salmonella is a common bacteria found in the droppings of poultry and can cause illness in people. Salmonella germs may contaminate feathers, feet and beaks of birds, as well as cages, coops, and the environment where the birds live and roam.

“Washing your hands thoroughly before and after handling chicks and other poultry protects both you and your family from the risk of Salmonella, and also helps keep the birds healthy,” said Dr. Joneigh Khaldun, chief medical executive and chief

deputy director for health. “Even birds appearing cute, healthy and clean can carry bacteria that can make people sick.”

In 2020, there were 17 nationwide outbreaks of Salmonella illness linked to contact with live poultry, causing illness in 1,722 people in 50 states. Of these illnesses, 24 percent were children younger than 5 years of age. Michigan reported 73 cases, and 18 cases (25 percent) were in children under the age of 18 years.

During spring, live baby poultry can be ordered from hatcheries or available at stores in a way that children may be able to reach and touch the birds or areas where the birds are contained. This is one way people become exposed to

harmful bacteria that leads to illness. Salmonella can cause diarrhea, vomiting, fever and/or abdominal cramps lasting four to seven days or more and infections can be especially serious for the very young, the very old and those with weakened immune systems.

Baby poultry have special requirements for warmth and protection. Backyard flock owners may not be aware of the risk of Salmonella from baby poultry and consequently, may keep the birds inside their home. Potential poultry owners should plan ahead to provide a proper space that is safe for the birds and for the people in the household by giving live poultry their own shelter outside of the home.

“In order to keep birds healthy, it is important



to plan ahead,” said state veterinarian Nora Wineland, DVM. “Before bringing them home, it is essential to create a suitable safe space for them to grow that can adapt to their needs as they continue to develop. Also, to ensure their continued health, make sure to identify a veterinarian that can assist in their care.”

Follow these recommendations to protect your household:

Children under five, elderly adults and those with weakened immune systems should not touch or handle chicks.

Wash hands thoroughly with soap and water before and after handling the birds or anything in their environment. Adults should supervise hand washing for young children.

If handwashing is unavailable, use hand sanitizer until you can wash your hands thoroughly with soap and water.

Always keep poultry away from areas where food or drink is prepared, served or stored.

Do not kiss the chicks. Avoid touching your mouth, eating, or drinking if you have not washed your hands after handling poultry.

Do not keep live poultry inside the house where people live, eat or sleep.

Do not give live baby poultry as gifts to young children.

It is also recommended to remain outdoors when cleaning any equipment associated with raising or caring for poultry, such as cages, feed, water containers and other materials. For more information, visit the Centers for Disease Control and Prevention website.

MDHHS issues precautionary consumption guidelines for Lake Superior smelt

The Michigan Department of Health and Human Services has been notified by the Wisconsin Department of Natural Resources of elevated perfluorooctane sulfonate levels in Lake Superior rainbow smelt. In order to be protective of public health, MDHHS is matching WDNR’s guidance and issuing a precautionary Eat Safe Fish guideline recommending that individuals limit Lake Superior smelt consumption to one serving per month.

A serving is considered to be an eight ounce portion size for adults and two or four ounce portion size for children. The

precautionary guidelines take effect immediately and replace the existing Eat Safe Fish guideline for Lake Superior smelt issued due to mercury. MDHHS will update the smelt guideline later this year.

“This precautionary guideline is based on data shared by Wisconsin, which shows elevated levels of PFOS in Lake Superior rainbow smelt,” said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health.

MDHHS is coordinating with the Michigan Department of Environment, Great Lakes, and Energy, Michigan Department of Natural Resources and other agencies to collect smelt

from Lake Superior, Lake Huron, Lake Michigan and some inland lakes. MDHHS will then analyze these samples for contaminants, including PFOS. Once this data is available, MDHHS will update existing smelt consumption guidelines for these waterbodies as needed.

MDHHS Eat Safe Fish guidelines are not regulatory. MDHHS makes this information available to help Michiganders make safer choices when it comes to choosing and eating fish. For more information, visit the Eat Safe Fish program website or call the MI-TOXICS hotline at 800-648-6942.


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Lowell Women's Club flower bulb fundraiser for LHS student scholarships

by Tim McAllister
lead reporter

Lowell Women's Club has partnered with Dutch Mill Bulbs for a bulb sale to raise money for scholarships for their student members.

"LWC takes great pride in dedicating 80 percent of the club's fundraising to their local scholarship program," said club member Karen Waid. "LWC has made it a priority to sponsor and mentor student members from Lowell High School each year. Despite the pandemic in 2020-2021, the club was fortunate to still be able to sponsor five student members. Next year LWC will sponsor eight to 12 students."

During normal years, the club raises the funds for their scholarships through three major events: their food booth at the Fallasburg Festival, craft sales during Christmas Through Lowell



and hosting luncheons at the Lowell Expo and the Lowell Area Chamber of Commerce. These events were cancelled last year, but they were still able to raise the required money.

"Despite the challenges of COVID-19, club members rallied to the challenge, ensuring enough fundraising

[for] scholarships," Waid said. "Despite losing the three largest fundraisers from previous years, LWC was no less successful using fundraisers that came to be known as the three B's: bake sales, burritos and bulbs."

Orders must be in by Wednesday, April 14th. If interested, send a message to info@lowellchamber.org to view the available bulbs and receive the order form necessary to place an order. Orders can be also be phoned in, call 616-301-5838 to facilitate this. The bulbs will arrive the last week of April, and porch delivery will be available in the greater Lowell area.

"LWC is proud to be part of the amazing local community scholarships," Waid said. "Students are our future and LWC takes great pride in supporting them."



LWC members at the last Lowell Expo.

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AG Nessel: 5 threat cases in 6 months is 'tip of the iceberg'

Michigan Attorney General Dana Nessel told a congressional subcommittee that her department does not have the funding for threat-tracking through cybersecurity, even though she described Michigan as ground zero for anti-government militia extremists.

The subcommittee under the US House Homeland Security Committee titled the hearing "State and Local Responses to Domestic Terrorism: The Attack on the US Capitol and Beyond."

"The single greatest threat to our country right now is the threat of domestic terrorism and the tensions and polarization between us," said the subcommittee chair, US Rep. Rep. Elissa Slotkin (D-Holly).

"In just the past six months, we have issued charges against individuals in five separate cases for threatening public officials, and that is honestly just

the tip of the iceberg," Nessel said. "We've asked to review so many cases that my department had to establish a special procedure for complaint intake and add additional prosecutorial resources to handle complaint review."

Nessel said her experiences in Michigan have demonstrated that acts of domestic terrorism are not focused on one political party or one branch of government, but ultimately that acts of anti-government and racially motivated violent extremism are not unique concepts in the state.

In the past six months, 14 individuals have been arrested for plotting to kidnap Gov. Gretchen Whitmer, five for participating in the Jan. 6 siege of the US Capitol and five for threatening public officials.

Nessel said the department needs money for additional

analysts, investigators and prosecutors, adding that the department is receiving so many threats that it had to partner with Ferris State University's cybersecurity program to track them.

Ferris State is the only accredited cybersecurity program in Michigan. The program includes one faculty member who is embedded in the Michigan State Police Cyber Crime unit, two who are licensed professional investigators in the field of digital forensics and a faculty member who is part of the Michigan Civilian Cyber Corp organization.

When asked if Facebook was at least morally responsible for introducing its users to groups like the Wolverine Watchmen, a group of militiamen attached to months of scheming over the governor's abduction, Nessel provided a speedy "yes."

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viewpoint



125 years ago Lowell Ledger April 10, 1896

Eugene Marconot, a car inspector for the Flint & Pere Marquette railroad was seriously if not fatally injured Wednesday evening. He was under a car making repairs when the yard engine “kicked” some cars down the truck. Marconot was caught between the brake bar and the axle. His body was bent double and his spine broken.

A telegram received by Col. John M. Wilson, corps of engineers, United States army, reports that the shaft of the monument to mark the birthplace of George Washington was placed in position Thursday at Wakefield, Westmoreland county, Va.

A remarkable story comes from Montcalm county to the effect that a family of six members and two persons who attended them in their illness have inside a few years, died from tuberculosis, it is alleged the first member of the family to die contracted the disease from his cows, which also died of the malady. The state board of health will make an investigation.

100 years ago The Lowell Ledger April 14, 1921

S. Sharlow, a farmer living on the Ada-Lowell road, expects to live forever, and for that reason he doesn't care to sell outright his gravel lands. But when engineer Otto S. Hess of the Kent county road commission, suggested he lease his land to the commission for 90 years, Sharlow was willing, because in that case he could get his land back at the end of that period.

Supervisor C. Kent Jakeway has informed V. H. Billings, county superintendent of the poor, that the auditor general has ruled that nearly \$1,000 collected by the county from Mrs. Jerry Crowley of Sparta must be returned to her. Mr. Crowley was committed to state hospital at Kalamazoo in 1911 but the records do not show that Mrs. Crowley has paid toward his expenses. She has, however, paid \$2 a week. Due to the technical error it is said the money must be refunded.

Upon his plea of guilty to the charge of being a habitual drunkard, Arthur Geerline was sentenced to Ionia by Superior Judge Dunham to serve from one to two years. The court recommended the minimum term.

75 years The Lowell Ledger April 11, 1946

Two youngsters from Grand Rapids, 12 and 14 years of age, who were apprehended after they had gained entrance to a Main-st. store one night recently, were taken to the Juvenile Home in Grand Rapids for hearing.

Pvt. Clyde Davenport, who has been spending a ten day furlough with the home folks, has left for Camp Pickett, Va. For further assignment.

Joe Carson, 2nd miller for the King Milling Company, was 81 years old Saturday. In celebration of the event Superintendent Oscar Nelson arranged a luncheon party for the officers and millers of the company. Mr. Carson, in spite of his advanced years, is hale and hearty and runs his nine hour shift in the mill as efficiently as a young man. Mr. Carson says that he is happy to be winding up his long milling career in the finest mill he has ever seen.

50 years The Lowell Ledger April 15, 1971

An outstanding entertainer, writer and singer is the only label that can possibly be applied to Ray Stevens, one of two top acts selected this week by Lowell Showboat, Inc.

Lieutenant James Craig Walter, Signal Corps, Received his promotion to First Lieutenant at Fort Bragg, North Carolina, on March 20. Lt. Walter is Battalion Communications Officer with the 4th Battalion of the 73rd artillery. He and his wife, Betsy, reside in Fayetteville, North Carolina, where she is a registered Nurse at Highsmith Rainey Hospital. Mr. Walter is the son of Mr. and Mrs. Bruce C. Walter of Riverside Drive, Lowell.

Hooker Chapter No. 73, Royal Arch Masons of Lowell, will celebrate 100 years of Capitular Masonry with a centennial program and banquet Saturday evening, April 17, commencing with a social hour at 5:30 p.m. in the Masonic Temple.

25 years The Lowell Ledger April 10, 1996

Leonard Den Houten has informed the Lowell Charter Township Planning Commission of his plans to develop 50 acres of land off Alden Nash Avenue for single family homes. Den Houten's 22 parcel plat design is still in its infancy stage, but will officially come before the commission after state and county approval.

Eight years ago, Craig Convissor thought people were losing touch with death and its importance, so he decided to help them through this difficult time. “I used to work in a hospital and I saw how people pull away from someone when they are dying, instead of being there for them,” said the Alto resident. “Then one or two years later, they will feel bad because of it.” To help people deal with death in a positive light and keep families together, Convissor started hand carving coffins with a personal touch.

Two minutes after the starting gun goes off and the 100th Boston Marathon begins on April 15, Steve and then Donna Kanoza will cross the starting line and begin their 26.2 mile journey through Boston.

Why COVID-19 cases are climbing

Michigan hit a 2021 high of COVID-19 case numbers with 8,202 new cases Wednesday, according to numbers released by the Michigan Department of Health and Human Services.

The new cases reported Wednesday is the 11th largest daily total since the coronavirus pandemic began, although the death numbers attached to the new case numbers is less than a third of those from the past surge.

In the month of November, deaths averaged 74 a day in Michigan. Wednesday, only 10 new deaths were reported, and the average for the month of March was 21 a day.

Speaking on CNN Wednesday morning, Gov. Gretchen Whitmer noted several factors are coming into play for the higher numbers. There's the high proportion of highly contagious COVID-19 variants, which isn't unique to Michigan, and there's also the loosening of restrictions in restaurant capacity and youth sports.

“People are getting tired. There's fatigue,” Whitmer said.

The governor asked schools to all return to class on March 1 if possible. Also, more people are traveling for spring break in colleges and K-12 schools.

Dr. Joneigh Khaldun, the state's chief medical officer,

said on CNN this weekend that the “third surge” is coming as people gather more, particularly at student sport events and recreational clubs.

Patrick Anderson, CEO the Anderson Economic Group, told the Michigan Information & Research Service the governor is right to be cautious about attributing a short-term rise or fall in cases to specific state policies. He said human behavior, vaccination, immunity and testing all play into the number of cases.

“The picture is much more complicated than partisans have been claiming,” Anderson said. “Gov. Whitmer and President Trump got way out in front of reality last year when they both claimed their policies ‘saved lives’ solely on the basis of a comparison to the notorious Imperial College projections. Claiming credit for saving lives was wrong then, and blaming a short term rise in cases in Michigan on the state would be similarly wrong today.”

Anderson said looking at data is needed, but comparing states like Michigan to others like Florida and making a “knee-jerk conclusion” should be avoided.

Anderson mentioned that AEG presented case number analyses in two national conferences for at least 30 states and 10 different countries.

We love to hear from you!

The Lowell Ledger welcomes letters to the editor from readers, but there are a few conditions that must be met before they will be published.

The requirements are:

- All letters must be signed by the writer, with address and phone number provided for verification. All that will be printed is the writer's name and community of residence. We do not publish anonymous letters, and names will be withheld at the editor's discretion for compelling reasons only.
- Letters that contain statements that are libelous or slanderous will not be published.
- All letters are subject to editing for style, grammar and sense.
- Letters that serve as testimonials for or criticisms of businesses will not be accepted.
- Letters serving the function of “cards of thanks” will not be accepted unless there is a compelling public interest, which will be determined by the editor.
- Letters that include attacks of a personal nature will not be published or will be edited heavily.
- “Crossfire” letters between the same two people on one issue will be limited to one for each writer.
- In an effort to keep opinions varied, there is a limit of one letter per person per month.
- We prefer letters to be printed legibly or typed, double-spaced.

HEALTH

M METRO HEALTH

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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.

Z is for Zig Zag

Zig Zags in traffic patterns can make one ask "What were they thinking?!" New residents to Lowell may wonder why Lincoln Lake Avenue has so many stops and starts in town. While it is clear that it is not intended to be a through street, why the extreme measures to prevent it?

The 1950s - 1970s was a time of modernizing roads. The interstate freeway system was built, which caused new roads and modifications to be built. States, counties and cities juggled responsibilities to find the right fit.

Lowell experienced great change during this time also. The City Council made efforts to modernize and grow the town. The main traffic signal in town at Main Street and Hudson had its beginning in 1956. Another change was that the main north-



south thoroughfare became Hudson St. Previously, those traveling north came into town from US-16 to Segwun to Hudson. Once Alden Nash was extended between 36th Street and Segwun, it became a straight drive from the interstate to Lowell.

In town the driver then had to 'zig zag' to get over a block to the west, as Hudson ended just north of Hunt Street. This road west of Hudson began its life with the name 'Washington' as shown on maps as early as

1884. Although this had to have been confusing, as the same maps also show the current 'Washington' on the east side of the river, it was not the only name duplicate in the city. By 1929 this road was called 'Vergennes' as it was the road you took to get to Vergennes. In 1959 it was changed to 'Lincoln Lake Avenue' as we call it today.

The answer to the traffic zig zag was an interceptor road designed to provide a steady north-south traffic flow through the city. Since Hudson previously stopped at Hunt, this new interceptor would extend Hudson to the north and connect it with Lincoln Lake just north of the city limits.

The state relinquished ownership of M-91 at this time and the city allowed the county to take control of the road, and make the improvements necessary for a smooth flow of traffic

There was an outcry from the Hudson street residents, as many were afraid of what the increased traffic would do for noise levels and safety concerns. In the end, the interceptor road was completed in May of 1969, producing a straight, smooth traffic flow from north to south through the city. When Lincoln Lake was the primary north-south route through town, St. Mary's Church and the German Zion Methodist Episcopal Church were both on that road. Now it is residential north of Chatham, and the only zig zag needed is for those who mistakenly think they can avoid Hudson street traffic by traveling Lincoln Lake through the city.

- ringworm

Ringworm is a rash caused by a fungus. The proper name is tinea corporis. It's called ringworm because of how it appears, there is no worm involved. It is related to athlete's foot, jock itch, and scalp ringworm.

It appears as a round, scaly lesion on the body. The border is slightly raised and the center is flat. Usually it is asymptomatic, but it may itch in rare cases.

It is caused by a fungus that infects the outer layer of skin. It can spread human to human, animal to human, soil to human, or

object to human.

Risk factors include living in a warm climate, sharing clothing with an infected person, contact sports like wrestling, or having an immune deficiency.

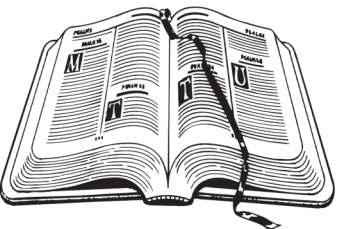
Prevention is key. Keep clean and stay cool and dry. Avoid infected animals. Don't share personal items like towels, sports gear, or brushes.

Treatment is with topical antifungal medication, usually used for 2 to 4 weeks. Sometimes oral antifungal pills are used.



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- APRIL 9**
 J.R. Guastavino.
- APRIL 10**
 Julie Webb, Nicholas Comdure, Chelsea Comdure, Betsey Walker, Sarah Rusch-Hildenbrand,
- APRIL 11**
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- APRIL 12**
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Children in foster care will be placed in facilities only if necessary to meet their mental health needs

The Michigan Department of Health and Human Services is taking action so children are placed in residential foster care facilities only if that type of placement is necessary to meet their mental and behavioral health needs.

MDHHS today launches a new Qualified Residential Treatment Program model for congregate care. This marks the achievement of a major milestone in implementing the federal Family First Prevention Services Act of 2018, known as the Family First Act.

The Family First Act includes substantial reforms that states must achieve no later than Sept. 30, 2021, including implementation of the Qualified Residential Treatment Program, to maintain federal funding for residential foster care placements through Title IV-E of the Social Security Act.

“The implementation of these provisions signals the state’s commitment to serving children in family settings whenever possible,” said Stacie Bladen, interim executive director of the MDHHS Children’s Services Agency. “When children require residential services, the new congregate care model includes family and caregivers in treatment, and requires transition of youth back to their communities

and families as soon as possible.”

This model is new to Michigan, having been created as part of the Family First Act and signed into law in 2020 by Gov. Gretchen Whitmer. It emphasizes the importance of trauma-informed treatment, which means that children’s treatment in foster care is based on the understanding that they have experienced trauma. The model also requires aftercare services for six months when a youth is discharged from congregate care.

Before the federal government will participate in cost-sharing for these services, a qualified independent assessor must review the youth’s case and determine within 30 days of admission that the child’s behavioral and mental health needs can only be met in a Qualified Residential Treatment Program and not in a community-based setting – such as being placed in a family foster home. Additionally, within 60 days of placement, the court must approve the child’s placement in the residential program.

In 2016, prior to passage of the Family First Act, MDHHS, residential provider agencies and stakeholders across the state embarked on transforming the system. The idea is to

better target mental and behavioral health services, and the use of residential services for youth involved in foster care and juvenile justice to achieve better outcomes. This work prepared Michigan to be a leader in implementing the subsequent Qualified Residential Treatment Program provisions of the Family First Act.

Michigan’s residential provider community has been proactive in making changes to existing programs to meet the new federal requirements.

“Transitioning to become a Qualified Residential Treatment Program provider, which included eliminating the use of restraints, enhancing aftercare services, improving clinical interventions, and ensuring our young people and families were driving treatment, was a critical step for Methodist Children’s Home Society,” said Kevin Roach, CEO of Methodist Children’s Home Society in Redford. “In partnering with MDHHS, we were able to greatly improve safety and permanency, reduce the lengths of stay, and ensure our families were empowered and had bright futures.”

“The collaborative work between private agency partners and MDHHS to build our Qualified

Residential Treatment Program implementation plan will bring improved care for children and outcomes for families,” said Angela Aufdemberge, president and CEO of Vista Maria, a private agency provider in Dearborn Heights. “The requirements enable private partners to provide comprehensive, trauma informed care to youth and provide structure and supports to aid successful family reunification.”

MDHHS is required to certify that residential

providers meet federal standards, including that the program is trauma-informed, includes an after-care component of at least six months, provides 24/7 nursing availability, meets Title IV-E licensing requirements and is accredited by a federally approved organization.

In addition to the new residential program, the Family First Act allows states to use federal Title IV-E dollars to support specialized settings, such as those designed to serve

pregnant and parenting youth, youth 18 and older transitioning to adulthood in an independent living setting and youth who are or are at risk of becoming sex trafficking victims.

The Family First Act was passed by Congress with the intent to support children and families staying together, but when it is not possible, ensuring children are placed in a family foster home, related or unrelated, or as close to a family-like setting as feasible while meeting the child’s treatment needs.

Today: Wednesday, April 7

Wednesday, April 7 is the 97th day of the year. In the US, it’s National Beer Day, and everywhere else it’s World Health Day. There are 268 days remaining until the end of 2021.

Historic Events

1141: Empress Matilda becomes the first female ruler of England, adopting the title ‘Lady of the English.’

1724: Premiere performance of Johann Sebastian Bach’s “St. John Passion” at St. Nicholas Church in Leipzig, Germany.

1788: Marietta, OH is established as the first permanent American

settlement in the Northwest Territory.

1805: Ludwig van Beethoven premieres his “Third Symphony” at the Theater an der Wien in Vienna, Austria.

1862: The Union Army defeats the Confederate Army near Shiloh, TN.

1922: The US Secretary of the Interior leases federal petroleum reserves to private oil companies on

excessively generous terms, leading to the Teapot Dome scandal.

1927: The first long-distance public television broadcast from Washington DC to New York City, displaying the image of Herbert Hoover.

1933: Eight months before the ratification of the XXI Amendment, prohibition is repealed for beer of no more than 3.2% alcohol.


LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

To be considered, all proposals must be submitted online by April 16, 2021.


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

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

LowellArts Youth Theater Presents



The Trial of Goldilocks



by Joseph Robinette

DIRECTED BY Teresa Goldner

APRIL 16 at 7:00pm
APRIL 17 at 11:00am & 2:30pm

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LowellArtsMi.org

LowellArts' plans for 2021 include live music, art festival, theater, art classes, lots more



by Tim McAllister
lead reporter

Most of LowellArts' programming last year was canceled, but thanks to some grants they were able to move a lot of it online.

For example, the annual Fallsburg Arts Festival became the Fallsburg Virtual Arts Festival in 2020. This year they intend to have the traditional event in the park this fall.

"Last year we created a virtual version of that festival, and we have never done that before," said LowellArts executive director Lorain Smalligan. "Nobody has! I think we've

been pretty creative. And I think we learned a lot about how we can actually make our events more accessible by having virtual components. Think of people that can't get out or people who are far, far away and can't get to it. Last year we made the music livestreamed for people to listen to, that was great. And then we showcased the artists, who couldn't have booths, on our website. We had already ordered the pumpkins, so people could come here and pick out a pumpkin, decorate it and send us an

image, and then we posted them on the website. We created a different kind of version of the festival, and it worked. It was fun. So this year we'll move forward with the festival in the way that we always did, but we are recognizing that we may not get the kind of crowds that we usually get. Some people still might not be coming out that much to big events in September, it's hard to say. But let's assume we can have the festival, that by September we have herd immunity and all that. I don't see us not still doing some of the virtual aspects, there wouldn't be any reason why not. We're going to have live music on the stage during the festival, why in the world can't we go ahead and have it livestreamed? If we find that it's something that's easy enough to do, I don't know why we would ever quit doing it. Think about people who are in nursing homes, people that can't get out, people that are not ambulatory, that have restrictions about how far they can walk. The Fallsburg Festival is a difficult festival if you're in a wheelchair or anything like that, or if you just don't like large crowds. So that provides a way of interacting with the festival and if you can't come or if you're far away."

Last year, LowellArts received grants from the Lowell Area Community Fund, the Michigan Council For Arts and Cultural Affairs, the Small Business Administration and the Federal Paycheck Protection Program.

"We were successful in getting COVID relief funding from a lot of sources that really helped us financially, which a lot of businesses and restaurants have needed," Smalligan said. "We made it through, and we had some really great

support from the community to help us get there."

The grants helped pay for new technology, such as some "absolutely excellent" slideshows.

"What we started doing last year was a slideshow of each exhibit," Smalligan said. "We went around and had an image of each of the pieces, made a slideshow and had it up on our website. We've really improved our slideshows since then. It takes learning! The slideshow that's on our website right now for the West Michigan Art Competition is absolutely excellent. It's really, really beautiful. And then we post them on Facebook and other social media so that more people can see."

Last year their entire live theater program got canceled. This year the number of seats in the audience will be scaled back and each performance will be livestreamed online.

"The Trial of Goldilocks" is going to have a livestream component," Smalligan said. "That's what the high school has been doing all year for all of their performances. They've said it's been so successful, because grandma in Florida can watch her grandkids up on stage. So I don't see that going away for us either. If we can figure out the technology component and do it successfully, why wouldn't we continue doing it when we get past this crazy time. It makes things much more accessible."

Live music is returning to LowellArts pretty soon. They plan to start hosting gallery concerts in August and have started hosting a "Featured Artist of the Month" section on their website. So far, the profiles have included local musicians Ryne Clarke, Roger MacNaughton and Josh Rose.

"We're not doing gallery concerts yet, but want to



Lorain Smalligan [photo by Johnny Quirin]

make live music be there for the people," Smalligan said. "When we were doing the concerts in the gallery, we could get about 80 seats in the gallery. We're probably figuring half that. And we're going to livestream this one too. So people that aren't comfortable coming can buy a ticket for livestreaming, so that does still bring in the revenue stream that you need to pay the artists and that type of thing."

Art classes are back, but with full COVID protocols in effect.

"The tables are set up for two people, so you could have 20 people in the room for a class, but we're limiting it to 10," Smalligan said. "Everybody gets their own table and they're spread out. Between classes we wipe the tables down, we have the sanitizing and that type of thing. We're doing things to help make it a safe environment."

Improving accessibility to LowellArts content for those who cannot get there in person has been a welcome side effect of the pandemic.

"On Mondays, we're not open to the general public, so we started offering people an option to come in here for a private visit if they didn't want to be here with other people," Smalligan said. "That's been really successful. People can go ahead and give us a call and say they want to come in and be in the gallery by themselves, just with one staff person. Usually it's

me."

They are currently preparing the "Getaway" exhibition that will open to the public on Saturday May 1 and close on Saturday, June 12. Entries were due last week, more than 80 artists submitted work. Most artists had more than one relevant piece to share, so this week they will select what will be displayed in the gallery. The artists will be notified of the gallery committee's decisions on Thursday, April 8.

"The theme of the show is people responding to the last year, how their art reacted to the pandemic, and we got quite a response," Smalligan said. "I think it's going to be a very, very interesting show when it's up. We're likely not going to have room in the gallery for all of the art, so we need to have a conversation about how we are going to whittle it down. Then at the end of April we'll be hanging the show, and you should come check it out! Everybody, artists and non-artists respond to things differently. For artists, the ones that I've talked to, some are almost in a creative block. Others have been incredibly creatively inspired by responding to the times. So you're going to get really different responses based on how you're emotionally responding to all of the dynamics in your life. I can't speak for other artists, but I think that is something that's going to be really interesting to see in that exhibit."



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State gives agencies 10 hours to change ticket design

Michigan police officials were agitated Wednesday when the state gave them 10 hours to change out their existing stock of citations for new tickets that include a space for an email address and cellphone number.

In order to comply with SB 1046 of 2020, appearance tickets needed to be expanded by all sheriff's offices and local police departments by April 1, but the State Court Administrators Office didn't pass along the draft citation layout until 2 p.m. Wednesday, March 31.

This wasn't an April Fool's Day joke and the police organization officials weren't laughing.

"Typical state government," said Oakland

County undersheriff Mike McCabe. "It's pretty frustrating."

Now local police agencies are stuck in a pickle. Do they hurry up and order brand-new tickets when they had to re-do the citations in mid-February when they were required to add language about indigent defense?

Do they wait until October when more ticket design changes are on the way? If they do, will a local judge or magistrate throw out a ticket because its design doesn't comply with state law?

Law enforcement officials say they expect compliance with the new mandate to be all over the map.

Some agencies, like those in Oakland County, use an

e-ticket service, but McCabe said he was told that their contractor will take at least a week to make the change. The Sheriffs' Association said vendors are telling other counties it could take about a month.

"It's the biggest head scratcher I've seen in my 10 years of doing this," said Robert Stevenson of the Michigan Association of Chiefs of Police. "It's ridiculous to make minor changes to the design every three months and then it's up to our departments to make it happen. It's wasteful."

The latest change was put into SB 1046 of 2020, a Sen. Roger Victory (R-Hudsonville) bill that gives officers more discretion

on issuing citations as opposed to making arrests. The idea was to give courts more ways to connect with those issued tickets. Since most people communicate through emails and their cellphones, the thought was courts should have that information.

However, the bill was signed into law Jan. 4 and it gave the four agencies of state government that need to be a part of any change in ticket designs less than three months to get together on a design.

The State Court Administrator, the Michigan State Police, the Secretary of State and the Attorney General's office all needed to sign off on the new

citation design. John Nevin, spokesperson for the Michigan Supreme Court, conceded that changes don't happen instantly in state government when four agencies and two branches of government are involved.

Livingston County Undersheriff Jeffrey Warder said while he's waiting for his newly designed tickets, he's urging his deputies to put cellphone numbers and emails in the "notes" section of the citations, if people are willing to give them at all.

State law doesn't require this information and Warder said he's expecting pushback from the public.

"Obviously, a lot of people are private about that, so I have concerns," Warder

said. "There will be people who won't want to give that information out."

Matt Saxton of the Michigan Sheriffs' Association said the mandates on changing out ticket designs brings up Headlee Amendment issues, handing down local government mandates without a corresponding appropriation.

"These citations aren't cheap to purchase, and neither is the programming for those departments using electronic tickets," Saxton said. "I don't know what the delay was in approving these forms, but we can't put new forms in the field within 10 hours of knowing what the new form should look like."

Expansion of food assistance to low-income students attending college

Michigan expanded eligibility for food assistance benefits on Thursday, April 1 so that college students struggling financially during the pandemic can get help buying food and stay in school, Gov. Gretchen Whitmer and the Michigan Department of Health and Human Services announced last week.

"College students should not have to choose between furthering their education and putting food on the table, especially during a pandemic," Gov. Whitmer said. "I am pleased that we are able to work with the Biden administration to help college students in Michigan who are working hard to pursue their dreams."

Under a temporary change approved by the federal government, college students may be eligible for Supplemental Nutrition Assistance Program benefits if their families are estimated to be unable to contribute to their college costs or if their college or university considers them eligible

for a federal or state work study program, regardless of whether they are enrolled in such a program. This could make approximately 200,000 more Michigan college students eligible.

Students are considered to have no family contribution to their college expenses if they have an estimated family contribution of \$0 on their federal student aid determination through the Free Application for Federal Student Aid. Students also must attend college at least half-time and meet income and other requirements for food assistance. Prior to the change, college students would not be eligible for food assistance unless they were working 20 hours a week or meet certain exemptions.

"Many Michigan college students lost their jobs due to no fault of their own as a result of the pandemic," said MDHHS director Elizabeth Hertel. "Expanding access to food and making it easier for our residents who

are in need to apply for help are priorities of the department. Even before the pandemic, many students struggled to afford enough food while paying for college. These new changes will help students complete their education and reduce their food insecurity.

Expanded eligibility will last until 30 days after the expiration of the federal public health emergency for the COVID-19 pandemic.

Benefits could be as much as \$234 per month for college students who buy and prepare their food alone.

Under the federal rules that are temporarily being set aside, college students ages 18-49 who are

enrolled in college at least half time are not eligible for SNAP unless they meet certain exemptions, including working an average of 20 hours or more per week, participating in a state or federal work study program, having a disability, or being a parent of a child under age 6. Even if students live at home with parents who qualify for and receive food assistance, they are not counted in the household unless they meet one of the exemptions.

Eligible students will receive Bridge Cards, which are Electronic Benefit Transfer cards that are similar to debit cards and can be used to buy food at stores, farmers markets and online from

Amazon, Walmart and Aldi. A list of participating retailers is available on the retailer locator website.

To be eligible, students must have filed a FAFSA and have documentation of an estimated family contribution of \$0 on their federal student aid determination or eligibility for work study.

College students and others can determine if they are eligible and apply for food assistance

at www.michigan.gov/MiBridges.

This is the second action taken by MDHHS during the pandemic to help college students buy food. Working with the Michigan Department of Labor and Economic Opportunity, MDHHS last year expanded food assistance eligibility to many college students enrolled in career and technical education programs.

...
Sometimes the most positive thing you can be in a boring society is absolutely negative.

~ John Lydon

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SPORTS

We are excited to get this season rolling,

~ Coach Tom Koert

Year of change ahead for Lowell golf program

by Justin Scott
contributing reporter

A lot can change in a year. Now think how much can change in two years, and that's what the Lowell boys golf team and all of the Red Arrow spring sports are facing. Last year, for the first time since World War II, the Lowell spring sports saw seasons completely canceled across the board.

Now, after nearly a

two year absence, the same Red Arrow sports teams we remember will be a little bit different. The athletes of course on high school sports teams change year-to-year, but after missing their junior seasons, this year's senior golfers now find themselves in their final season. Lowell had 33 golfers come out this year, a high for the program in recent years.

"That is more than ever to sign up. We kept everyone and created a third team," head coach Tom Koert said. "Another reason for the enthusiasm is the quality of so many local HS coaches. The West Michigan area can boast of many excellent coaches."

There's also a coaching change that the program has

undergone, when longtime head coach Gary Fredline retired. Fredline had been at the helm of the boys golf program since the fall of 2004 when he took over for Jack Ogle. Tom Koert, the seventh head coach in program history, was all ready for his first year at the helm in 2020. That first year of competition would have to be put back a year.

The JV team, with their larger numbers this year, also has new coaches in Luke and Nick Kloosterman. "They are new but will do a super job from the energy they bring to the program. Great guys," added Coach Koert.

The final change for the boys golfers this year? Since 1972 the boys golf team had made their home at Deer Run Golf Club on Cascade Road. Deer Run however no longer operates, having been bought out by the Kent County Youth Fair, and with that the Red Arrows will have a new home course for the first time in nearly 50 years. Lowell's varsity team will have their home matches at Arrowhead, while the JV team will have their home

matches at Morrison Lake Golf Club in Clarksville. Both courses have hosted the golf program before, with both Morrison Lake and Arrowhead serving as home courses of the Red Arrows in the early 70's and late 60's.

"Our team has several players we will depend on for scoring and leadership and below is what I expect for scoring: Will DeVoest - senior, Drew Veldman - sophomore, Cameron Sluss - sophomore, Brad VandenHout - senior, Ty Knottnerus - junior, and Adam Swanson - junior," Coach Koert said.

The new OK White layout will be a challenge for the Red Arrows. The new conference this year is Forest Hills Central, Forest Hills Northern, East Grand Rapids, Grand Rapids Christian, Northview, Greenville, and Byron Center. FHN is the sitting defending state champions in division 2 while Byron Center and East Grand Rapids both finished top 10 in the state last golf season (2019).

"The OK White is a very tough conference top to bottom. These schools

have a deep golf mindset and the conference is loaded with top coaches. My goal is to be competitive and surprise our conference. As a team, we want to meet each challenge."

After a year away, the Red Arrows are ready to finally get on to the course. Last year, the team was able to get out to golf courses, even if it wasn't for school.

"With COVID last summer, many people diverted time to the golf course. Golf courses were packed. I ran the West MI Junior Golf Tour last year, and we had our best year ever. We were packed at nearly every event.

We have worked a ton on putting, wedges, mental game concepts, and course management. We may have lost the 2020 season, but the team participated in the summer Tour. We are excited to get this season rolling," Koert concluded.



Brad VandenHout will help lead the Lowell boys golf team this season.

Track & field season begins

The Lady Arrows track team battled hard but came up two points shy against the Wildcats of Jenison. The final score was Jenison 68 and Lowell 66. The Arrows scored well in the field events and left their mark in the hurdles and distance events.

The highlight of the meet came at the end as Annika Sandman broke a 30-year school record in the 3200m run with a time of 11:29. New faces and new personal records were the story of the day.

First place finishers for the Arrows were: Jadán Sanders in the 400m in 1:08.86; Annika Sandman in the 1600m in 5:28 (number four all time); 3200m in 11:29 (number one all time); Theresa Judd in the 100h in 17.62 and 300h in 51.25; pole vault 9'6"; Kaylee Byrne

in discus, 76-01; Kaylee Diamond high jump, 5-05" (personal record, number three all time) and long jump, 14-08"

Second place finishers were: Kaylee Diamon in the 200m in 29.05; Emily German in the 100h in 19.98 and in the 300h in 57.61; Kaylee Byrne in the shot put with 28-11; Jadán Sanders in the pole vault with 8-00.

Third place finisher was Jess Spaulding in shot put, discus, and the 200m.

A young Lowell boys track team travelled to Jenison and fought hard against the wind and Wildcats but came up short in a dual track meet. Final score was Jenison 74 and Lowell 62. The Arrows took advantage of strong performances in the field events, hurdles, and distance events to keep

Track, continued, page 12

Ladies back on the soccer field

by Justin Scott
contributing reporter

It's been nearly two years since the Lady Arrow soccer program last took the field, and there was excitement in the air as they took on Middleville Thornapple Kellogg in one of two pre-spring break games to start off the season. Despite the loss, the girls were just happy to play, with last year's season being canceled due to the COVID pandemic.

Against the Trojans, Lowell fell 2-1 in their season opener. The Red Arrows goal was scored by Grace Simkins, and assisted by Kelsey Rasch.

"We are going to rely heavily on our senior leadership and captains this spring," head coach Dan Lipon said. "We'll be led by captains Maloryn Mrozinski (12th), Hailey Halfmann (12th), and Madison Borelli (11th). Overall our leadership and experience will be found on the defensive backline, anchored by senior goal keeper Hannah VanDeWeert,"

Lipon concluded.

Lowell will be fielding a combined JV and varsity program due to circumstances involving COVID. This is a first for the program since the early years of the program.

"We have many new leaders that will play key roles offensively this season. Lilly Kooistra (11th), Jennie Underwood (11th), Ally Seevers (10th), and Ashley Powell (9th) will lead the Arrows attacking play this

spring," added Lipon.

Against Forest Hills Eastern last week, Lowell won 2-0. Kooistra and Halfmann both scored goals and Hannah VanDeWeert and Aubree Lee shared the shutout in net. The team will start out next week in the teeth of a new conference schedule. Lowell starts out post spring-break play on Wednesday at home with an always-talented Grand Rapids Christian side. The

rest of the conference is filled out with Forest Hills Central, Forest Hills Northern, and Byron Center, all teams who have found themselves in the state rankings the past few years. Northview, Greenville, and East Grand Rapids round out the OK White.

"It's really hard to say where we'll finish in the always challenging OK White. We have talent and the athletes, but I imagine COVID could influence many programs' results this spring," noted Lipon.

Like the rest of the Red Arrow spring sports returning to action, the Lowell girls soccer program is just excited for the ability to compete. "We really haven't had much time to develop both teams (JV and varsity), due to quarantines, injuries, and winter sports. This is a challenge for just about every program, but we are just thankful for the opportunity to play."



Head coach Dan Lipon (pictured during Pink Arrow this fall) and the Lowell girls soccer team saw action for the first time in 22 months this past week.

Red Arrow

- WRESTLING

SPORTS

These kids did everything right, everything that was asked of them. I can't say enough about these kids.

~ Coach R.J. Boudro

Wrestling's record breaking eight straight state titles

by Justin Scott
contributing reporter

Looking back, just about the only thing that could stop the Lowell wrestling team on Tuesday were the COVID tests on Monday night. When Lowell cleared that hurdle, they were three wins from their eighth straight state championship, and boy did they make it look easy.

The Red Arrows rolled through Charlotte, Monroe Jefferson, and Goodrich to win team state title number eight in a row. Lowell won 70-12 against Charlotte, 67-6 against Monroe Jefferson, and 59-7 over Goodrich.

Against Charlotte, the upstart eight seed who knocked out perennial D2 powers Mason and Eaton Rapids, Lowell started off quick with a pin by Terrick Stewart and never looked back. The Red Arrows won 12 of the 14 matches with all but one of those wins

coming by pinfall or void.

Monroe Jefferson who qualified the second most individuals to the individual tournament behind Lowell, would be next. Again, Lowell got off to a quick start, winning the first eight matches and winning 13 of the 14 matches overall. This year's team state finals all took place on the same day, a change from past years where the quarterfinals took place on Friday night, then the semifinals and finals all took place on Saturday. With the format change this year, Lowell had shorter breaks between each round. Goodrich came out on the other side of the bracket, beating seven-seed Allendale who had upset two-seed Stevensville Lakeshore.

The finals against Goodrich, which came down to the wire just two years ago, went the

exact opposite way this time around. Zeth Strejc started off the dual for the Arrows at 140, picking up a pin. Cole Huisman and Will Link followed with pins of their own, then Tacho Gonzales scored an overtime decision. From there it continued to be all Lowell as Doak Dean won by technical fall, Carson Crace scored a pin, Jacob Lee pinned his opponent, Carter Blough won by decision, and Keegan Nugent and Steve Skinner recorded falls. Lowell went up 47-0 before Goodrich would score their first points with the dual already mathematically decided with Nugent's pin. Ramsy Mutschler, James Link, and Landon Miller rounded out wins for LHS in the 59-7 victory.

For the Red Arrows, eight straight state championships

were certainly seen as an incredible feat. Only a few months ago, things looked bleak in regards to winter sports returning. With COVID testing protocols, any positive COVID test could have caused the Red Arrows to drop out of the tournament. One such team that did was Constantine, who, due to contact tracing, was forced to forfeit their opening dual in division three against one-seed Dundee. The Lowell High School team went the entire season without a positive COVID test, wrestler or coach.

"These kids did everything right, everything that was asked of them. 'I can't say enough about these kids,'" Coach R.J. Boudro told the press after the finals. "Even in November, December and January when we weren't wrestling and just waiting, they stuck

together. We didn't have any positive (COVID) tests. We worked hard and stuck together, and we're able to win it again. It's not easy. Winning one is not easy, let alone eight in a row."

Outside of Division 2, things went according to what was expected nearly everywhere. Division 4 however was downright bizarre. The matchup between 2-seed Hudson and 7-seed schoolcraft went as expected with Hudson, who have advanced to 12 straight Division 4 state finals appearances, winning by a score of 61-15. After the fact, disqualifications were handed out. In the win, the Tigers were found to have used a wrestler who bumped up two weights in what ended up being a trivial match with the margin of victory. Score aside, Hudson broke the rules of competition and

were forced to forfeit the quarterfinal after the fact.

Following the forfeit of Hudson, Schoolcraft was set to meet up with number three New Lothrop in the semifinals, what would have been a tough task for the seven-seeded Eagles. Unfortunately for the Eagles they wouldn't be able to compete for a finals spot. Schoolcraft was also found to have used an illegal wrestler at a different weight, meaning they exited the tournament in similar fashion to Hudson. With that, New Lothrop didn't have a semifinal opponent and advanced to the final which they ended up losing.

All 1-seeds; Lowell, Davison, Clinton, and Dundee, would end up winning state titles.

Arrows take four individual wrestling championships

by Justin Scott
contributing reporter

New venue. New day. New format. None of that fazed the Lowell wrestling program as all 12 of the Red Arrows who qualified for the individual state tournament went on to place. An impressive showing from a team who had won their eighth straight team state title just three days earlier. Placing requires each wrestler in the double elimination tournament in their weight class to finish eighth place or better.

Carson Crace and Doak Dean both entered for the Red Arrows at the 160 pound weight class, and at the end of the day would battle each other for the state championship. Unprecedented in Lowell history, this unique circumstance has happened before in MHSAA wrestling history, though is certainly not common.

Dean, the top-seed in his bracket scored two pins and a technical fall to get to the finals. Crace a sophomore, scored a bit of luck with his draw. Despite being the third seed in his bracket of four, the top seed

was unable to compete due to COVID issue. Crace scored a 9-5 decision then a technical fall over the four-seed to advance to the semifinal. There, Carson defeated Thade Radosa of Reeths-Puffer 6-5 to earn his first finals appearance.

There, in the finals, the two wrestling training partners would face off, with Dean capping off his wrestling career at Lowell with his first state title in a 7-1 victory.

"We talked before, and we just said we're going to scrap it out," senior Dean told the MHSAA's Second Half. "I didn't expect him to hold back; he's been working hard all year just like me. We're teammates at the end of the day, and when we came off the mat, we're still really good buddies. On the mat, we were just wrestling like we normally do."

It was all Jacob Lee in the 171-pound bracket for the Red Arrows. Two first-period wins and a major decision punched his ticket to the individual final. There he faced 24-3 Kael Wisler of New Boston Huron, a

matchup he won by a 7-5 decision for his first state title.

Keegan Nugent, top-seed in his weight class of heavyweight, received a rare two-bye start to the day, then pinned his semifinal opponent in 41 seconds. In the final, Nugent trailed 2-0 early to senior Jaylen Culver of Romulus before he pitched a shutout the rest of the way in an 8-2 win, and clinching his first state championship.

At 135, senior Zeth Strejc won all four of his matches to take home the state title. Three of the four wins came by decision including a narrow 7-6 win in the finals over Caden Peterman of Greenville.

Other wrestlers that placed for the Red Arrows included Derek Mohr, who placed fifth. He fell to eventual champion Cody



Lowell wrestling gets together for a group photo at Van Andel Arena after all 12 Lowell wrestlers place at the state meet. Photo courtesy of Mitch Miller.

Brenner of New Boston Huron in his second round of the day. Junior Carter Blough placed third in the challenging 215 pound weight class. He lost a 3-2 decision in the quarterfinals, but won out including an overtime third place match. Ramsy Mutschler placed fourth at 119, losing his first round matchup then winning three straight to secure his state placement.

Landon Miller placed eighth at 125, losing to eventual champion Joe Haynes of Warren-Woods Tower in the second match of the day. He won by decision in the bloodround to secure his spot on the podium. James Link at 130 also saw his first loss come to an eventual state champion, also of Warren Woods-Tower. He placed fifth. Will Link took third at 145 with his lone

loss on the day coming to eventual champion Edward Hoover of Edwardsburg. Freshman Tacho Gonzales placed seventh to round out the placers for LHS.



obituaries

CHESEBRO



Ronald LeMoyné Chesebro, age 69, passed away February 10, 2021, after a long and courageous battle with cancer, surrounded by his loving family and friends. He was preceded in death by his father, Ronald Earl Chesebro (Arlene); and mother, Dorothy Eva Hetzman Chesebro. Ron will be lovingly remembered by his sisters, Arlynn D. Chesebro Beimers (Kenneth L. Beimers) and Julie Chesebro Vandermolen (Bob Scheidel); several nieces and nephews who loved their "Uncle Ronnie", Denise



L. Beimers (Jules) "his first little princess" as he affectionately called her, Rhonda S. Beimers Olmstead (Rick), Angela M. Beimers Davis (Tracy), Melissa M. Beimers (Dawn), Brenda L. Beimers Tinney (Joe), Brent Vandermolen (Stephanie), and Holly

Vandermolen; along with several great nieces and nephews; best friend, Bob Palmatter; pups, Moses and Shiloh; and feline friend, Sassy, who was by his side day and night. He was a Lowell resident all his life and had friends too numerous to list. Ron attended Lowell High School completing his education in the United States Army. He was a decorated veteran of the Vietnam War. Ron's hobbies include being an avid hunter, & fisherman, and golfing with his many friends. He loved his extensive gun collection. His family has fond memories of playing board games, chess, cribbage, Risk and of course cards (poker). Ron made sure to teach them all the proper "rules". He was a long standing member of the Lowell "Moose" having his own

special chair at the bar. Ron was a member of the VFW, American Legion and Conservation Clubs in Lowell. He generously gave of his time and funds to charitable associations. Special "Thanks" to Hospice for the loving care they provided. Visitation with the family will take place from 1-2 PM on Saturday, April 17, 2021 at Roth-Gerst Funeral Home, 305 N. Hudson, Lowell, Michigan 49331. A memorial service will immediately follow at 2 PM. Interment, with military honors, will take place at Oakwood Cemetery. In lieu of flowers, memorial contributions can be directed toward the Lowell Moose Lodge, 1320 E. Main St. Lowell, Michigan 49331.



GOLINSKI

Daniel Robert Golinski, age 76 of Lowell; formerly of Grosse Pointe, Michigan, passed away Wednesday, March 31, 2021. He was preceded in death by his parents, Albert & Isabel Golinski. Daniel is survived by his wife, Dr. Kathleen Golinski; sons, Keith (Laura Price) Golinski, Justin Golinski; grandchildren, Zoe, Camille, Dominic; sister, Sylvia (Gary) Graham; six nieces & nephews; and nine great nieces & nephews.

Dan graduated from St. Anthony High School in Detroit and went on to earn his bachelor's degree from Wayne State University and master's degree from Central Michigan University. He was a proud veteran of the United States Navy. Dan served with the Navy Seebas in Vietnam and was decorated with the National Defense Medal, Vietnam Service Medal with one Bronze Star, and the Vietnam Campaign Medal. He went on to work and retire from General Dynamics Land Systems with over 30 years of service. Dan was honored by the Red Cross for his efforts in organizing many blood drives over the years. He leaves behind numerous dear friends. A private Mass of Christian Burial will be livestreamed starting at 11 AM on April 15, 2021 on the Roth-Gerst Facebook page. A celebration of life will be held at a later date. In lieu of flowers, Memorial Contributions can be sent to the Gary Sinise Foundation, garysinisefoundation.org; or the Wounded Warrior Project, woundedwarriorproject.com



**Put your ear down close
to your soul and listen
hard.**

~Anne Sexton

Track, continued

the meet close but could not close the gap by the end of the meet.

First place finishers for the Arrows were: Cole Weston in the 3200m with a time of 10:15 which is a personal record, Noah VanLaan in the 110hh with a time of 20.04, the 300mh in 46.89 and the high jump with a distance of 5'6" (all personal records), Jakob Reynolds in the shotput with a personal record of 37-04, and Landon Grant in the long jump with a distance of 18-08.50.

Second place finishers were: Noah VanLaan in the long jump with a distance of 16-11.50, Ramsey Ponchaud

in the pole vault with 8', the 300h in 47.22, and the 110mh in 20.96, Grant in the high jump with a distance of 5-6, Jakob Reynolds in discus with 105-5, John Lothian in the 3200m with a personal record of 10:46, Cole Weston in the 1600m with a personal record of 4:47.

Third place finishers included: Jake Schmidt in the 100m and 200m, Hayden Lowrie in the 400m, Dannon Simmet in the 800m, Jackson Fowler in the 1600m and 300mh, Isaac Graham in discus and Benjamin Bromley in the high jump.

The teams compete on April 15 against Byron Center and Grand Rapids Christian.

Faster processing of disability claims for people with Alzheimer's disease

Today, more than 5 million Americans are living with Alzheimer's disease. Since the onset of Alzheimer's can occur in people before they retire, it may strike during an individual's working years; preventing gainful employment as the disease progresses.

As a result, people must come to grips with a devastating diagnosis while losing their salary and benefits. People with Alzheimer's disease and their caregivers must figure out how they'll pay for care. Our benefits and services are vital to people with early-onset Alzheimer's who are unable to work and have no other source of income.

For over a decade, Social Security has included Alzheimer's disease in our Compassionate Allowances program. The Compassionate Allowances program identifies debilitating diseases and medical conditions so severe they obviously

meet our disability standards. Compassionate Allowances allow for faster processing of disability claims for individuals with Alzheimer's disease, mixed-dementia, and Primary Progressive Aphasia.

You can read more about our Compassionate Allowances program at www.ssa.gov/compassionateallowances. To learn more about how Social Security disability insurance works, visit our disability page at www.ssa.gov/disability. Please share these resources with friends and family.

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

BOWNE TOWNSHIP NOTICE OF TOWNSHIP TREASURER POSITION VACANCY AND ACCEPTING OF APPLICATIONS

Bowne Township Treasurer Tammi Wingeier resigned her Township position effective on March 31, 2021. Accordingly, Bowne Township will accept applications from residents of Bowne Township, Kent County who wish to be considered being appointed by the Township Board to the Township Treasurer position. Any resident of the Township interested in being appointed to the Township Treasurer position should file a written request with Bowne Township no later than 4:00 p.m. on April 19, 2021 at the following address:

Bowne Township Hall
8240 Alden Nash
P.O. Box 35
Alto, Michigan 49302

The written request should include the applicant's primary residence address, qualifications and any other information that might assist the Township Board in making a decision. Any written application or request that is not received within the Township offices on or before April 19, 2021 by 4:00 p.m. will not be considered. It is likely (although not certain) that the Township Board will make a final decision regarding the appointment of a new Township Treasurer at its meeting on April 19, 2021 at 7:00 p.m. The Township Board reserves the right to request interviews of the applicants. Any questions should be directed to the Bowne Township Clerk at 616-868-6846.

Respectfully submitted by,
Sandra L. Kowalczyk
Bowne Township Clerk
616-868-6846



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WALKING ROUTE NEWS-PAPER CARRIER NEEDED - to deliver the Buyers Guide on the weekend. Work less than 1 day a week! Must be 15 for this position. Get paid weekly. Apply in person, 105 N. Broadway, Lowell.

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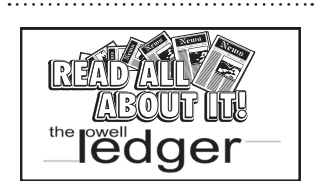
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~ Traverse City Asylum - Part 3

“It was a cold snowy day in mid January 1965. We started out just before daylight. The ride was very quiet and long. At times we were in a complete whiteout due to a strong lake effect storm pounding the west coast of Michigan. The heater was on high but I was still cold in the back seat. As I was gazing out the window, looking to the left, I saw a buffalo. I knew that I was not going to be returning home anytime soon. This is the first day of my distorted memory.” This was an excerpt from Ronny’s draft for his book “Where the Buffalos Roam.”

Ronny had started to write a book about his life at the Traverse City State Hospital. He was institutionalized at twelve years old until he turned eighteen. (1965-1971)

I found this thread of posts by prior patients and staff at www.kirkbridebuildings.com The Traverse City page was filled with posts from Ronny Larson. He and a few others opened up about their experiences in Hall 18.



Ronny Larson was a patient at Traverse City State Hospital. (1965-1971). He was 12 when his parents committed him to the institution. Photo Courtesy of Ronny Larson.

“Receiving” was the first stop anyone made when being brought to the asylum. “I remember being stripped of all my clothes and the looking and the prodding of my body. I felt very small. All my meager possessions were taken away. I was afraid and confused. There were questions, ink blots and more questions. I remember the enema being forced upon me.”

He was held down by attendants and then sat on the toilet for 15 minutes while being observed. “I have never figured out why.”

“Young and old sat quietly in the dayroom. I was the only child there. I remember doing puzzles but never finishing them. Some of the pieces were missing.” (I sadly shake my head at the irony of this.)

Outside he would see children marching two by two. Ronny asked if he would get to join them. “We’ll see.” was the answer.

Once a week Ronny would have therapy with Dr. Vasquez. There was a big mirror on one wall. One day he saw the lights were on inside an adjoining room revealing a movie camera. “I always knew I was being watched and filmed for what reason I do not know.”

Finally after thirty days, Mr. Curtice led Ronny through an underground tunnel and many cage like, locked doors to Hall 18. “The tunnel was always hot as it had the steam heated water pipes and electrical wires running through



Hall 18 was being renovated when this photo was taken. Courtesy of Ronny Larson.

it. I enjoyed 1,000 plus trips through the tunnel.” Ronny recalled.



The underground tunnels made moving patients from one building to another quicker and out of the public eye.

During the winter months one could walk through without needing a coat or boots.

A minimum stay for a person brought to the hospital was 30 days. Ronny was escorted to Hall 18 for an extended stay on the children’s ward.

Ronny explained, “The term dyslexia had not been defined in medical history. Although I was an average adolescent I was sent to a place where I could be “controlled.” “

Hall 18 – The Children’s Ward

“My cell was 8 X 8 feet across from the office. The walls were cold tile. The steel door had a small hatch left open. The keyed light switch was outside the room. Lights out at 10:00 pm.” Ronny shared that the kids had learned to turn the lights back on by reaching through the slot in the metal door and sliding their metal zipper pull through the switch pad.

There were 60 beds in 1968 Hall 18. Ronny shared that Hall 18 was filled to capacity, so they brought in more beds and put them wherever they would fit.

The drug room was to the right of the office. There were trays with holes to hold the paper cups. They had to open their mouth to show they had swallowed the pills. In 1967 liquid medication (Thorazine) was mixed in orange juice and dispensed to be sure each child received their dosage. “It tasted terrible!” Ronny reported.

Their strict schedule was adhered to by the staff.

7:00 am wake up and make beds – army style

7:30 am breakfast

8:00 am scrape tray – trays and silverware were counted

8:30 am line up for on campus school – two by two

4:00 pm return from school

5:00 pm dinner

(Ronny was yelled at for talking during dinner on his first day.)

5:30 – 7:30 pm medication and playing (outside good weather/ inside winter)

Wednesday nights were movie nights and Friday nights were dances.

7:30 pm line up for shower – stripped – four to a stall – a towel was around

the corner- brush teeth (once a day)

8:00 pm TV time – “Munsters” and “Adam’s Family”

10:00 pm Lights out – NO talking

(Ronny recalls hearing mouse traps going off and keeping him awake.)

Tuesdays and Friday the floor needed to be scrubbed, rinsed and waxed. It took two hours to apply the wax with socks on their feet then buffed with a Clark Buffer. “I still can’t stand the smell of paste wax.” Ronny noted.

On Saturdays Ronny had time to learn how to play the guitar. He was one of the few residents who was allowed to have a musical instrument. He also learned how to play pool.

On Sundays everyone was “forced” to attend church. For the rest of the day they had to play quietly in their rooms because it was visiting day. Ronny didn’t have visitors.

There were three seclusion rooms next to the office. Each one was usually occupied. The punished child had a 7-14 day stay alone in the small cell. They were let out four times a day to use the bathroom. There was no furniture in these rooms. In two of the seclusion rooms one could stand on the door hinges and peer through the window at the top of the door to be able to view the TV.

This first hand account of seclusion was revealed by Ronny.

Mr. Curtice would often take Ronny on walks around the campus so he could pick up paperwork. They often had to go through Hall 6 where ‘they kept the real crazy people.’ These patients would call out and claw at Ronny. Ronny remembers Mr. Curtice laughing. However, when Ronny was sick with a fever, Mr. Curtice was at his side as if Ronny was his own son, except for the policy of NO hugging the patients.

On their walks they went through C-2 and D-2 which were the medical wards. In those days there was a foot doctor and a surgical space. “This was the place where they had done lobotomies as well as shock treatments. The equipment was still there. I saw it. I did not know they couldn’t use it anymore. I thought I would be next!”

“In school Mr. Martin was kind, too.” Ronny recalled. “He treated everyone with respect. There were kids with Downs Syndrome, epileptics, eating disorders, severe depression and those who’d been abused. There were some with disorders that didn’t have names back then: Dyslexia, Attention Deficit Disorder and transgender. There was one boy who was convinced he was a girl and wanted everyone to call him Bev or Beverly. There was one who would change personality from one moment to the next. Two twelve year old giants who weighed 300 pounds each who just wanted to fit in.”

There were a few young patients, too. They were from five to nine years old. “I used to look after one of them, Little Davie. I would make his bed and dress him every morning. I made sure he was fed by getting his tray at every meal.” These kids had been homeless and never had visitors. “They would run around with towels as capes pretending they were super heroes. I found out that Davie



Kamp Itchymeme Productions, Ronny Larson’s recording studio. Photo Courtesy of Ronny Larson.

is still institutionalized and still thinks he’s a super hero. I wonder if he would remember me, the one with the guitar.”

“I always kept an eye out for Davie, especially from the child predators. Us older kids knew who they were. Their arms were always lunging out for a quick feel. When I was twelve or so I smashed a few of them in the face for trying to touch me, the attendants would just laugh.”

“I always hated Dr. Thill. He never said much, but when he did talk, you were in big trouble. He always looked down when he walked and never smiled. Even when you were being nice to him he would bite like a bad dog. He is the only staff member I will never forgive.”

“I never felt cared for. It was like a prison for us and we felt like we did not belong there. I never wanted to go back. I always had nightmares of going back.”

One lady would take kids for occupational therapy to do what she’d call, ‘fun stuff.’ They would sew leather wallets and work on the Cherry Festival floats. They never saw the wallets again. They never attended any of the Cherry Festival parades.

After talking with a fellow resident Ronny recalled some good times. He remembered outings to the beach and the Sleeping Bear sand dunes. The group of youngsters were escorted around the Cherry Festival. He learned how to play pool. He remembered figuring out chords and strumming on the guitar. He made himself guitar picks from 78 shellac records. Monthly walks into town for Batman ice cream made him smile. Drying banana peels on the radiator so they could roll them up and smoke the banana ‘cigarette.’ There were trips through the tunnel to go to movie night and the monthly dances. In the winter the children often

FUN PAGE

SUDOKO

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

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!

AUTO REPAIR WORD SEARCH

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

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

Puzzle solutions on page 13

AUTO REPAIR WORD SEARCH

ADAPTIVE
 AIR BAG
 AUTOMATIC
 BATTERY

BELT BRAKING
 BUMPERS
 CARGO
 CERTIFIED
 COMPRESSOR
 ENGINE

FILTER FLUIDS
 HEADLIGHTS
 MANUAL
 PEDALS
 PROTECTION
 PUMP

REMOTE SKID
 STRUCTURE
 SUPPORT
 SUSPENSION
 TRANSMISSION

Guess Who?

I am an actor born in Texas on March 24, 1973. I studied theater at the Universities of Houston and San Diego. I earned an early film credit in a movie in 2004. In my most prominent role, I played a quirky scientist on a popular TV series.

Answer: Jim Parsons

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to automobiles.

I C V S E E L H

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

Answer: Vehicles

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25					26				
27	28	29		30				31			32	33	34	
35			36				37				38			
39					40					41				
42					43					44				
45				46				47				48		
			49				50				51			
52	53	54			55					56		57	58	59
60					61					62		63		
64					65					66				
67					68					69				

CLUES ACROSS

- Volcanic crater
- Long times
- Swedish rock group
- Having the means to do something
- Rods or spindles
- La ___ Tar Pits, Hollywood
- Missing soldiers
- Measuring instrument
- All of the components considered individually
- Play "___ Irish Rose"
- Gene
- Barrels
- London-based soccer team
- Feline
- Breed of sheep
- Body part
- Doctors' group
- One who follows the rules
- Cigarette residue
- Ancient Greek sophist
- Polish yeast cakes
- Promotional materials
- Pancakes made from buckwheat flour
- Completed perfectly
- Photo
- A peninsula in SW Asia
- The common gibbon
- Disfigure

CLUES DOWN

- Mother
- Jewish calendar month
- Jai ___, sport
- Establish again
- Swiss river
- Racetrack wager
- ___ but goodie
- Closeness
- Soviet Socialist Republic
- At right angles to a ship's length
- Women's undergarments
- Mountain stream
- Expresses pleasure

- Painful places on the body
- Automobile
- Scandinavian god of battle
- Expresses surprise
- Secret political clique
- Yields manila hemp
- River in central Italy
- Brain injury science acronym
- Mental illness
- A person from Asia
- Father
- General's assistant (abbr.)
- Cooked or prepared in a specified style
- Large terrier
- Hillsides
- Golf score
- Not or
- Type of student
- Flower cluster
- Closes tightly
- Saudi Arabian desert
- Famed vaccine developer
- Multi-function radar (abbr.)
- Actress Jessica
- Pay attention to
- Beloved big screen pig
- ___ Clapton, musician
- Take a chance
- Cost per mille
- Helps little firms

Restless Viking, continued

tobogganed on the hills by the farm area. He did break his ankle, but the sledding was fun.

When Ronny had broken his ankle only aspirin was dispensed to relieve his pain. Aspirin was the only medication given for any type of discomfort. He had two surgeries on his testicles while he was a resident at Hall 18 and was only given aspirin. "I think any narcotics would have had side effects with the Thorazine. I am not sure on this but I do know first hand nothing stronger than aspirin was given for pain."

The summer of Ronny's two surgeries a female nurse "started her moves" on Ronny. "This will make you a man and you need to learn this." The fat, ugly, hairy nurse told Ronny. This went on for several months behind closed doors.

Many patients had earned a 'ground parole' card where they could wander the paths and trails on campus for a designated time frame. One place Ronny like to go was the 'Hippie Tree' where he'd play his guitar. He has written several songs as part of healing from his time as a "Forgotten Child of Hall 18."

Locals and tourists have dubbed a different tree this same name. This 'Hippie Tree' located a quarter mile down a trail has it's own urban legend as a portal to hell. It had been struck by lightning and the trunk was split into many pieces. If you walk around the perimeter of the painted tree it is said that you will open the portal and fall into hell.

When Ronny turned 18 in 1971 he was released from the hospital. He said someone told him he was "a snowball rolling downhill heading for hell." In 1972 he joined the army and was stationed at Fort Clayton at the Panama Canal. Cocaine became his drug of choice. "It stopped the bad

dreams of my life, if only for a while." In 1980 he stopped using "hard drugs" and drinking although he smoked pot and found solace in Pink Floyd music. A psychiatrist prescribed Prozac. The dreams of having to go back to Traverse City State Hospital continued.

R o n n y focused on his love of music and opened a guitar shop in North Carolina. He produced many songs where he played each instrument and layered the recordings.

Some of his song titles include: "Where the Buffalo Roam," "Sudden Shock Dreams," "HMH," "Shame," "Cat Nippin," "Itchyme Swamp," "Hot Sun," "West Highway," (The song of his life story.) "Heart Attack." On his website he offered to give a walking lecture with his guitar on the grounds of the Traverse City State Hospital. To me this sounds like he has worked hard to make peace with his past.

Sadly, on Wednesday, August 5, 2009 Ronny posted that he hadn't been around because he had a heart attack. He reported that he was tired. His number of entries slowed,



Ronny Larson

but each new post focused on having the hope to have his book published. First Heidi was assisting him, followed by another woman and finally Greg.

Ronny posted, "I am at peace with myself and bear no hard feelings toward any of the staff. Heck, I'd like to hear from you, too." He gave his email address.

After two years of posting memories on the Kirkbride site, Ronny made his last post on February 28, 2011. "Someone does not like my time line and is accusing me of lying to you all and stating I was never there. Think what you want . . . I will end my postings. You can thank MaxC. I am locking this thread from further posting."

In November 2016 Ronny was diagnosed with stage four lung cancer. He turned over his website to www.simouthouse.com At the bottom of his webpage "My Story" he wrote, "See you in Heaven. -Ronny."

Sadly, Ronny Larson passed away on December 23, 2016 which happened to be his birthday.

His website is still available to read the beginnings of his book and there are links to hear his song recordings, too. (www.hall-18.com/mp3/PMB.mp3) I can't help but be proud of Ronny. After several weeks of research, I feel like I have gotten to know him well through his sharing of memories and struggles to adapt to life after experiencing so much abandonment and pain. Hearing him heal through his songs is precious.

Resources:

www.kirkbridebuildings.com/blog/; "Admissions" by Jennifer Sowle; <http://www.hall-18.com/mp3/PMB.mp3>

Live the Life You Want Getting unstuck from a trauma mindset

Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

The first part of this article shared what it looks like to be stuck in past trauma. This second article will share ways that may help you get unstuck from the trauma mindset or victim mentality and move forward with a life you want to live.

"When we are no longer able to change a situation, we are challenged to change ourselves. Everything can be taken from a man but one thing: the last of the human

freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."—Viktor Frankl

Getting Unstuck

You can take control back and change the behaviors that you find undesirable. The responsibility for change and the direction of your life is your responsibility and no one else's. The past is done. It can't be erased or changed. But you can change your

reaction to it and reclaim life moving forward beyond the trauma.

Learn to let go of the past. Learn to forgive yourself, even though the trauma is most likely not your fault. Forgive yourself for getting stuck, for blaming yourself, for thinking you are less than, or that you somehow deserved it. Whatever reasons you believe you have for self-blame, identify them and truly forgive yourself.

Do you have others you are blaming unfairly and need to also forgive?

Change your perspective. This can be done through mindfulness practice, meditation, fun hobbies, exercise, being outdoors etc. While spending time alone exploring your emotions and thoughts can be helpful, don't isolate yourself. Be open to new people, experiences, possibilities and ideas.

Explore your life direction, your purpose. We all have a purpose that is eventually revealed. Sometimes we may miss the signals clueing us in on our purpose, especially if we are stuck in past trauma. So, take time to explore what makes you happy now and if you're not sure explore what made you happy in the past. What inspires that feeling of awe or inspiration? What makes you feel good?

Make small changes. Try a new hobby, declutter or rearrange a room in your home, change something in your daily routine. Small changes add up and can help you move toward getting unstuck.

Believe in yourself. Get rid of the negative self-talk and self-sabotage. Focus on your strengths. You have made it through all your experiences, including traumas, and are still standing. You are stronger than you believe. Get rid of the "I can't" mindset and change it to "I can".

Learn to relax. If you are feeling anxious, stressed, sad, or you just feel off try the following: practice grounding techniques, 4/7/8 breathing, mindfulness, yoga or meditation. You can search out suggestions on reputable internet sites.

Practice being grateful, thankful, and hopeful. Make a gratitude list and put it somewhere you can read it regularly. Don't just read



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the words but really feel thankful for the things on your list. The first thing on my gratitude list is that I opened my eyes that day! Read and watch inspirational materials and shows and avoid the negative. It takes work to change your outlook so you need to practice it daily.

"When I let go of what I am, I become what I might be," Lao Tzu.

If these suggestions don't get you to move forward and get unstuck, then it may be time to contact a professional counselor. They can help with coping tools, EMDR, medication suggestions or other therapeutic interventions to help you reach your goals.

I hope you find this information helpful but it is not intended to diagnose or treat. I hope everyone stays safe and healthy.

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