

## David Jones song used in FX show



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## North Country Trail challenge



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## ABCs of history



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## The Restless Viking



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# Sizzlin' Summer Concerts line-up and dates

by Tim McAllister  
lead reporter

The lineup for this year's Lowell Sizzlin' Summer Concerts has been revealed. The free concert series will take place on the scenic Riverwalk in front of the brand new Lowell Showboat each Thursday evening at 7 pm between June 17 and August 26. There will also be a "bonus concert" on Friday, July 9 during the Riverwalk Festival.

Presented by LowellArts and the Lowell Area Chamber of Commerce, the Sizzlin' Summer Concerts are among West

Michigan's most well-attended outdoor live music events, bringing thousands of people to downtown Lowell every Thursday night all summer long.

"These concerts showcase and support a diverse selection of musicians and musical styles from throughout Michigan," said Liz Baker, executive director of the Lowell Area Chamber of Commerce. "Styles include blues, world music, country, rock, big band, and jazz."

## 2021 Lowell Sizzlin' Summer Concerts

- June 17:** Gunnar and the Grizzly Boys [gunnartunes.com]
- June 24:** Lighten Up Francis [twitter.com/francis\_theband]
- July 1:** Sam's Swing Band [samsswingband.com]
- July 8:** The Soul Syndicate [thesoulsyndicate.com]
- July 9:** The Bronk Brothers [thebronkbros.com]
- July 15:** Paradise Outlaw [paradiseoutlaw.com]
- July 22:** Soul Access [facebook.com/Soul-Access-Band-109361320496643]
- July 29:** Midnight Madcat Blues Journey [madcatmusic.net]
- Aug. 5:** Melophobix [melophobix.com]
- Aug. 19:** Escaping Pavement [escapingpavement.com]
- Aug. 26:** Nicholas James and the Bandwagon [nicholasjamesthomasma.com]

Parking and seating are free, but bring a blanket or chair if you don't want to sit on the ground or in the

bleachers. The Riverwalk is wheelchair accessible and there will be plenty of food and drinks to enjoy.

For more information, visit [lowellarts.com](http://lowellarts.com) or [discoverlowell.org](http://discoverlowell.org).

# Reminder: Spring Fling and Cookie Adventure events are Saturday, April 17

by Tim McAllister  
lead reporter

The Spring Fling and the Cookie Adventure will take over downtown Lowell from noon until 5 pm on Saturday, April 17.

McDonald's, MI Hometown Furnishings, New Union Brewery, North Star Antiques, Olivia Grace Salon and Facial Bar, Red Barn Consignments and Antiques, Rogers Neighborhood Realty, Rookies Sportcards Plus, Sneaker's, Station Salon, Tap House Bo, Versiti Blood, WearForward and YMCA Lowell.

Participating retailers will have freebies, discounts and other special offers.

If you get your Spring Fling postcard stamped, you can enter to win one of four shopping bags of Lowell-related prizes. Not only that, but if you get the passport stamped at all 10 cookie stops, you will receive a specialty cookie made by Dierdre's Cakes and Bakes.

The locations shall include Ability Weavers, Adventures by Lori, All Weather Seal, All-Natural Promises, Avon by Sherry, Bella Grace Boutique, Big Boiler Brewing, Creative Party Bug, FanDangled Custom Apparel, Fans in the Stands, Flat River Cottage, Flat River Gallery and Framing, Flat River Grill, Kent District Library, Kona Ice, Lavender and Lace Boutique, M21 Nutrition, Main Street BBQ, Main Street Inn,

Adventure "passports" are on sale for \$10 at the Chamber of Commerce office on the Riverwalk during their regular business hours, Tuesday through Friday from 10 am to 4 pm. They are limiting the passports to 100, so you should probably call first in case they're sold out.

Proceeds from the Cookie Adventure will go toward the new Lowell Showboat.

The 10 stops on the Cookie



Adventure are All Weather Seal, Fans in the Stands, Kent District Library, Lavender and Lace Boutique, North Star Antiques, Red Barn Consignments and Antiques,

Rookies Sportcards Plus, Station Salon and Tap House Bo.

"It's time to think spring, put on your sunglasses and flip flops [and] pull out the

snacks and refreshments as you shop," said Liz Baker, executive director of the Lowell Area Chamber of Commerce. "When you support a small business

you're supporting a dream." For more information, call 616-897-9161 or send a message to [membersupport@lowellchamber.org](mailto:membersupport@lowellchamber.org).

# Blood drive at Englehardt Library on Saturday, April 17

by Tim McAllister  
lead reporter

There will be a blood donation drive at the Englehardt Library, 200 N. Monroe, from noon until 5 pm on Saturday, April 17.

"Since the start of COVID the need has never been higher," said Versiti account representative Kyle Graham. "As the hospitals' needs continue to go up, unfortunately the inventory continues to go down. The blood supply at times has been as low as one day's worth. Actual donor show rate is down 60 percent from this time last year, which just means donors are not showing up like they used to."

Most people don't contact the blood center in Grand Rapids, make an appointment, travel there and donate, most people wait for the next local blood drive. During the

pandemic, however, there were no local blood drives.

"The blood situation currently is dire," Graham said. "Losing regular running blood drives daily which in turn means losing thousands of donors. High schools made up 30 percent of all blood collected and Kent County has had the lowest high school turnout during COVID. Once the high schools come back regularly, we will have a shot of once again keeping our inventory where it needs to be. Anyone you know - whether it's a church, business, school or your house - willing to host a blood drive, please contact Versiti, where every pint donated stays local and helps your friends, families and neighbors."

Nobody really enjoys getting stuck with a needle and having their essence sapped, and some are more

fearful about it than others, which is fine. However, donating blood is essential and saves lives, so if you're uncomfortable, perhaps try bringing a friend along with.

"I always encourage anyone with a fear to donate with a friend who is a donor," Graham said. "The mind is very powerful and the best way to overcome a fear is with support from a friend. Overcoming a fear and saving three lives while doing it... Wow, I can't think of a better way to overcome a fear. How gratifying!"

For more information or to make an appointment, head online to donate. [michigan.versiti.org/donor/schedules/drive\\_schedule/137798](http://michigan.versiti.org/donor/schedules/drive_schedule/137798), send a message to [kgraham@versiti.org](mailto:kgraham@versiti.org) or call 616-745-6221.

50¢



# There are only a few days left to put your name on a Showboat brick

by Tim McAllister  
lead reporter

Time is running out to show your support for the new Lowell Showboat.

There are now only six days left to make a donation to the Lowell Showboat. The final day that donations will be accepted is Tuesday, April 20.

There are naming opportunities still available, and there are bricks for sale in amounts between \$125 and \$1,000.

Portland Federal Credit Union is matching, dollar-for-dollar, the next \$7,500 in brick sales, so there is a chance to double your donation.

A "gala event" to open the new Lowell Showboat is tentatively scheduled for Friday, June 11. Keep reading the Lowell Ledger for details as the story develops.

For details about donating to the Lowell Showboat, call 616-897-9161, send a message to [info@lowellchamber.org](mailto:info@lowellchamber.org) or visit [discoverlowell.org](http://discoverlowell.org).



# MDHHS lab a national leader in sequencing and identifying C-19 variants

Since shortly after the first positive COVID-19 test was diagnosed at the Michigan Department of Health and Human Services Bureau of Laboratories on March 10, 2020, BOL scientists have been busy genome sequencing the virus to identify variants.

More than 10,000 samples have been sequenced by BOL staff to date with over 4,200 of those tests completed in 2021.

"Our lab is a national leader in genome sequencing and our efforts have allowed us to implement rapid public health responses to slow the spread of outbreaks involving more easily transmitted variants," said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health. "We will continue

to work to identify these variants in Michigan as an important tool in fighting this pandemic back in Michigan."

Viruses are constantly changing, and this includes SARS-CoV-2, the virus that causes COVID-19. These genetic variations occur over time and can lead to the emergence of new variants that may have different characteristics.

The SARS-CoV-2 genome encodes instructions organized into sections, called genes, to build the virus. Scientists use a process called genomic sequencing to decode the genes and learn more about the virus. Genomic sequencing allows scientists to identify SARS-CoV-2 and monitor how it changes over time into new variants, understand how these changes affect the

characteristics of the virus, and use this information to predict how it might impact health. Some variant viruses are of particular concern because they spread easier, cause more severe disease or may escape the body's immune response.

The genome sequencing process takes about a week after the lab receives the positive test results. The MDHHS BOL is one of two labs in the state currently conducting sequencing and can process about 500-600 samples week. However, not every COVID-19 positive test is sequenced, which means additional cases of the variant could be present in the state.

Because sequencing of specimens associated with outbreak investigations is a priority, 2021 many of the samples sequenced were from a Michigan

Department of Corrections outbreak with the remainder submitted from a variety of other locations throughout the state. As of April 6, 1,998 B.1.1.7 cases have been identified, with 513 of those (26 percent) connected to the MDOC investigation. Additionally, eight cases of the B.1.351 or South African variant have been identified, three cases of P.1 or the Brazilian variant and 16 cases of the B.1.427 and B.1.429 or California variant have been discovered.

"The presence of more infectious variants, such as the B.1.1.7 variant, threatens our progress in control of the epidemic and is likely contributing to our current increase in cases," said Khaldun. "It is critical that we not let up now and I urge Michiganders to continue to mask up, wash their

hands, social distance, get tested and get vaccinated as soon as possible."

On a daily basis, scientists at the Bureau of Laboratories protect the health and safety of Michiganders by testing for hundreds of microbes, diseases and chemical substances in human, animal and environmental sources.

"The important testing being conducted by our highly qualified, skilled and dedicated scientists protects the health and safety of all Michiganders every day," said Dr. Sandip Shah, BOL director. "Their work is allowing the state to effectively monitor and respond to environmental as well as public health threats and to expand investigation of potential contamination of public water and food sources."

Tests can take from a few minutes to a few weeks and on an annual basis lab staff conduct nearly 6.8 million tests. This includes sexually transmitted diseases, influenza, Salmonella, rabies, lead, measles, newborn screening and hundreds of other tests.

The lab is also responsible for testing fish in the state's lakes,

rivers and streams for mercury, PCBs, dioxins and PFAS. These results are published in the Eat Safe Fish Guide which helps protect residents who eat Michigan fish by providing information on which fish are safe to eat and which ones to avoid.

It also completes newborn screening where infants blood spots are tested for more than 50 potentially life-threatening diseases. Every year, the NBS program tests more than 120,000 newborns and identifies approximately 250-280 babies afflicted by one of the 54 blood-spot-testable disorders included on the NBS panel. Screening is completed between 24 and 36 hours after birth and lab staff work quickly to identify conditions that require immediate medical or nutritional intervention.

Michigan residents seeking more information about the COVID-19 vaccine can visit [Michigan.gov/COVIDvaccine](http://Michigan.gov/COVIDvaccine). Information around this outbreak is changing rapidly. The latest information is available at [Michigan.gov/Coronavirus](http://Michigan.gov/Coronavirus) and [CDC.gov/Coronavirus](http://CDC.gov/Coronavirus).

the lowell ledger

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# COVID-19 developed hobby leads to tie-dye display at FROM Treasures Thrift Shop

A groovy clothing display of all things tie-dye will be coming to the Treasures Thrift Shop at Flat River Outreach Ministries late this week thanks to new employee, Tarin Hasper.

“I think we could all use a little tie-dye in our lives right now,” said Hasper, who began tie-dyeing during the first pandemic shut down.

Since joining FROM staff last fall, Hasper has been working on building a tie-dye display filled with facemasks and clothing for all ages!

“It’s something that just clicked with me,” Hasper said about tie-dye. “I knew I was onto something when I took some of my families old t-shirts and by tie-dyeing them, gave them a whole new life! Pretty soon I was digging in our drawers and we no longer own anything white!”

When she started working in the thrift store, Hasper began noticing less-than-perfect items that didn’t meet criteria to sell and saw an opportunity to give the items “a new life

“If you notice any green ones, it’s probably his work as it’s his favorite color,” Hasper said about her son and the tie-dye items.

Inspiration for the colors she uses comes from nature, things people wear around her and holidays. Her most recent batch of tie-dye masks was inspired by Easter eggs, and she’s hoping to have red, white and blue tie-dye in the store for the 4th of July.

The tie-dye display goes on sale April 15 and will be up until it sells out. Nearly all items are all priced at \$5 or less, and all funds raised at Treasures Thrift Shop stay local and help support the work of FROM.

“These items are unique to our store and you won’t find them anywhere else, especially at this price,” Hasper said. “Actually, you might find the shirt you donated and want it back with its new look!”

Come check out Treasures Thrift Shop this week! And if anyone would like to develop their tie-dye skills while also helping raise funds for FROM programs, please



“Tie-Dye” Tarin Hasper

email Hasper at [tarinh@fromlowell.org](mailto:tarinh@fromlowell.org).

FROM Treasures Thrift Shop is a thrift shop nearly entirely run by volunteers. Funds raised from Treasures Thrift Shop

supports the mission of Flat River Outreach Ministries. The shop is open Tuesday – Friday 10 am – 6 pm and Saturday 10 am – 4 pm. FROM offers 13 different programs for families and

individuals in need that focus in the area of healthy food options, family support and connection to resources. Each year Flat River Outreach Ministries serves more than 600

families and individuals living in the Lowell Area School District who make 200 percent of the poverty line or less – or have an expressed need.



Step one.



Step two.



Step three.



Step four.

and a new look.”

She started working with the clothing sorters to set aside clothing that may have slight discoloration or look a little worn that with a few bright colors could come back to life and find a new home in someone’s closet.

“It’s been a great way for me to practice new techniques,” Hasper said, adding that it’s been a great creative outlet that can be broken up for toddler interruptions by her four-year-old son, Max. Recently Max has expressed an interest in tie-dye and it’s now something they do together.

**Scrap Metal Drive**

**April 12 - April 30**  
Drop off your unwanted scrap metal!  
at Lowell Fairgrounds  
Enter off S. Hudson Street

**METAL ONLY**  
No TVs, plastics or furniture  
*as it is an expense for the trooper to dispose of them!*

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## Window company hosts poker fundraiser for LHS senior trip

by Tim McAllister  
lead reporter

All Weather Seal, a local window company, is sponsoring a "LHS senior class poker run overnight fundraiser" to raise money for Lowell High School's class of 2021's upcoming overnight party.

The fundraiser will take place on Saturday, April 24 at 2 pm. The cost is \$10 per hand, and registration is on event day at the All Weather Seal Warehouse, 687 Lincoln Lake.

The best hand wins half the pot, the other half goes to the senior overnighter. There will be a 50/50 drawing at each stop and a Chinese raffle.

The five stops on the poker run are the All Weather Seal Warehouse, New Union Brewery, Larkin's Fine Food & Cocktails, Sneakers and the Lowell Moose Lodge.



**LHS SENIOR CLASS POKER Run!**  
Overnight FUNDRAISER for the CLASS OF 2021  
ALL PROCEEDS WILL GO TO 2021 SENIOR OVERNIGHTER  
**April 24th at 2pm \$10 PER HAND**  
REGISTER & PAY THE DAY OF THE EVENT  
**Best hand wins half the pot!**  
OTHER HALF GOES TO THE SENIOR OVERNIGHTER. 50/50 DRAWING AT EACH STOP & CHINESE RAFFLE



REGISTER & PAY HERE

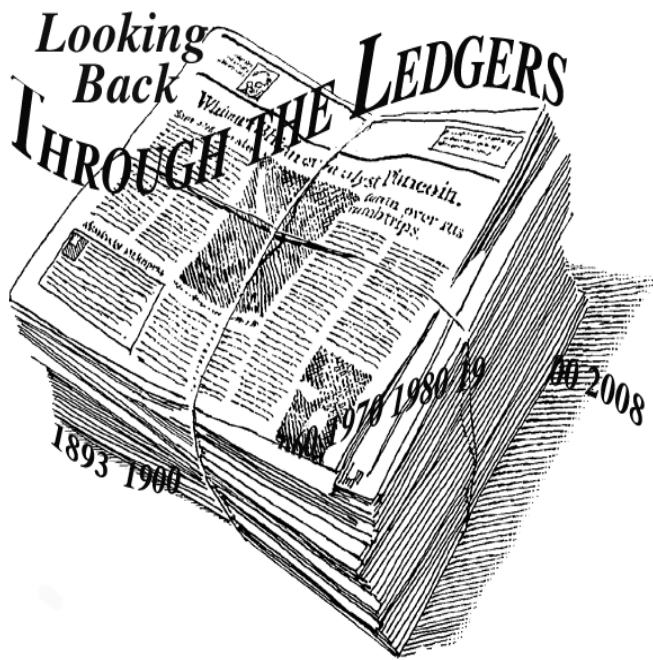
5 STOPS



...  
No matter how corrupt, greedy and heartless our government, our corporations, our media and our religious and charitable institutions may become, the music will still be wonderful.

~ Kurt Vonnegut (1922-2007)

# viewpoint



## 125 years ago Lowell Ledger April 17, 1896

This issue of the Lowell Ledger is missing.

## 100 years ago The Lowell Ledger April 21, 1921

The township board has secured the services of Alfred Anderson and he has been appointed sexton of Oakwood cemetery. We have adopted a new plan, for Lowell at least, all money received for the sale of lots for opening and closing graves, for foundations for monuments, special care of lots and water will be paid to the township clerk, he giving a receipt therefor.

Californians frantically protested that prohibition would ruin the state, especially its grape industry, but last year the state sold \$35,000,000 worth of fruit juice drinks, and the venture has just begun.

The Ledger is pleased to note the worthy action of Arthur Green in planting 1100 pine and cedar trees on his wood lot. There is too much of the "After us the deluge" spirit and too little of this planting for others to reap. Already a timber scarcity and high priced building material situation are upon us with a timber Famine looming up as a near future certainty.

## 75 years The Lowell Ledger April 18, 1946

In compliance with a law passed at the 1945 session of the Michigan State legislature, the village of Lowell is required to divide the Village into two voting precincts and in compliance therewith the Common Council of the Village of Lowell, at a special meeting held Monday, April 8, fixed the boundary lines of said precincts as follows: Precinct No. 1—All qualified votes residing east of Riverside Drive. Precinct No. 2—All qualified voters residing west of Riverside Drive.

A 13-year old boy, whose home is south of Lowell, has admitted to Deputy Frank Stevens and two state troopers attached to the Rockford post that he set the fire which destroyed the McBride school last January 15. At present, the boy is being held in the Detention Home in Grand Rapids.

David Coons is again a Lowell citizen, having received his discharge from the army at Camp

Atterbury, Ind., on April 9, after three years in the service, nearly half of this period having been spent in Germany.

## 50 years The Lowell Ledger April 22, 1971

Lowell Police will be keeping their cool this summer in a new air conditioned cruiser purchased by the City from Thomet Chevrolet & Buick Monday night. The \$310 extra of air conditioning was recommended by the manager after investigating its use in other departments in the area.

A 33-year-old escapee from the Boise, Idaho State Prison has been arrested in Kentwood. Kentwood Police Chief, Richard Dryer, said extradition proceedings for Charles H. Haner of Lowell, who stole a truck on February 17 and escaped from a prison farm, have begun.

"Compared to other costs, the 8 cent stamp proposed by the United States Postal Service will still be one of the best buys for money that exists anywhere in the world," Lowell Postmaster Charles Doyle revealed this week. When effective, the new rate will mean first class stamp prices have increased by 166 percent since 1932.

## 25 years The Lowell Ledger April 17, 1996

Whether it was feeding hobos who came in on the train, or hiring people to do odd jobs to pay their bills, Harold J. Englehardt has always derived a great deal of satisfaction from helping other people. So it came as no surprise Tuesday morning when Chuck Meyers announced that the new \$1.298 million library would be named, after its major benefactor, the Harold and Mildred Englehardt Library.

Sensing a need for "new blood" in its historical commission, the Vergennes Township Board appointed Cyndi Dalga and Ron Rittersdorf to fulfill that need. Earlier in the year the board searched for new members as a way of keeping the historical commission going, while also providing new insight to the township's vast history.

Lowell Showboat president Terri Robinson, vice president Rhonda Steele; and board member Diane Brown will be seeking alternative avenues in which the Showboat can be used when they attend the Shanty Creek Michigan Festivals and events Association workshop April 19th and 20th. Due to an existing debt of approximately \$20,000, the traditional showboat will not take place in 1996.

## outdoors

### backyard gardens

Dave Stegehuis

Our current lifestyle has certainly separated most of us from our historical agricultural roots. It is still possible today to return to the land and reap its bounty in our own backyard by establishing and tending a vegetable garden.

Harvesting crops from a garden provides a healthy food source. Fresh vegetables taste better and contain maximum nutrients. Getting outside for fresh air and exercise is a bonus. Connecting with the earth and having the satisfaction of some level of self-sufficiency is relaxing and improves our mental outlook. Involving children can help them to establish a positive work ethic and learn the benefits of good planning and honest labor. The kids will realize that food does not magically appear in bags and boxes. Children who practice gardening skills at home usually carry that interest into their adult life.

Most of us have the opportunity to garden on some level. Gardens can be any size depending on production expectations, space, and the level of commitment of the gardener or gardeners. Vegetables are grown and harvested on the balcony of high-rise apartment buildings, on suburban decks, and

in backyards. Containers like pots and grow boxes can be tended on decks and in small yards. Raised beds are more permanent but do contain the soil and consolidate the operation to make maintenance easier. Tilled garden areas provide space for more extensive gardening which can provide produce for freezing and canning.

Plants can be started from seed indoors and will be ready to transplant when weather permits. Later in the season seeds can be planted directly in the soil. Purchasing started plants is convenient but more expensive.

A garden will be more successful by careful planning and consistent care. Planting soil can be purchased for small gardens and containers. Adding recommended amendments to soil increases yield and insures good plant health. Each plant species requires a unique balance of sun and shade, so garden location is important. Planting instructions typically come with seed and started plants. Garden how-to-do books and the internet are good sources of information for those new to gardening.

There is time to plan and plant this season. Enjoy those tomatoes.

## We love to hear from you!

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

The requirements are:

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



# HEALTH

## M METRO HEALTH UNIVERSITY OF MICHIGAN HEALTH

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### - diverticulitis

Small bulging pouches can form in the lining of the colon. These are called diverticula. They commonly occur after age 40, and the condition is called diverticulosis.

Sometimes these can become infected with bacteria. This condition is called diverticulitis.

Symptoms typically begin with a dull ache or pain in the left lower quadrant of the abdomen. Fevers can then develop along with nausea or vomiting. The pain becomes more severe and diarrhea can develop.

There are multiple risk factors that can increase your risk of developing diverticulosis. These include aging, obesity, lack of exercise, a diet high in fat and low in fiber, and smoking. Several medications are also associated with

increased risk. These include opioids, steroids, and anti-inflammatory medications such as ibuprofen or naproxen.

Approximately 25 percent of acute diverticulitis cases can develop complications. These complications can include abscess formation, perforation of the diverticula, fistula formation, or extensive infection of the abdominal cavity.

Diagnosis is made through a physical exam, lab work, and frequently an imaging study such as a CT scan.

Treatment is with antibiotics. More severe cases may require IV antibiotics and a drainage tube placed to drain an abscess. Surgery can also be required. This could involve removing a part of the colon, or even requiring colostomy placement.

# anniversaries

## Wood



Bill and Nancy Wood

Bill and Nancy Wood will celebrate their 60th wedding anniversary on April 15, 2021. A celebration will be held at a later date once the COVID-19 illness is deemed safely over, along with Bill's 90th birthday.

# 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 third round of the alphabet.

### A is for Artrain

In 1976 a new thing happened in Lowell. Artrain stopped, and Lowell has not been the same since!

Artrain had begun in 1971, a mobile art museum, taking art around the country for eleven months out of the year. It was started as a program of the Michigan Council for the Arts, by Council Director E. Ray Scott and Michigan First Lady Mrs. Helen Milliken. In 1976 the tour only stopped in nine communities in Michigan and Lowell was one of them.

Artrain stopped on the side tracks at the south end of Monroe Street, one block south of City Hall, for four days. Helen Milliken herself opened the doors the first day. Artrain's theme that year was "A Celebration of the Creative American Spirit." Rail cars contained art, and seventeen local artists were asked to demonstrate their art in the studio car. Demonstrations

included pottery, weaving, glass art, painting, jewelry making and chair caning. School children came on field trips and the public was able to come free of charge. Encouraging performing arts, a concert was held one evening during the Artrain stop.

The aim of Artrain was to create a project that would be an exhibition in itself and give lasting benefits to the host communities. That certainly happened in Lowell, as the Lowell Area Arts Council began from the excitement and funds from this event. Lowell Area Arts Council incorporated in 1977. Called LowellArts today, the initial projects included community beautification, gallery exhibitions of local and regional artists, and theater productions. Through a gift from the King Milling Company and King Doyle, LowellArts was able to have gallery space, classroom space and offices on South Hudson, just southeast of the main intersection in town.

In 1978 LowellArts began managing the Fallasburg Fall Festival for the Arts, which has been gaining in popularity ever since.

The Artrain, which consisted of three passenger cars, one baggage car and one caboose, came to

ABCs continued, page 12

# college news

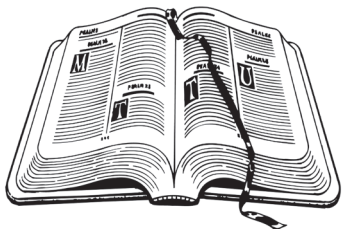
Natalie JaBaay of Alto, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. JaBaay was initiated at Michigan State University.

JaBaay is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by

invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.



# area churches



**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
 897-7060  
 Pastor Ryan Landt  
 1151 West Main Street, Lowell, MI  
 Morning Worship..... 10:00 AM  
 Sunday School..... 11:20 AM  
 Evening Worship..... 6:00 PM  
 Nursery available at both services  
 Barrier-Free

**GOOD SHEPHERD LUTHERAN CHURCH**  
 103 Bluewater Highway (Missouri Synod)  
 Halfway between Lowell & Saranac on M-21  
**Access Services at**  
**www.goodshepherdlowell.org**  
 Left hand side, click on Sermons, etc.  
 Joseph Fremer, Pastor **897-8307**  
 All facilities are wheelchair accessible

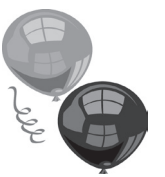
**St. Mary Catholic Church**  
 402 Amity Street • 616-897-9820  
 Website: www.stmarylowell.com  
 Weekend Masses: Sat 5 pm; Sun 10:30 am  
 Confession: Saturdays 3-4:30 pm  
 Prayer & Adoration: Wednesdays 8 am to 7 pm  
 RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

**FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST**  
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 897-7168 • www.fbclowell.org  
 Pastor Jon Pickens • Lead Pastor  
 Pastor Andrew Bolcom • Pastor of Discipleship  
 Christi Swain • Director of Children's Ministries  
**SUNDAY WORSHIP....9:30 AM** (Nursery provided)  
**LIFE GROUPS .....** 11:00 AM (Nursery-Adult)  
**Awana** (K-5 during school year) **Wednesday, 6:15 PM**

**LOWELL UNITED METHODIST CHURCH**  
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 www.lowellumc.com • Barrier Free Entrance  
 WORSHIP  
 Traditional Service: 9 am  
 Contemporary Service: 10:30 am  
 Sr. Pastor - Brad Brillhart

# happy birthday



**APRIL 14**  
 Dennis Rasch,  
 Joshua Anderson, Nichol Gurney, Bernie Boersma, Brenda Stuart, Cole Wade, Stephanie Ossewaarde.

**APRIL 15**  
 Craig Yeiter, Margaret Yoder, Charles Behnke, Fred Oesch Jr., Dave Carpenter, Terry Kinsley.

**APRIL 16**  
 Sam Roudabush, Kathleen Zywicki, Jack Ryder, Jacob Billingsley, Lori Gerard, Steve Kropf, Angie Farrell, Kristin Lee, William Mitchell, Rayce Darby, Olivia Foster.

**APRIL 17**  
 Elsie Franks, Heather Vezino, Dennie Ryder,

Joe Merriman, Jill Harris, Lucille Erickson, Betty Erickson, Gary Pieroni, Candice Bowne, Jace Eliason.

**APRIL 18**  
 Rick Warner, Angela Vezino, Doug Anchors, Jon Kinsey, Jason Borton.

**APRIL 19**  
 Heidi Barber, Ruth Harris, Karrie Akers, Krissie Akers, Shaun Thompson, Lisa Allchin, Sharon Bowden, Michelle Billingsley.

**APRIL 20**  
 Jim Hodges, Rick Briggs, Bobbie White, Kendra Merriman, Angela Miller, Charles Marshall.

# West Michigan Vaccine Clinic at DeVos Place accepting anybody over 16

by Tim McAllister  
lead reporter

The West Michigan Vaccine Clinic at DeVos Place in downtown Grand Rapids is now accepting appointments for anybody age 16 and older.

The clinic operates by appointment only, which you can self-schedule online at [wmvaccineclinic.org](http://wmvaccineclinic.org). To set up an appointment for someone age 16 or 17, or for anybody who needs special assistance, call 833-755-0696.

The clinic is operated by Kent County, Spectrum Health, Mercy Health and Vaccinate West Michigan.

A parent or guardian must accompany minors to their vaccination appointment.

Volunteers age 18 and older are desperately needed right now, and no previous healthcare experience is required.

Volunteers assist with greeting clinic attendees,

providing directional assistance, escorting attendees who need help, sanitizing and organizing supplies, performing temperature checks and more.

If interested in volunteering, visit the Kent County website and fill out the "Kent County Emergency Management" survey. The survey includes authorization for a routine background check.

Volunteers must be age 18 and older, must not have any felonies or misdemeanors within the last ten years, have a valid driver's license with no suspensions in the past five years, and not had a fever or symptoms of the COVID-19 virus for at least 14 days prior to volunteering.

Eligible volunteers will receive a confirmation email and instructions how to sign up for available shifts.



## Sexually Transmitted Infections Awareness Week is April 11-17

As part of Sexually Transmitted Infections Awareness Week, the Michigan Department of Health and Human Services is raising awareness about prevention strategies and the benefits of STI testing, early diagnosis, and treatment.

Since 2010, in Michigan: Gonorrhea has increased an average of four percent per year.

Primary and secondary syphilis have increased an average of 10 percent per year.

Chlamydia is the most reported infection with 50,374 cases in 2019. The average increase per year is approximately one percent.

Each of these infections are 100 percent treatable and will cause no harm if caught and treated early. Left untreated, these infections can lead to serious complications for both men and women. MDHHS recommends that everyone who is sexually active be screened for STIs on regular basis and especially after having sex with a new partner.

Recently, there has been an increase in the number of female syphilis cases. Women who have untreated syphilis and become pregnant risk transmitting the virus to their baby during pregnancy.

When the baby contracts syphilis during pregnancy, it is called congenital syphilis. Congenital syphilis can lead to serious complications and even death. Over the last year, cases of congenital syphilis have increased at an alarming rate. Proper prenatal care, testing for syphilis, and treatment for syphilis early in pregnancy can prevent congenital syphilis.

To combat the increase in STIs, MDHHS works closely with local health departments, healthcare providers, pharmacists, and community-based organizations to raise awareness about STIs and

promote STI testing and treatment.

"We can slow down the spread of STIs. All STIs are treatable. Regular STI testing and treatment are critical and help to avoid serious complications, including infertility" said Dr. Joneigh S. Khaldun, MDHHS Chief Medical Executive and Chief Deputy Director for Health. "Through education and open conversations, we can see a significant slow in the spread of STIs. We encourage people to get tested regularly, use protection such as condoms, and talk with your partner(s) about being safe."

In Michigan, clinicians have the option to use a treatment method called Expedited Partner Therapy in select cases of gonorrhea, chlamydia, and trichomoniasis. EPT helps individuals avoid reinfection by allowing the provider the option to prescribe antibiotics for sex partners of infected patients without examining them. Presumptively treating sex partners helps to reduce the overall spread of STIs but is especially effective in preventing sex partners from reinfesting each other.

Understanding risk, getting regularly tested, talking about testing with partners, consistently and correctly

using condoms, reducing the number of partners, getting prompt treatment for STIs, and abstaining from sex are all effective prevention strategies. Safe, effective vaccines are also available to prevent hepatitis B and some types of the human papillomavirus that cause genital warts and can cause cancer.

More information and resources about STI's are available on the CDC website. Data, resources, and technical assistance for Michigan's STI program is available at [Michigan.gov/HIVSTI](http://Michigan.gov/HIVSTI).

## MDHHS: nothing abnormal about vaccinated COVID patient numbers

Of the 246 fully vaccinated Michiganders who contracted COVID-19 from Jan. 1 to Mar. 31, 129 of the cases hadn't been completely investigated when reported to the Michigan Disease Surveillance System.

That means local health departments were either too early in their investigation or had not initiated one yet.

Several publications reported that three individuals died since being fully vaccinated. While factual, the ultimate total of positive cases makes up .01 percent of the more than 1.7 million residents who have concluded their COVID-19 vaccine, a miniscule percentage that the Michigan

Department of Health and Human Services said may shrink even smaller after additional investigation.

"These are individuals who have had a positive test 14 or more days after the last dose in the vaccine series," said MDHHS spokesperson Lynn Sutfin. "Some of these individuals may ultimately be excluded from this list due to continuing to test positive from a recent infection prior to being fully vaccinated. [...]

Of the 117 that have had data entered about hospitalization status, 11 were hospitalized, 103 were not, three were reported as unknown and three individuals died, "all persons 65 years or older, and two of which were within

three weeks of completion of vaccination."

On Tuesday, April 6, Michigan had 4,964 more positive cases of COVID-19, totaling the state at 707,463 and 16,297 cumulative deaths. The state reported a total of 3,510 adults hospitalized with suspected and confirmed contractions of COVID-19 and 659 are in the intensive care unit with confirmed COVID-19

infections.

"It is still possible to contract the virus after being vaccinated," Sutfin said. "Studies indicate that even if vaccinated people do become ill, they are far less likely to experience severe illness requiring hospitalization or resulting in death."

Sutfin said while the vaccines significantly drop the likelihood of being infected and developing

the severe symptoms of COVID-19, the possibility of being infected remains.

"Further transmission is why we continue to encourage Michiganders to take precautions while out in public, including wearing masks, washing hands and social distancing, even after receiving the vaccine, until

more Michiganders have been able to be vaccinated," Sutfin said.

She additionally provided that the number of potential cases that have been identified "is not in excess of what might be expected with vaccines with 95 percent efficacy."



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### CITY OF LOWELL PUBLIC NOTICE

Look Memorial Fund Board is now accepting grant applications for Spring 2021. Applications are available at Lowell City Hall.

Grant applications should be submitted to Susan Ullery, City Clerk, 301 East Street, Lowell, MI 49331. The deadline for submitting Spring 2021 applications is 4:00 p.m. on Friday, April 30, 2021.



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# North Country Trail “Hike 100” challenge is underway

by Tim McAllister  
lead reporter

The North Country Trail is a 4,600 mile long path that meanders through Vermont, New York, Pennsylvania, Ohio, Michigan, Wisconsin, Minnesota and North Dakota. The trail runs directly through Lowell, 229 E. Main is the site of its national headquarters.

Right now they are promoting the “Hike 100” challenge, which is to hike 100 miles on the North Country Trail anytime before Dec. 31. You can hike the same mile 100

times or walk 100 different miles, you can do it over a long period of time or you can do it all at once. They don’t even care if you’re on skis. Participating in the challenge and letting them know about it makes one eligible for a special “Hike 100” patch - a different image is released every year - and they have occasional giveaways of items like hiking gear.

“We resumed our normal Hike 100 Challenge after that 50th anniversary in 2018 and it’s been



This year’s challenge patch. They come up with a different design every year.

going great,” said NCT administrative assistant Alison Myers. “Last year was our biggest year ever for the Hike 100 Challenge due to COVID-19, and the amount of participation for 2021 is shaping up to be just as big, if not bigger.”

“Signing up for the Hike 100 Challenge at [northcountrytrail.org/hike-100-challenge](http://northcountrytrail.org/hike-100-challenge) places

participants on an email newsletter list,” said Kate Lemon, marketing and communications coordinator for the North Country Trail. “We only send out a handful of emails per year to participants though, as not to overwhelm inboxes. These emails include extra information about our trail navigation resources, motivational

stories from finishers and other Hike 100 participants, links to participant toolkit items (e.g. a mileage log and a finisher sign that can be downloaded then printed from home), and more. Each month, we also randomly select three participants (from the pool of those who have signed up) to receive free gear. We’ve given away

headlamps, backpacking stoves, day packs, water filters, NCTA shirts and hats and much more.”

For more information or to play with an interactive map of the trail, visit [northcountrytrail.org](http://northcountrytrail.org). If you’re on social media, @northcountrytrail, #hike100nct and #northcountrytrail will be relevant to you.

*Come join us at Lowell Riverside Fellowship SDA Church for an uplifting and inspiring day with Brenda Walsh!*

Brenda is an internationally renowned Christian TV Personality and children’s ministry expert hosting programs such as Kids’ Time for Jesus and Kids’ Club for Jesus. In addition to this, she has authored numerous devotional books, healthy-cooking cookbooks, and her very own autobiography titled Battered to Blessed detailing her experience as a battered wife who found rescue in Jesus. Brenda regularly serves as keynote speaker for churches, camp meetings, conferences, and special events all over the world. Her dedication and love for Jesus is exhibited in dynamic and engaging presentations that are a blessing to all ages and backgrounds. So plan to make a day of it with us, you won’t want to miss this!

LOWELL RIVERSIDE FELLOWSHIP SDA CHURCH

Presents

BRENDA WALSH

APRIL 17, 2021

10:00 AM *Joy Ride with Jesus*

1:30 PM *Power to Change*

5:30 PM *Praise & Worship*

7:00 PM *Prison of Fear*

Lowell Riverside Fellowship SDA Church  
10300 Vergennes St SE  
Lowell, MI 49331

[www.brendawalsh.com](http://www.brendawalsh.com)



# Song by Lowell musician David Jones on FX cable TV show tonight



Members of the Plague (clockwise from top left) Mitch McMahon, Dale Kropf, Rick Seese and David Jones reunited for a Ledger interview on July 14, 2016.

by Tim McAllister  
lead reporter

A song by Lowell musician David Jones will be played somewhere in the background of tonight's episode of the TV show "Snowfall," airing on the FX cable and satellite channel at 10 pm. It's the second to last episode of the show's fourth season.

Jones has been a member of Lowell rock groups the Plague, Alive & Well, the Great Lakes Band, Time Hungry and D. Ave and has participated in ArtPrize.

The song in tonight's episode is called "Ledger of Love." It was written and recorded in 1983 by David Jones, Pam Jones and Mitch McMahon.

A couple years ago, the Plague and Alive & Well sold the copyrights of their sound recordings to Fervor Records, a reissue label based in Phoenix, AZ.

"Fervor Records specializes in purchasing unpublished music from the past," said Plague singer and guitarist Mitch McMahon. "They have these scouts, and one of their scouts came across our album. Directors of TV shows and movies want authentic pieces of music from different eras, but they don't want to pay the big copyright fees for

somebody like the Rolling Stones. The scout started contacting the names that were on the Plague album and eventually got ahold of Dale Kropf. We all got talking and they realized that Alive & Well made a really good album too, in the late 70s, early 80s, and they offered us money for those pieces of music. So we signed over the publishing rights for a few thousand dollars, but we'll still make royalties if any of these are picked up and used in a movie or a TV show. That's how we make money, and that's how the label makes money."

The Plague, later known as Scragg Zoster, were one of the most popular rock and roll bands in Lowell in the 1960s and 70s.

For most of their existence, the group consisted of Mitch McMahon on vocals and guitar, David Jones on keyboards, Denny DeWitt on guitar, Rick Seese on drums and Dale Kropf on bass.

The Plague first played in front of the public at the 1966 eighth grade variety show at Lowell Middle School.

"We wore white pants and white shirts and thought we were cooler than heck,"

Dale Kropf said in a 2016 interview with the Ledger. "We did 'Sloop John B' by the Beach Boys and 'Over and Over' by the Dave Clark Five. I was the lead singer and played harmonica."

The band practiced at each others' homes, barns and garages, and in the McQueen Motor Company building at 1450 W. Main, until recently the home of Showboat Automotive, now an under-construction marijuana store.

They traveled around Michigan and the Midwest playing clubs, dances, concerts, parties, weddings, "battle of the bands" contests and other events. They often played at the "teen center" that used to be on the Riverwalk across from the Lowell Showboat.

Their success made it possible for them to record a single in 1969 at Smitty's Recording Studio, in the basement of a Grand Rapids

home owned by "Mr. Smith," a WOOD-TV cameraman. The 45 contained two original songs, "Somebody Help Me" and "Hard To Wait (I Need You)," and they were sold at Lippert's Pharmacy on Main Street.

In 1970 the Plague returned to Smitty's and recorded a full, 30 minute album of original songs. The albums were delivered with blank, generic, white covers, so many copies now have hand-drawn cover art.

When the members graduated from high school, they changed the name of the band to Scragg Zoster and added Cindy Kropf on vocals. The band broke up when the members' college responsibilities started to interfere with their gigging schedule. The Plague/Scragg Zoster reunited to play a couple charity shows in 2001, but have not played together publicly since.

Lowellians of that era



The Plague circa summer 1968.

might want to scour their attics and basements, because only a few hundred copies exist, both of the Plague records are extremely rare and sought-after by record collectors, and copies sell on the Internet for hundreds of dollars.

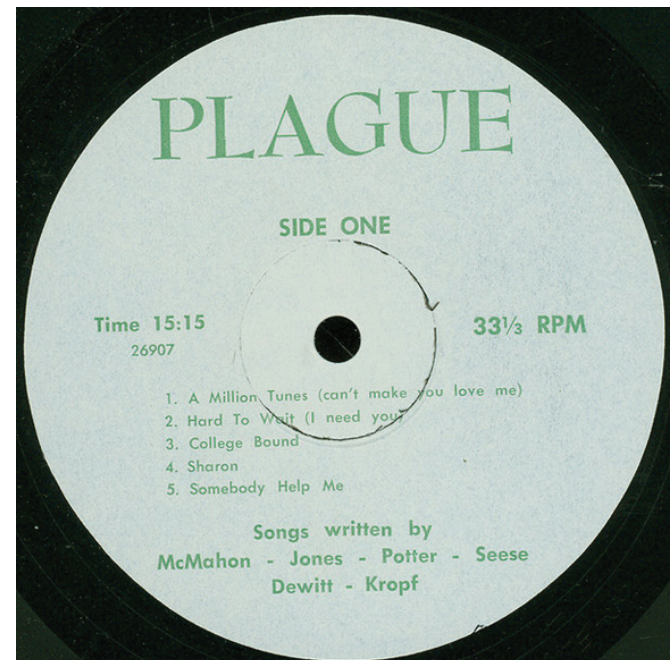
"What a hoot to make money off an album we

made in Smitty's basement 50 years ago," McMahon said. "And to sign a record contract at the age of 68, I think that's pretty good!"

You can purchase a remastered digital copy of either the Plague album or the one by Alive & Well at fervor-records.com, Amazon, Apple or Spotify.



Side B of the Plague's single, recorded in a Grand Rapids basement in 1969.



Side A of the Plague's album. It was delivered in blank covers, so many copies ended up with hand-decorated sleeves.

## HONOR YOUR 2021 LAS GRADUATE

The Lowell Ledger will be honoring the LAS 2021 Graduates in the May 26 edition.

This section will include senior photos of all graduates (which are provided by the school). If you would like to celebrate your graduate with a personalized ad - please contact our office via phone or email.

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## The Restless Viking

The World Less Traveled

With Chuck & Martha Hayden

www.restless-viking.com

### ~ Traverse City Asylum - Part 4

Heading into a small boutique in the basement of the Traverse City State Asylum, I introduced myself to a shopkeeper, "Hi! I'm Martha, a travel blog writer. What stories can you share about this hospital?"

A white puff-ball dog entered the shop and crossed to the counter with determination. The shopkeeper dispensed a treat calling the puppy by its name, "Hello, Angel." Turning back to me she gestured at a display table, "'Beauty is Therapy' is a great book covering practically the whole history of the State Hospital." A large husky strode toward the counter for a delicacy. "Scout, how are you today?" She turned her attention to the sturdy dog whose wagging created a breeze.

The basement of Building 50 now houses boutiques and cafes. The floors above are filled with residents who live in renovated condos. It seemed each person owns a dog who merrily trots to the counter for a treat from the kind lady as part of the daily routine. I purchased the book, realizing the store manager was too busy with her furry friends to chat. As I was merging into the hallway to browse other vendors, a tan lab strutted by me with a gleam in his eye.

Glancing at the back of the book "Beauty is Therapy" I noticed that this father and son's life story would fill so many curiosities about the Traverse City State Hospital. They had both been employed as gardeners over the span of 66 years.

It was 1922 and nine-year-old Earle Steele moved from Grand Rapids, Michigan to Traverse City where his father, Edgar H. Steele, had been hired as the florist and gardener for the Traverse City State Hospital. Earle and his mother arrived at 11:00 pm by train on the wintery March night. His father met the two at the station with the only local taxi, a 1921 Model T. The driver steered the wooden spoked tires using great force and trudged through the rutted, snow covered street to the hospital. Power steering hadn't been developed yet.

Their cottage home on the hospital grounds had been built in 1890 and renovated in 1922 with new heating, electrical and some interior updates at well. Electrical cords dropped from the ceiling. The cooking stove was gas powered but could also burn wood. They had a gas powered clothes washer placed in the only bathroom in their home.

That first morning Earle was suddenly awakened by the piercing screech of the power plant whistle. It sounded daily at 7:00 am, 11:30 am and 5:00 pm. On Mondays it would sound with short blasts to signify a fire drill. The Traverse City State Hospital was the first of the three state hospitals to have electricity provided by its own power house. There had been four electricians on staff when Earle was young. Later, ten employees were in charge of the electrical department.

The power plant would burn 65 tons of coal a day during the winter. The hospital had a standard delivery throughout the year so it would have supplies for the coldest season. The coal would arrive by boat, years later by train. Earle was impressed with the supply obtained in the summer. The coal would be stacked three stories high.

The Steele family was the first on the property to have a car. Their cottage had an attached garage, but it was the size of a shed. So, a new garage was built by some inmates. Mostly, people used horse and buggy or sleighs to move

about the area in the 1920's and 30's.

"The Cookie Wagon" would deliver meat, milk and baked goods about the campus until 1938. Earle had been delighted when the driver invited him to ride along. On these routes to the four kitchens he witnessed "the friendliness that existed between employees, regardless of department, and patients."

After the last delivery, the team of horses took a 'full tilt' gallop to their barn. The empty milk cans jostled from side to side. The lively pair passed Earle's home with no chance of stopping to drop him off. They cantered until they reached their stalls one half mile away. Earle said he didn't mind the walk back to his home.

Dr. James Munson, the superintendent, had donated his team of horses to the hospital for deliveries and farm work. Earle found Dr. Munson to be "a very gracious and gentle person." "I was always made to feel welcome."

Dr. Munson's son joined the army during WWI. Sadly, during training his son died of the flu pandemic in 1917. "Even during the busiest times, when he was checking ward areas, Dr. Munson would stop and visit." Earle reminisced.

Dr. Munson's belief was that work was therapeutic. It provided patients with a purpose and helped to keep the hospital running smoothly with laundry, farming and grounds care. The patients were never paid for their labor which became an issue with labor unions. After a few decades these work programs were disbanded.

Patients had free rein around the hospital campus. Many would be seen working on the grounds. Earle recalled groups of male patients using "coal scoops" to shovel snow on the walkways. Earle recalled that the doors to their home were always left unlocked.

"Beauty is Therapy" was another premise of Dr. Munson's treatment. The grounds were stunning and still are today. There are many hiking trails and an amazing variety of trees, thanks to Dr. Munson. He would return from trips with a selection of young trees. Edgar, Earle's father, would plant these on the property.

Dr. Munson's collection of trees grew into an arboretum. (Years later in the 1960's Dr. Duane Sommersness, the superintendent at the time, had metal name tags put on all the trees. School groups would take field trips to the campus.)

Earle said, "My father did an immense amount of planting in this area during his years of employment."

In April, Earle was signed up for fourth grade after starting fourth grade in Ann Arbor the past fall, but after a week he was returned to the third grade at Union Street School, where St. Francis church is now. He took it in stride. In 1933 Earle graduated.

Being the only child living on the hospital grounds entertainment included reading and listening to the radio in the 1920's and 30's. There was a library on the hospital grounds as well as the one on Sixth Street. Once a month his father would take the family to the Dreamland movie theater on Front Street. Tickets cost twenty-five cents for an adult and ten cents for a child. Westerns were his father's favorite type of movie.

In the summer the family of three would get ice cream cones at Wahl's and then watch the train "the resort special on its way south from Petosky." Feeling the thunder of it and seeing the billowing clouds of steam rolling over the locomotive and Pullman coach cars was a treat. This train was carrying vacationers between Petosky and Chicago.

Large passenger ships would dock in Traverse City three times each week during the 1920's and 30's. They would be in port for only two hours on their way from Mackinac Island to Chicago. It was exciting to watch the supplies being loaded.

At 13 years old Earle became mysteriously ill. The doctor did exploratory surgery to find a "villainous"

appendix which was removed. Due to the difficult surgery, Earle was confined to bed for four months. Dr. Munson requested that an elderly patient, who maintained the hospital library, deliver a book or two to Earle each week. Well, this gentleman delivered "twenty to thirty books at a time."

As he grew up one of Earle's favorite pastimes was to visit his father in the greenhouses. In the wintery months it was "especially nice to be surrounded by greenery."

There were five patients who worked in the greenhouses with his father year round. There were many nationalities represented: Norwegian, Hungarian, Austrian, Polish and German. Many foreign born patients had arrived in the U. S. with big dreams and suffered nervous breakdowns causing institutionalization. Many people feel fearful when



**A dining room at Traverse City State Hospital. Notice the fresh flowers provided by Edgar Steele and his team. Photo Credit: The Traverse City Historical Society.**

confronted with mentally ill individuals, however Earle wrote, "The patients treated me very well."

A civil engineer had developed manic depression. This man constructed a pair of skis for Earle. He also made a toboggan which Earle used for years. In the summer this gentleman would design many different types of kites.

A banking executive who "fell on hard times" taught Earle about trout fishing in the stream that ran across the property. He also instructed Earle about which wilderness fruits were safe to eat.

Another resident had been fishing, too, and asked Earle to join him. Earle's father shared a serious tone about this patient. "I don't want you to go with him." Later, Earle learned that this man had been a farmer in Mount Pleasant. He and his son had been riding in a fully loaded hay wagon when his son threw his apple core at the horse. The animal



**Earle Steele (left) and Burton Fry, Greenhouse and Garden Area Supervisor at the Traverse City State Hospital in 1965. The Easter Lilies were used to decorate the wards. Photo Credit: Kristen M. Haines, "Beauty is Therapy"**

got spooked and the cart overturned. This man became so angry with his son that he stabbed his son to death with a splintered piece of wood.

In 1934 Earle's father, Edgar, became ill and was diagnosed with terminal cancer. Dr. Sheets, the superintendent, made an agreement that Earle would work as an assistant in the greenhouse. This would allow his father's paychecks and their housing to continue while

# The Restless Viking, continued

Edgar received medical care. While his parents were in Ann Arbor seeking treatment, Earle lived in the cottage alone and took his meals in the dining area with residents and employees. Earle stated he was not a “model employee.” At nineteen years old he “festered a rebellious attitude.”

Earle’s father, Edgar Steele, passed away on December 2, 1934. His funeral was held in Grand Rapids. Earle vividly recalled his train trip returning to the hospital and how much it had mirrored his original relocation to Traverse City when he had been nine years old.

Their arrival on that brisk, late wintery night was met by friends who graciously allowed Earle and his mother to reside in their home until the pair could establish their own housing. The cottage where they had been living on the hospital grounds was reserved for the head florist and that position was being taken over by the previous assistant gardener along with a wage of \$100.00 a month.

On December 12, 1934 Earle was offered the assistant gardener position with a wage of \$85.00 a month and no housing allowance. He was provided with meals during his work hours. Earle and his mother found a room to rent on 11th Street, a half hour walk to and from the hospital.

Earle continued in his father’s footsteps, wishing he



**There were five greenhouses built in 1892. Earle had drawn plans for the remodeling of these in 1933. The four renovated greenhouses had cement walkways and were the envy of florists. From March - August two raised radishes and lettuce. Then crops of tomatoes and cucumbers. The other two houses were used for flowers.**

*Photo Credit: Traverse City State Hospital.*

had paid better attention during his childhood visits to the greenhouse. Earle had a lot to learn and was determined to do so. He cared for the variety of trees in the arboretum area as well as the grounds. He tended to the crops and flowers in the greenhouses. He maintained many relationships with co-workers and patients alike.

His mother’s friends urged her to move back to Ann Arbor. She found a housekeeper position for a newly widowed man with two small children. She never returned to Traverse City.

Earle planned to marry a local woman named Marion and started pursuing a change in employment by interviewing at the Connors Creek Plant in Detroit. This would bring him closer to his mother, too. However, before he was able to meet with the superintendent of the hospital to share his plans, Mr. Leland, the head of the greenhouse, suffered a severe heart attack. Mr. Leland would be unable to work for three months or more.

With The Great Depression barely behind them and a war going on in Europe, Earle and Marion decided to stay in Traverse City where Earle had secure employment. They were married in June of 1940. Marion took a job at her family’s drug store. They made their home in the upstairs of 640 State Street. Earle received a raise and was now earning \$110.00 monthly, plus he had meal tickets for eating at the hospital during his working hours.

In 1941 he and his wife welcomed their baby, Ron. Building a family during wartime was precious and created a sense of positive purpose. Earle earned a promotion and was now earning \$125.00 monthly. Earle and his wife Marion purchased their first car from her parents. Travel was minimal due to restrictions on gas, however they had plenty of entertainment watching Ron. In 1946 Marilyn was born. They sold their car. The maintenance costs were increasing while they had another little one in their family. Earle took a taxi or walked to and from work.

Earle continued a variety of relationships with patients and staff members. One was an 80 year old, recently widowed resident, who started to diminish in his reality, could easily recall stories from working in Chicago. Earle loved hearing tales of the big city. He asked Earle to bring

the Chicago Tribune for him to read.

In 1942 this man asked if Earle could take pictures of the grounds so he could send them to his daughter. Earle obliged and photographed “Pikes Peak,” the highest location overlooking Traverse Bay. Soon an FBI agent was calling with questions. The FBI had notified all film developers to watch for suspicious views of local areas. During this wartime, the FBI was keeping a look out for any potential threats.

Earle recalled one resourceful young male resident who built a wheeled cart. He must have had a supplier from a grocery store because his cart was filled with candy bars, cigarettes and other trinkets. On Sundays and holidays he’d push his canvas covered cart and sell these items. He wasn’t permitted to enter the building so residents devised small bags on long strings to conduct business from their elevated housing. Lowering their sack with coins to the salesman/patient. He would place their treats inside these bags which were hauled up quickly. Shortly after the invention of the cart, the Canteen Snack Shop was opened and put him out of business.

Tobacco was a popular commodity. It would arrive from the State Department warehouses in huge sheets of 30 by 40 inches. These would be cut into one by two inch rectangles and distributed twice weekly per patients’ requests. Rolling your own cigarettes was tedious and discouraged some residents from taking up the habit.

Patients were allowed to carry matches. Curiously only one fire was intentionally set during Earle’s time at the hospital. A young woman had been denied permission to smoke in the common room. She was caught by another resident trying to start a fire in her closet. The young woman’s ‘ground parole’ was revoked for several days. According to Earle this was fitting as ‘ground parole’ was a “cherished privilege.”

In the book, Earle explained that many who were hospitalized had “given into their imaginative states.” He reminisced about a few characters.

One male resident believed he was a billionaire and would own a cookie factory. The cookies would be frosted with gold dust and would be given away for free!

Another man on the screened porch of the TB cottage believed he was God. He would call out orders in a loud voice as his rocking chair squeaked.

Another patient would disrobe at the water reservoir every day with no concern for the weather. The water fell from an 18 foot spillway. Earle said that everyone could hear this man’s exclamations from a mile away as he stood under the cascade of cold water.

In the 1950’s the Hospital purchased property on Traverse West Bay for a picnic ground for the patients. A ‘changing house’ was constructed. Every department made contributions to improvements to the area. It was used by residents until the hospital closed in 1989.

Earle’s mother continued to work in housekeeping until 1953 when she fell ill. She had just passed her mandatory physical for her job at St. Joseph’s Mercy Hospital and two weeks later had a stroke. A week later she had a massive stroke and sadly passed away.

At this time the legislature in Lansing continued to pass directives to cease farming production activities at the Traverse City State Hospital. In 1956 the whole dairy department was slated to close. The dairy herd of 400 Holstein cattle was sold in 1957. Earle and his cohorts began to suspect that these were early signs of an upcoming closure to the institution.

In the early 1960’s a staff gala was held. 300 employees were seated in the large auditorium where individuals were recognized for “service beyond the call of duty.” Earle humbly shared that he was called up to the stage three times. Earle’s life motto had been to be respectful of the residents, be sympathetic and understanding. This was evident and well recognized by everyone.

Holidays were difficult for the patients. Many residents were given permission to go home, but their families refused to let them join their gatherings. Many of these residents slid into a deep depression. The staff tried their

best to accommodate the remaining ensemble with cards and small gifts. The individuals who were able to attend their family gatherings returned with heavy hearts. January was a dark time at the hospital.

In the 1960’s Ohmer Curtis, Community Relations



**The grounds at the hospital reflected Dr. Munson’s treatment plan that “Beauty is Therapy.”**  
*Photo Credit: Traverse City Historical Society*

Officer, reached out to the 39 county church groups and social clubs asking for donations to brighten the patients’ holidays. There was such an immense response that Earle was brought over from the greenhouse to help sort and catalog the gifts so the donors could be thanked later. Nearby groups wrapped these items which were distributed to patients for the holidays. This became an annual tradition, and Earle enjoyed being a volunteer even after his retirement until the hospital closed in 1989.

In 1978 Earle was given the task of finding storage for many artifacts which had been left in one of the closed buildings. He created a museum for these pieces of history. It was open daily for three years with nearly 8,000 people visiting. Even after Earle’s retirement in 1984, he maintained the museum voluntarily. Sadly, when the institution closed in 1989, the museum was forced to follow suit.

Earle’s memories of his 66-year affiliation with the institution capture the entire history of the Traverse City State Hospital which spans through each of the



**In 1957 the herd of dairy cattle was sold.**

superintendents. (1885-1989) Earle’s granddaughter, Kristen M. Hains, assembled the book through letters, “so history will not be forgotten.” “There are few trees on the hospital grounds that were not planted by my grandfather or my great grandfather.”

*Resources:*

“Beauty is Therapy” by Earle Steele and Kristin M. Hains 2001 ; “Traverse City State Hospital” by Chris Miller 2005; Traverse City Historical Society

# obituaries

## PETERSON

James Allan "Jim" Peterson, age 54 of Lowell, passed away peacefully on Tuesday, April 6, 2021 at home surrounded by his family. He was preceded in death by his father, Bernard Peterson, mother-in-law, Roberta Gahan; and sister-in-law, Margaret Merryman. Jim is survived by his wife of 32 years, Marie; children, Alyshia Peterson (Joe Reed), Jayme (Samuel) Wynn, Grant Peterson; mother, Gloria Peterson; brother, Tim Peterson; sisters, Tammy (Jamie) Dunham, Patty Peterson (Ersie Schmidt); father-in-law, Michael Gahan, also brothers-in-law and sisters-in-law; and several nieces & nephews. He was a proud member of the Aquaholic's. Jim was a self-proclaimed corn hole champ; they didn't call him Jimmy Bags for nothing. He loved to cook and was a huge fan of crockpots, yes, he had many! Jim loved all sports and could spout off many stats, he loved U of M, but not a fan of the team that starts and ends with O. He enjoyed Canadian beers and cheap vodka, just not too cheap! Jim had a passion for Rock-n-Roll, being known to say, "If it's too loud, you are too old!". At age 50, when most of his friends were losing their hair, Jim decided to grow his luscious locks and was very proud of his Fabio hair. He was a quiet man, with a loud sense of humor. Jim loved his family & dog, Wilson beyond measure. Family would like to give special thanks to Hospice of Michigan for their care. Visitation was held from 2-4 PM and 6-8 PM on Friday, April 9, 2021 at Roth-Gerst Funeral Home, 305 N. Hudson Lowell, Michigan 49331. Masks and social distancing were required. Memorial services were held at 11 AM on Saturday, April 10, 2021 at Tri-Town Conservation Club, 5616 Dunn Avenue Lowell, Michigan 49331, with life-long friend, Bill Schoedel officiating. Memorial Contributions in Jim's honor can be directed to Paws with a Cause; [www.pawswithacause.org](http://www.pawswithacause.org)



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## POTTER

Rita Lee Potter, age 51 of Alto, passed away peacefully on April 7, 2021, with her mother, stepfather, sister, and niece by her side. She was preceded in death by her father, Roger Potter. Rita is survived by her mother and stepfather, Sharon & Kenneth Fox; sister, Robyn (Ken) Cook; stepsisters, Casey Fox, Kendra (Tyler) Hicks; nephews, Travis Cook, Kason (Kara) Cook, niece and best friend, Taylor (Chad) Roosien; several step-nieces & nephews; 3 great nieces & nephews; and her pet dog, Coco. Rita loved nature, animals, and family. She enjoyed movies, music, and acquired quite a collection of both. The holidays were her favorite times, especially Halloween. She had a unique style of fashion and costumes, all of which she used to entertain. Rita brought smiles, fun, and laughter quite regularly with her mischievous wit. Her humor was always contagious. Rita was a ray of sunshine and was loved dearly by all who knew her. She will be deeply missed but remembered by her big, bright, warm smile.

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## Daffodils in bloom



The Lowell Showboat Garden Club and local girl scouts have planted daffodil bulbs along the nature trail at the North Township Park for the last three years. The daffodils are now in bloom for everyone to enjoy.

# ABCs, continued

Lowell several times after that including in 1979, 1986, 1990, and 2005. The Lowell Area Arts Council requested volunteers from other local organizations to help provide docents to conduct the many visitors through the Artrain's galleries. In 1990, 66 local people volunteered to be guides.

Starting with the planning of Artrain's visit and through the years, LowellArts has depended upon and appreciated their volunteers. The 'Arty' award, their highest award, is one way their appreciation is expressed. One recipient and volunteer who worked to bring Artrain, was George Dey. He said what he liked about the LowellArts was that it was for everyone. Everybody was welcome to share the experience and to get involved. Early recipients of the Arty award were: George and Dode Dey, Jim and Cheryl Blodgett, Linda Daugherty, Chris

Hodges, Lori Ingraham, Peggy Idema, Jan Johnson, Brian Doyle, John Harper, Kathie Quada, Chris and Jill VanAntwerp, Sandy Bartlett and Gil Wise, all giving tremendous contributions to the arts.

As the Artrain included the performing arts, LowellArts excels in the performing arts. From community theater, the Lowell Showboat Sizzlin' Summer Concert Series, live music at the Fallasburg Fall Festival, and year round musical performances, LowellArts continues to bring support to the community and artists as well.

In 2015 LowellArts purchased two adjoining buildings at Main and Broadway and began the 'Moving to Main' capital campaign. In November of 2016 the move was made and now 223 West Main Street is the home of LowellArts.



Helen Milliken on Artrain.

## LEGAL NOTICE

PUBLICATION OF NOTICE OF HEARING STATE OF MICHIGAN The Probate Court for the County of Kent

In the matter of Frances Hillman Guardianship File No. 21-209051-GA

TO ALL INTERESTED PERSONS including her son, Terry Graham, and any other unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: A hearing will be held on June 1, 2021, at 9:00 A.M. at Kent Co. Probate Court, 180 Ottawa

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

Dated: April 09, 2021

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 258-1182

VAN ESSEN AND ASSOCIATES PLLC Attys. for Petitioner by Amanda Van Essen Wirth (P75001) 109 E. Main St. Suite 11 Zeeland, MI 49464 (616) 633-0196.

## LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 21-209029-DE

Estate of SHARON LEE FELIX, deceased. Date of birth: 06/06/1946.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Sharon Lee Felix, died 02/20/2021.

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

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

April 7, 2021

Andrew J. VanRyn (P74574) 429 Turner Ave., N.W. Grand Rapids, MI 49504 616-581-3923

Lori Marie Sweeney 213 Regent, SE Sand Lake, MI 49343 616-634-0468



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misc.

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APRIL 23 & 24 - Downtown Alto. Includes residences, Alto Meadows, rural, library book sale. Maps w/addresses will be available at sales.

memorials

IN MEMORY of my friend, Jim Fahrni How quickly time passes, ten years ago April 15th you left us. Miss you so much old friend.

Tom

for rent

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

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

help wanted

GARDENER WANTED - Saskatoon Golf Club. Part-time work with flexible hours. Good knowledge of landscape plants required. Please apply in person at 9038 92nd St. SE, Alto.

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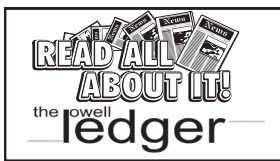
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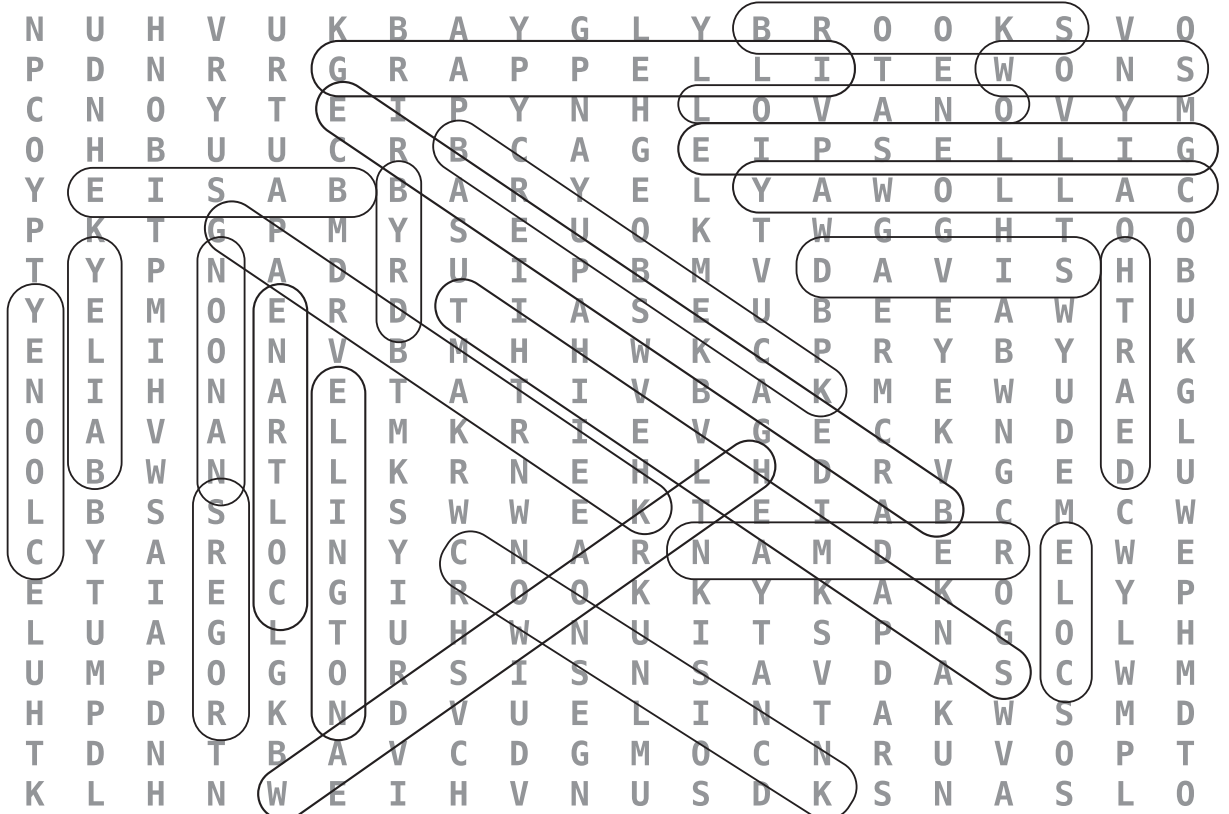
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PUZZLE SOLUTIONS

Grid of puzzle solutions with words like T S H, O L L A S, B A H T S, A K A, R E E V E, I C E N I, C U T, D A V E R O B E R T S, C A C H E D, E M O T E, A S H U R, P A R A S I T I C, E L I, A C, C O R E, S A R A N, P A R E S, A D, T R Y, G R A D A T E, U T E, O E, S A L E S, N A R E S, S T U B, M E, S U E, S E P A R A T E S, E N T R Y, D R I N A, A L T H E A, C H A R L I E R O S E, A S L, R A T E L, L A T H S, N E T, O M E N S, S H O E S, E T A

Grid of numbers for a crossword puzzle solution.



# Live the Life You Want

## The victim mindset

Melissa Spino MA LPC CDMS  
Life Transitions Therapy LLC

Most of us have heard the phrase “victim mentality” or “victim mindset”, but what is it? It’s a belief by the person that they are always the victim, everything and everyone is against them and bad things just keep happening to them for no apparent reason. The person does not take any responsibility for what happens to them. This is different from being a victim.

Most of us have been victims either emotionally or physically. According to Webster’s dictionary, a victim is “a person who has been attacked, injured, killed, cheated, robbed, or fooled by someone,

or harmed by an event.” So, you can see there is a difference between being an actual victim and having a victim mindset.

This will be a two-part article. This first article will focus on how to know if someone has a victim mindset. The second article will focus on ways to move past this mindset.

### The Victim Mindset

So, what is a victim mindset? There are many different factors to consider when determining if someone really has a victim mindset. In general, if someone regularly feels like the world is against them, that they are always the victim, that everything

and everyone is against them and bad things just keep happening to them for no apparent reason they may very well have a victim mindset. Keeping this general definition in mind, let’s look at some additional indicators of those with a victim mindset.

The belief that the world is against them when something happens (they are late, forgot something, have car issues, spilled something on their clothing, were unprepared for a meeting or something at school....

The belief that their partner or children don’t respect them.

They feel like their friends just use them.

They don’t feel appreciated at work or that someone is holding them back from being successful so success will never happen.

They feel that things in their life rarely go their way or that they are held back from good achievements or completing things.

In general, they feel like they are used, rejected, not cared about, or abused by others and/or that others purposely try and hurt them.

They may feel like they deserve to suffer.

They feel like they will never find happiness or



Melissa Spino  
MA LPC CDMS

peace in life.

They feel like they don’t have the ability to deal with or solve their own problems.

They tend to see issues, even small ones,

as catastrophes (the worst possible situation).

They believe they alone are purposely targeted and are the victim.

So, what happens if they could stop feeling like a victim and get beyond this mindset? They would most likely see improvement in life, relationships, health (mental and physical), and even their career. That’s how damaging this type of mindset can be. The next article will focus on ways to move past the victim mindset.

You only get one life, make it the best one possible! This article is not intended to diagnose or treat. I hope everyone stays safe and healthy.



## Financial Focus

With Christopher C. Godbold

Edward Jones

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### Set milestones on road to financial security

The road to financial security, like many long journeys toward important goals, can be filled with ups and downs. The financial

markets can be volatile, shaking up your short-term investment results, and illness or downsizing may temporarily disrupt

your career – and your earnings. In fact, just 46% of adults feel financially stable, according to a survey by Morning Consult and Edward Jones. Still, there’s much you can do to gain stability – and you can chart your progress by marking three important milestones:

Building a foundation – You need to base your financial stability on a strong foundation, which means you must start accumulating the necessary

resources. Start by creating an emergency fund, which can help you deal with unexpected costs, such as an expensive car repair, without taking on additional debt. Try to put away anywhere from about \$500 to one month’s worth of living expenses, with the money kept in a liquid account—one that’s separate from an account you use for your everyday spending. Later on, you’ll want to expand this emergency fund, but, for now, even this amount can help.

You can also take other steps to build your financial foundation. Try to put in enough to your health savings account (HSA) and your 401(k) to earn your employer’s matching contribution, if one is offered. And if you can, pay down high-interest, nondeductible debts.

Gaining stability – Continue to build on the momentum from the “foundation” milestone by ramping up your savings and

investments. For starters, build your emergency fund so it contains one and a half to two months’ worth of living expenses. Also, set a goal to save perhaps 10% to 15% of your gross income, including employer matches, in your 401(k) or similar retirement account. If you can’t reach this level yet, do the best you can now and increase your contributions over time, as your salary goes up. If the monthly debt payments are straining your budget, consider paying them down even if they have lower interest rates.

Reaching independence – The final milestone toward achieving financial stability is marked by a feeling of independence – knowing you are taking the steps necessary, and putting a strategy in place, to allow you to reach your financial goals.

Work to build a full three to six months’ worth of expenses in your emergency fund, which will offer even

greater protection against being forced to tap into long-term investments, such as your IRA and 401(k), to pay for unanticipated expenses. Plus, having a sizable emergency fund gives you room to consider making moves such as taking a sabbatical, switching careers or taking time off to care for a loved one.

And, while you’re still working, save enough for the type of retirement lifestyle you desire. Even though your debt may be manageable at this point, it may still be source of stress. If so, continue paying it down. The less you owe, the more you can put away for retirement.

Achieving these milestones can help you gain the financial stability and flexibility to live life on your terms.

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

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Michigan State University has the largest single campus student body of any Michigan university. It is the largest institution of higher learning in the state and one of the largest universities in the country.

Vernors ginger ale was created in Detroit and became the first soda pop made in the United States. In 1862, pharmacist James Vernor was trying to create a new beverage when he was called away to serve our country in the Civil War. When he returned, 4 years later, the drink he had stored in an oak case had acquired a delicious gingery flavor.

Michigan is the only place in the world with a floating post office. The J.W. Westcott II is the only boat in the world that delivers mail to ships while they are still underway. They have been operating for 125 years.

The Ambassador Bridge was named by Joseph Bower, the person credited with making the bridge a reality, who thought the name “Detroit-Windsor International Bridge” as too long and lacked emotional appeal. Bower wanted to “symbolize the visible expression of friendship of two peoples with like ideas and ideals.”

# FUN PAGE

## SUDOKO

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

Level: Intermediate

### Here's How It Works:

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

# JAZZ MUSICIANS WORD SEARCH

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

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

Puzzle solutions on page 13

### JAZZ MUSICIANS WORD SEARCH

BAILEY  
 BASIE  
 BREAKSPEARE  
 BROOKS

BRUBECK  
 BYRD  
 CALLOWAY  
 CLOONEY  
 COLE  
 COLTRANE  
 CONNICK

DAVIS  
 D'EARTH  
 ELLINGTON  
 GARBAREK  
 GILLESPIE  
 GRAPPELLI  
 LOVANO

NOONAN  
 REDMAN  
 ROGERS  
 SNOW  
 THIELEMANS  
 WADSWORTH

## Guess Who?

I am an actress born in France on April 15, 1990. My family moved to England and I attended the Stage-Coach Theater Arts school. I rose to fame playing a magically inclined student and later took on the role of a beauty.

Answer: Emma Watson

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to jazz.

U P T T R E M

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

Answer: Trumpet

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							70	

### CLUES ACROSS

- Pituitary hormone (abbr.)
- Ceramic jars
- Monetary units
- Alias
- "Superman" actor
- Britonic tribe
- Shorten
- LA Dodgers manager
- Hoarded
- Theatrically portray
- Noah's grandson
- Dependent
- Peyton's little brother
- Cools the house
- Principle part of
- Type of wrap
- Peels
- Commercial
- Make an attempt
- Arrange in steps
- U. Utah athlete
- Old English
- Trade
- Nostrils
- Ticket seller \_\_Hub
- Of I
- Institute legal proceedings against
- Takes apart
- Doorway

### CLUES DOWN

- Batflower genus
- Predatory seabirds
- Fish farm
- Arrangements
- Go in advance of others
- Bulgarian monetary unit
- "\_\_ Maria"
- W. African ethnoreligious group
- Wild Asian oxen genus
- Vinegary
- To this
- Explosive
- Female sibling
- Orlando museum (abbr.)
- Type of hoop
- About Holy Father
- Academic environment
- Extremely angry
- Surrenders
- Swiss mountain pass
- Sharp mountain ridge
- Erases
- Spielberg's alien
- Absurd
- Dorm worker
- Used to make pesticides
- The sister of your father or mother
- A way to let know
- Can't produce much vegetation
- Small streams
- Folk singer DiFranco
- Weights
- Start over
- Black Sea resort city
- Wimbledon champ
- Corporate executive (abbr.)
- Unskilled actor who overacts
- Bravo! Bravo! Bravo!
- Of or relating to ears



This is another installment in the Lowell Ledger's series of feature articles about the many different types of artisans who do business in the Lowell area. Some use the Internet as their storefront, others sell their wares out of a brick and mortar location. All of them are fascinating people and incredibly talented.

If you know of somebody who makes things and sells them, we want to do a story about it! Contact the Lowell Ledger at 616-897-9261 or send a message to [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)

## Keeping up with Keto

### *Therapeutic baking blossomed into a growing business*

When baker Bisera Riordan first started on the keto diet a few years ago, she liked how it made her feel, but something was missing.

"It's really hard to find good tasting keto desserts," says Riordan.

As anyone who has tried to create satisfying sugar-free desserts at

with sugar. But never fear: everything Riordan makes is gluten-free, grain-free, sugar-free and very low in carbs.

"I have experimented with many keto recipes, and I try my best to perfect the item so that it doesn't taste low-carb. The biggest difference is that it's pricey and I buy

come from fats, and carbohydrate intake is highly restricted. This causes a person to enter ketosis, a condition in which the body, deprived of the glucose it normally uses for fuel, will begin to metabolize more fatty acids for energy.

"Hubby and I did Atkins a few years back, but it wasn't for us. When I gave birth to my son, my husband and I decided to try keto. We love being on keto. We have lost over 100 pounds together, we have more energy and we are actually eating healthier than ever before."

Riordan's professional background isn't in cooking, and she didn't set out with the original intention of turning the home-baked goodies from her Facebook page into a business. Like many of us over the last year Riordan simply turned to baking to help with her restlessness from being stuck at home with no end in sight.

"I use baking as a coping skill when I am stressed, overwhelmed, or feel anxious...this last year with COVID I have been baking a lot," she shared. "I was a manager at Hope Network for eight years and I have a degree in Science and Health. I became a stay at home parent three and a half years ago. This is just something

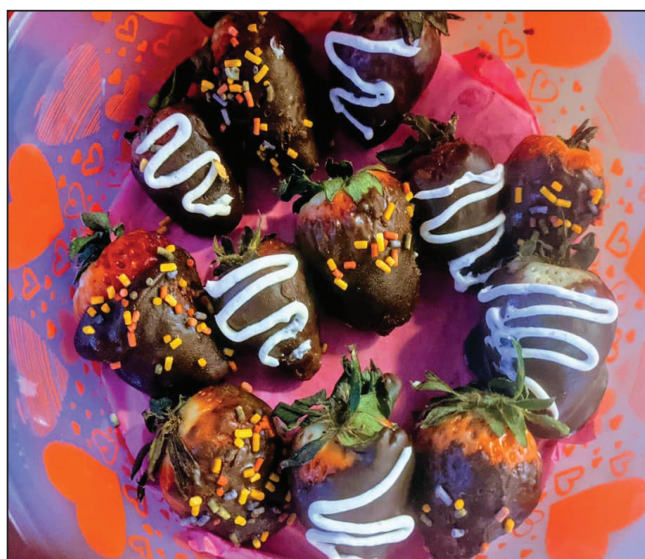


home will tell you, this can be a challenge. Unexpected aftertastes or textures can cause problems for even the most experienced bakers, and it often takes numerous attempts at fine-tuning a recipe before the desired result is achieved.

Having been on a low-carb diet for years, Riordan knows about this first-hand. Two years ago, she started a Facebook page called Keeping up with Keto, as an online community and support group with just five of her friends to share recipes and motivate each other. After a couple of years of experimentation, she felt that she had finally "cracked the code" for keto baking, and since October of 2020 her page has been selling delicious baked treats that you would swear are loaded

the best quality products in the market. I use monk fruit sweetener, almond flour, and Lily's chocolate."

Low-carb doesn't necessarily mean low-calorie, which is part of the reason keto baked goods can manage to be so satisfying without all the sugar and carbohydrates. In a ketogenic diet most of the calories consumed



I did to help with my anxiety and depression."

What started as therapeutic self-care soon blossomed into a business after all of the positive reactions Riordan received from friends and family. Nowadays, she stays busy taking orders for all the types of food that many on low-carb diets thought they'd have to say goodbye to forever, including bread, bagels, breadsticks, pizza, cheesecakes, cakes, cupcakes, danish, cookies, macaroons and homemade keto jam.

"I offer specials on the weekends with sample boxes, but I do require a minimum 48 hour notice for anything else. I make the frosting the night before and everything else is made the morning that the orders are due, by 10:30 am. I have three mixers going at 5 am. The breads, bagels and pizza are the last items I end up baking."

While Riordan doesn't hail from Lowell originally, it has come to feel like home for her family.

"I have two little ones. My daughter is four and my son will be two. We live by Fallasburg Park, and we

enjoy the nature and trails around us. We camp a lot as a family, kayaking, fishing and we enjoy almost all outdoor activities. I came to the states when I was 12. I have lived in Lowell for about six years and I have been selling my baked goods for about four months. I am from Bosnia, and a little town like Lowell gives me similar vibes as if I was back in Europe."

While she hopes to have her own bakery and store front one day, currently Riordan's home-baked goods are only available through the Keeping Up With Keto Facebook page, with orders available for pick-up at various times and area locations. For more information, visit [Keeping Up With Keto at https://m.facebook.com/2554480807947076](https://m.facebook.com/2554480807947076).

