

New benches, trash cans installed downtown



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Therapy dogs in area schools



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Lowell Showboat VI open house



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New trash cans and benches were installed earlier this week, purchased through the Downtown Development Authority.

“Back in late fall/early winter we were receiving complaints of the downtown

looking a little drab and in need of the amenities being spruced up,” said Lowell public works director Dan Czarnecki. “The existing benches and trash cans are aged and needing more than some paint. The light poles



are looking dull too. To give the downtown to a more inviting look we considered some replacement options. In January we asked DDA if they would like to see the benches and trash cans replaced. They asked for additional information, and at their February meeting gave permission to purchase 10 benches and 13 trash cans.”

The city planned to purchase the items online until Liz Baker, executive director of the Lowell Area Chamber of Commerce, informed them there was a local vendor who could make the items.

“We met up with Joe Lynch from Lynch’s Metal Fabrication out of Alto,” Czarnecki said. “He provided us with a quote to make these items. His cost was basically the same as the items we were looking to purchase online. The trash cans are \$1,050 and the benches are \$950. The online cans and benches were less expensive for the items, however, when you add in shipping costs their price was more. We were able to have the items made with a little added pizzazz. I think they turned out extremely well! Mr. Lynch was easy to work with and timely in his delivery. I would definitely

consider Lynch’s Metal Fabrication again when we need items constructed for Lowell.”

The benches and trash cans are intended to help improve the overall look of the downtown. The old cans and benches will be fixed if possible, and repurposed in parks and other city properties.

“They help to make the area a bit more inviting to the public, to help give them another reason to visit downtown Lowell,” Czarnecki said. “Later this spring we will be looking to have the light poles repainted to also add to the look of the downtown.”

Premier Botanics marijuana store going into former Showboat Automotive location

by Tim McAllister
lead reporter

Premier Botanics is the new recreational marijuana store currently under construction at 1450 W. Main, the former location of Showboat Automotive. It is scheduled to open late this summer.

“Our estimated opening date should be sometime between Aug. 1 and Sept. 1, almost certainly,” said James Allen, one of the store’s owners. “I want to say ‘God willing,’ but ‘state willing’ is really more accurate in this case!”

Allen said the store will create dozens of new local jobs, and there will be a job fair in a few weeks to fill many positions.

“A minimum of 31, but as many as 40 different jobs are going to be created by this building alone,” Allen said. “Some of them, like the master grower and other major, important positions like that are filled already. We’re going to

have a secretary taking ID cards, we’ll have a security guard in here, five to seven butnders, one or two people doing curbside, two managers and some people for the preparation area. We are going to have a job fair here at this location in probably 20 to 30 days for local workers, and then we’re planning on having an additional job fair in one of the social equity areas in Grand Rapids. As part of the contract that we have with the city, we have social equity plan in place. We intend to hire at least 25 percent minorities and maintain a fifty percent female-to-male ratio in all hiring. It won’t be difficult to find people who fit those bills.”

The facility is still under construction, but the back hallways and rooms are made of gleaming white plastic that looks rather like the set of a science fiction movie.

“Our level of cleanliness is going to be comparable to an operating theater,” Allen said. “I won’t be able to go back there anymore once construction is finished. Copper Rock Construction did this entire building remodel. They delivered what they promised, above and beyond what they promised, to be quite honest with you.”

The shiny white plastic lining the walls, floors and ceilings isn’t just there because it looks cool, it was carefully designed that way because the plastic is easier to clean. It’s part of their mission to eliminate contamination so their products pass the stringent, frequent inspections required by the state.

“Every room has cameras in it that observe every point of the room, and we must maintain those recordings for 45 days,” Allen said. “We would be able to backtrack



and find out what happened if there ever was an issue with a medication. If there was a contamination, we’re going to be able to review the tape and figure out where the problem was, isolate it and remove it. Then it should never be an issue again. We’re also going to be using ultraviolet light in addition to cleaning agents, which is why everything is made out of plastic, so it can be wiped down and sanitized quite

simply. We spent well more than almost any other facility that I’ve seen in making sure that our product is not going to have an opportunity to have any contaminants.”

Allen said that security and sanitation were two of Premier’s top priorities and described the strict purity regimen their employees will follow.

Premier Botanics, continued, page 2

50¢



Premier Botanics, continued

“If you were one of our growers that worked here, you would park out back in a secured facility with fencing all the way around,” Allen said. “The only people allowed in here are the people that work here, unless you’re with the state, the city or the police, those folks can come inspect your facility whenever they want to. As soon as you get into the building, there is going to be an air curtain. That is a machine that blows air on you as soon as it senses your motion, which removes any contaminants that are on your body at that point. You’re going to change out of your business clothes and put on scrubs, a hair net and a mask. You’re also going to have a specific pair of shoes that are only worn at this location, and there is a mat that you step on for eight seconds that disinfects your shoes. Then you can go into the grow rooms.”

The entire facility was designed to maximize efficiency, including recycling water and using as little electricity as possible.

“We have a grand total of eight grow rooms that are specifically made so we can grow different types of cannabis in each room,” Allen said. “In each one, there are going to be two 14-foot-long beds of organic soil. There is definitely good oversight by the state. The state requires that you’re under observation 24/7 in all of the grow rooms, so there are security cameras. You can’t have an area where you’re not seen. Six of these are flowering rooms, but we also have one oddball room that we call the ‘Rainbow

Room,’ that’s where we’re going to grow a small amount differently and do a little more experimentation than we would normally do. Then we have our vegetation room, where the cloned plants are just growing larger before they begin flowering and making the cannabis itself. In this stage, we take small trimmings, six or seven inches tall, off of mother plants, then you can clone that plant and get it to root. Then it just grows into an exact copy of the same type of plant. That’s how we can keep growing the same type, as opposed to growing from seed, where there would be small variations.”

“Anything in the water can be taken up by the roots, so we don’t want to have any contaminants in the water, like heavy metals,” Allen said. “We have a reverse osmosis system that cleans all the contaminants out of the water so there are zero heavy metals. It cleans the water right down to zero parts per million. It ends up essentially drinking water, the stuff that you get from the store. That is one of the things that can cause us to fail testing, so it’s very important. The lights that we’re using are state-of-the-art LEDs, so we are using the least amount of power to do what we’re doing. We’re trying to recycle and really trying to be ecologically conscious about everything that we do. Use the least amount of power, use recycled water, hire local. Everything we do here is a little bit different than what everyone else seems to be doing, from what we’ve seen.”

The products they create in this sterile environment will only be for sale in that building, and when they run out, they’ll have to shut down until they can process some more.

“Premier Botanics is different than all the other stores in Lowell because it is a micro-business,” Allen said. “A micro-business varies from a standard dispensary like Meds Café or Lume in the respect that we produce every single thing that’s going to be sold in the store on site. So true seed-to-sale production will happen here. That way you know every step of where your medication or product came from. Everything will be produced in the back here, and then it will be sold over the front counter. We are allowed to produce 150 plants and then compound them into different forms of hashish for people to use, and that we decarboxylate and turn into edibles, which are gummies, hard candies and anything of that nature. And then once we’re finished making it, everything is sold in the showroom. The products that you get here are never going to be available at any other store, at least with the way the laws are now. Once they change the laws, I guess that’s a possibility. Even then, I doubt we’re ever going to sell our products outside of our own store, but we might start to stock some other products beside ours. There is a proposal in the state legislature that could allow us to sell other people’s products as well as our own, but as of right now, this is the ‘mom and pop’ version of what cannabis is. With only 150 plants, that’s only so much material, so if we’re really popular, we might run out! But we’re not going to use cost as a method to keep from running out. We will shut the doors before that happens. I’ll be open five days a week and still be selling reasonably-priced marijuana before I’m

jacking up the price. Now, we’re not going to charge 50 percent less or anything of that nature, but we shouldn’t be charging more, and our product is going to be twice as good, in my opinion. So when the cannabis is that much better and the cost is the same or less...”

Allen and his fellow co-owners are natives of Lowell.

“We were going to be involved in the cannabis business someplace, and we wanted to be able to do it in a local fashion where we are going to be growing with the community and helping the community,” Allen said. “We plan on being here longer than any of the rest of the stores in Lowell, to say the least! My father John Allen is the primary owner of the building, he is also the owner of Great Lakes Paving, which has been here in Lowell for more than 20 years. Him and my mother are the managing members of the LLC, and then my brother Shaun Allen and I are the going to be the managers of the dispensary portion of the business. We will take care of all the front-of-house problems and all that fun stuff like hiring budtenders, interacting with delivery drivers and so forth. Our background is as medical caregivers to many people. Once you’ve helped enough people and you’re good at it, you want to continue to help people. That has led us all the way to this point. A medical shop would have been great, but they’re not permitted in town, and we wanted to stay local. We just love the fact that we’re able to do this at home. We were afraid that we were going to have to open up a shop someplace in Lansing or Detroit or who knows where, but Lowell was forward-thinking in the fact that they allowed for this to happen. The amount of revenue that they’re going to get out of it is going to be staggering, in my opinion.”

The potential customer’s procedure for shopping at



James Allen inside the still-under-construction facility. This particular area is where their customers will be waited on someday soon.

Premier Botanics is already planned out in detail, down to where people will stand when they’re looking at the various products.

“If you were to show up at the shop, first you would be greeted at the front door,” Allen said. “We will have curbside and delivery just like everyone else, but in addition to that, you can come in the store. One thing we like to tout is that we have a state-of-the-art filtering system so you shouldn’t be smelling cannabis every single second that you’re inside our store. When you enter the store, at the window, they’ll ask if you want to participate in any of our marketing programs. Then you just show your ID and away you go! We have a very COVID-friendly waiting room that is 50 feet by 10 feet wide, our products will be on display on the walls there, along with a scrolling menu. Then, once it’s your turn, one of our budtenders will come to the door and ask for you to come on back what we call the bullpen, which is where we will have all of our products are for sale, from t-shirts to all the different pipes and other materials. We plan to have 14 to 16 different types of flower, which we are going to compound into the different forms of hashish, from which we are able to make the different edibles. You’ll be able to look at each one of the strains and products that are available. You can’t handle them, unfortunately, because of the law, but you are able to smell it. Those jars are very nice because they have magnification, so you can actually zoom in and see it. Beyond that, we plan on having all of the literature from the testing with each batch. It’s a way to know exactly what you have. Once you’ve had a chance to shop for a few moments, you’ll get a budtender who is going to serve you. When you’ve decided what you want and the budtender has your order,

they type it into a tablet and then it magically goes back into the vault, where we store all of the cannabis that is ready for sale. There will be preparation tables for it to be labeled and put in the different containers and so forth. So the order will come to the tablet back there, the product will be weighed out and labeled immediately.”

To attract medical marijuana customers, the store will give card-holders a 10 percent discount that will cancel out the 10 percent tax they’re charged for shopping at a recreational store.

“When medical customers go to a recreational shop, they have to pay a ten percent excise tax,” Allen said. “We’re going to give a 10 percent discount to all card-holding medical customers to avoid that ten percent excise tax for them. That way we can serve those folks as well as a medical dispensary could. Lots of little things like that will make the difference for us. We’re not trying to beat people over the head with the idea that prohibition was never proper, they’ll find out about it on their own. They’ll see that it wasn’t right, but only if we can go about things in the right way.”

If you want more information about what’s going to be on the menu at Premier Botanics, you’ll have to wait a little while. Their website is basically a placeholder and their social media presence is minimal, but that will all change soon.

“Right now we have a Facebook page and an Instagram account that we’re only just beginning to flesh out,” Allen said. “Our IT has just been installed, and the computer should be here in about seven days, so in two or three weeks you’re going to be able to see what we sell and are going to have for sale. Right now all you see is ‘coming soon,’ but soon it will be much better with pictures, examples and all that fun stuff.”

BOWNE TOWNSHIP PUBLIC HEARING NOTICE PLANNING COMMISSION

On Tuesday June 1, 2021 the Planning Commission for Bowne Township will hear public comments related to the following request. The public hearing will be held at 7:00 P.M. at the Historic Township Hall, located at 8240 Alden Nash SE, Alto concerning the following:

1. Establishment of a Private Road

Mr. Brad Parisian, of 10687 68th Street, has submitted an application to establish a private road on parcel 41-24-05-300-004 located at 10687 68th Street. This road is proposed to be developed to provide private ingress/egress for four (4) proposed lots of approximately 3.5 acres to 9 acres in size for the future development of four single-family detached dwelling units.

The application and any other information will be available for review and written comments will be received until 4:00 P.M. Tuesday, June 1, 2021 at Bowne Township Hall, 8240 Alden Nash SE, Alto, Michigan 49302. All interested parties will be heard at the meeting.

Bradley S. Kotrba
Planning & Zoning Administrator
(616) 988-3526

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POSTMASTER: Send address change to:

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Lowell Police Department hires new staff, says goodbye to officer Heard

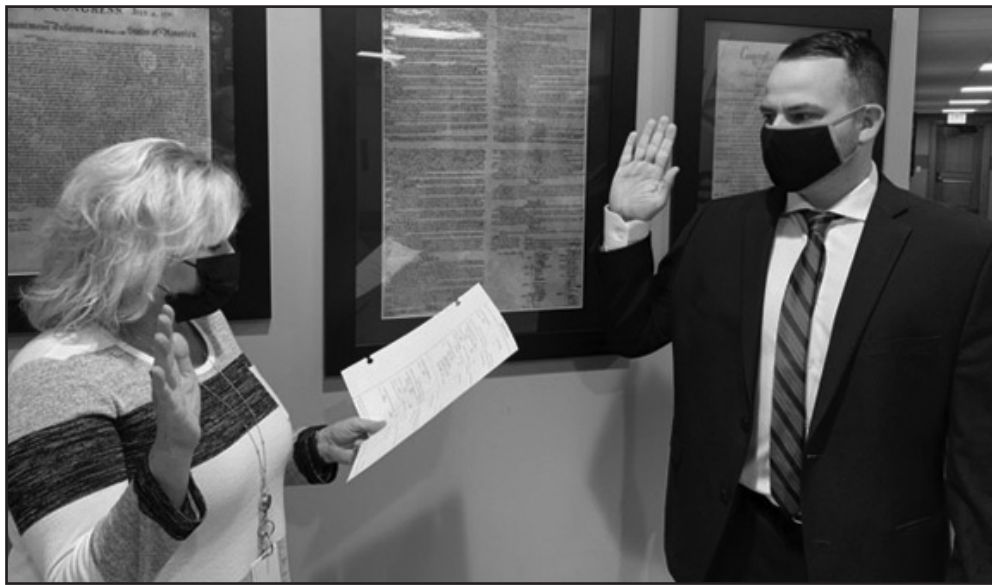
Last week, the Lowell Police Department welcomed two new additions to the department and said farewell to another.

After the retirement of Kathy Butts, police admin/clerk, in April, the department needed a new clerk. Eileen DeVries has a 10-year history with the Kent County Sheriff Department, starting as a road deputy in 1994. DeVries eventually worked her way up to become a detective, but dropped out of law enforcement to start a family and worked as the office manager for R-Value Homes.

LPD welcomed back officer Andy Coaker. He was originally hired by LPD in 2017 and served as a part time officer until 2020, then resigned to explore other career possibilities. He was interviewed and hired back on Wednesday, May 5.

LPD officer Jesalyn Heard has been offered a full-time position with the Kent County Sheriff Department. Heard's final patrol in Lowell will be Friday, May 14.

Heard started with LPD in Jan. 2020. During her career, she earned a Police Chief's Commendation award for helping out a merchant in need, going above and beyond what is expected. Heard also took on the Showboat Social District assignment, where she has earned several fans.



Lowell city clerk Susan Ullery swearing in returning LPD officer Andy Coaker.



LPD officer Jesalyn Heard's last day will be Friday, May 14.



Eileen DeVries in action as the new LPD admin clerk.

LPD announces plans for strict enforcement of downtown speed limits and traffic laws

Lowell Police Department announced last week that they will soon begin strictly enforcing traffic laws in the downtown business district after the city received several complaints about vehicles traveling at high rates of speed.

"The downtown area can be congested with parked vehicles, shoppers, Social District goers and people enjoying the Riverwalk Plaza," said LPD chief Christopher Hurst. "Because of the complaints of speed violations along this portion of Main St, the Lowell Police Department will begin 'directed patrols' with the emphasis of changing driver behavior by strictly enforcing speed limits, reckless [or] careless driving and other driving behavior that may be dangerous or cause accidents. Officers will have limited discretion on whether or not to give a warning or issue a citation."

Some citizens have suggested raising or lowering the speed limit through that area, but Hurst said this is out of the city's control.

"Our Main St. is a state

highway, M-21," Hurst said. "The posted speed in the downtown area from Hudson St. to Jefferson St. is 25 mph. [Neither] the city nor the county has

jurisdiction to regulate speed limits or other modifications to the roadway. However, the Lowell Police Department does have the authority to enforce the posted speeds."

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BOWNE TOWNSHIP PUBLIC HEARING NOTICE PLANNING COMMISSION

On Monday June 21, 2021 the Bowne Township Board of Trustees will hear public comments related to the following request. The public hearing will be held at 7:00 P.M. at the Historic Township Hall, located at 8240 Alden Nash SE, Alto concerning the following:

- 1. Amendment to Article 2: Section 2.48 – Lot Definitions

An amendment to the definition of the area of a lot for the creation of a "back-lot" provision to the Bowne Township Zoning Ordinance.

- 2. Amendment to Article 3: Section 3.01 – Access to a Street

An amendment to Section 3.01 to permit access to a street for back lot properties with a dedicated 66-foot right-of-way easement owned by the back lot property owner with the provision that said property owner must maintain the minimum lot width stipulated by the applicable zoning district.

- 3. Amendment to Article 3: Section 3.08 – Driveways

An amendment to Section 3.08 to add a "shared-use" driveway for the exclusive use of only two back-lot parcels.

- 4. Amendment to Article 3: Section 3.24 – Private Roads


An amendment to Section 3.24 to establish private roads for the usage of three or more parcels that share said private roadway. The private roadway must meet all the minimum Township, County, and State roadway construction and design guidelines.

The amendments and any other information will be available for review and written comments will be received until 4:00 P.M. Monday June, 21 2021 at Bowne Township Hall, 8240 Alden Nash SE, Alto, Michigan 49302. All interested parties will be heard at the meeting.

Bradley S. Kotrba
Planning & Zoning Administrator
(616) 988-3526

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Lowell Showboat VI will be open to public in June

THE LOWELL SHOWBOAT VI

After four years of work, the new "Lowell Showboat VI" will officially be introduced at two special events in June. First, on Friday, June 11, there will be an invitation-only "Lowell Showboat Gala Celebration" for those who contributed \$1,000 or more to the project. At that event, there will be food, a ribbon-cutting ceremony and tours of the boat. Guest speakers will include former state senator Dave Hildenbrand and Lowell city manager Michael Burns.



"As a life-long resident of Lowell, the Showboat represents so much of our history and is such an important connection for the community," Hildenbrand said in a press release. "I am so thankful for all those who made the new Showboat VI a reality. It will be a huge part of our fabric for many, many years."
"The Lowell Showboat is the epicenter of our downtown," Burns said in a press release. "Being the 'Showboat City,' we are excited to be able to make this the showpiece our community deserves."



The second event is a public open house, and it will take place the next day, June 12 from 10 am until 3 pm. It will occur as part of the "Expo on the Riverwalk," also June 12, and it's the first time the new Showboat will be open to the public.
"The Showboat has been designed to replicate riverboats of the past," said Lowell Area Chamber of Commerce executive director Liz Baker in a press release. "You will be able to view the grand staircase, the special wall coverings on the first and second deck, the tin ceilings and the custom-made pilot's wheel, located in the third-floor pilot house. The Lowell Showboat VI venue will provide ample rental space. Consider holding family gatherings, weddings, baby showers, open houses, business meetings and holiday get-togethers in this unique setting."

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82% of consumers use coupons received through newspaper inserts.³ 33% of Michigan adults prefer receiving coupons from direct mail.²

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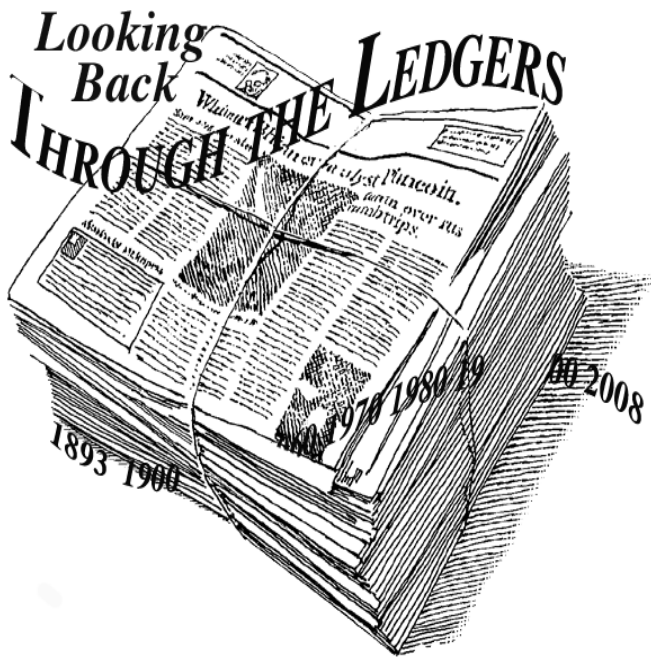
17.2% of adults made a purchase in the past 90 days as the result of a direct mail flyer.⁵

50% of Michigan adults did not buy anything as the result of a direct mail piece in the past year.²

86% of adults look at newspaper inserts to get the best deals.³

Direct mail lacks the effective reach of newspaper advertising.

viewpoint



125 years ago Lowell Ledger May 15, 1896

Considerable excitement was caused Tuesday evening at the bridge over Flat river on Bridge street by the inevitable small boy. This time it was Byron, son of J B Goodsell, who fell into the deep rushing water at the shute and was quickly carried away by the current. A crowd gathered, among them Rudolph Vandyke, who from long experience knew just what to do. He hustled into the river and hustled the boy out just at the critical moment, 'Dolph has done this kind of thing six times now and had better apply to the United States life saving bureau for a job.

Representative Milnes opposes the payment of extravagant pensions to widows of officers. He says: "Why should we go on and pay \$50 a month to these widows of officers while there are thousands and tens of thousands of widows of soldiers just as gallant as this soldier who cannot get to exceed \$8 a month? I do not believe it is right."

Mrs. Wilkinson who received a severe fall by stepping into a hole in her wood shed and has been quite lame for the past two weeks is improving. She had a very narrow escape from breaking her limb.

100 years ago The Lowell Ledger May 19, 1921

Woodrow Wilson can practice law in New York state any time he wants to hang out his shingle. The former President has been made a member of the New York bar by a special bill.

William H. Frankhauser, of Hillsdale, representative of the Third Michigan congressional district, committed suicide at the Battle Creek sanitarium here late on the afternoon of May 9 by cutting his throat and slashing his abdomen with a razor. He was dead when found, his body lying in the bathtub of his room.

Mrs. William Graham plunged her hand in a kettle of boiling starch when she fainted while working beside the kitchen stove. She was badly burned.

75 years The Lowell Ledger May 16, 1946

Kent and Ionia counties are among the leading counties in southern Michigan in the amount of wheat being brought to market in answer to the government pleas for food for Europe. The thirty-cent per bushel

bonus seemed to be the spur that was needed. The Government asked for four million bushels from Michigan which is rather high in view of the fact that Michigan's total crop last year was only 26 million bushels and this was an abnormally big crop for the state.

The chorus for the Lowell showboat is growing in numbers, eighty being present at Monday night's rehearsal at the City hall, Mr. Runciman, the interlocutor, says they would like to have more male voices volunteer.

It has been estimated that from 200 to 300 men employed in Lowell plants would have been out of work by this time had it not been for the two weeks truce in the coal strike. At this writing the outcome of negotiations now in progress is uncertain and the president may find it necessary to seize the mines.

50 years The Lowell Ledger May 20, 1971

A quick camera caught Lowell Police Chief, Barry Emmons, placing hand cuffs on Centennial Promoter, Don Eickhoff, Saturday, after he was picked up and charged with selling Centennial Peddler's Permits, without a permit to do so. When Eickhoff approached several businessmen in his endeavor, each asked him to produce his permit to solicit...when unable to do so, Eickhoff proceeded to sneak his way to City Hall before he was caught in the act.

Lowell is geared up for its thirty-ninth annual Showboat, to be held this year for two week ends in July, the 22-24 and the 29-31. Each year, the famous side-wheeler steams down the Flat River into Lowell, carrying a ship-load of star-studded professional and amateur entertainment to be presented before an audience exceeding the 6,000 mark.

The number of airline passengers in and out of Michigan airports declined by 8.6 percent during the first quarter of 1971 compared to the same period last year. The Michigan Commerce Department's Aeronautics Commission reports that 2,005,683 passengers arrived and departed from 22 Michigan airports served by airlines during the same three-month period in 1970.

25 years The Lowell Ledger May 15, 1996

Bob Pfaller was named the 11th recipient of the Lowell Area Chamber of Commerce "Person of the Year" award Thursday evening. Approximately 50 people were on hand at the new Riverview Restaurant to pay homage to Pfaller for his service to the Lowell community over the years.

Noel Dean was officially approved by the Lowell School Board as the new Lowell football coach and science/social studies teacher. The approval did not come without some discussion about the selection's academic achievement. Dean carried an overall GPA of 2.7 while in college. His GPA in his major and minor subjects were 2.95 and 3.14.

Plans to develop an apartment complex along M-21 have been put on hold for at least one year due to rising costs. Developer Curt Cowles informed the Lowell Charter Township Planning Commission that he will put a hold in the actual construction of his Stoneridge development because construction bids have come in much higher than expected.

outdoors

rubber spiders

Dave Stegehuis

Springtime in Michigan presents a variety of special fishing opportunities. As the water in lakes and streams warms, fish of all kinds move into the shallows to feed and spawn. The bottom of the food chain begins to emerge in inland lakes, so fish arrive to feed in the more comfortable water. In time, bluegills will establish spawning beds in the same locations. After the spawning period passes and the lake warms up, new vegetation starts growing, and the fish move back to deeper water. While in the shallows, bluegills will feed on surface insects and become aggressive towards anything that invades their space. This window of opportunity sets the stage for fly fishing fun.

Fly fishing is often viewed as a complicated fishing technique requiring knowledge of entomology, exceptional casting skill, and sophisticated tackle. Successful stream brook trout fly fishing is especially challenging. Spring bluegill fishing, however, is fun and

productive, and anyone can do it.

Start with a modest eight weight flyrod with a simple reel to hold an eight weight forward floating fly line. This rig is easy to cast even in the wind, but any fly outfit will work. A rubber spider tied to a monofilament leader will complete the set. Practice in the backyard after picking up casting pointers on the internet and you are in business.

The bluegills will be cruising the shallows or gathering on beds dished out of the sand or gravel bottom. Fish are usually visible, so avoid spooking them by getting too close. Sometimes you can see the fish take the spider or there will be a swirl as the bluegill smacks the lure.

At this time the fish are quite vulnerable, so try not to over fish. Rubber spiders are easy to remove with a forceps so catch and release fishing is safe for the fish. Bluegills make a great fish dinner so keep some and enjoy your catch.



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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 Catherine S. Smith, NP-C

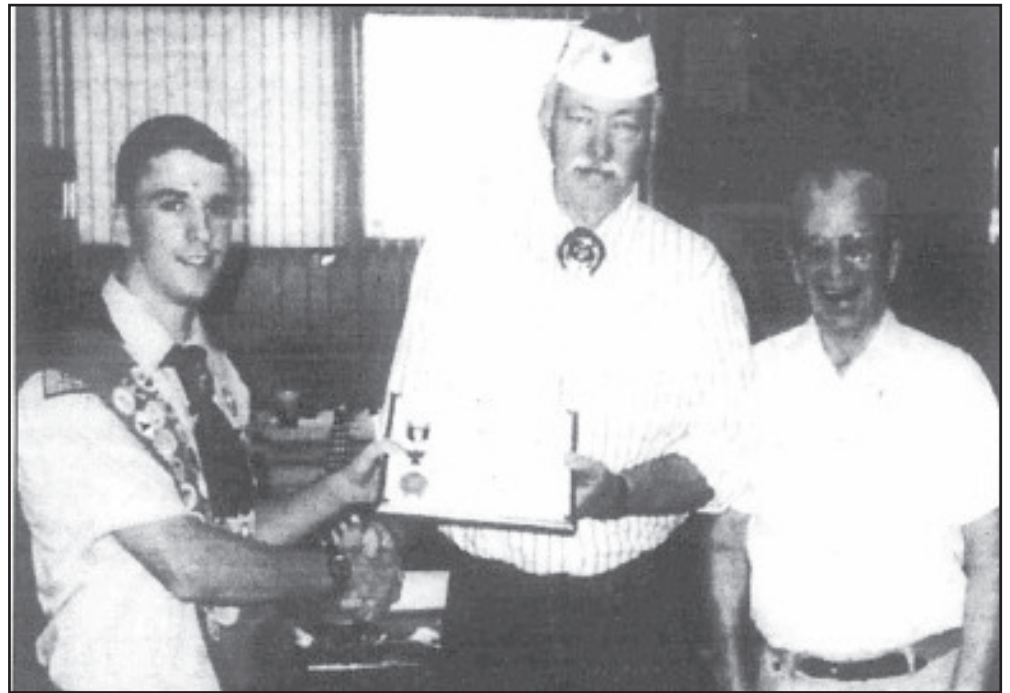
ABCs of Lowell history

submitted by the Lowell Area Historical Museum

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.

E is for Eagle Scout

Lowell saw its first Boy Scout achieve the highest rank in scouting, that of Eagle Scout, in 1931. Since then many have followed in his footsteps and the community has been enriched because of the scouts. Along with many other requirements, every Eagle Scout plans, organizes, and manages a project benefiting an organization outside of scouting. While the community has received many volunteer service hours from these Eagle projects, the Eagle Scout also leaves a tangible reminder to the community of their character through these service projects.



Pictured are Gerrid Uzarski, Gordon Marshall and Sam Yeiter.

The Boy Scouts organization began on February 8, 1910. In 1927 a young Boy Scout from the West Michigan area became an Eagle Scout, and then went on to become President of the United States. Gerald R. Ford, of East Grand Rapids was the only U.S. President so far to be an Eagle Scout. Soon after Ford's Eagle

accomplishment, Troop #78 was formed in Lowell.

Sam Yeiter joined Troop #78 and in 1931 at the age of 13 became the first Eagle Scout from Lowell. He went on to volunteer and fight in World War II. He led a reconnaissance regiment through Tunisia in Northern Africa against German General Rommel, the "Desert Fox," even chasing him into Italy and France. Sam was awarded the Silver Star for gallantry and Bronze Star for bravery. He even received one of the top honors from France, La Croix de Guerre medal. His fellow, though younger, Eagle Scouts gave him a party for his 91st birthday in 2009.

The Lowell Troop folded later as they did not have a Scoutmaster. Young men themselves initiated the founding of current Lowell Troop #102. They researched how to start a

troop and recruited adults to serve. In the spring of 1942 the troop was formed. The first Eagle Scout produced by Troop #102, and one of the young researchers who founded the troop was Ken Dennis in 1945.

Over the years many young men have come through the Lowell Boy Scouts, at one time eighty boys were registered. Lowell supports its Boy Scouts. Their meeting place, creatively dubbed "The Boy Scout Cabin," exemplifies this. Local citizens and organizations came together to build the cabin.

The Boy Scouts in turn, have brought great contributions to the community. Just a short list of Eagle Scout projects include: benches at area cemeteries, the paved drive at Flat River Outreach

ABCs of history, continued page 12

- preventative healthcare

Many people visit the doctor's office when they are sick or have a chronic medical problem. Did you know that it is just as important to visit the doctor's office when you are healthy? A visit to the doctor when you are healthy is a proactive approach to staying healthy as you age. A preventative service might be recommended to you based on your age, gender, risk factors or family history. A preventative service might consist of a test, measurement, immunization or advice.

Children should have regular well-child exams (physicals) to monitor their growth and development. In general, young children should be seen for well-child exams at one, two, four, six, nine, 12, 15, 18 and 24 months after birth. Older children should then be seen

yearly. Immunizations are one of the most important preventative services offered in this age group. In addition to monitoring growth and development, advice may be given on topics such as diet, exercise, seatbelts, tobacco, and peer pressure.

Adult males should have regular complete physical exams every three to five years until age 40, every two years in their 40s and then yearly once they turn 50. Preventative services covered typically include blood pressure, weight, cholesterol and testicular cancer screening. Prostate cancer screening usually begins at age 40 and consists of a blood test, along with a rectal exam. Colon cancer screening

Health, continued, page 12

business matters

Greenridge Realty announced that Christy Marsalese received Realtor of the Month in April.

This award recognizes Marsalese for her outstanding success and achievements.



CONGRATULATIONS

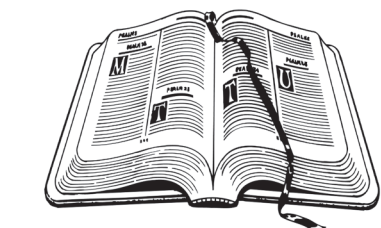
Ron & Norma (Heim) Noall
on their 65th wedding anniversary - May 12

Parents of: Steve (Annette) Noall and Brenda (Randy) Clemons. They have four grandchildren and three great-grandchildren.

Congrats can be mailed to:
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area churches

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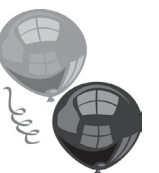
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 Pastor Jon Pickens • Lead Pastor
 Pastor Andrew Bolkcom • Pastor of Discipleship
 Christi Swain • Director of Children's Ministries

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LIFE GROUPS..... 11:00 AM (Nursery-Adult)
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happy birthday



MAY 12
 Michele Lindhout - Barber, Jessica Covell, Carrie Kiczenski, Ian Duiven, Ryan Timmers, Christine Vickers.

MAY 13
 Melanie Ligman, Jean Daverman, Ed Roth III.

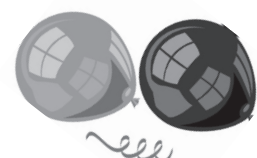
MAY 14
 Kathy Thomas.

MAY 15
 Maxine Gasper, Kass Milanowski.

MAY 16
 Richie Ford, Kristi Ford, Angela Dixon, Ryan Phillips, Janet Boerema, Lila Crandall.

MAY 17
 Andy Dibble, Shawn Witherell, Blake Yeiter.

MAY 18
 Ashlee Patnode, Robin Hewitt, Karen Patnode, Cody Sokolowski, Karen Kennedy, Kristin Hufstader, Phil Dibble, Melissa Borton, Mike Ordway.



Therapy dogs in local classrooms help soothe kids during tough times

by Tim McAllister
lead reporter

There are currently three therapy dogs working in Lowell Area Schools, two at Lowell Middle School and one at Cherry Creek Elementary.

Brook Beaufait, a third grade teacher at Cherry Creek Elementary, is the owner of Bruno, a golden retriever and a graduate of West Michigan Therapy Dogs who has been working at the school for the past four years.

“Bruno is in my classroom two or three days a week, and he just becomes part of the classroom,” Beaufait said. “He has his own little dog bed and he reads with the kids. He does his work and they do their work. It makes their day better. If they’re having a rough day or there are things outside of school that they are bringing to school, he helps them calm down from that and relieves a little stress for them. Also, by having Bruno here, kids become aware of how much a dog can relieve their stress. For example, when we had state testing, one of the first questions they asked was, ‘Is Bruno going to be here?’ They wanted him here on those days, so they’re aware of how much of a stress reliever he is. It’s amazing that a eight or nine-year-old can identify that and know that it’s going to help them do their best in a stressful situation.”

Melissa Simkins, a counselor at Lowell Middle School, has her red Labrador named Zaire available to students.

“Zaire is in the counseling office throughout the day with me, and she visits kids as they come in,” Simkins said. “Zaire is all about snuggling. She just wants your attention, and she wants to snuggle. Even during down time at home, she loves attention. She has a very chill personality that I

think is the perfect fit to hang out with kids and and just be there. We just started the dogs here after spring break and are already seeing so many positive benefits with the kids and their interaction. Teachers, from time to time, will call me and say, ‘Hey, the kids would love to see the dog!’ Then Zaire and I will go to that classroom and kind of do a walk-through. I’ll let the kids pet her as we walk around and say ‘hi’ to everybody. Sometimes kids with behavior plans who are working towards certain goals will schedule a reward with Zaire, so their reward is being able to spend time visiting with Zaire.”

“The calmness that he brings to kids who are in distress for whatever reason is pretty amazing to watch,” Simkins said. “Especially when they’re able to, without words, soothe themselves through interacting with the dog. I’ve got her dog bed in my office, and one day I had an eighth grade boy laying down with her on my office floor, just petting her. I wanted to take a picture but I didn’t dare! It also has an effect on attendance. In the few short days that she’s been here, we’ve been able to keep kids in school that have a habit of going home sick by setting up plans and goals for getting through so many hours in the day, and then they are able to interact with the dog. It’s already showing that it keeps kids at school. Even staff members are wanting to see the dogs! And if the dogs aren’t here, there are staff members who are like, ‘Aw, I really needed to see the dogs this morning!’”

Katie Wirsch, an eighth grade science teacher at Lowell Middle School, has trained Brogan, a yellow Labrador retriever.

“Brogan just turned one year old in April, so he is



Bruno, Zaire and Brogan enjoyed a stroll through the hallway at Lowell Middle School last week. Accompanying them are Brook Beaufait, Melissa Simkins and Katie Wirsch.

still very much in training,” Wirsch said. “He is off leash in my classroom. I have a pet gate that my husband built for me, and the kids know to shut it when he is in the room. I have five classes, so Brogan will interact with 150 kids a day every day that he’s here. He’s already picked kids that he gravitates towards, and the kids just love it. When he is around, there is a noticeable calm to the room. It is different than when he’s not there. When he’s in the room, everything is more low key. I don’t know if it’s because the dog is there and they think they’ve got to be quiet around the dog, because they don’t! There just is a noticeable calm from the kids, which is amazing, because in an eighth grade classroom, especially in May, they could be bouncing off the walls! But they’re not when he’s around, so it’s really telling what the dog is bringing to the environment. He spilled

his bowl of water the other day in my classroom. All the kids were in their seats, and I had about four kids jump up and start cleaning it up. It was just something they felt they needed to do. ‘It’s our dog, we need to take care of him.’ During the school year, the kids start to develop more of a self-awareness and an awareness of their impact on others. That might not be something you understand in middle school.”

“In a way, they want to nurture the dog too,” Beaufait said. “The kids never want to do anything to hurt Bruno in any way. I have the same kids all day long, and that calmness when he’s there just becomes our norm, and now my classroom is really lovely, calm and quiet. I think part of it has to do with him, because they know if they slam their desk when they’re frustrated, it might hurt his ears or hurt his feelings, and they want him to continue to come by

them so they’re very aware of how they approach other people and approach him. Their intuition with kids and human relationships is amazing to see, and it’s hard to explain unless you see it. Whenever we’re going to be in the halls, I have to plan for an extra ten or fifteen minutes. I’m constantly late to everything because the dogs are so approachable and the kids love them. It’s a nice mental break for them.”

The process involved in bringing a therapy dog into a school involves tremendous donations of time, money, work, dedication and patience. All three educators said the results were well worth any sacrifices.

“It’s a lot out of pocket spending, it’s a big commitment and it’s not something that happens overnight,” Beaufait said.

Therapy dogs, continued, page 8

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Experience
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Interested applicants should complete our application form on our website lowell-light.org and email along with resume to customerservice@lowell-light.org or send to Lowell Light & Power, PO Box 229, Lowell, MI 49331, no later than May 24, 2021.

Therapy dogs, continued

“The process can take more than two years. First, you have to look at them when they’re a puppy. You look at their temperament first to see if it would be a good fit. If they do seem like they would be a good match, there is a lot of training from when they’re really little. After a year, when they’ve had different training, they can take the Canine Good Citizen test. [Retired Lowell Area Schools superintendent Gregory] Pratt wanted Bruno to be a therapy dog and go through therapy dog training. There are lots of different organizations, but I happened to choose West Michigan Therapy Dogs because of all the local programs they have. After their training, he had individual obedience training, where somebody came to my house and we worked on obedience. After that, he was screened to see if he was still a good fit to be a therapy dog. Then we got admitted into therapy dog class, and that takes eight weeks. After that, you have to do shadowing at least three times with another therapy dog and their handler. Then you go to different organizations and shadow, and when that’s completed, you do your final test to get their certification. Once they’re certified, you have to reevaluate every two years, so it’s an ongoing process. I don’t try to add up the cost,

but it’s really worth it in the end. You can’t put a financial measure on the smile when a kid sees the dog or when sad tears turn into happy tears and things like that.”

“The ‘Canine Good Citizen’ test is run by a third party [the American Kennel Club],” Simkins said. “They interact with the dog and measure how they respond to loud noises, different situations and various environments to make sure that the dogs are well-trained and have a demeanor that would be good for a school. Paws with a Cause will go through different litters of dogs to handpick dogs with a good personality that would fit the school environment. We went through Paws with a Cause, and they were absolutely amazing. It was such a seamless process and they were so great to work with.”

“There is a lot of work involved behind the scenes to expose them to the school environment, to make sure that the dogs are ready for everything they’re going to experience,” Wirsch said. “All three of these dogs went through different trainers. Zaire went through Paws with a Cause. Brogan and I went through someone local named Gail Ayres, who is with Riverside Dog Training. As far as therapy work goes, I think Labradors and retrievers in general rule

supreme. They are just true people dogs. They love the kids. The minute they walk through the door, the tail starts, and it goes the whole day. There is always a lot going on in a school, and retrievers just seem to roll with the punches. One of Brogan’s first times in the building was this winter. We were in the building getting him used to the smells and all that goes on in a school building, when the fire alarm went off. I thought, okay, here’s the true test! He never even flinched. We were walking down the hall, and he just kept right on going. There are different footings in the classrooms, and we’re going to have an elevator and stairs, he’s been exposed to all of that. You just have to have the right handler and the right dog. Starting with the right dog is key, but you have to have the right handler that’s willing to do it, because at the end of the day, the workload is definitely increased. My work day when he’s with me is unbelievable. I’m exhausted because there’s a lot that goes into it. It’s not just having fun with a dog at school, there is so much more than that behind the scenes. During the day, you’re constantly watching to make sure their interactions are always positive. There is a lot of responsibility on the teacher, but it’s totally worth

it. We all had to buy the dogs, the teacher pays the cost of the puppy. With Brogan, I went to a trainer that did genetic testing, because you don’t want to start with a dog that may end up with hip dysplasia or other things. You look for a breeder that breeds carefully and is a responsible breeder. The breeder I went through was Green Gables Kennel. I told her what I was looking for, and when she thought she had the right puppy, I drove six hours to Columbus, OH to pick him up. After all of the care, all of the classes and outside work, I would say it’s definitely in the thousands of dollars, and that was all out-of-pocket for all of us.

dogs need in the classroom is all out of our pocket. I have a pet gate, but my husband built it and installed it. The materials were expensive, and so are the dog beds, the bowls, all of the gear for the dogs, and that’s fine. We all took that on willingly. But there are things we could use that are beyond our budget and would be very welcome. For instance, Brook went to the community and got funding for a fenced-in area for Bruno. We’re looking to have something like that in our new building, because the dogs do need 15 minutes a couple times a day to just go be a dog, so that they’re better prepared to come back to the classroom refreshed.

more aware of the amount of training involved and of the benefits and the science behind having them here. If you look at it nationwide, it is growing in popularity because people are becoming more aware of what dogs can offer to humans for therapy. There is scientific proof that petting a dog’s fur naturally lowers your blood pressure and lowers your heart rate.”

“It is scientific, there is a lot of data out there that shows there is an actual physical response from just interacting with a dog, petting its fur,” Wirsch said. “It’s soothing, it’s calming, it lowers the heart rate and it improves cognitive ability. I have a love seat that I



But it was totally worth it! Seeing what it brings to the classroom, it was definitely worth it. But still, right now, the expenses of what the

That is a huge expense, probably thousands more dollars. If the community does want to get involved, they could just call and ask for one of us, or call and ask for one of our administrators.”

“The two dogs at the Middle School have a fenced-in area in the courtyard,” Simkins said. “It’s temporary because of construction. They go there during our down time so they can ‘be dogs’ for about 15 minutes.”

Bruno recently won a Biggby Coffee Teacher Award that consisted of enough to build a fenced-in area where he can run around and attend to other dog business. Like any animal, therapy dogs have constant needs, and it doesn’t seem fair that already underpaid teachers are expected to foot the bill out of their personal salaries.

“The funding that I received for the fence was impromptu,” Beaufait said. “I didn’t approach them, Bruno was nominated through Biggby. I did not initiate that and I had nothing to do with it, but when that circulated through the community, it just showed you how much the community valued having a dog at school. It was mind-boggling how that just spread. So the community, for the most part, does seem to think of it as a positive. And if they don’t think of it as a positive, it’s usually just a matter of becoming

purchased for him for my classroom. I have watched kids go over and sit on the couch, and he just knows it. He goes up to the couch, gets on it and just lays down with them. That has to be innate in the dog. That’s not something you can teach.”

“I would love to see a dog in every building here,” Simkins said. “Our school system is big enough, and there is plenty of need for our kids to have more than one dog. One dog can’t really take on all the needs of one school. We’re looking at reaching out to the other elementary schools. Everybody I’ve talked to over at Cherry Creek absolutely loves having Bruno there, it’s such a positive vibe.”

“I would also love to see a dog in every building,” Wirsch said. “Lowell and Rockford are some of the few districts in the area with therapy dogs. I’ve talked to a lot of people in other districts about starting a dog, no fewer than four. They don’t yet have the approval through their district, but they came to me and asked how to do it.”

“There are a few Cherry Creek students who are very happy that when they leave Cherry Creek there’s going to be dog support here for them at the Middle School,” Beaufait said. “You can tell that’s a big stress reliever for them, and they are relieved know that will be there for them.”

Honoring the Class of 2021

This year the Lowell Ledger will be running a special graduation edition. This edition will feature all LHS graduates senior photos.

Advertising is offered in this feature. If you would like to congratulate the grads or send well wishes to your son, daughter or grandchild - this is the perfect place!

Contact the Ledger office to place your ad supporting our 2021 LHS Grads!
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the lowell ledger

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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

LCF Soap Company

A little soap company with a big heart

Courtney Lubbers began making soap early in 2020 when she was unable to find any products available for purchase that wouldn't irritate her son Grayson's sensitive skin.

"Even the products in the store that were labeled sensitive still



irritated his skin," says Lubbers. "I wanted to be able to create products that he would be able to use. I also felt more comfortable knowing that all the products would be safe for my child to use because all of our products are kid friendly."

While she didn't set out with a plan to sell her health and beauty products, the interest of friends and acquaintances helped Courtney discover the joy of sharing her hypo-allergenic and kid-friendly creations.

"At first I had actually not planned on making a business until people began asking

where I buy my products and began asking me to make them some as well," says Lubbers. "I have absolutely loved starting up this business and seeing the smile on everyone's face when they use LCF's product whether it be for them or their kids. I've had people reach out to me with allergies and specialized orders that I have been able to create for them that makes this business worth it for me knowing that I am making a difference in people's lives. Before then I had always had a crafter's hand, so I had experimented with different products until it clicked in my head that I could create a business out of this and help people while doing it."

Encouraged by the reception her products received, and with the help of friends and family, Courtney began expanding her product line. By the summer of 2020 the family had created an online business based out of their Lowell home; LCF Soap Company was born.

"LCF stands for Love, Compassion and Family, which are the principles we believe in as a company," says Lubbers. "All of our employees at LCF are close to our hearts and we consider them as family. Miah Ransom has been a very

close friend since I had moved out to Lowell, and she runs the social media for the company. Also my fiancé, Ethan Campbell is our company's CFO who runs our website. We make health and beauty products such as goat milk soap, body scrubs, bath bombs, hand sanitizer, and more! The company is also hoping to expand our business this upcoming year with even more products."

Love, Compassion, and Family aren't mere words for Lubbers and her company but form the foundational philosophy for everything the company does.

"All three of these are the principles we follow as a business because we want to be able to help everyone even if they have special requests for the products," says Lubbers. "By listening to customer needs we want everyone to feel important, so we make sure to give specific attention to each one of their products which is something that customers may not get with other of the larger brands. At LCF we work closely with every customer, and that is why all of our products are made to order. Our goal is for all of our customers is to treat them like they are a part of our LCF family because it takes a village to make a company and everyone plays a part."

LCF's products are as beautiful as they are functional, and the care taken with every handcrafted item is obvious.

"To ensure the best quality, each product is made to order," says Lubbers. "I buy everything in bulk from my wholesaler including ingredients, containers, and utensils. I receive an order off of our website or Etsy and that's where the whole process begins. I print off the order to make sure I remember

everything the customer ordered. When people are ordering we have a separate section on the website for if they have any special needs or allergies to certain products, so I make sure I look there before beginning any of the recipes. Once my soap base has been made, I pour the soap into molds, and I let it process for at least 48 hours. While the bars for the soap are processing, I use a white base and pour it into our Michigan molds. Once the soap bars are ready, I attach the Michigan's to the top of the soap bars using soap base. With our Cricut we make all of our labels and wraps for the soap and containers, and we wrap the bars of soap and they are good to go!"

While LCF keeps Courtney quite busy, she still manages to find time for an unsurprisingly compassionate second occupation, working as a nanny for small children.

"I am a full-time maker but for a few hours of the day I nanny for a family who has 18 month old twins," says Courtney. "During the first year of the shutdown I was only a fulltime maker and the soap business is all I had worked on, but when I saw the opportunity to reach out about becoming a nanny to



the family I am with I had to take it because I absolutely love working with children. During the morning I work on putting orders together to ship out, and then I go to the twins house, and when I get back home that is where I work on

they have a section at the Bella Grace Boutique in downtown Lowell. The kindness and family atmosphere of Lowell seem to be a perfect fit for LCF Soap

"My family had moved out to Lowell when I was in first grade, so I have been here for a majority of my life," Courtney says. "We opened up our business just over a year ago and moved into the Bella Grace Boutique just a couple months ago. We absolutely love the Lowell community and how everyone here is so supportive and everyone is family. The overwhelming kindness in the town is what brought us to stay here."

For more information, or to buy LCF products, visit the LCF Soap website <https://www.lcfsoap.com/> or Facebook page <https://www.facebook.com/lcfsoaps/>.

soap again and making the products to order."

While most of LCF's sales are online, they are beginning to expand their product into stores. At the current moment



Red Arrow

- LACROSSE

SPORTS

Boys lacrosse wins conference title

by Justin Scott
contributing writer

It was an eventful week for the Lowell boys lacrosse team as they hosted their annual Pink Arrow games along with the girls program, defeated Jenison 14-9 on senior night, and won a thriller for the conference championship.

For the first time since 2011, the boys lacrosse team are conference champions. Connor Lixie scored with 2:06 left in a back-and-forth game to give

LHS a 13-11 lead. Mona Shores responded with nine seconds left, leading to a frantic finish, but Lowell held on for a 13-12 win and the OK Conference Tier III title over the hosts.

Owen Carpenter scored five goals including an assist on the game winner. Cole Huisman also recorded five goals in the win.

It's all come full circle for head coach Austin Buckius. This was his first

league championship as a coach, the last for the program came in 2011 during Buckius' junior year of high school.

Boys lacrosse regionals begin May 28. Lowell's region consists of Byron Center, Caledonia, East Grand Rapids, Catholic Central, Grand Rapids Christian/West Catholic, Northview, and South Christian/Calvin Christian.



- TRACK

Lowell comes up short against Greenville

submitted by Paul Judd

The Red Arrows fought hard but came up short in their dual meet against Greenville. On paper it was a two-point meet and when finished, the final score was 76-60 with numerous track events decided by less than a second.

Josh Rau scored wins in the 110HH with a time of 15.56, 300H in 40.51, shotput with a throw of 38-04.75 and had the lead leg in the winning 800m relay team with Jake Schmidt, Kaden Northup, and Brenden Wittenbach. Cole Weston and Benjamin Bromley were the other two multiple winners, with

Weston winning the 3200m in 10:28. Bromley scored a victory on his first ever discus competition with a toss of 104-08 and both teamed up with Jackson Fowler and John Lothian to win the 3200 relay with a time of 8:52.

Lowell's final event winner was Ramsey Ponchaud who went 9-06" in the pole vault. Overall it was a great way to end the regular season with 20 personal records on the day. A meet comes down to the smallest of margins and was decided by .25 seconds between two races and a half-inch in the field events.

Final team scores were Lowell 60, Greenville 76.

Second place finishers for Lowell were: Sawyer Fowler 1600m, 4:37.28; Lothian 3200m, 10:35.42; Isaac Graham discus, 101-02; Noah VanLaan high jump, 5-08.00.

The JV Arrows are at Grand Rapids Christian on Monday for the JV conference meet and the varsity will be hosting the conference meet on Thursday and Friday.

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Red Arrow

- TRACK

SPORTS

Lady Arrows win at Greenville

submitted by Paul Judd

Lowell used talent and depth in many areas to score 113 points and grab the “W” against Greenville to close out the OK White regular season at 6-2. Lowell won 16 of the 17 events and eight runner-up honors to take hold of the meet early and kept going.

All Arrows seemed to be on their game as many of the JV runners ran, threw, or jumped a personal record as they prepare to compete in the OK White JV Conference meet on Monday at Christian high school.

Kaylee Diamond and Theresa Judd had “perfect” days, winning the four events in which they were entered. Diamond won high

jump, long jump, 200m and was anchor on the 800m relay team with Julia Tuuri, Madison Brown, and Jeselyn Spaulding. Judd won the pole vault, 100H, 300H and anchored the 1600m relay team of Emily German, Jamara Harper, and Kaylee Byrne. Annika Sandman was another multi-event winner taking the 1600m, the 3200m run and anchoring the 3200m relay team with Katrina Sandman, Abby German, and Aurora Fredricks.

Other meet winners were Tuuri in the 100m with a time of 13.73, Jadan Sanders in the 400m with a time of 66.29, Katrina Sandman in the 800m in

2:39.62, Liberty Cook in the discus with a throw of 78-02, and the 400m relay team of Tuuri, Brown, Anna Seddon, and Grace Simkins.

The varsity Arrows will compete next Thursday and Friday at home in the OK White Conference meet.

Final team score was Lowell 113, Greenville 24.

Second place finishers were: Tuuri, 200m, 28.70; Keira Sandman, 800m, 2:39.75 (personal record), 3200m, 12:59.02; Katrina Sandman 1600m, 6:03.38; German, 100H, 18.57 and 300H, 56.73; Kaylee Byrne, shot put, 28-08.25 and discus 75-11.



Pictured is Jeselyn Spaulding.

- GOLF

Golfers continue to perform well

by Justin Scott
contributing writer

The boys golf team placed fourth of eight teams at the conference jamboree at Egypt Valley. The Red Arrows were paced by Will de Voest with a 40. Brad VandenHout shot a 41, followed by Drew Veldman (45) and Mason Thomas (50). VandenHout recorded an eagle from 140 yards out.

FHN placed first at their home course with a 163, followed by EGR with a 168, Grand Rapids Christian (172), Lowell (176), FHC (179), and Northview (181).

In a dual with Kenowa

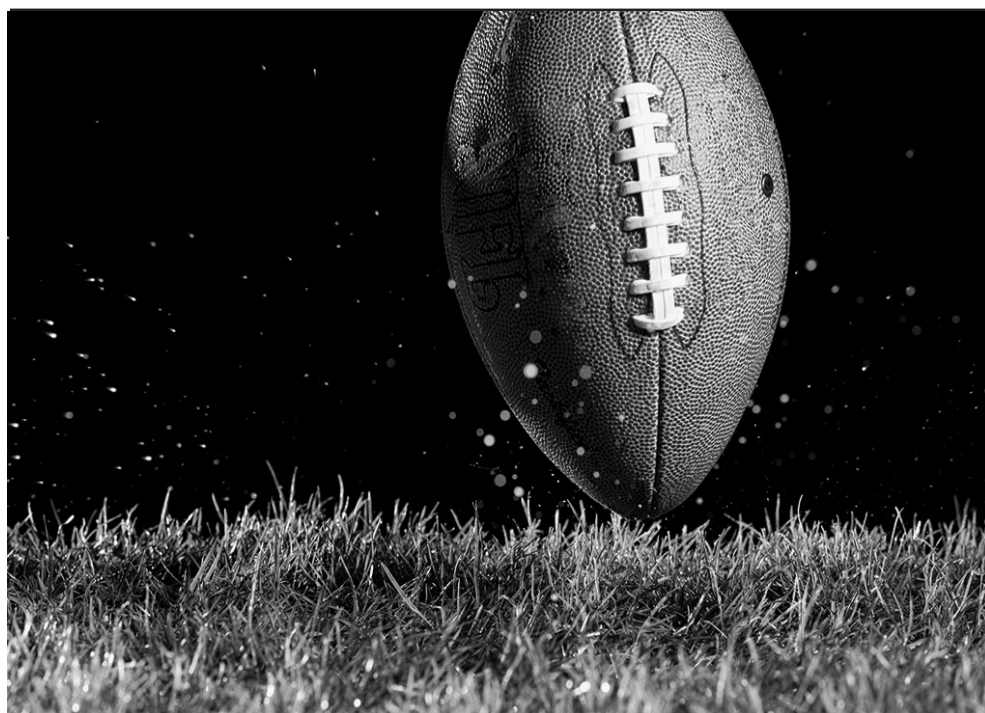
Hills, Lowell was able to play eight golfers, an increase from the usual five or six golfers that typically play in matches. This allows golfers to gain more experience in a match.

Lowell beat Kenowa Hills 176-193. VandenHout had a 43 to lead LHS along with Ty Knottnerus, who shot a 43 as well. Patrick de Voest and Jake Bonney both scored as well with 45's. JV pullup Henry Vredevelt (46), Adam Swanson (48), Will Brandt (49), and Thomas (50) followed.

Over the weekend, Lowell placed runner-up at the Montague Invitational. Drew Veldman and Will de Voest each medaled in the tournament with fifth and second place finishes respectively. In a JV Tournament, Cam Sluss carded a 77 at Yankee Springs for 18 holes. Lowell is at Muskegon Country Club and Lincoln this week for a pair of invitationals.



Lowell golfers placed second at Montague this weekend. Photo courtesy of Lowell Golf.



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obituaries

HAGEN

Beverly June Hagen, age 97 of Lowell, passed away Sunday, May 9, 2021. She was preceded in death by her husband, Carl John Hagen; and son, Thomas Reed Hagen. Beverly is survived by her children, James (Colleen) Hagen and Pat (Rick) Wilcox; grandchildren, Scott Hagen, Kenneth Hagen, Emily Hagen, Julia Hagen, Christopher Wilcox, Tamara (Wilcox) Pawloski, Matthew Wilcox, Jamie Hagen, Jenna Hagen; grandchildren, Charlie Hagen, Jude Raimundo, Josie Raimundo, Julia Wilcox, Andrew Wilcox, Alexis Pawloski, and Cameron Pawloski. Beverly was born and raised in Three Rivers, Michigan. She earned her bachelor's degree in education and went on to teach at Lowell Area Schools. Beverly was very active in the community and was a part of many organizations including First United Methodist Church Women's Club, Bridge Club, Alpha Chi Omega Sorority, and several different book clubs. She also volunteered her time at Clark Retirement home as well. Beverly will be remembered as a gentle, sweet, loving soul who always cared for her family after her husband passed away in 1970. Funeral services will be held at 10 AM on Thursday, May 13, 2021 at Roth-Gerst Chapel, 305 N. Hudson, Lowell, Michigan 49331, with Pastor Brad Brillhart officiating. Masks and social distancing will be required. Interment Oakwood Cemetery.



...

Do not fear failure but rather fear not trying.
 ~ Roy T. Bennett, *The Light in the Heart*

Health, continued

begins at age 50 and typically consists of a colonoscopy or Cologuard every three to 10 years from then on. Adult females should have regular complete physical exams every one to three years until age 40, every one to two years until age 50 and then yearly. Services typically covered include blood pressure, weight, cholesterol, and breast and cervical cancer screening. Pap smears are performed to screen for cervical cancer and should be done every one to three years on all sexually active, unmarried females starting at age 21. Females who are sexually active, but in a long-term monogamous relationship (marriage), should have pap smears done every three to five years. Breast cancer screening is typically accomplished with breast exams with each physical, along with a mammogram.

Mammograms are typically recommended for women every two years in their 40s and then yearly at age 50. Women should be screened for colon cancer at age 50, typically with a colonoscopy or Cologuard, and then every three to 10 years afterward. There may be circumstances which place a person at higher risk for certain disease states. This may require them to start preventative screens at an earlier age and to be screened more frequently. Lifestyle choices, such as smoking and unprotected intercourse increase a person's risk of cancer. A family history of certain types of cancer may also increase a person's risk for cancer. If you have a family member with colon, prostate, breast or ovarian cancer, you should start your preventative screens earlier.

MINNIE

Roma June Minnie, age 86 of Lowell, passed away Tuesday, May 4, 2021. She was preceded in death by her parents, Edward & Ruth (Gardner) Heim. Roma is survived by her sons, Edward Minnie, Kenneth Minnie, Ronald (Catherine) Minnie; grandchildren, Thomas, Aaron (Robin), Autumn, Michael; great-grandchildren; brother, James Heim; sister, Norma (Ron) Noal; and nieces & nephews. Roma worked for Dr. McKay medical practice in Lowell for 27 years. Outside of work, Roma loved collecting a variety of things and was an avid Detroit Tigers fan. Visitation with the family took place from 10 - 11 AM on Saturday, May 8, 2021 at Roth-Gerst Funeral Home, 305 N. Hudson Lowell, Michigan 49331, Funeral Services followed at 11AM at Roth-Gerst Funeral Home, with Rev. Brady Nemmers of Keystone Community Church officiating. Interment Oakwood Cemetery.



ABCs of history, continued

Ministries, the Vine Barn at the Wittenbach Wege Agriscience and Environmental Center, the path between the high school and the football stadium, projects on the Lowell Showboat, bridges and benches on nature trails, a footpath at the Veen Observatory, horseshoe pits at Creekside Park, North Country Trail signs, landscape and signage for local non-profit groups, and the list continues! Mentorship paves the way for meaningful relationships. Bill Novak served the Lowell Troop #102 for 24 years. At his funeral in 1983 seven Eagle Scouts that achieved that rank under Nowak's time as scoutmaster served

as an honor guard at his funeral. They were; Mark Blough, Mike Blough, Kraig Haybarker, Kurt Haybarker, George Lessens, Dirk Ritzema and Mark Ritzema. At President Ford's funeral in 2007, more than 1,000 Eagle Scouts from the Gerald R. Ford Boy Scout Council lined the casket's route, including more than a dozen Boy Scouts from Lowell. Rich Riley, Troop #102 Scoutmaster said in an interview, "It was an opportunity of a lifetime. It showed the boys that anything is possible. They get their Eagle, and they could be president."

Social Security honors our military heroes

On Memorial Day, our nation honors military service members who have given their lives for our country. As Former President Franklin D. Roosevelt once said, "Those who have long enjoyed such privileges as we enjoy forget in time that men [and women] have died to win them." This is why families, friends, and communities come together to remember the great sacrifices of our military members and ensure their legacies live on. The benefits we provide can help the surviving families of deceased military service members. For example, widows, widowers, and their dependent children may be

eligible for Social Security survivors benefits. You can learn more about those benefits at www.ssa.gov/survivors. We also offer support to our wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the Department of Veteran Affairs and Social Security have disability programs. You may qualify for disability benefits through one program but not the other, or you may qualify for both. Depending on your situation, some members of your family, including your dependent children or spouse, may be

eligible to receive Social Security benefits. Wounded military service members can receive expedited processing of their Social Security disability claims. If you are a veteran with a 100 percent Permanent & Total compensation rating from the Department of Veterans Affairs, we'll expedite your disability claim. Want more information about how we can help? Visit www.ssa.gov/woundedwarriors for answers to commonly asked questions or to find information about the application process. Thinking about retirement or know a veteran who is? Military service

members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at www.ssa.gov/people/veterans. Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today. *Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.*

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wanted

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misc.

TOPS (TAKE OFF POUNDS SENSIBLY) WEEKLY MEETINGS - Tuesdays, 6:30 pm at Schneider Manor Community Room, 725 Bowes Rd., Lowell. Cost \$32 per year and \$5 per month...

NEED AN AL-ANON MEETING? - Al-Anon is a fellowship of families and friends of alcoholics. Join us Sunday-Saturday at 10:30 AM and 7 PM on Zoom.

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WATERFRONT COTTAGES - Some openings left for summer. Kayak, canoes, paddle & row boat, pontoon rental available. Call Ron, 616-644-9414.

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. Call for specials 558-2900.

HALL FOR RENT - Lowell Veteran's Center, 3116 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate!

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.

sales

ESTATE SALE - Ron Stevens estate at 2425 Segwun, Lowell. Many items in barn. All household items for sale. Fri. & Sat., May 14 & 15, 10 am - 4 pm. Masks required.

help wanted

LOOKING FOR SOMEONE - to spring clean interior of home. Pays well. Call 897-8042.

Wanted Licensed Master Plumber, Licensed Electrician needed to join our growing mechanical company. We are also seeking Plumbers, HVAC, Boiler installers.

WANTED - Someone to plant flowers in one summer garden. Pays well. Call 897-8042.

TAKING APPLICATIONS - Buyers Guide walking and driving route carriers. Must be dependable! Work less than 1 day a week!

services

WORK WANTED - Double D's Tree Service Plus, 70' & 40' bucket trucks, tree trimming and removal, brush chipping, power washing and handyman service also available. Insured. Call Dave Delinsky 616-212-3008.

TWO BROTHERS AUTO SERVICE - 5400 Ivan Rd., Saranac, 616-642-9180. 30 years experience, state certified, licensed & insured. Hours Monday - Friday 8 am - 5 pm.

NEED A DUMPSTER? - Dumpster rental, 10-20 yards. Mention this ad for \$10 to \$20 off. Call or text Doug for estimates at 616-295-6640.

WHEN IN AN ACCIDENT - YOU CAN CHOOSE WHO TOWS YOUR VEHICLE - Request J&K Roadwide Service, 616-690-0983.

STUMP GRINDING - Call Dan for free estimates, 616-970-3832.

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GET YOUR COVID VACCINE CARD LAMINATED - at the Buyers Guide office, 105 N. Broadway. Laminations between 10 & 11 am and 2 & 3 pm.

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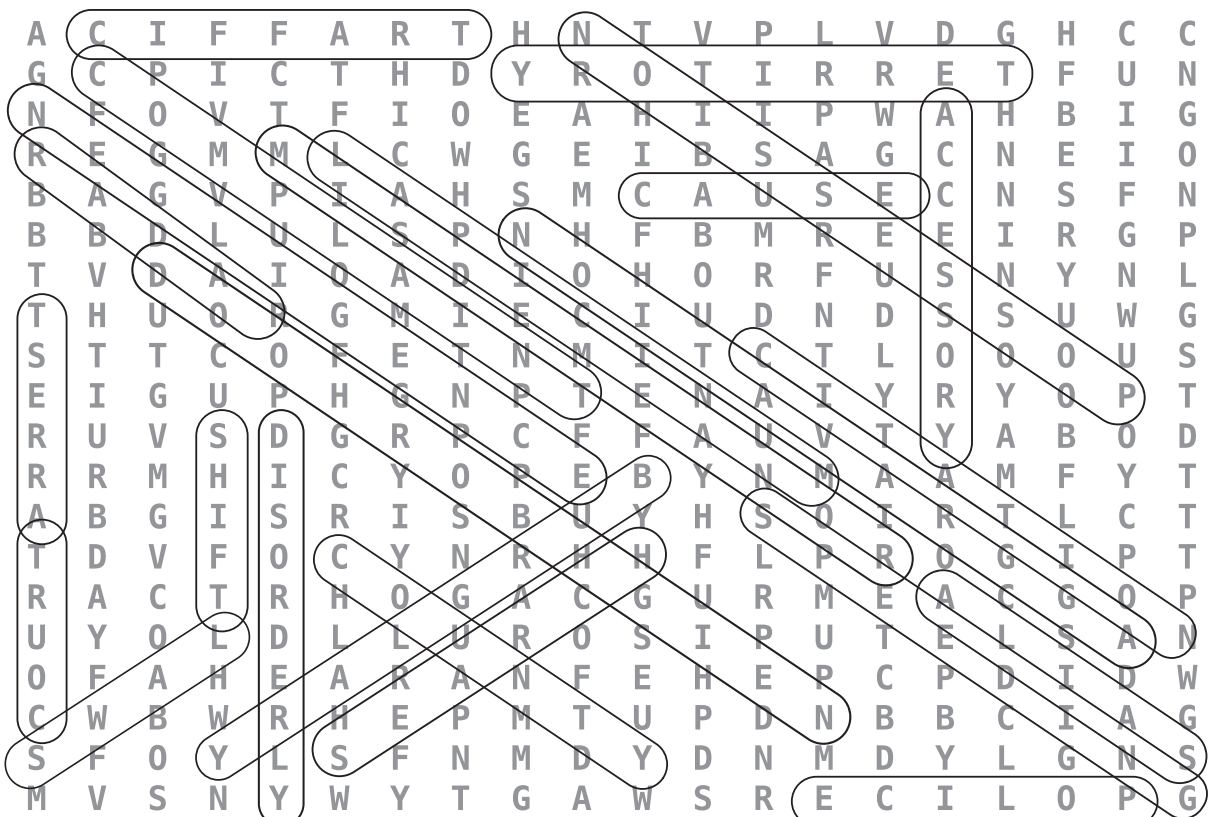
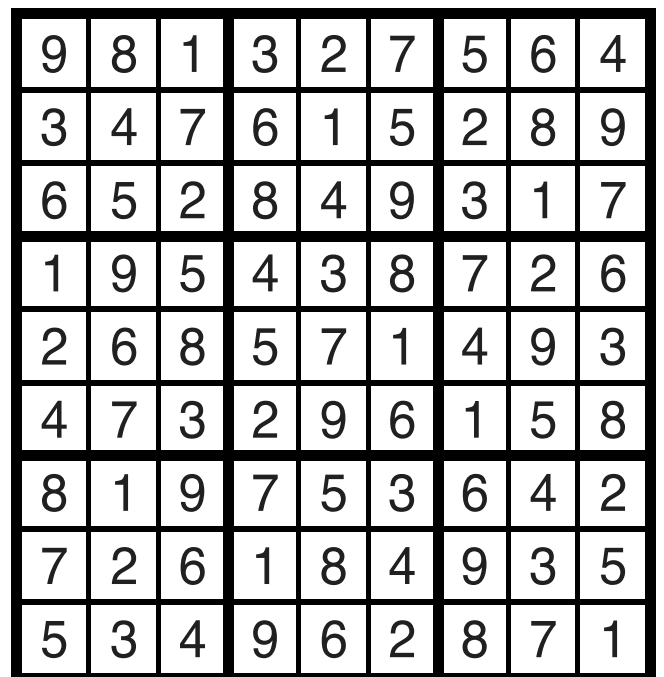
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PUZZLE SOLUTIONS



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Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

You may be wondering why we need an entire month to promote mental health awareness especially when counseling is so readily available. For some, therapy is difficult to obtain because of a lack of finances, transportation or mobility. For others, there is a stigma (negative or discriminatory attitudes) attached to therapy from their community, family, friends, or they may feel shame about their mental health issues.

This year, mental health agencies may offer different messages, but I like the message from NAMI that "You are not alone." In a typical year, millions of Americans are dealing with mental health. Since the pandemic, the numbers of individuals dealing with mood disorders and other mental health issues has increased dramatically.

So, let's focus on the value of connecting with others (following pandemic mandates). You might wonder how to connect with others (family, friends, community)

due to social distancing. We can still find ways to connect through in-person events following social mandates, video chats, telephone, email, and social media. Due to the overwhelming need, therapists now offer counseling through video, telephone, text, and even email. Get creative and find ways to safely connect with others.

The Impact

The following statistics are from NAMI:

Individual Impact:

20.6 percent of U.S. adults (51.5 million people) experienced mental illness in 2019, but only 43.8 percent of them received treatment.

One in five U.S. adults experience mental illness each year, but less than half get treatment.

5.2 percent of U.S. adults (13.1 million people) experienced serious mental illness in 2019, but only 65.5 percent of them received treatment.

One in 20 U.S. adults

experience a serious mental illness each year, but less than two-thirds get treatment.

16.5 percent of U.S. youth aged 6–17 (7.7 million people) experienced a mental health disorder in 2016, but only 50.6 percent of them received treatment.

One in six U.S. youth experience a mental health condition each year, but only 50 percent got treatment.

50 percent of all lifetime mental illness begins by age 14, and 75 percent by age 24.

Suicide is the second leading cause of death among people aged 10–34 and the tenth leading cause of death overall in the U.S.

The overall suicide rate in the U.S. has increased by 35 percent since 1999.

Community Impact:

Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth.

Transgender adults are nearly 12 times more likely to attempt suicide than the general population.



Melissa Spino
MA LPC CDMS

The average delay between onset of mental illness symptoms and treatment is 11 years.

55 percent of U.S. counties don't have a practicing psychiatrist for medication oversight.

3.8 percent of U.S. adults experienced both mental illness and a substance use disorder in 2019 (9.5 million people).

Mental illness and substance use disorders are involved in one out of every eight emergency department visits by a U.S. adult (estimated 12

million visits). 20.5 percent of people experiencing homelessness in the U.S. have a serious mental health condition.

37 percent of adults incarcerated in the state and federal prison system have a diagnosed mental illness.

70.4 percent of youth in the juvenile justice system have a diagnosed mental illness.

41 percent of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder.

Self Help Resources

There are many self-help resources available online for individuals. Below is a list of some mental health entities where you can find some helpful information.

Life Transitions Therapy articles: <https://www.facebook.com/LifeTransitionsTherapyLLC>

Psychology Today blogs-articles: <https://www.psychologytoday.com/us/blog/index>

Good Therapy blogs-

articles: <https://www.goodtherapy.org/blog/>

Psych Alive blogs-articles: <https://www.psychalive.org/tag/blog/>

Take time this month to get in the habit of making your mental health a priority. You are not alone and you matter! Reach out to others for support.

If you have tried to resolve your mental health issues on your own without improvement it's probably time to get professional help. Obtaining professional help shows your courage and strength. Getting help is not a weakness. I hope you find this information helpful but as always, it's not intended to diagnose or treat.

Reference: <https://www.nami.org/getattachment/Get-Involved/Awareness-Events/Partners-and-Events/YANA2021-Partner-Guide.pdf>



Financial Focus

With Christopher C. Godbold

Edward Jones

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First-time homebuyer? Follow these steps

Is homeownership a goal of yours? It does offer some benefits, in addition to meeting your basic need for shelter. The equity you build in your home can be a valuable financial asset, and you may get to deduct your interest payments on your taxes. But if you're a first-time homebuyer, what steps should you take?

First, make sure the time is right for you in terms of your personal and financial situations. For example, are you fairly confident that your employment is stable and that your earnings won't decline? Of course, external events can also play a role in your decision. A recent study by Morning Consult and Edward Jones found that 12% of respondents postponed purchasing a house during the COVID-19 pandemic.

But if you're ready and eager for homeownership, consider the following moves:

Save for a down payment. The more money you put down for a home, the lower your monthly payments,

although there's also a point at which overly large down payments can be financially unwise. However, if you can make a down payment of more than 20% of the purchase price, you can generally avoid having to pay for private mortgage insurance on top of your monthly payments. Also, as a first-time homebuyer, you might qualify for down payment assistance from your local or state housing authority or a nonprofit group.

Check your credit score. A higher credit score gives you a better chance for a lower interest rate. You can request a credit report from annualcreditreport.com, and you might be able to get a credit score for free from your bank. If you need to improve your score, you may want to delay your home purchase.

Learn how much you qualify for – and how much you should spend. Once you think you're ready to begin the home-purchasing process, you may want to contact a few lenders to determine the size of the mortgage for which you qualify. Be aware, though, that just because you can get a mortgage of a certain amount, does not necessarily mean that you should. You don't want to become "house poor" – that is, you don't want to spend so much on your house payments that you are cash strapped and can't afford to save for other goals, such as college for your children



or a comfortable retirement. You may want to establish a budget for how much you can readily afford to pay for your mortgage each month – and try sticking to it before you buy the house. If you have extra savings, put it toward your down payment.

Prepare for unexpected costs. You can plan for your mortgage, utilities, taxes and insurance – but when you own a home, you'll always encounter unexpected costs. You may need to get a new furnace, repair your roof or face any number of other maintenance issues. To help prepare for these costs, try to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Without such a fund, you might be forced to dip into your long-term investments or take on added debt to pay for these unanticipated expenses.

Homeownership can be a rewarding experience – and the rewards will be even be greater when you've "done the numbers" and prepared yourself financially.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Edward Jones. Member SIPC.

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FUN PAGE

SUDOKO

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

Level: Intermediate

Here's How It Works:

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

POLICE JARGON WORD SEARCH

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

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

Puzzle solutions on page 13

POETIC TERMS WORD SEARCH

ALCAIC ALLEGORY ALLITERATION ALLUSION ANACHRONISM BALLAD BLANK VERSE

CACOPHONY CAESURA CANON CONSONANCE COUPLET DISSONANCE DRAMATIC

IAMBIC MEASURE SONNET SYLLABIC SYLLABLES VERSE

Guess Who?

I am an actress born in California on May 14, 1993. I appeared in TV commercials before getting a break in the movie "School of Rock." Later I had a hit sitcom about a young girl who hosts a web show with friends.

Answer: *Miranda Cosgrove*

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Mother's Day.

Q T B U U O E

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

Answer: *Bouquet*

			1	2	3	4		5	6	7	8	9		
	10	11							12				13	
	14							15					16	17
18										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					

CLUES ACROSS

- Large, flightless birds
- Lifts and moves heavy objects
- Hyundai sedan
- Wear away by erosion
- Arranged alphabetically
- Top prosecutor
- __-de-sac: Short dead-end street
- Digital audiotape
- Linguistics pioneer
- Singer DiFranco
- Arms of the sea
- Near-reach weapon (abbr.)
- Ballplayer's accessory
- You get one at the beach
- U.S. founding father
- W. Australia indigenous people
- Amounts of time
- Put on the shelf
- Russian dynasty member
- City along the Elbe River
- A peninsula between the Red Sea and the Persian Gulf
- Actor Damon
- __ King Cole, musician
- Company that rings receipts

CLUES DOWN

- Scatter
- Basics
- Part of a door
- Indicates silence
- Moved quickly on foot
- Monetary units
- A place to crash
- Many subconsciouses
- Group of countries
- About line of latitude
- Female follower of Bacchus
- A dentist can treat it
- Dull brown fabrics
- Int'l nonprofit
- Food
- Swiss river
- Fleet
- Taxi
- Working class
- More (Spanish)
- High schoolers' test
- Large heavily built goat antelope
- Murdered in his bathtub
- Tease good-naturedly
- Morsel
- Cause persistent resentment
- A radioactive element
- Perform in a play
- Witty remark: Bon __
- A great place to kayak
- Conclude by reasoning
- In an unfavorable way
- Complex of nerve tissues (abbr.)
- Machine for making paper
- Feline
- Yugo's hatchback
- Check
- Press against lightly
- Wind-pollinated plants
- __compoop
- Commercial



NOW THROUGH JUNE 1!



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Match Used: \$18,731.82

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WEEKLY BOX SCORE

	5/9/21	5/12/21	Week 3	Week 4	TOTALS
NORTH	15,204	3,250	xxxxx	xxxxx	XXXXX
SOUTH	19,591	8,580	xxxxx	xxxxx	XXXXX

Fighting for Community

Every Thursday a group of Flat River Outreach Ministries (FROM) volunteers gathers at a 100-year-old building in downtown Lowell. They've been gathering weekly to work on renovations since we purchased the property in November 2016.



"It's been a labor of love since the day we closed on the property of what is now Main Street Housing," said Jodie Seese, FROM volunteer project manager for the Main Street Housing program. This building allows FROM to help address the need for affordable housing, and the landlord to seven tenants. After more than four years of renovations, the team is remodeling the last 3 units and they anticipate being at 100% occupancy by the end of 2021. Volunteers have done the bulk of the work on the building. More than 20 individual volunteers and multiple groups have volunteered more than 7,000

hours of time over the four years. Each week you can find these volunteers working on something different. In the beginning they worked to address security issues, improve lighting and renovate the laundry room. They now work on cosmetic improvements like installing new floor coverings, remodeling kitchens, fixing windows and doors, painting, and the list goes on. Beyond providing materials, the most important thing your partnership does is help provide a safe, affordable home to someone in our community. And at a



time when our community is experiencing an affordable housing crisis. "One of our tenants shared with me that 'It went from dark to daylight', referring to when FROM took ownership of the building," Wendie Preiss, FROM Executive Director, said. "As we continue our journey into affordable housing, we are actively fostering partnerships with organizations in our community, county and state. This is consistent with our mission, 'To be the Greater Lowell community hub where hope, resources, and gifts are shared.'" Your partnership helps us reach our neighbors. "Food Fight is about helping our neighbors. It's how Lowell expresses their village style values of looking out for one another, caring for one another," Jodie Seese said. "If affordable housing is important to you, something you feel passionate about, consider giving a Food Fight gift. For someone out there, your gift is priceless."