

Dr. Grace Huizinga



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Lowell museum summer camp



page 2

Memorial Day march followed by ceremony at Oakwood Cemetery



by Tim McAllister
lead reporter

It wasn't the full event with a parade and bands, but this year's Memorial Day ceremony in Lowell on Monday, May 31 was definitely more substantial than last year's COVID-limited holiday.

First, a group of about a dozen veterans led by Lowell VFW Post 8303 commander Herman Weststrate Jr. marched east down Main Street then headed north on Monroe to Oakwood Cemetery, a total distance of approximately one mile.

When they arrived at the cemetery a little after 10 am, the ceremony officially began, to an audience of approximately 50 people.

First, local Eagle Scout John Lothian led the assembled in a recitation of the Pledge of Allegiance, then VFW chaplain Rev. Glenn Marks said a prayer for the invocation. Then, US

Army Col. Bruce Whitman, a former Lowell scoutmaster, made some remarks.

"We all know why we're here," Whitman said. "They gave the life that they had up to that time, and they gave the life that they would have had, had they survived. [...] We are all living and paying homage to those folks who did not have the opportunity to live in this proud and free country. They fought for their freedom, for all of us

and all of our ancestors. For the freedom, the sovereignty of the country, the culture that we enjoy and, again, primarily for the freedom."

Following Whitman's speech, the names of all the local veterans who have died since last Memorial Day were read, and a bell was rung for each of them by Eagle Scout Lothian. Then there was a 21 gun salute, which made one small child cry, and two trumpeters played "Taps."



Memorial Day coverage continues on page 9



The Restless Viking



Starts on page 8

Boy Scouts plant 805 Memorial Day flags



Photo provided by Nancy Roth.



On Monday, May 24, local Boy Scouts troop 102 put out 805 US flags on veterans' graves at Oakwood Cemetery, in preparation for the Memorial Day ceremony on Monday, May 31.

"There were 11 scouts and several leaders, and it only took them a little more than an hour," said Nancy Roth, who witnessed the event. "They made short work of it and they did a beautiful job."

This is something the Boy Scouts traditionally do every year, but they could not last year because of COVID.

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Lowell Area Historical Museum's youth summer camp returns

Every year, the Lowell Area Historical Museum offers a summer camp that explores different historical topics. Last year, it all had to be online because of COVID. This year, they are exploring a variety of Native American cultures, and they're doing it at Lowell Township Park North, the park behind Walgreens, on Tuesday, July 13 from 9 am until 2 pm.

All campers will visit the fur trade museum in the cabin and go on a guided historical walk in the park, then they'll get to choose two activities from a list of choices that includes making a model teepee, making a Navajo hair tie or beaded necklace, painting a feather, making a pictograph or braiding and twining a cattail mat.

The cost is \$10 per camper, ages 7 through 14. Participants should bring their own lunch, but water will be provided. To register or for more information, visit lowellmuseum.org or call 616-897-7688.

The Lowell museum's summer camp is sponsored by grants from the Michigan Council for Arts and Cultural Affairs and the National Endowment for the Arts.



Expo and debut of Showboat VI on June 12

The Lowell Expo shall be held on the Riverwalk from 10 am until 3 pm on Saturday, June 12.

After four years of work, this event will also mark the public debut of the new "Lowell Showboat VI," venue, and there will be self-guided tours available throughout the day.

"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."

This year, the Expo will be set up along the Riverwalk between Main St. and King St. There are more than 75 different booths, and free public parking is plentiful.

The Expo booklet, with a map and a ton of information about the many vendors, is currently available at the Ledger office and at many downtown businesses.

2021 Lowell Sizzlin' Summer Concerts

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

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~ Oscar Wilde (1854-1900)



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Pride Month: Dr. Grace Huizinga, founder of the Grand Rapids LGBTQ+ Healthcare Consortium

by Tim McAllister
lead reporter

The Grand Rapids LGBTQ+ Healthcare Consortium, a 501c3 nonprofit, was founded in 2018. According to the organization’s website, its role is “to facilitate for both the LGBTQ+ population and healthcare organizations with the vision of alleviating healthcare disparities in the Grand Rapids area.”

President and founder Dr. Grace Huizinga was a nursing professor at Grand Valley State University and has 30 years of experience in nursing clinical practice, academia, management and leadership. Huizinga has lived in Lowell for the past five years.

“I think Lowell is a great community, I have enjoyed being here,” Dr. Huizinga said. “I have explored the art scene here in Lowell, which has been a lot of fun. I do LGBTQ+ work, and I also like that there is a place for that here in Lowell, that has been great. I recently did a presentation for the Lowell Rotary on LGBTQ+ healthcare and health issues. I was able to take data from the Kent County Health Department’s needs assessment, where they collect data every three years throughout all of Kent County. I pulled out the data from the 49331 ZIP code, which includes Lowell and areas beyond the city limits, and looked at how many of the people in the Lowell area that agreed to do the survey identified as LGBTQ+, and what were some of their concerns, and I shared that information with the Lowell Rotary.”

A local church has an official designation of “open and affirming,” so that’s the church Huizinga joined when she moved here. More information regarding the ONA process can be found at openandaffirming.org/ona/why.

“The Lowell First Congregational Church, UCC is open and affirming, so I joined that church,” Dr. Huizinga said. “I have really done a lot with the ONA. I chair the social justice committee there, and among our areas are the ONA and LGBTQ+ issues. It kind of ties in with the work I do with the consortium. ‘Tolerance’ was one of those words that people used to throw around all the time like five or 10 years ago. Now the word ‘tolerance’ is not one that the LGBTQ+ community wants to embrace because of the innuendos behind it. We all come into the life we live with a desire to be happy and the desire to have a high quality of life, not just to be tolerated. So

the words have shifted a bit to open, affirming, equity, those kinds of words. That doesn’t mean everyone is equal in every area in life, but in healthcare, one should have equal rights, equal access and equal ability to get standard preventive care and feel safe doing it.”

“Advocates and allies are such important roles for the LGBTQ+ population,” Dr. Huizinga said. “Everybody needs to come together for populations that demonstrate health disparities. Whether it’s race, age, socioeconomic status, gender identity or sexual orientation, the whole community has to come together to make a difference. People with health disparities live shorter lives, lower quality lives and they have more problems with chronic disease. Those are things that we all need to work on together, so the ally or advocacy role is really, really important for this particular population.”

Huizinga is among those moving ahead with some projects to serve the Lowell area LGBTQ+ community.

“We are starting a PFLAG chapter for the Lowell area, and we now have an executive team for that,” Dr. Huizinga said. “I am the secretary, Nicole Lintemuth, owner of Bettie’s Pages bookstore in Lowell, is the president, and we have a vice president and treasurer too. We just got done with talking to the national organization for PFLAG, and our next step there is to fill out all the paperwork. And there is a lot of it! That will be held in Lowell, but we don’t have a location yet. We have to look at what would be the best place for those meetings. We’ve been bouncing around a number of different places. I know the UCC church has opened their doors, but for the LGBTQ+ community, many, especially in the transgender group, are reluctant about churches, they have had bad

experiences or whatever, so we have to get the pulse of the people interested to see if that’s an issue. Otherwise maybe a school, maybe Gilda’s Club, maybe there is a restaurant that has a little meeting area.”

Organizations with members on the Grand Rapids LGBTQ+ Healthcare Consortium include Arbor Circle, the Area Agency on Aging of Western Michigan, AYA Youth Collective, Cherry Health, Fisk Solutions, Forest View Hospital, Gilda’s Club of Grand Rapids, Grand Rapids Pride Center, Grand Rapids Red Project, Health Net of West Michigan, Hispanic Center of Western Michigan, Kent County Health Department, Mary Free Bed, Mercy Health, Metro Health, Pine Rest Christian Mental Health Services, Planned Parenthood, Spectrum Health and True North Coaching Group.

“All of the organizations listed there have members on our consortium,” Dr. Huizinga said. “We have a pretty robust board of directors, and that is excellent. It meets once a month, and we have members from all these organization come together. At those meetings, everyone goes through what they’re doing for LGBTQ+ efforts in the healthcare arena. Everyone has a little different focus, so they talk about the projects they’re doing. Many times, other members aren’t aware of what the other people are doing, so you’ll hear a lot of, ‘That sounds great, we’ll get involved, we’ll advertise that for you’ and that kind of thing.”

“One organization that came on board recently is Mary Free Bed,” Dr. Huizinga said. “They came in and said, ‘We want to start some initiatives for LGBTQ+ staff and patients, but we don’t know how to do it.’ They’ll get a lot of support from the other organizations

in the consortium to help them along their journey and with their strategic planning. We will provide ongoing training for their staff and continue to monitor how that’s going.”

“The other piece of the consortium is to look for gaps in our community in West Michigan,” Dr. Huizinga said. “Older adults is one that we’ve picked up gaps with, the other one is youth. We have a pretty high LGBTQ+ youth homelessness rate in the Grand Rapids area. Of about 200 homeless youth, about 42 percent identify as LGBTQ+, and that is pretty significant.”

“Diversity and inclusion are another big piece, so we are working with the Hispanic Center, the African American Health Institute and the West Michigan Asian Association,” Dr. Huizinga said. “We are working with all kinds of different groups to make sure they get represented in every step along the way as well. There are a lot of meetings... a lot of meetings! Working with different organizations, I want to know all about them, I want them to know about me and I want us to have a positive relationship.”

The consortium is



Dr. Grace Huizinga

concentrating their efforts on two major projects, one of them is to remove the stigma attached to medicines that help prevent transmission of HIV.

“Since about five years ago, there has been an issue in West Michigan about HIV and prescribing a medicine that prevents HIV transmission called PrEP [pre-exposure prophylaxis],” Dr. Huizinga said. “There are two medications, one is called Truvada and one is called Descovy. They prevent HIV transmission,

so we need to get that into primary care offices where physicians and nurse practitioners who write scripts feel comfortable with it and are trained in that. In larger urban areas like Chicago, New York or Detroit, this is easy to obtain and it’s prescribed readily. Here in West Michigan, not so much. So I started out by just getting healthcare organizations to talk about PrEP and how to get it in into the hands

Pride Month,
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NOTICE OF BOARD MEETING

Budget & Taxation Hearing Proposed 2021-2022 Budget

PLEASE TAKE NOTICE THAT THERE WILL BE A SPECIAL MEETING OF THE BOARD OF EDUCATION OF LOWELL, MICHIGAN; The Board of Education will hold a public hearing to consider the District’s proposed 2021-2022 budget. The Board may not adopt its proposed budget until after a public hearing. A copy of the proposed budget, including the proposed property tax millage rate, is available for public inspection during normal business hours at the administration building. **The property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.**

DATE OF MEETING: June 14, 2021
PLACE OF MEETING: Administration Building
Board of Education Room
300 High Street, Lowell, Michigan
HOUR OF MEETING: 6:50 p.m.
TELEPHONE NUMBER OF PRINCIPAL OFFICE OF BOARD OF EDUCATION: (616) 987-2501

Board minutes are located at the office of the Board of Education, Administration Building, 300 High Street or on the district website.

Upon request to the Office of the Superintendent, the District shall make reasonable accommodations for a person with disabilities to be able to participate in this meeting.

GRATTAN TOWNSHIP

Regular Meeting 7:00 p.m.
Synopsis of Minutes

May 10, 2021

Motions Approved

1. Appointment of Firefighter
2. Approval of Fire Department Photo Policy

Our next Township Meeting will be
June 14 at 7 p.m.

The approved minutes may be reviewed on our website at www.grattantownship.org

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Pride Month, continued

of community members to prevent HIV exposure. And, along the way, a lot of people came to me and said, 'You know, when we're talking about things like HIV prevention and the LGBTQ+ community, we really need an organization to be the hub of communication, start projects and keep projects up, like PrEP and some other things in our community. It kind of morphed over the next three years to being directed toward a broader number of things. Then, about a year ago, Jennie Mills came on board and we decided to get our 501c3 nonprofit status. We just recently got that a couple months ago. That allows us to get grant funding to be able to look at some of these projects and to pay for them, to pay people and pay for resources to get some of these projects off the ground.'

Another big project for the consortium is identifying and plugging gaps in healthcare for elderly LGBTQ+ community members. "One of the reasons we went down the 501c3 nonprofit avenue is because of SAGE [Services and Advocacy for Gay, Lesbian, Transgender and Bisexual Elders]," Dr. Huizinga said. "We wanted to start a SAGE

chapter for older LGBTQ+ individuals in the area, partially because we were getting a lot of comments about that, and also because we were getting comments from people taking care of older populations and realizing there is very little training for staff and very little housing that is open and affirming to the LGBTQ+ community. The data tells us that many people have to go back in the closet once they go into an organization for assisted living for older adults. Then we see an increase in depression, anxiety and suicide attempts. SAGE was a way to look at how to address that and how to build a community for older LGBTQ+ individuals, and then let that group decide for themselves what's important. The consortium would house that, would support that, would work with the national organization of SAGE and let the group decide what are the gaps in healthcare and what we need to work on. So, at that point, if the group is saying that in West Michigan it's tough to get into an organization and feel safe, that might be an avenue that we'll work on. Right now, we are in the process.

We have our nonprofit status and we've already had our meetings with the national organization of SAGE. Our next step is to fill out all the paperwork, and we have to start two focus groups. It's kind of a needs assessment, so that we can determine if there is a need for a SAGE chapter in Lowell or West Michigan or Grand Rapids or wherever. We work pretty tightly with the SAGE group in Detroit, they have helped us along the way with getting this rolling."

For more information about the Grand Rapids LGBTQ+ Healthcare Consortium, visit grlgbtqhealthcareconsortium.org, send a message to info.grlgbtqhcc@gmail.com, call 616-540-0967 or look for them on social media.

"On our website, there is a place for those wanting more information about volunteering," Dr. Huizinga said. "We definitely need volunteers, especially if they have some knowledge in the healthcare setting, data collection and that kind of stuff. But we have all kinds of projects, so volunteering is something we really welcome, and anyone can go right to our website and do that."

Michiganders should avoid foam on waterways

The Michigan Department of Health and Human Services recommends Michiganders should avoid contact with foam they may see on Michigan waterbodies such as lakes, rivers and streams.

The foam may have unknown chemicals or bacteria in them, so it is best to avoid contact. Foam can form on any waterbody, but some foam may have high levels of per- and polyfluoroalkyl substances. PFAS-containing foam tends to be bright white in color, is often lightweight and may pile up like shaving cream on shorelines or blow onto beaches.

Naturally occurring foam without PFAS piles up in bays, eddies or at river barriers such as dams. Naturally occurring foam is typically off-white and/or brown in color and often has an earthy or fishy scent.

If contact with foam is made, care should be taken to rinse or wash it off as soon as possible, particularly if PFAS contamination is suspected. The longer that foam remains on the skin, the greater the chance of accidentally swallowing the foam or the residue.

"Although [...] the risk of PFAS getting into your system from contact with

skin is low, you can minimize exposure to PFAS by rinsing or showering after you are done with your recreational activities," said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health at MDHHS. "Washing hands and rinsing off after recreating will help to protect people from chemicals and bacteria that may be in waterbodies."

PFAS are emerging contaminants, and the state is working to identify all waterbodies that have been affected. Health advisories have been issued for waterbodies where PFAS-containing foam has been found in the past. These advisories can be found in the "PFAS Foam on Lakes and Streams" section of Michigan.gov/PFASResponse. MDHHS continues to evaluate surface water and foam data as it is available and will issue future advisories as needed.

MDHHS' recommendation to avoid foam on waterbodies is for people of all ages, including young children. An MDHHS evaluation suggests young children could have PFAS exposure that may increase their risk of negative health effects if they have repeated contact with foam containing high amounts of PFAS for a

few hours a day throughout the recreational season. Contact with surface water, including swimming or other recreational activities in waterbodies containing PFAS is not a health concern. PFAS-containing foams typically have a much greater concentration of chemicals than what is found in the water itself.

The Michigan Department of Agriculture and Rural Development also recommends that people do not allow their animals — especially dogs — to come into contact with or swallow the foam. Dogs and other animals are at risk of swallowing foam that has accumulated in their fur when grooming themselves. All animals should be thoroughly rinsed off and bathed with fresh water after coming into contact with PFAS-containing foam. Pet owners with questions related to their animals and foam ingestion should contact their veterinarian.

More information on PFAS-containing foam can be found under the "PFAS Foam" section at Michigan.gov/PFASResponse. If you have questions about exposures to PFAS and/or foam, call the MDHHS Environmental Health hotline at 800-648-6942.

viewpoint



125 years ago Lowell Ledger June 5, 1896

Will H. Riedy, a well-known local amateur athlete, member of the Detroit Athletic club, and the Detroit Boat club, fell overboard from the yacht City of the Straits Sunday afternoon, and before assistance could reach him he sank and was drowned.

Mrs. Henry Ingram, of Calhoun county, Mich., on Sunday entered upon the 100th day of her record-breaking fast. During this period she has not taken a morsel of food of any kind and does not appear to need anything to eat. Her health remains about the same, and her physicians are at a loss to account for her condition, nor are they able to break her fast, which promises only to end by death. The strange condition of Mrs. Ingram, as published in the newspapers resulted in bringing together her two brothers-in-law, each of whom had mourned the other as dead.

As a result of excessive rope jumping Grace Parker, a 13-year-old girl, was seriously injured about a week ago and died Friday after undergoing a difficult operation at the U.B.A. hospital.

100 years ago The Lowell Ledger June 9, 1921

A barn on the farm of Mr. and Mrs. John Grago, about a mile west of Waters school was discovered on fire about 8 o'clock Thursday morning, June 2. Mr. Grago was in Grand Rapids, and their son Stanley was out in the field. Mrs. Grago was very seriously burned while trying to rescue a horse.

One of two Ionia reformatory inmates, who made their escape from that institution Thursday night, has been captured in Lowell. The other, driving an automobile the side of which is marked "Michigan Reformatory, No. 1," was reported to the Grand Rapids police having passed through Ada at 3 a.m. Friday. A cattle buyer, in telephone conversation to the police, said that the escaped prisoner inquired the way to Grand Rapids.

Another girl has listened to the siren voice of the man with a motor car, and suffered. The man says he is willing to marry the girl in atonement for that which he subjected her to after she listened to his siren voice. Can marriage atone for evil? We doubt it. And what kind of marriage would that be? At most, in a few years, there would be another case for the divorce court.

75 years The Lowell Ledger June 6, 1946

The spirit of showboat is again being manifested on the streets of Lowell with the old songs being sung and whistled. The showboat is a community project which began here 14 years ago as a cooperative enterprise with townspeople joining together to make it a success.

Friends and neighbors were very sorry that Jerry Dalstra, son of Mr. and Mrs. Gary Dalstra, was kicked by a horse Tuesday and both bones below the knee in his left leg were broken, the horse kicked at his pony, Ginger, which he was riding. He was taken to the Grand Rapids Osteopathic hospital and it is expected he will be able to come home this week.

Mrs. Glenn Grose, for nine years a missionary in Portugese, East Africa, will tour the Michigan district of the Church of the Nazarene, relating her experiences as a missionary and work in the Leper Colony.

50 years The Lowell Ledger June 10, 1971

Three Lowell Junior High students and three Forest Hills Junior High School students earned first, second and third place school awards for the entries in the fourth Annual Freedoms Foundation Eighth Grade Essay Contest sponsored by Farm Bureau Insurance Group.

Friday night, the Alto Mother's Club held their annual potluck supper and following the program Dr. Seigle called our retiring teacher to the stage to receive a gift from the Mother's Club. This teacher arrived on stage to hear the words "Tonight Ila Swanson, This Is Your Life."

For many years the old Reynolds house stood in all its splendor on the corner of Chatham and Hudson and in a matter of minutes the bulldozers pushed it over and left not a trace of it on the empty lot for the Michigan Bell Telephone Company's use.

25 years The Lowell Ledger June 5, 1996

A dark and sometimes dangerous intersection will have a new light to guide travelers. The Vergennes Township Board agreed to install an overhead light at the intersection of Parnell and Vergennes Avenue because motorists tend to miss the intersection.

Heather Young, class president and co-salutatorian, asked that the 118th Lowell High School commencement exercise be a celebration of her class's personal diversity. "We've evolved over the years into different and prominent individuals with our own diverse personalities," Young said. "Let us celebrate that diversity and our discovery of each other."

The opening at Grant High School for the teacher/football coaching position required at least five years coaching experience. Lowell's David Eichberg only had three, none at the varsity level. He sent his resume anyway. Three weeks later, Eichberg went to his first interview. A week later he went to his second interview and before it ended was offered the job.

Check the status of your Social Security benefits claim online

If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal *my Social Security* account.

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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

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ABCs of Lowell history

The ABC's of Lowell History was introduced last year as a way to share some of the many fascinating stories from Lowell's past. It was initiated in-part by the pandemic shutdown which led the museum to seek alternative ways to share local history with the community. The series will continue with a third round of the alphabet.

H is for Hosley House

Once upon a time there stood a grand and glorious house at 414 East Main Street called "The Hosley House." Fred and Julia Hosley rented rooms to tourists and even longer term residents throughout their ownership of the house.

The Hosleys bought the house from Dr. McDannell, one of Lowell's heroic doctors who saw the village through the Influenza of 1918. Dr. McDannell literally worked himself to death, not giving up serving the residents of Lowell until he died unexpectedly after feeling poorly but continuing to work.

The Hosleys came to Lowell around 1911 when Fred bought the Waverly Hotel with his business partner and friend, James DaVarn. The Waverly stood on the corner of South Broadway and West Main Street, which is today a city parking lot. Hosley and DaVarn ran the Waverly along with the Tavern and their own mail order department, both located within the hotel. Their time at the Waverly was eventful, as they battled two different



lawsuits between 1913 and 1916 from families of men who chose intoxication over family responsibilities. Both lawsuits were dismissed in time, but they took their toll. James DaVarn sold his interests in 1915 and Fred Hosley sold in 1918.

Next for the Hosley family was a shoe and boot shop. After opening the shop they moved in 1919 to the Lee block. (The shop was on the property recently vacated by Springrove Variety, but in the two-story building that preceded it) They not only sold shoes and boots, they repaired them. Ads encouraged people to bring their worn out or broken shoes to "Hosley's Shoe Hospital."

Throughout this time and even when they were away from Lowell for a while, they rented out rooms at the Hosley House. The Hosley House was also

used as a venue for speaking events, meetings, and even bridge tournaments. The 1936 Showboat Program includes an advertisement for "Hosley House Tourist Rooms," overnight lodging was needed during showboat season. The Hosleys were part of the Democratic Party, and hosted party functions at Hosley House. Julia hosted ladies events that were advertised in Grand Rapids newspapers, drawing ladies to Lowell. In 1936, Franklin Roosevelt appointed Fred Hosley as Postmaster. Fred served until resigning in 1945. During his time as Postmaster the new Post Office on North Broadway was built.

Fred Hosley died in 1951. Now widowed, Julia overcame many difficulties. She lost her sister to suicide in 1953. In 1954 she accidentally hit her grandson with her car in

her driveway, causing non-lethal injuries. Through it all she persevered. She was a favorite in the neighborhood for the Hershey bars she always had on hand for the children. She even made the Grand Rapids newspaper for her independence and skills. In 1956, when she was seventy-one years old, Julia used a 40-foot ladder to paint the exterior of her three-story home. The newspaper even had a picture of her, showing her at the top of the house!

In 1959 the time had come, even with renting out rooms, the house was too big and too much work for even Julia. The State Savings Bank of Lowell was interested in the property for their new bank building and a sale was negotiated. The Hosley House was taken down and today Huntington Bank occupies this space at 414 East Main Street.

- measles

There has been a big jump in a vaccine preventable viral infection called measles. The disease still kills over 100,000 people per year, most under the age of five.

Symptoms occur 10-14 days after exposure. Symptoms typically include:

- Fever as high as 104-105
- Dry cough
- Runny nose and sore throat
- Conjunctivitis
- Oral mucosal lesions
- Skin rash over the entire body

Infected persons spread the virus four days prior to onset of the rash and up to four days after rash has resolved. It is spread by respiratory droplets. Approximately 90 percent of people exposed will be infected.

Complications include pneumonia, encephalitis, bronchitis, ear infections and pregnancy complications.

Measles is prevented by a vaccine. This is given at 12-15 months of age and a booster given at four to six years of age.

college news

Nathanael Olander from Lowell, graduated from Cedarville University on the weekend of April 30 - May 1 with a Bachelor of Science Computer Science.

Olander was also named to the Dean's Honor List for spring 2021. This recognition requires the student to obtain a 3.75 GPA or higher for the semester and carry a minimum of 12 credit hours.

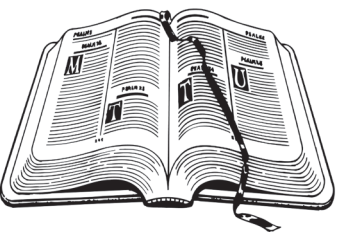
Garret Taylor of Lowell, has received the following degree from The University

of Alabama: Bachelor of Science in Athletic Training. UA awarded some 5,860 degrees during its spring commencement ceremonies April 30-May 2.

Brennan Battle of Lowell completed requirements for a degree from Trine University at the end of the spring 2021 semester.

Battle earned a degree in Design Engineering Technology at Trine.

area churches



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 Website: www.stmarylowell.com
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 Confession: Saturdays 3-4:30 pm
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 Pastor Andrew Bolkom • Pastor of Discipleship
 Christi Swain • Director of Children's Ministries

SUNDAY WORSHIP.....9:30 AM (Nursery provided)
LIFE GROUPS.....11:00 AM (Nursery-Adult)
Awana (K-5 during school year) **Wednesday, 6:15 PM**

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

happy birthday

JUNE 2
 Dave Thaler, Shad Propst, Tom Greenfield, Todd Dalga, Elaine Denton, Noah Burt.

JUNE 3
 Ron Nead, Norma Jerls, Brandon Butler, Addison Karp, Macy Potter.

JUNE 4
 Becki Brown, Karen Sweigert, Dwight Nash.

JUNE 5
 Amanda Pfaller, Judy Rosenberger.

JUNE 6
 Daniel Thaler, Mark Newhouse, Greg Sherman.

JUNE 7
 Amber Pollema, April Wardwell, Zachary Beachum, Ray Kennedy.

JUNE 8
 Mark Essich, Hank Hoekstra, Olivia Richmond.

MI Senate looks at creating 'uniform guidance' for police



Sen. Roger Victory (R-Hudsonville)

The Senate Judiciary Committee Chair said his goal is to create uniform guidance and support of law enforcement agencies, while allowing for the “flexibility to adapt to the unique demands of the communities they serve.”

Thursday morning, the committee had its first round of discussions on a 12-bill police reform package, which Sen. Roger Victory (R-Hudsonville) said each depended on the Michigan Commission on Law Enforcement Standards and how its role could be expanded.

“For MCOLES to

be able to successfully function, like other state license departments and oversight agencies, we need to support and invest in the Commission. During the development of these proposals, I’ve had many productive conversations with our law enforcement agencies, and how these bills could impact policing in Michigan,” Victory said.

Victory said MCOLES, like many other agencies, was financially gutted during the Recession. In order for the Commission to successfully function, Victory said it needs support and investment.

One bill, Sen. Jeremy Moss’s (D-Southfield) SB 0474, mandates MCOLES attach Use of Force violations in separation records. Victory’s SB 0473 has MCOLES developing guidelines for independent investigations of officer-involved deaths, and that each agency create a publicly available policy on how they’ve fulfilled those directions.

Under the Senate’s Fiscal Year 2022 Michigan State Police budget, MCOLES was designated more than \$1.116 million in general fund dollars. The overall appropriation for the commission included \$500,000 for de-escalation training, \$5.810 million for justice training grants, \$302,600 for the public safety officers benefit fund, more than \$3.874 million for standards and training of full-time equivalent workers and \$654,500 for training only to local units.

Victory said the conversations on the package are to be ongoing with his office open to constructive input.

The package was announced on the one-year anniversary of George Floyd’s death, which struck an outcry for racial

justice and a clear change in policing. Michigan earned some criticism both from advocates and inside lawmakers for not moving faster to answer the call for police reform, while 16 states like Indiana and Utah restricted neck restraints in the wake of Floyd’s demise.

Five states, including Massachusetts and Kentucky, restricted no-knock warrants, which is the pursuit of Sen. Erika Geiss’s (D-Taylor) SB 0479.

“Regarding tragedies that have occurred from no-knock warrants, [it] puts some additional parameters in place for no-knock warrants, for the use of no-knock warrants, [...] including improved clarity on where the warrant is being issued so whether it’s the home, the apartment, the business...being very specific in where it is to be administered,” Geiss said.

According to St. John’s Law Review in 2019, no-knock search warrants from between 2010 and 2016 resulted in at least 94 deaths, 13 of them occurring amongst police officers.

Sen. Ken Horn (R-Frankenmuth) offered SB 0475 to the package, mandating MCOLES to revoke the license of

an officer who has used excessive force resulting in death or serious bodily harm.

Horn hoped to revamp his bill so it defines what burden of proof is used to make a determination that an officer has caused death or serious bodily harm.

“Who makes the determination? [...] A court, an employer or somebody else? Are we ensuring that there is due process? Is there an appeals process?” Horn said. “There’s a reason that none of my colleagues chose to put their names as sponsors of this bill. There are many concerns.”

Toward Horn’s bill, Sen. Stephanie Chang (D-Detroit) said it is important for the legislation to present the tools needed for holding folks accountable, including officers who have been found making false statements.

In September 2019, The Detroit News obtained a response to a Freedom of Information request providing out of 2,484 sworn officers to the Detroit Police, there were currently 74 officers who had been found as untruthful.

The article relayed that 20 of those cases could not be confirmed “as discipline records were destroyed,” with 54 of those confidently

addressed as “untruthful” making up 2% of the city’s police force at the time.

Those with such reputations are called “Giglio-impaired,” a reference to the US Supreme Court case of Giglio v. United States, where a man was given a new trial after it was later revealed the prosecutors withheld from the defense evidence that a witness was promised immunity as a token for his testimony.

“I know this bill as introduced there’s still more work to be done and I thank you that you are a member that will work on this,” Victory said to Horn. “We want to make sure we get this right.”

Horn said while MCOLES trains and teaches, a law enforcement officer isn’t able to watch an eight-second video when a split-second experience calls for an internal process, Chang said by giving MCOLES the type of protocol to be mandated with SB 0475, the commission “will be able to make good determinations about whether or not someone’s license should be revoked and I hope we can do more work on this bill and also make sure that funding is there.”

State seeks applicants to provide child abuse, neglect prevention programs

The Michigan Department of Health and Human Services Children’s Trust Fund is seeking applications for projects to deliver services to prevent child abuse and neglect.

The Direct Service Child Abuse and Neglect Prevention Program supports local or statewide public, private or nonprofit 501(c)(3) organizations with community-based, secondary prevention programs and services designed to promote

strong, nurturing families and prevent child abuse and neglect.

Grants funded through this program should target families with risks or challenges that, if left unattended, could result in parenting and child development difficulties, creating a risk of child abuse or neglect. The Children’s Trust Fund expects to issue approximately eight awards for a total of \$400,000.

“MDHHS and the

Children’s Trust Fund are committed to protecting the safety and well-being of children and keeping families together,” said Demetrius Starling, executive director of the department’s Children’s Services Agency. “Programs based in local communities are crucial to preventing child abuse and neglect.”

Funded applicants will receive technical assistance that will include help with program start-up, reporting requirements and barriers to program implementation.

Applicants must submit applications for initial review and endorsement by a Children’s Trust Fund local council. The deadline to submit applications

electronically through the MI E-Grants program for this initial review is June 16, 2021, at 3 p.m. Applications endorsed by local councils will be forwarded to MDHHS by June 30. The program period is from Oct. 1, 2021, through Sept. 30, 2022.

For more information or to apply, visit the EGrAMS

website and select the “About EGrAMS” link in the left panel to access the “Competitive Application Instructions” training manual. The complete request for proposals can be accessed under the “Current Grants” section under the “Children’s Trust Fund Direct Service” link by selecting the “DS-2021” grant program.

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~ Traverse City Asylum - Part 5

The treatments for mental illness have changed and adjusted over the past century. The Traverse City State Hospital spanned this timeframe. It was a perfect hospital to conduct research. Experimentation was evident as medical regimens were developed. I have held a lot of curiosity about navigating these remedies as our oldest child was subjected to medications for debilitating epilepsy.

Our daughter, Charlotte, had a traumatic birth and needed to be resuscitated. Through elementary school she was learning and growing well until June of her 11th year. Charlotte started having six to eight seizures daily. Our sweet girl couldn't recall what day it was or how to care for herself. She'd gone from being full of ideas with a sense of humor to being pan-faced and staring aimlessly. She had been involved in theater, easily memorizing lines and acting dramatically to suddenly she was staring, rocking and asking, "What day is it?"

We met with neurologists and had EEG tests done. These tests measure brain activity and could pinpoint the location of her seizures. At the beginning of adolescence



Pictured are two staff members at the Traverse City State Asylum. This photo (Courtesy of the Traverse City Historical Society) was taken between 1898-1912.

the brain starts to make 'short cuts' and fires through new parts of the brain. Charlotte's seizures were centered at her hypothalamus. It is the center of the brain and controls a wide variety of functions. With the loss of this regulatory system, she had become severely impaired.

Dr. Chadehumbe tried different medications. We spent time weaning her off one pill to start another prescription. We charted her seizures and made graphs. I suppose we wanted some sort of control over this situation where we were feeling helpless. As we prepared to start yet another medication, Dr. Chadehumbe said, "If this one doesn't work, we will need to do surgery and take out the unhappy part of Charlotte's brain." Just typing this statement still knocks the wind out of me.

Miracles do happen! On October 3, 2009 Charlotte came out of the restroom, showered and dressed, informing me that we need more shampoo. She had been seizure-free for one day and her short term memory was already returning, as well as her self care! Prayers of thankfulness were lifted right then and there! We worked with a neuropsych doctor to rebuild her memory and learning skills.

Charlotte graduated from Lowell High School and pursued coursework in the medical field. In four years she earned her Clinical Laboratory Scientist degree from Michigan State University. Charlotte currently lives in Ypsilanti and works at St. Joe Hospital in Ann Arbor. She's my hero! My prayers of thankfulness continue to be lifted every day!

As we toured the Traverse City State Hospital last

October, I knew I wanted to write about the evolution of treatments for mental illness. Although some methods were questionable, I am incredibly indebted to those who developed treatments that brought our daughter back from the darkest place I had ever seen.



"Beauty is Therapy" was the premise of the Traverse City State Asylum when it opened in 1885. It was designed by George W. Lloyd

following the Kirkbride model. Patients were permitted to walk among the majestic buildings enjoying the beautifully manicured grounds. Most 'residents' worked on campus creating a self-sustaining community. There was a working farm with dairy cows, pigs and chickens. The five greenhouses grew sprouting vegetables as well as flowers. The grounds needed tending. The massive amount of laundry as well as the cooking that needed to be done to maintain around 3,000 patients required many hands.

Peggy Wagner had started working at Hall 5 in 1947 at just 19 years old. She recalled having "peeling parties" where the residents were eager to help prepare vegetables. They would be rewarded with a cookie.

Patients and staff ate their meals together in a common dining hall. The tables were adorned with fresh flowers and table linens. Horrace G. Storrs shared that many staff members lived in dormitories for employees.

The dining hall emphasized that "Beauty is Therapy." The flowers were grown in one of the greenhouses on the property. The hospital had a library and a theater for plays, sing-alongs and church. There was a football and baseball team that would oppose local high schools.

In 1908 the cost of care was \$0.42 each day in the lower peninsula and \$0.50 per day in the upper peninsula. On July 29 a meeting was held in Lansing with the goal of reducing costs. The Michigan asylum superintendents from both peninsulas joined with their advisors and lawmakers as well as Bishop George Dietple from Grand Rapids. Cutbacks were being introduced to the hospitals.

In the 1930's the depression struck America. Alcoholism and depression were cause for institutionalization. The hospital was crowded and funding was decreasing. For example, one Catholic woman was committed by her husband. They had many children and he was out of work. With such a large family her husband sold their infant daughter. His wife he claimed "was no help a'toll," when he dropped her off.

It was 1933 when the United States started using insulin to induce coma with patients suffering from manic episodes. High doses of insulin would be injected in schizophrenic patients to bring about "mental clarity." It was the only known remedy for this mental condition. Later, in the 1950's this treatment was discredited.

In 1935 Egas Moniz invented a new procedure disconnecting the nerve fibers between the thalamus and the frontal lobe of the brain. After practicing on chimps by boring a hole in each side of the head by the temple and using a special knife he'd separate the 'mysterious spot' in the middle of the brain. The leukotome was complete. This procedure was later named 'lobotomy.' In Lisbon, Portugal in 1936 Moniz completed his first human trial on 20 patients. It was reported that "seven recovered their sanity, seven others were improved and none of them died."

Walter Freeman and James Watts continued the study with follow-up exams and interviews of these 20 individuals. "Ten years later there were fourteen survivors. Only two were committed in mental facilities. Four were employed, four were keeping house and four were living at home with relatives."

In 1941 Rosemary Kennedy, John F. Kennedy's sister, underwent a lobotomy at 23 years old. At birth she had been "held in the birth canal" until the doctor could come. On September 13th, 1918 the doctor had been delayed because of patients suffering from the Spanish Flu. This two-hour episode

caused infant Rosemary a

lack of oxygen which resulted in her diminished mental capabilities.

As a young adult Rose (Rosemary) found a job and was successful as a teacher's aid at Belmont Montessori School. However, Joe Sr. and Rose Kennedy, her parents, spoke with Dr. Freeman. They found their daughter's slow processing mental state was a hinderance for their family name, Kennedy. They approved the lobotomy procedure.

Dr. Freeman had Rose "recite poems as they cut. When she was silent, they knew the procedure was complete." Sadly, after surgery it took months of therapy in a facility for Rose to regain her ability to walk and talk. Her speech was garbled and she had a stiff leg and arm for the rest of her life. She was confined to Craig House and later Saint Coletta's residential facility until she passed away in 2005.

In 1949 Moniz, creator of the lobotomy, earned the Nobel Prize for his successful treatment for the mentally ill. Following a lobotomy 75% of the individuals could live at home with relatives and not burden the resources of mental asylums. That was considered a success.

A long-time staff member, Robert Maddox, reported that patients who had undergone a lobotomy had dents in their foreheads. Electroshock therapy was another treatment used during this time and into the 1960's. It was "emotional as hell," reported one patient. Electrodes would be placed on the person's temples. A bite plate would be inserted in the mouth to prevent biting one's tongue. The current would be turned on and then off, leaving the patient writhing and convulsing for several minutes. The procedure would be repeated several times during one session.

Hydrotherapy was used in the mid 1960's according to Bob Hall an LPN who worked in Traverse City Hospital. He explained that the patient would be placed in a tub of water with one's head above a canvas cover secured around the tub with straps.

"Work is Therapy" philosophy ended in the 1950's when the farm was closed. The animals were sold. The planting and harvesting ceased. Many residents just sat and stared as they had lost their purposeful work.

Dr. Jack Ferguson had modified the lobotomy by using a long, narrow implement and piercing the nerve fibers of the brain by going through the eye socket. This 'transorbital lobotomy' could be done in five minutes or less. By 1954 he had done over 400 lobotomies at Logansport State Hospital. In the last 162 lobotomies performed, Ferguson reported "they had not had a single death."

Dr. Ferguson was hired by Traverse City State Hospital in 1954 to conduct 500 lobotomies. However, he never did one. After being hospitalized five times for mental illness himself, he believed that chemicals and loving care would make the difference in a person who was struggling with emotions, paranoia and depression.

He started by treating patients with respect and using a combination of medications to neutralize the chemical occurrences of a patient's brain. Rauwolfia worked as a tranquilizer. These pills from India would "cut down the output of kilowatts from the thalamus, which is the powerhouse of the brain. It was a kind of chemical lobotomy."

The Traverse City State Hospital superintendents allowed Dr. Ferguson a lot of freedom to "develop" experimental treatments. He started using medications on the most severely afflicted residents. This would enable him to observe behavior improvements more easily.

With 107 nurses helping to chart patients' behaviors, he



This is a 'screened porch' at the Traverse City State Hospital. The 'screen' is actually welded metal forming a cage-like enclosure.

Memorial Day downtown and at Oakwood Cemetery



Eagle Scout John Lothian



Rev. Glenn Marks



Col. Bruce Whitman

Red Arrow

- BASEBALL

SPORTS

Baseball wins series with Northview

by Justin Scott
sports reporter

Northview took game one with a come from behind 6-5 victory. Peyton Teachworth's two hits paced the Red Arrows.

Bouncing back in game two, Lowell earned a 5-2 win with a late barrage of runs of their own. Zach Hayes recorded a triple, scoring the game-winning run. Teachworth also scored a two-run home run early in the game. Xander Reisbig struck out six in the win.

In the series finale, Lowell shut down Northview 7-0 with a shutout pitching between Teachworth and Justin McWayne. Teachworth allowed just one hit in five and a third innings, while McWayne came in as relief to close out the game. Teachworth and Morgan

North led at the plate with two hits a piece. With the series win over Northview, Lowell moved to 48-34 all-time against the Wildcats. Northview is the sixth most common opponent in the baseball team's history trailing East Grand Rapids, Rockford, Greenville, Ionia, and Sparta.

The Red Arrows will face Greenville in Saturday's Division 1 baseball district semifinals hosted by Rockford. The winner will take on the winner of Rockford and Cedar Springs later in the day. Rockford enters the tournament ranked 13th in the state. Conference champion Grand Rapids Christian wound up ranked eighth in the state.



The varsity baseball team heads to Rockford Saturday for districts.

- GOLF

Golfers face final tests before regionals

by Justin Scott
sports reporter

In the last week of play before regionals, the Lowell golf team made their final adjustments before heading to Lincoln this week.

In a match against Kenowa Hills, Lowell fell to the Knights by a score of 189-178. Adam Swanson shot the low round for the Red Arrows out at Gracewil with a 45. He was followed by teammates Patrick de Voest, Mason Thomas, and

Will Brandt who all shot 48's.

Kyle Proctor had low score for the Knights with a 40. Lowell's dual record against Kenowa Hills historically fell to 4-15.

Later in the week, Lowell headed to Thornapple Pointe for the O-K White Conference Finals. Forest Hills Northern won the tournament with a 308, followed by East Grand Rapids with a 315. Positions

3-6 were all within just seven strokes of each other with Byron Center (336), Forest Hills Central (340), Grand Rapids Christian (342), and Lowell (343) following in that order. With the sixth place finish Lowell beat out Northview (387) and Greenville (443).

Lowell was led by Will de Voest and Drew Veldman who each earned honorable mention all-conference honors. Will de Voest shot

an 81 and placed tenth overall. Veldman followed with an 84. Patrick de Voest shot an 88, and rounding out the scoring was Cam Sluss shooting a 90.

The Red Arrows will face a challenging regional hosted by Reeths-Puffer next week. Top three teams in each region will each make it to state. There will be plenty of familiar

faces including Kenowa Hills, East Grand Rapids, Greenville, and Northview. Lowell will also face golf power Forest Hills Eastern, Allendale, Cadillac, Cedar Springs, Coopersville, Fremont, Fruitport, Gaylord, Ludington, Reeths-Puffer, Petoskey, Sparta, Spring Lake, and Whitehall.



Senior Brad VandenHout putting at Arrowhead earlier this year.

- SOCCER

Soccer mercies Ionia to start district play

by Justin Scott
sports reporter

The lady Arrow soccer team got the job done quickly against the Ionia Bulldogs to start out the district tournament this past week. In the Division 2 District 29 quarterfinals, Lowell mercied Ionia by a score of 8-0 with the eighth goal coming just minutes into the second half.

In the win, Lowell scored four goals in the first 12 minutes to comfortably take control of the game, before adding their final four over the next half

hour. Aubree Lee recorded the shutout as goalkeeper. Hannah VanDeWeert who typically plays goalie also scored a hat trick in the win. Also scoring goals were Lilly Kooistra (3), Jenny Underwood, and Hailey Halfmann. Assists were made by Ava Peterson (2), Lilly Kooistra (2), Carmen Mika, Emily Ake, and Faith Stepek.

In the district finals, Lowell will take on OK White champion Cedar Springs, that game was

played on Tuesday. The win against Ionia moved Lowell to 4-0 all-time against the Bulldogs in the girls soccer program history.



Red Arrow

- TRACK

SPORTS

Arrows change record board at Metro Health Invite

submitted by Paul Judd

The combination of great weather and great competition allowed some Lowell athletes to put their stamp on the Lowell track and field record board as the season draws closer to the end.

Lowell's hurdle crew took the spotlight in the 100/110 hurdles as all three entries set personal records led by Josh Rau breaking his school record winning in 14.66, while Theresa Judd

snagged runner-up honors establishing a new 100H record of 15.22 breaking the old record of 15.24 set by Chris Hildenbrand in 1983. The crew closed out the event as Emily German took sixth place in 16.96 for her new personal record. Later in the meet the same crew had similar results in the 300 hurdles as Rau snagged the win going 40.62, Judd placed third going 47.48 (No. 3 on LHS record board), and German blistered a new



John Lothian

personal record of 51.74.

Off the track Kaylee Diamond won the high jump event going 6-06.00 which moves her to No. 2 on the record board tied with Amy VanEns. Diamond also took second in the long jump going 17-00. She just missed her final high jump attempt a 5-06.75 as her lower calf just brushed the bar. When Diamond got back on the track she joined Julia Tuuri as they set new personal records in the

200m dash finishing in fifth and seventh with 27.64 and 27.67 respectively. Katrina Sandman moved up to No. 7 on the record board as she went 2:30.40 in the 800m, while sister Annika took runner up honors in the 3200m with a time of 11:22 after running a 5:19 in the 1600m.

Three additional Arrows qualified for the meet as John Lothian closed out his Lowell career in the

3200m in 10:29, Keegan Cater tossed the discus 125-06, and Keira Sandman ran 5:42 in the 1600m.

Representing Lowell at the state meet next week at East Kentwood are: Rau in the 110HH and the 300H, Diamond in the high jump and long jump and Theresa Judd in the pole vault.



- SOFTBALL

Softball looks to districts

by Justin Scott sports reporter

In three extremely competitive games, Lowell went 1-2 against the Northview Wildcats to round out OK White Conference play. The Red Arrows won game one of the series with a 9-6 victory. All of Lowell's runs in the game came late, with five in the sixth inning and four in the top of the seventh inning. Lowell trailed 5-0 before blasting those five in the sixth. Sami Hayes brought the game-tying run in with Kamie Venema, Macy Huver, and Samantha Conrad each contributing RBIs.

Huver struck out 10 on 112 pitches in the complete game victory pitching. Lowell was led at the plate

by Jillian Weston who had three hits and three RBIs.

Game two did not go Lowell's way, as Northview came away with an 11-10 win. Courtney Witten started the game off strong for Lowell with a home run. Venema struck out six on the mound. Haylie Beers brought in three runs for Lowell.

Tuesday's series finale had the exact same scoreline as Monday's doubleheader conclusion with Northview winning 11-10. This time it was Northview who blasted four runs in the top of the seventh inning to complete the comeback. Sydney Zandstra's four RBIs paced LHS in this one.

A favorable draw

awaits the Red Arrows in the District 7 tournament hosted by Wyoming. Lowell drew a bye in the quarterfinals and matched up with former OK White foe Ottawa Hills in the semifinals. The winner of that game will face either Wyoming, Forest Hills Central, or East Grand Rapids. District finals will take place this Saturday at Wyoming.



Kamie Venema awaits a pitch.

- LACROSSE

Girls lacrosse sees season come to close

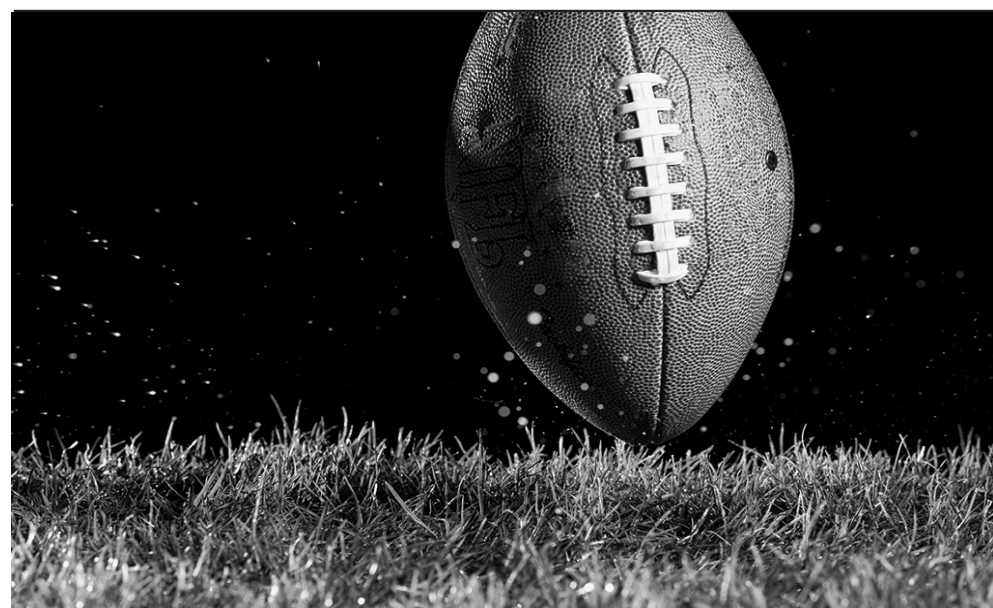
by Justin Scott sports reporter

Sometimes the draws don't go your way, and that was the case for the Lowell girls lacrosse team, whose first playoff game ended up being against six-time state champion East Grand Rapids.

The Pioneers, under head coach Geri Merrell, appear every bit as poised to make a run at a seventh championship in just the past nine years, not including last year's canceled season. Lowell fell to the Pioneers by a score of 25-4 and

finished the season with a 5-11 record.

Lacrosse is one of the many sports at Lowell High School putting on summer camps this year. Learn more at lowellsportscamps.com



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obituaries

HEWITT

Scott Allan Hewitt, 58, of Grand Rapids/Lowell, lost his battle with cancer on Saturday, May 22, 2021. Scott was a hardworking man that would sacrifice his personal obligations to help someone in need. He didn't mind working a little bit more to help those that could benefit from his many skills. Later in life, Scott met his true love, Kathy, and settled down. He was a loving husband, father, brother and son. He had a big heart. The one thing that Scott asked for before he passed was to see his immediate family. That day he, with his wife by his side, was filled full of smiles being able to enjoy the company of his children, grandchildren, brothers, sisters and mother. He was able to get his wish. He had to make sure everyone was okay because he was at peace with his situation. In the end he was still thinking about others before himself. He was preceded in death by his father, Melvin Hewitt, and his aunt Mary. He is survived by his wife, Kathy; sons, Andrew (Kristi), Justin (Lori) and William (Tashina); daughters, Trisha (Mike) and Heather (Ryan); his many grandchildren; mother, Patricia; siblings, Paula (Tom), Robin (Jim), Steven (Tami) and Brian (Kim); Aunt Connie; and father-in-law, Larry; as well as his nieces, nephews and cousins. His Celebration of Life will be Saturday, June 5, noon to three at Creekside Park, 1550 Gee Drive, Lowell, MI. Scott made his peace with the Lord before his departure and this scripture came to mind: "I am the resurrection and the life, the one who believes in me will live, even though they die; and whoever lives by believing in me will never die." John 11:25-26 NIV.



...

**Nothing makes a person
happier than having a
happy heart.**

~ Roy T. Bennett

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO
CREDITORS
Decedent's Estate

FILE NO. 21-209131-DE

Estate of THOMAS
JOHN JACKSON. Date
of birth: 06/13/1953.

TO ALL CREDITORS:

NOTICE TO
CREDITORS: The
decendent, Thomas
John Jackson, who
lived at 2919 Byron
Center Ave. SW,
Wyoming, Michigan
died 03/26/2021.

Creditors of the
decendent are notified
that all claims against
the estate will be
forever barred unless

presented to Joan
Renkema, named
personal representative
or proposed personal
representative, or
to both the probate
court at 180 Ottawa
Avenue NW, Grand
Rapids, and the named/
proposed personal
representative within 4
months after the date
of publication of this
notice.

May 28, 2021

Jennifer M. Racine
(P69709)
2905 Wilson Ave. SW
Suite 214C
Grandville, MI 49418
616-530-2332

Joan Renkema
2137 Clyde Park Ave.
SW
Wyoming, MI 49509
616-247-4617

UIA head: People aren't staying on unemployment that long

Michigan's unemployed typically aren't sitting around for months on end collecting benefits, and the number of people on unemployment each week continues to drop, the interim head of the state's Unemployment Insurance Agency told a House panel Tuesday.

Those were some of the points Liza Estlund Olson made in response to a barrage of questions from mostly Republican members of the House General Government Appropriations Subcommittee.

Olson also said UIA is prepping to get its field offices up and running again. She said they'd be open by July 12 by the latest, the tentative date state government is working to come back to the office, but the aspiration is sooner.

This has been a long-running issue Republicans have had with the UIA during the pandemic. Offices have been closed to people looking to get some face-to-face help with their claims.

Republicans focused their questions on businesses struggling to get help. They then poked at various UIA decisions and policies to see if there was a connection.

"I am really quite surprised to hear everything is hunky-dory in the state of Michigan in our economy and it's just going as it should," Rep. Ann Bollin (R-Brighton Twp.) said. "We have thousands of 'help wanted' signs [...] now putting this work search requirement in late in the game is quite puzzling."

They wondered why the state hadn't reinstated the aforementioned work search requirement sooner. They wanted to know why the state hadn't stopped the additional federal COVID-related unemployment benefits.

And at one point, subcommittee chair Greg VanWoerkom (R-Norton Shores) asked, "Is there a mission here, by UIA, to get people back to work?"

Olson cited a statistic that indicates people aren't just sitting around on the unemployment dole indefinitely.

She said eligible unemployed are entitled to as many as 79 weeks of benefits between the state and federal programs. Instead, she said people are staying on the state's traditional unemployment for an average of 15 weeks and one of the federal pandemic-related unemployment programs for an average of 24 weeks.

Rep. Terry Sabo (D-Muskegon) pointed out that while Michigan's 20 weeks of unemployment eligibility is lower than some other states, people aren't even staying on it that long. Democrats have pushed to make the temporary extension of state unemployment eligibility from 20 to 26 weeks permanent.

The UIA leader also noted that if someone is offered a "bonafide job" and the unemployment claimant turns it down, that employer can report that person and Olson said that could "impact" the person's

benefits.

Olson also predicted unemployment numbers will go down when the UIA brings back the work search requirements that were halted because of COVID. The agency recently announced it would bring back the requirement that unemployment beneficiaries be on the hunt for work while they collect payments.

VanWoerkom asked if it was a mistake not bringing back the requirement sooner. Olson said the agency worked to reimplement it when it could, citing technology issues and other backlogs the UIA had to deal with.

VanWoerkom also wanted to know, with so many businesses looking for workers, why the state wasn't looking to end the additional federal unemployment benefits before they dry up in September. Todd Cook, the legislative liaison for Michigan Department of Labor and Economic Opportunity, pointed out that ending those would nix unemployment completely for roughly 600,000 people, and substantially reduce what another 160,000 get from unemployment.

Olson mentioned other UIA accomplishments Tuesday, like clearing a few outstanding backlogs pertaining to benefit payment review, which involved about 90,000 complex claims, as well as the backlog of identity verification from 2020. That's all while UIA workers have been subjected

to mandatory overtime for a year now.

Rep. Matt Maddock (R-Milford) wanted to know how the UIA would make sure the work search requirements would be fulfilled. Olson said claimants are asked to provide a lot of information detailing the efforts of their search and that a team of UIA staffers audit a certain unspecified number of claims each month to make sure they check out.

Maddock also wanted to know how many people were being "prosecuted and convicted" of unemployment fraud and asked the UIA for a quarterly report to the committee on that number.

Rep. Andrew Fink (R-Hillsdale) wanted to bring up the subject Olson was grilled on before the Senate Oversight Committee not too long ago: How often Olson and Gov. Gretchen Whitmer talk unemployment issues.

Olson said her office talks to the governor's staff "all the time" and said she had just spoken with Whitmer herself last week. Still, Fink said that "with the large number of unemployed Michigianians it would be [...] a topic that the governor would want to have personal attention to, it sounds like that's not [...] the way it's gone. Is that right?"

"That's not what I said," Olson replied. "I said I talk to her when I need to," and that she talks to the governor's staff so that Gov. Whitmer is made aware of what's going on.

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

misc.

APPLICATIONS FOR MEDICAL SCHOOL SCHOLARSHIP - May be received by contacting Vicky Pratt at Lowell High School, 987-2913. To be eligible, one must be a Lowell High graduate and enrolled or enrolling at a school that grants a M.D. or D.O. degree.

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

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 D L H U C X Y R O N J N P G J C M U U T

Live the Life You Want

Putting fun back in your life

Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

This week's article was suggested to me and I think it's so relevant, especially due to the extreme challenges we have faced over the past year. I want to say thank you to the individual that suggested this topic. I'm grateful for all the ideas and feedback I have received from everyone!

For many, this past year has been challenging and not fun-filled. I think it's time to get back to living, as we only have this one life. It's not a dress rehearsal. So, my challenge to you all is to add some fun back into your life and start living the life you want!

Adding Fun to Your Life!

I challenge you to look through the list of items below or to come up with your own and spend time each week doing at least one fun activity. Preferably more than one. You know the disclaimers; if it is a physical activity be sure you have your doctor's okay, eat within required diets, follow social mandates, etc. I hope you will think outside the box and be spontaneous. Below are some suggestions to help get you started.

- Have a game night - board games or card games that can be done as a group.
- Have a movie night complete with popcorn or concession candy.
- Have a karaoke night or go to venue that

hosts it and participate. If this isn't for you, try putting on fun upbeat music at home and then sing and dance around the house.

- Try a new hobby or two that you have always wanted to try - painting, gardening (fruit, veggies, or flowers), kayaking, fishing, playing an instrument, wine or beer making, baking, crafts etc.
- Get outside and go for a walk, hike, bike ride etc.
- Play with the kids. Have fun and act like a kid yourself. It's okay.
- Play with your pets.
- Go dancing at a club or take dance lessons.
- Have a picnic

somewhere peaceful and beautiful.

- Go somewhere local that you have always wanted to visit. For example, a museum, zoo, botanical park, art gallery, park, flea market, farmers market, etc.
- Go fly a kite.
- Try your hand at nature photography.
- Go to a beach and search for beautiful shells, stones, or Petoskey stones.
- Perform random acts of kindness. If you know someone that has impaired mobility or is elderly, offer help. If you know them well enough and are positive it's okay to not ask, then mow their lawn or clean up their yard. If you

can afford it, pick up dinner for them or have it delivered. You could even make them dinner and drop it off. Pay for someone's groceries or anonymously pay for their fast-food order at a drive through.

- Have a squirt gun fight.
- Make paper airplanes and have a contest for longest distance flown or longest time in air.
- Lie in the grass at night (or on a blanket) and see how many constellations, falling stars, planes, or satellites you can spot.
- Light up that fire pit and roast hotdogs on a stick and/or make s'mores. Have a contest for the best and most creative s'more.

- Go outside and play in the rain (as long as there is no lightening). Wash your hair in the rain, splash around in puddles. Let go and have fun.

- Come up with a list of items for each other to find and then go out and have a scavenger hunt. You don't need to take the items, just take pictures of them.

I would love to hear your ideas or what you have done to add fun back in to your life! Please feel free to share them on our Facebook page. You get one life, make it the best one possible! This article is not intended to diagnose or treat but instead is meant to share ideas for having fun in a safe way.

The Restless Viking, continued

found the correct timing and dosages of Ritalin and Serpasil to regulate the most incurably insane.

One woman, Mrs. Gudrum, regularly disrobed and had been plagued with hallucinations for thirty years. Dr. Ferguson began a delicate dance of half a milligram of Serpasil three times a day along with intermittent doses of Ritalin. Within two weeks she was able to eat in the community dining room. She occasionally needed to be reminded to wear her shoes, otherwise she was appropriate. Later she earned 'ground parole' and enjoyed purchasing snacks at The Canteen (snack shop) on campus.

Thorazine was a powerful tranquilizer from France. Professor J.E. Stachlin reported that half of the inmates were able to leave the asylum with regular doses of "chlorpormazine" (Thorazine). Dr. Ferguson's desire was to help his patients rejoin their families and started prescribing Thorazine. Unfortunately, many families were not willing to welcome their relatives back into their homes.



Many staff members lived on the campus residing in male and female cottages. Photo courtesy of the Traverse City Historical Society 1898-1912.

The freedom Dr. Ferguson was given to experiment with medications was unusual and not appreciated by colleagues. They gossiped about his previous personal mental struggles and hospitalizations. However, Dr. Ferguson's work has been a driving force in the development and uses of drugs to curb chemical imbalances. Sadly, he died when he was struck by a car as he was directing traffic around fire trucks outside the hospital in 1968.

Horace Storrs worked at the institution for seven years and recalled Stellazine tranquilizer which brought patients "out" and able to join others in the common room. He was impressed that these previously agitated people could now remember names of their peers and staff. Otherwise these patients were always aggressive and had to be segregated. "This made the patients easier to care for." Storrs stated in the oral history project recording.

Leo Garbier, who worked in Hall 6 in 1965, reported that

females were sterilized because they "kept getting knocked up on 'ground parole,'" (Ground Parole was permission to walk around the hospital campus.) "One female patient was impregnated by a male patient on a screened porch. The girl's mother took the child as her own."

Art Nickerson, who worked at TCSH in the 1960's reported that most patients were admitted involuntarily through the court system. The police would remove the handcuffs and it would take six to eight staff members to escort the new patient to the 30-day evaluation area.

With his sister's suffering, John F. Kennedy, our 35th president, signed an amendment to the Social Security Act in 1963. "Maternal and Child Health and Mental Retardation Planning." This was a predecessor to the 1990 legislation "American Association of People with Disabilities Act." (IDEA)

Eunice Kennedy, Rose's sister, founded Special Olympics in 1968. Eunice's son, Anthony Shriver was also an activist for people with disabilities and founded "Best Buddies International."

"Best Buddies" is Shriver's world-wide movement which connects volunteers with an individual who has developmental disabilities in a one on one mentoring friendship.

Treatments and legislation have improved the lives of people with disabilities and care for mentally challenged individuals. Many say that Rose Kennedy's sad experiences have helped to shape a better future for those afflicted with disabilities.

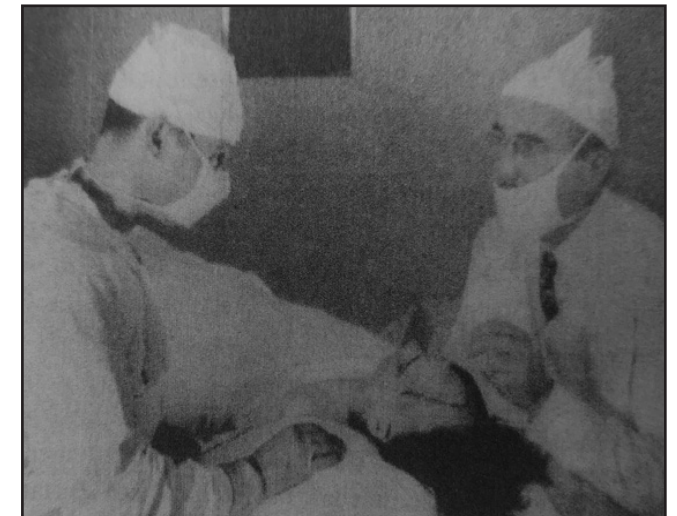
In the 1960's, doses of LSD (lysergic acid diethylamide, a hallucinogenic drug) were being used to carefully guide patients into confronting their traumatic life experiences. There were many positive outcomes as patients were able to relax and face these demons that haunted them. On October 24, 1968 LSD became an illegal substance. At this point these treatments went underground.

"It never fails to amaze me how much spontaneous insight people gain in an MDMA (Ecstasy) session. It would take ten weeks of normal psychotherapy to guide a person to the insights that the patient spontaneously come up with while on MDMA" an anonymous individual shared.

Dr. Prashanth Puspanathan, who goes by Dr. Prash, spoke of how people are beginning to become frustrated with the lack of access to these psychotherapy drugs. "We saw this with prohibition in the 1920s and the war on drugs in the current day."

In 2018 Australian doctors began an underground psychedelic psychotherapy using drugs such as LSD, Psilocybin (Mushrooms) and MDMA (Ecstasy) with patients experiencing PTSD (Post Traumatic Stress Disorder), depression and cancer. At \$150 an hour, patients would seek out pre-treatment appointments. After several preplanning sessions about what to expect and putting plans in place, the psychedelic prescription would be administered. The doctor and an assistant guide the individual through the phases of the treatment.

"Neuroimaging shows the switching off of the 'default mode network.' These are the thought patterns seen in depression. These scans show interconnected pathways opening new insights allowing a person to view one self



James Watts and Water Freeman perform a lobotomy in 1942. Photo Credit: "The Man Against Insanity".

from a new perspective. Cancer patients have an improved quality of life. "

Our daughter, Charlotte, being able to recover from epilepsy is a miracle. Dr. Chadehumbe worked tirelessly to unlock the mysteries of Charlotte's brain. A child with epilepsy in the 1960's would have been institutionalized. This has brought me a new appreciation for the trials and treatments of mental conditions.

I am astounded about the evolution of treatments for the mentally ill. I revere the individuals, both doctors and patients, who sacrificed so much as they learned to navigate the brain and it's functions. Now knowing that Rose Kennedy had a vital impact on the care and laws that are in place today was remarkable to me. Obviously, we still have unmarked pathways to explore within the human brain and the treatments to serve these individuals who suffer from mental afflictions.

Resources:

- <https://www.marieclaire.com/celebrity/a26261/secret-lobotomy-rosemary-kennedy/>
- "A Man Against Insanity" by Paul De Kruif 1957
- "Beauty is Therapy" by Earle Steele and Kristen M. Hains 2001
- "Admissions" by Jennifer Sowle 2010
- "Traverse City State Hospital" by Chris Miller 2005
- "Traverse City Oral History Project" by The Village of Grand Traverse Commons
- <https://www.abc.net.au/news/2018-08-30/underground-psychedelic-psychotherapy-mdma-lsd/10134044>

FUN PAGE

SUDOKO

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Level: Beginner

Here's How It Works:

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

FELINE FRIENDS WORD SEARCH

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

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

Puzzle solutions on page 13

FELINE FRIENDS WORD SEARCH

ABYSSINIAN
 AEGEAN
 BALINESE
 BAMBINO

BIRMAN
 BOBTAIL
 BOMBAY
 BURMESE
 CHARTREUX
 CURL
 DONSKOY

HAVANA BROWN
 JAVANESE
 KORAT
 LONGHAIR
 MAINE COON
 MAU
 MIST

OCICAT
 PERSIAN
 REX
 RINGTAIL
 SHORTHAIR
 SPANGLED

Guess Who?

I am an actor born in London on June 1, 1996. I attended the BRIT School for Performing Arts and Technology. I am best known for playing a web-slinging superhero in the Marvel Cinematic Universe. However, I also starred as a boy who discovers his love for ballet in a popular London musical.

Answer: Tom Holland

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cats.

M J S U P

--	--	--	--	--

Answer: Jumps

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

CLUES ACROSS

- Partner to "flows"
- French industrial city
- Diagrams
- Diplomat
- Hires
- Hawaiian island
- Set aflame
- Very happy
- Blue dye
- Small terrier with short legs
- One thousand cubic feet (abbr.)
- Northern pike genus
- Expression of annoyance
- Female deer
- Casella and Kellerman are two
- Actor's lines to audience
- Days (Spanish)
- Close a person's eyes
- Cloaked
- Comedic actor Rogen
- It's all around us
- Neutralizes alkalis
- Native people of New Mexico
- No seats available
- Famed "Air Music" composer

CLUES DOWN

- Fit of irritation
- Psychic phenomena
- Knicks' first-rounder
- Seed used in cooking
- "WandaVision" actress
- Hahn
- Samples food
- In a lucid way
- Stair part
- Adieus
- Type of moth
- A Christian sacrament
- It lends books to Bostonians (abbr.)
- Turn away
- Impersonal
- Shortly
- Indigenous Alaskans
- Subtle difference of meaning
- Sicilian city
- Put in harmony
- Administrative divisions
- As happily
- Horse mackerel
- Muddy or boggy ground
- Monetary unit of Italy
- Construction site machine
- 22
- Tracts at the mouths of rivers
- Earnings
- Insect repellent
- Runner-up
- Musician
- Serious or urgent
- Esteemed one
- Where rockers play
- Work furniture
- Greek prophetesses
- Quantitative fact
- Missing soldiers
- Minute
- This (Spanish)
- Maintain possession of
- Assault with a knife
- Holiday text message greeting



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WEEKLY BOX SCORE

food fight	5/9/21	5/16/21	5/23/21	5/31/21	TOTALS
NORTH	15,204	11,265	11,574	23,036	61,079
SOUTH	19,591	21,725	8,779	26,826.81	76,721

FROM the

THANK YOU!

Thank you to each and every person who participated in Food Fight 2021! You help us touch lives of families right here in our community. You help us keep our food pantry fully stocked and our programs running smoothly all throughout the year when you participate in our Food Fight campaign! We will be the final totals on our Facebook page, but we can announce that together we have surpassed our goal of 135,000!

