the lowell lead ger

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Lowell High School GSA

wednesday • june • 16 • 2021

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Meghan Beimers memorial bench



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Expo on the Riverwalk brings thousands downtown

by Tim McAllister lead reporter

The first ever Lowell Expo on the Riverwalk took place last Saturday, June 12.

It was a bright, sunny day and thousands of visitors strolled along the Flat River enjoying free samples, demonstrations, entertainment and more from more than 75 different vendors.

"The event turned out great," said Lowell Area Chamber of Commerce executive director Liz Baker. "The weather cooperated for the most part, with the heat climbing in the early afternoon. Everyone had a smile on their face, I think it was just good to get out. I don't know the count, but it was a lot of people! I had a vendor tell me it was more than we get at the Expo, but I'm not sure I would agree with that comment. It was a steady flow all day long, I'm thinking at least a couple thousand if not more! Our vendors were happy, and of course that was our goal. It



was certainly different from the school location. Next year, we are looking forward to holding Expo at our regular fourth Saturday of March back at the school." It was also the public debut of the new Lowell Showboat, and self-led open house tours were available

New "Lowell Showboat VI" has gala debut

throughout the day.

"It's been a good crowd and the weather is good, so it's going quite well," said Shannon Witherell, Lowell fire chief. "We started off with about 200 birds, but it's 11:45 am and we're down

Expoi, continued, page 8

ABCs of history: Harold Jefferies



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Two came back, one responder indicated they would not bid the project and the other one came from Moran Iron Works for \$1.4 million. Moran Iron Works is a local Michigan company, and we're really thrilled about that. More positive news came, again from former Sen. Dave Hildebrand, that we received yet another \$1.3 million. It was at this point we knew we still needed to raise more funds to complete our dream, so the Lowell Showboat VI Fundraising Committee was formed. This group of people went to work immediately and began raising funds. Our goal for that was \$780,000 to help complete the boat, and I'm very proud to say that we did it. The interior construction was awarded to Wolverine Building Group for \$1.5 million. And today, four years later, [after] hard work [and] perseverance, we have the sixth edition of the Lowell Showboat, a venue that is completely different than past boats. This boat will serve our community

www.thelowellledger.com

vol. 48 issue 38

Carolyn Jane Blough and former State Sen. Dave Hildenbrand cut the ribbon to officially open the new Lowell Showboat VI venue on Friday, June 11.

by Tim McAllister



LHS sports pages 10-11



lead reporter The first event held on the brand new Lowell Showboat VI was its grand opening gala on Friday, June 11. The evening included speeches, hors d'oeuvres local restaurants, from entertainment from the Easy Idle String Band, beer and wine aboard the boat and in the social district and the first chance to stroll freely around the new venue. It was a warm night, but there was a small amount of rain.

"We are here tonight to celebrate a new and exciting venue, the Lowell

Showboat VI." Lowell Area Chamber of Commerce executive director Liz Baker said during a speech few moments before а attendees were allowed inside the vessel. "Back in 1932, in the throes of the Great Depression, a group of entrepreneurs wanted to create business for our community, keep our town alive and turn conversation from the Depression to something more interesting and uplifting. Thus, the first showboat was created. There was a total of five showboats,

each had their own unique story. The last showboat was built by Ivan K. Blough, and it served our community from 1979 to 2017, when the boat was deemed unsafe for the public. A study was performed in 2014 that verified the people of the greater Lowell community wanted to keep and preserve the history of the Lowell Showboat. In 2016, the Lowell Area Chamber of Commerce board of directors made saving the Lowell Showboat part of their goals. The Rebuild the Lowell

Showboat Committee was formed and we begin meeting in February of 2016. Then the executive committee, Rebuild the Lowell Showboat, was formed to take on the task of building our dreams. In 2017 we received word from former state Sen. Dave Hildebrand that the state had awarded us \$1 million to assist us with the construction of the new boat. In 2018, we issued a bid package requesting proposals from qualified vendors to fabricate the steel structure of the showboat.

Showboat, continued, page 9

— the level dger

Meghan Beimers memorial bench dedication in Grand Rapids



Jordan Beimers and his five kids attended the bench dedication at Samaritas in Grand Rapids. [Photo provided by Jayne Mathews]

by Tim McAllister

lead reporter

Meghan Beimers 30-year-old mother of five and a 2008 graduate of Lowell High School, was diagnosed with an aggressive brain tumor on Nov. 7, 2019 and passed away on June 19, 2020. To mark the first anniversary of her death, a seven-foot-long memorial bench was placed at Samaritas Child and Family Services in Grand Rapids.

"It was an honor. I didn't think it would be as emotional as it was, but it was pretty emotional," said Beimers' mother Jayne Mathews. "I didn't know what to expect, I've never been to a bench dedication!" The ceremony took place

on Thursday, May 27 and was attended by Beimers' parents Alan and Jayne Mathews, her husband Jordan Beimers and their five children, Logan, Everett, Nora, Eloise and Kennedy. The bench dedication was also the subject of a six minute segment on channel 41's "WOTV 4 Women" show hosted by local TV personality Maranda, the clip is still featured on their website.

"It's a year later and she's still reaching people, she's still being an influence, and you want that for your children, you want them to be influences," Mathews said. "We just miss her so much. She was 30 years

New

Patients 🔨

old. It hurts. She was only 30 when she died, but she made such an impact. Her funeral had over 500 people! You always want your kids to make an impact on this world. We definitely miss her, there is definitely a hole. It stinks, but I think good things can come of it. If one person becomes a foster parent because of this, then it's worth it."

Until the tragic turn of events that took her life, Beimers and her husband were dedicated to acting as foster parents for eight children, eventually adopting four siblings.

"Meghan lived in Lowell all her life until she got married," Mathews said. "Then she and her husband Jordan were foster parents. She touched so many people during the five years that she and her husband fostered eight kids and adopted four of those. She just loved people, she loved kids and she especially loved being a foster parent. They had some tough kids, they did, but she still loved them. My husband and I tried to raise our kids to be kind to people, no matter what. You know, you might not like what they do, but you have to be kind and love them. It's not their fault, maybe they've had a hard life. This bench represents that, now everyone gets to see what we saw in Meghan. And there will be people who won't know who this Meghan Beimers is, and Samaritas will tell them about her. She just embraced and loved kids and accepted them. When her friends had

babies, she was the first one there. She was always kind to everyone. She was such a good mama and she loved her kids. She didn't care if her house was a little messy, because it wasn't about that. it was about the kids."



Meghan Beimers with her husband and family. [Photo provided by Jayne Mathews]

Fairgrounds bluegrass camp and jam in July

The West Michigan Bluegrass Music Association will have their July camp and jam at the Kent County Youth Fairgrounds in Lowell on the weekend of Friday, Saturday and Sunday, July 2, 3 and 4.

The event is free unless you want to camp on the site, then

it's \$25 a night, camping includes on site showers and bathrooms.

There will be two "jamming and open mic" events, one on Friday at 7 pm and another on Saturday at 1 pm. They will also have a potluck in the King Building at 6 pm on Saturday and a gospel singalong on Sunday morning.

For more information, visit their website, wmbma.org.



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The Ryne Experience summer concert calendar

June 17: Pop Up GR Happy Hour on Monroe St., 4 pm to 6 pm, solo acoustic busking

June 20: Izzy's Barber Shop, Ionia, 6 pm, solo acoustic

June 22: Pop Up GR on Monroe St., 11:30 to 1:30pm, solo acoustic busking June 25: Turnstiles Bar, 8 to 11 pm, playing with Patrik Baney's jam band **Future Skeletons**

June 27: Smyrna Bar, 12 pm to 3 pm, solo acoustic

July 1: On the Bricks, Ionia, 5 pm to 8, solo acoustic busking

July 9: Birthday Show at Turnstiles Bar, 8 pm to 11 pm, Ryne Experience full band, Short Panic and Deadlines

July 11: Mode's Tavern, Bay City, 1 pm to 4 pm, solo acoustic

July 18: Retro Boat Rentals, Saugatuck, 6 pm, solo acoustic

July 24: Pyramid Scheme, Grand Rapids, 8 pm, with I Believe In Julio, Natural Body, full band Ryne Experience. Tickets \$8 at pyramidschemebar.com.

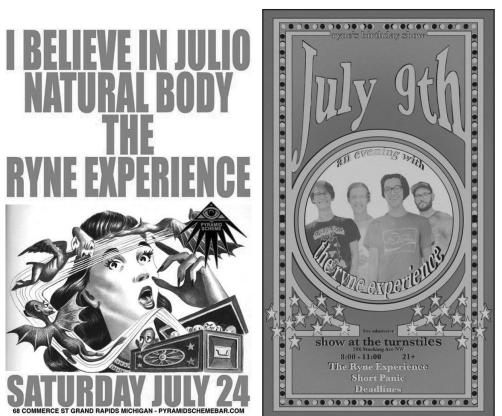
July 30: Mode's Tavern, Bay City, 3 pm to 6 pm, solo acoustic

Aug. 1: Smyrna Bar, 12 pm to 3 pm, solo acoustic

Aug. 5: On the Bricks, Ionia, 5 pm to 8 pm, solo acoustic busking

Oct. 2: Album release at Pyramid Scheme, 8 pm with full band Ryne Experience, Bedroom Ceilings, American Hotel System and Short Panic. Tickets \$12 at audiotreepresents.com.

For more information about the band and their activities, visit ryneshyne.club, theryneexperience.bandcamp.com or find them on social media.



Commissions must record their meetings under bill

State licensing boards. commissions, panels and rule-making boards would have to make audio recordings of their meetings under legislation being proposed by Rep. Luke Meerman (R-Coopersville).

Meerman pitched his HB 4705 to the House Oversight Committee Thursday, which would require state panels record in a way that captures sound and in a format that can be reproduced upon receiving a Freedom of Information Act request. The recordings would have to be filed and maintained for a minimum of one year.

"We are in a government of the people, for the people, by the people," Meerman said. "We must ensure all citizens have an opportunity to engage every governing body. This bill will give them another opportunity to do just that."

Phil Forner, a mechanical contractor who described himself as "quite involved" with the Construction Code Commission, said that up until 2018 the commission recorded meetings and those recordings could be obtained through FOIA.

"In 2019, the bureau arbitrarily decided that they were not going to record it anymore and they just stopped recording it," Forner said. "The commission actually passed a motion that directs them to record the meetings and the bureau respectfully said it's not required by law. We are not going to do it unless it is required by law."

Forner encouraged the committee to approve the bill "so the discussion of the bodies is actually in the minutes so the courts can consider the tone and the discussion that was held before the meeting vote."

Rep. Julie Brixie (D-Meridian Twp.) asked if an appropriation was included in the bill to pay for equipment and staffing

needed to do the recording. She asked if the bill included any requirement to post the recordings online, which she said would require additional expenses because of the need for storage space.

Meerman said the bill does not include an appropriation because he believes the costs would be minimal. And he is not asking the recordings be posted, just filed and made available under FOIA.

"If you are at a statelevel board, commission or ruling body, I think that is a small expectation to have an audio recording," Meerman said. "These are quite serious decisions in that they impact the whole state. I think any state board that has that kind of influence we should have an audio recording of."

Meerman said the bill would not apply to cities, townships or counties. It is specifically written to address state level boards

The analysis for the bill states that public bodies with higher volumes of meetings could have ongoing costs of approximately \$75,000, to manage the tasks of recording, organizing and retaining records. It could also require a half full-time equivalent to do the job. Some panels could incur one-time costs of \$6,000 recordings. to \$10,000 to purchase recording equipment, the analysis concluded.

Brixie and Rep. David LaGrand (D-Grand Rapids) also urged Meerman to research what would be required to meet the Americans with Disabilities Act if a person who is blind wants access to the

Oversight did not take action on the bill Thursday.

The Department of Licensing and Regulatory Affairs, which oversees the Bureau of Construction Codes, did not respond to a request for comment from the Michigan Information and Research Service last Thursday.

It's a jungle out there. You gotta look out for number one, but don't step in number two.

~ Rodney Dangerfield (1921-2004)



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Lowell Showboat

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JUNE 24 Lighten Up Francis



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Lowell student awarded \$1,500 scholarship

Eleanora (Ellie) Stoller, has been awarded a \$1,500 scholarship from America's Farmers Grow Ag Leaders, sponsored by the Bayer Fund. In the fall, Stoller will continue to study Horticulture at Michigan State University.

Stoller exemplifies the quality of students who are selected for Grow Ag Leaders scholarships.

"Bayer Fund is proud to sponsor the America's Farmers Grow Ag Leaders program, helping hundreds of students to pursue higher education studies in the field of agriculture," said Amy Simpson, senior community engagement representative with the Bayer Fund. "By supporting these students today, we are supporting the future leaders of our industry. Bayer Fund remains committed to improving Ag Education opportunities in rural communities."

The future of agriculture relies on talented young people like Stoller to fill thousands of jobs in a variety of fields, such as plant science, engineering, communications, finance and more. Grow Ag Leaders raises awareness of diverse career opportunities in the agriculture industry and provides over 350 scholarships nationwide each year to support a student's ag education.

Grow Ag Leaders scholarships, administered by the National FFA Organization, are available to high school seniors and college students pursuing degrees in ag-related fields. To be considered, each applicant is required to receive endorsements from two local farmers. Both FFA members and non-FFA members are eligible to apply.

With support from the Bayer Fund, more than \$3.8 million in scholarships has been awarded to students since Grow Ag Leaders

began in 2014. For a complete list of recipients or more information, visit americasfarmers.com. Bayer Fund, the philanthropic arm of Bayer, is a nonprofit organization dedicated strengthening to the communities where Bayer customers and employees live and work by providing funding for food and nutrition, education and community development projects. Learn more at fund. bayer.us.

America's Farmers Grow Ag Leaders is part of the America's Farmers community outreach initiative, which is designed to make a positive impact in farming communities across the US Since 2010, the programs have partnered with farmers to award more than \$62 million to nonprofits, aspiring ag students and public schools across rural America. Visit AmericasFarmers.com to learn more.

Rep. Johnson hopes to override veto of FOIA suspension bill

Rep. Steven Johnson (R-Wayland) said he intends to attempt an override of Gov. Gretchen Whitmer's veto of his HB 4448, prohibiting the governor from using an executive order during a state of emergency to suspend the Freedom of Information Act.

"It received over 90 votes in the House. That's enough to override a veto in the House," Johnson told the Michigan Information and Research Service last Thursday following а hearing of the Oversight Committee. "That's what I intend to do."

Johnson wouldn't say if he has agreement from

He noted that the original bill was amended to accommodate the concerns of Rep. Julie Brixie (D-Meridian Twp.) and Rep. David LaGrand (D-Grand Rapids). Brixie had raised questions about how the bill would work in the case where a governmental body physically could not fill a FOIA request, such as when there has been a fire or a flood, and Brixie raised the issue again last Thursday.

"If we were to find ourselves in the unfortunate situation again of a terrible global pandemic where we were not certain of the transmission of the new

that the question would have to be adjudicated.

"This isn't a hypothetical, we've just been through a pandemic," Brixie said. "My question for you, chair Johnson, is [...] would a global pandemic qualify as a physical reason to suspend FOIA requests?"

Saying a global pandemic could be a lot of different things, Johnson analyzed how the bill would have worked in March 2020.

"I would argue, the buildings weren't on fire. If they needed somebody to go in and look up a document, they could have done that within three weeks," Johnson said. "And this is responding to the FOIA request, not fulfilling the FOIA request, so you have a few weeks to say, yes or no or I need more information to your FOIA request. [...] I believe someone could have gone in and got those documents. I don't think there is physical thing holding back one person from going to the office and getting those documents. And the vast majority of things are online now anyway. If you are working remotely they can go in to scan those files." The Oversight Committee voted 7-1 with one pass to report the bill to the House floor. Brixie was the no vote. Rep. Stephanie Young (D-Detroit) passed.

NEWSPAPERS Outperform Direct Mail in Michigan

Newspapers are the preferred source of coupons over direct mail.

33% of Michigan adults prefer receiving 82% of consu

50%

of Michigan adults did not buy anything as the result of a direct mail piece in the past year²

mail.

Direct mail lacks the effective reach of newspaper advertising.

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Michigan consumers prefer to receive advertising inserts in printed newspapers higher than those who prefer to receive them through direct mai

> Michigan adults make more purchases as the result of newspaper ads than direct mail.²

79% Eight in 10 newspaper readers took action as a result of reading a newspaper ad in the past 30 days⁴

17.2% of adults made a purchase in the past 90 days as the result of a direct mail flyer⁵

86% of adults look at newspaper inserts to get the best deals³

leadership to attempt override. an Gideon D'Assandro, spokesperson for Speaker Jason Wentworth (R-Farwell), said only that the caucus has not yet had a chance to discuss the issue.

Atwo-thirds supermajority is needed to override. The bill initially passed the House 98-11, but earned a 21-15 vote in the Senate, which would be short of the

24 needed. "If these people vote yes one day and then the exact same language comes before them and they vote no just because the governor vetoed it, I think our job here is to represent our districts and to think for yourself, not just carry water for the governor," Johnson said.

disease, we did not know how it was being spread, we did not know how to control it and thousands of people were dying, would that be considered a physical reason to allow the governor to have an emergency order suspending FOIA?" Brixie asked.

Johnson said that under existing FOIA law, governmental units have several weeks to respond and therefore should be able to know early if it will

be physically able to fill the request. Johnson also noted that under the bill's current government wording, agencies would have to prove they were physically unable to respond to the request and

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viewpoint

Looking EDGERS Bacl 893 **1900**

125 years ago Lowell Ledger June 19, 1896

Ex-Gov. Alpheus Felch passed quietly away at his home at Ann Arbor after a lengthy illness at the age of 92 years. Alpheus Felch was born in 1804 in Limerick, Me., and came to Michigan in 1833, settling in Monroe. He at once took an active part in the public affairs of the territory.

Herman Showalter, aged 25, was drowned in Gordon's lake near Onekema. He jumped into the water to swim, but got stuck in the mud.

John Cornelius is under arrest at Grand Rapids, suspected of foully dealing with Jacob DeBag. Cornelius and DeBag lived in a shanty in Byron township and worked among the farmers of the neighborhood. The two men had a quarrel a week ago and since then DeBag has not been seen.

100 years ago **The Lowell Ledger** June 23, 1921

Conditions of an adequate water supply during the dry and heated periods are serious and everyone must observe the rules and regulations strictly. There are many violations at present. We have good reason to believe and in many cases positive information, the patrons are using water for refrigerating and cooling initials "E. M. 1920," were carved on the bottom shell of the turtle, and now comes Frank McMahon, who states that the initials were probably those of Edward Mosher, who lived here at that time.

No water has been pumped from the deep well which contains salt for the past two weeks, F. J. McMahon told the Council Monday night. The water has shown a great improvement in the last two weeks and as long as the village is not using a large amount for lawn sprinkling the shallow well will handle the town. A new continuous pump which keeps a constant flow into the reservoir has recently been installed.

The Lowell Showboat was rolled this week from her dry dock, where she has stood since the last show in 1941 into Flat river in preparation for the 11th showing this year, July 23 through 27. The old ship which has stood the test of time and weather for 5 years creaked and groaned as it rolled down the skids and into the river. Many spectators were of the opinion that it would collapse but a committee headed by Bruce Walter, with other Lowell men who have had a great deal of experience with boats during the last five years pronounced her seaworthy.

50 years The Lowell Ledger June 24, 1971

Lowell lost two of its prominent businessmen in the last two days with the passing of Jerry Roth, funeral director in the city for 25 years, and Jack Thorne, a Mobil distributor. Thorne, aged 52, a long-time resident of Lowell passed away Tuesday, June 22, at his home on North Washington Street. He was born in Big Rapids, Michigan, moving to Lowell in 1924.

The Island Park Project, which has been undertaken by four energetic Lowell men, took off in full swing last weekend when volunteer help turned out in full force. The island is now clear, due to the help of Bieri Brother's bulldozer, and assistance of Byron Weeks. According to the committee, the Island may not be fully completed by Centennial Week, but a guaranteed opening by Showboat time is being made.

The 1971 Lowell Showboat Queen, Miss Pamela Murray, and her court were in Rockford Saturday afternoon to take part in a gigantic parade commemorating the 100th birthday of the Rockford Register, and the start of Rockford's Summer Celebration.

> 25 years The Lowell Ledger June 19, 1996

to the editor

Dear Editor,

Before I express my opinion below, I want my fellow citizens to know that I fully understand the old expression that "beauty is in the eye of the beholder".

When I retired a few years back, we lived in Grand Rapids. We wanted to move to a small town in Kent County and after looking at 90 percent of those small towns, we knew that Lowell was the best looking with the nicest people in the county. In particular the historical downtown district.

We have always loved the look of the buildings on main street and lovely light pole decorations, especially during Christmas time. The placement of the sidewalk benches is a very nice addition for those walking around downtown.

However having been gone for a few weeks and then driving home, coming through main street that afternoon, we couldn't help but notice all those numerous, oversized square bright RED trash bins. We found them, frankly, to be a real eyesore and very distracting to the warm inviting look and feel the downtown district has always provided.

We 've talked about our opinion with several residents and a couple business owners, all of whom agree with our obse rvation.

Would it be possible to perhaps reduce these oversized bins down about 30 percent and also repaint them in a more traditional color? Maybe a beige or lighter neutral color that would blend in more with the colors of the majority of the downtown buildings.

These bright red oversized trash bins do not compliment the warm and pleasant effect the historical district provides.

> Richard Gamm Lowell



We love to hear from you!

The Lowell Ledger welcomes letters to the editor from

purposes. This practice must cease immediately to conserve water for legitimate uses.

Alonzo I. Conrad, 42, Grattan township farmer, was found dead in three feet of water on his farm five miles east of Parnell Wednesday, after he is believed to have drowned himself. Conrad had been taken reluctantly to an Ann Arbor hospital for observation and after his return home had been placed under the constant care of an attendant.

Kent county road commission has established a rule that motorists, halting to make repairs, must draw up clear of the roadway. Serious accidents have occurred as a result of stopping partially in the roadway. It is likely signs will be posted calling attention to the rule.

75 years The Lowell Ledger June 20, 1946

Sequel to the story about the box turtle which was brought to the Ledger office a couple of weeks ago by Edward Minard. The reader will recall that the

It's one of Lowell's favorite spots for a hot summer lunch, an afternoon treat or a bedtime snack. Plans to increase parking for Softee Crème's loyal customers will be the result of a proposed house move. Harold Ball received permission to move a house located on the east side of Softee Crème to the northeast corner of Division and High Streets.

If Jeane Metsker fences in 20 acres of her property and adheres to state guidelines regarding dog kennels, she will be allowed to keep the 15 dogs on her property that she affectionately refers to as her "children". The Lowell Charter Township Board has given Metsker 90 days to complete a fencing project that would encompass the front 20 acres of her 40acre horse farm, located at 1766 Parnell Ave.

A favorable review from the Lowell City Council yielded city manager Dave Pasquale a five percent salary increase. "Dave has had to wear a lot of hats this past year, and the council feels as if he has worn them all well," Lowell mayor Bill Thompson said.

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.

ledger



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

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

edema

Edema is caused by too much fluid that accumulates in the body, typically noticed in the legs but can also be seen over the entire body. Most people will notice a puffiness or stretched tight shiny skin on the feet, ankles or shins. Sometimes the tissue will actually dimple if you push your finger into it. Swelling tends to worsen as the day progresses for most people. If the swelling occurs with difficulty breathing, shortness of breath with exertion or chest pain, one needs to seek immediate medical attention.

There are many causes of edema. Simple causes include sitting or standing for prolonged periods, eating too much salt, menstrual changes, certain medications used to treat high blood pressure and diabetes, as well as antiinflammatory medications like Motrin and Aleve. Vein insufficiency is the most common cause. This occurs when veins dilate over time



(varicose veins) and allow blood to pool in the lower extremities.

More serious causes include heart failure, kidney disease, liver cirrhosis, and heart valve problems.

Some complications can occur if edema is pronounced and persistent. The skin may become cracked and lead to infections. Ulcerations may actually occur due to decrease blood flow to the tissues. It may become painful to walk.

Your doctor will need to take a detailed history, closely examine you and may require lab tests imagining studies and to uncover the cause of edema. Treatment of edema is dependent on the exact cause. Certain medications called diuretics may be used to help your body rid itself of excess fluid. Compression stockings are often also used to help mobilize fluid back into the vasculature so the body can remove it.

ABC's 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.

J is for Jefferies

For forty-five years the name behind The Lowell Ledger was Jefferies. From 1930 to 1977, with the exception of a two year stretch, The Lowell Ledger was owned by this father/ son team.

The Lowell Ledger was started in 1893 by Frank M. Johnson and sold to R.G. Jefferies in 1930. When Remick Jefferies took over the Ledger it was just in time to promote the Centennial of the founding of Lowell in 1931. He spent a lot of time ensuring the success of the venture, and documenting the history of the area. It was said that his aim throughout his time here was to help make Lowell a better place to live and he lent assistance and inspiration to keep business in all trades growing and progressing. He is credited with being one of the three men who first had the idea of the Showboat. He also was a part of starting the Lowell Rotary Club.

After only six years in Lowell, Jefferies gradually went blind, as had his grandfather. As he had seen in his grandfather, a physician to loggers, blindness didn't stop his life or his profession. In 1936,



Louis Armstrong being interviewed by Harold Jefferies, owner of the Lowell Ledger, in 1967.

he purchased the rights to Lowell's second publication The Lowell Journal which published news from 1865 to 1936 and was his competitor. On Fridays a secretary was hired to read to Jefferies from all of the area newspapers and take dictation. During his time at the reins of The Lowell Ledger, it was known throughout the state as one of the leading small town weeklies.

When he died in 1953, Gerald R. Ford Jr. said of him, "he was a real crusader for all that was right and good and I have always admired him. Lowell has lost a wonderful citizen and all will miss him." Mrs. Chase Osborn, widow of the late Governor of Michigan wrote, "the Governor had a special affection for him."

When Remick died, his wife Frances took over publishing duties until retiring in 1957. She also served as president of the Lowell Women's Club from 1939 - 1941 and was President of the Garden Lore Club, and the Kent County Association of the Eastern Star.

Remick's stepson Harold Jefferies bought The

Lowell Ledger. He worked at the paper since returning from the army. Harold served in World War II from May of 1945 until May 1946. Before the war he studied journalism at Grand Rapids Junior College and

ABCs, continued, page 12

college news

Collier Kaufman, a Exercise Science major at Grove City College from Lowell, has been named to the Dean's List with High Distinction for the Spring 2021 semester. Kaufman is a 2020 graduate of Lowell High School and is the son of Mr. and Mrs. Michael Kaufman (Eileen) from Lowell.

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

Aren Homrich, Transportation Design major, and Lydia Irving, Architecture major, both of Ada, have been named to the Dean's Honor Roll for the Spring 2021 semester

college news, continued, page 12



CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL 897-7060 Pastor Ryan Landt

1151 West Main Street, Lowell, MI Website: calvarylowell.org lorning Worship.....10:00 AM

Weekly Prayer Meeting - Mondays7 PM Barrier-Free



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GOOD SHEPHERD LUTHERAN CHURCH

103 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21

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

Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible

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402 Amity Street • 616-897-9820 Website: www.stmarylowell.com

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

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

JUNE 16

Michael Pretzel, Orin Comdure, Jean Bishop, Mike Kenney.

JUNE 17

David Ryder, Cody Kastanek, Tricia McGovern, Cyndi Dalga, Doug Green, Logan Wilcox.

JUNE 18

Jessica Vezino, Lindsay

Whitney

JUNE 20

Fritz Ball, Gladys Metternick, Aleacia Kunard Owen, Monte Knapp, Samantha Barr.

JUNE 21

Dennis McClure, Bill Burtt, Heather Brown, Jimmy Brown, Sean Briggs.

JUNE 22

Michael Korte, Byron Pat Brenk, Jim Francis I, Ken Stager III.



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

Anderson, Patnode, Elizabeth Mol.

JUNE 19

Matt Stone, Randy Ossewaarde, Kurt Hieshetter, Marcia Baird, Glen Waid.

MDHHS shares improvements to Michigan's child welfare system Court appearance highlights continued reform that protects youth, helps families

The Michigan Department of Health and Human Services (MDHHS) and court-appointed federal monitors shared continued significant improvements made to the state's child welfare system.

Accomplishments continue under the administration of Gov. Gretchen Whitmer, who took office in January 2019. Today's updates came during a virtual federal court hearing to address progress during the first six months of 2020 - when the state made inroads even amid the challenges of the COVID-19 pandemic.

During the pandemic, MDHHS child welfare staff continued to make important regular contacts with children under state care, using technology to meet with children virtually even when they could not meet in person. From March to June 2020, 97 percent of monthly worker visits with children in foster care occurred.

"MDHHS and its Children's Services Agency remain dedicated to accomplishing the priorities that have been in place based on the department's agreement with the court," said MDHHS Director Elizabeth Hertel. "They include strongly focusing on child safety and wellbeing in foster homes and child-caring institutions, maintaining family connections, ensuring we find suitable permanent homes for children in a timely fashion, and continuing to shift child welfare toward a more prevention-focused framework."

In June 2019 – five months after Whitmer took office -Judge Nancy G. Edmunds of the U.S. District Court for the Eastern District of Michigan approved a new agreement that streamlined the monitoring process, allowing MDHHS to devote more resources to directly supporting children and families. During the six-month period covered by the new court monitoring report, Michigan improved data collected by the state's child welfare technology system. That provides staff with better information to keep children safe and families together. The state also improved its performance by meeting the standard for timely completion of Children's Protective investigations Services of reported child abuse or neglect.

Today's court appearance was the first for Demetrius Starling as the new executive director of the department's Children's Services Agency.

"I also want to commend the state for what seems to be a very energetic start to the work that Director Hertel and Director Starling are supervising and overseeing," Judge Edmunds said. "I'm glad to see that the department is taking a really aggressive approach to resolving these outstanding problems."

Starling took over last month following the departure of JooYeun Chang, who received praise from the court for her reform efforts.

"I was inspired by the progress we made under the leadership of former director Chang," Starling said. "I am dedicated to building on our progress. We are committed to addressing the needs of Michigan's most vulnerable children. Michigan has made significant strides in improving safety for children in care as a result of our continued meaningful collaboration with private child welfare agency partners and community stakeholders. That will remain a top priority. If we do that, Michigan eventually will be able to exit federal court oversight."

The report released today by the court monitors shows Michigan met commitments for:

• Generating from its child welfare information system accurate and timely reports and information regarding the requirements in the court agreement.

• 90 percent of all investigations of reported child abuse or neglect to be completed within the required time frames.

• 95 percent of foster care workers to have caseloads of 15 or fewer children.

In addition, MDHHS has further made progress in priority areas mentioned during last year's court appearance. That includes continuing to take steps to reduce maltreatment of children in foster care and provide increased support to relative caregivers so they can keep children safe.

The department also has made additional progress in updating the child welfare technology system that is used by caseworkers and used to track data to report to the court that demonstrates improvements. The department is beginning to transition to a new information technology system. "We know that the top priority for child welfare staff is engaging directly with families and children instead of being hindered by an outdated technology system," Starling said.

MDHHS also shared with the court today comprehensive reform actions the department has taken in the wake of the death of a child who was improperly restrained by staff at a child-caring institution in Kalamazoo in May 2020. That includes restricting the use of restraints in facilities, reducing the number of youth in child-caring facilities by placing children in more family-like settings or reunifying them safely with their families more quickly and creating a task force that recommended reform of child-caring facilities.

To view the latest federal court monitor report and other information, go to www.michigan.gov/ ChildWelfareAgreement.

CITY OF LOWELL

REQUEST FOR PROPOSALS FOR THE PURCHASE AND DEVELOPMENT OF CITY OF LOWELL LIGHT & POWER-OWNED PROPERTY

The City of Lowell and Lowell Light and Power are seeking proposals for the purchase and development of a City-owned parcel of property consisting of approximately 0.10 acres with an approximately 1,800 square foot building (commonly called the Line Shack Building) located at 115 Riverside Drive in the City, finding it not necessary for the operation of the utility. This RFP is not an offer to enter into a contract. This RFP may not contain all matters upon which agreement must be reached.

Any proposal for the purchase of the property must include a plan for development of the property. A restaurant, retail complex, or residential development has been identified as the desired use of the property; however, the City is willing to consider other uses. Any use will likely require zoning approvals and re-zoning.

A responsive proposal shall include the offered purchase price (the City is required to sell the property at its fair market value), identification of development partners and development team, identification of similar projects developer has developed, the proposed use or uses and related approximate square footages, a drawing or sketch of the proposed development, estimated total investment and job creation, any economic development incentives being requested and an estimated timeline for completion of the development. **Based on a fair market value appraisal, the City of Lowell has set a minimum offer amount of one hundred thousand dollars (\$100,000).**

If selected, prior to the purchase of the property, the developer, will be required to enter into a purchase and development agreement with the City to include but not be limited to, provisions related to submission of plans and specifications for review and acceptance by City, the details of any economic development incentives requested, development milestones, and performance requirements including financing. The transfer of property shall be by way of quitclaim deed, as-is, and subject to all easement or other encumbrances.

It will be the responsibility of the proposer to become familiar with the property including zoning requirements and to review environmental studies related to the property which are available for review at City Hall.

Sealedproposalsmarked "FORMERLINESHACKREDEVELOPMENT RFP – CITY OF LOWELL" must be received by the Lowell Light and Power on or before 11:00 a.m., local time, on August 20, 2021, at the Lowell Light and Power Office, 127 N. Broadway St., Lowell, MI 49331 in the City.



The City reserves the right to accept or reject any proposal at its sole discretion, waive any irregularities, and may negotiate the terms of purchase with one or more proposers. The selected proposal must be considered by the City Council.

Any bidder submitting a proposal hereto certifies that it is not an Iran linked business as that term is defined by the Iran Economic Sanctions Act, Act 517 of 2012 and that it and its subcontractors shall not discriminate against an employee or applicant for employment with respect to hire, tenure, terms, conditions, or privileges of employment, or a matter directly or indirectly related to employment, because of race, color, religion, national origin, age, sex, height, weight, or marital status or because of a disability that is unrelated to the individual's ability to perform the duties of a particular job or position.

Any questions regarding this request should be addressed to Charlie West, Lowell Light and Power General Manager at 616-897-8402.

Charlie West General Manager

Expo, continued

to less than a hundred birds left, so we're going to run out pretty early, but we do have 200 hamburgers and hot dogs to offer as well. We've always done Expo, we just haven't used it as a fundraising event. We've always had a truck there and we hand out fire safety information, but with the change in venue and the change in setting, we decided to try to do a fundraiser. Our fundraising account is typically used for anything that's a non-budgetary item, like firefighter appreciation awards, winter coats and



and a basket for women, but a lot of women actually like our men's products, me included. We are also advertising that we are hiring for stylists with a \$1,000 sign on bonus, you just have to just out here shaking hands and talking to people about the school district, just having nice conversations." "We have a table

with literature about our organization and free



uniform stuff that's nonbudgeted."

"Great Clips is actually the largest hair care brand in the world," said Amanda Patterson, regional general manager of Great Clips. have a cosmetology license." "It's a great setup, the

venue is outstanding, the weather is beautiful and a lot of people are coming through," said Lowell Area Schools human resources T-shirts left over from the Life Walk last Saturday," said Alpha Family Center executive director Christa Wetzel. "Multiple sizes are left, but we're down to just a few. We're glad to be a







what we had last year!"

"Lowell Light & Power is giving away LED lightbulbs, pens, koozies and magnets," said Sharon Morris, Lowell Light & Power utility services coordinator. "The crowds have been good and it's been beautiful, you couldn't ask for better weather."







"We're passing out some koozies and some candy, and we have two raffle baskets with three products in each. We have a basket for men director Dustin Cichocki. "From Lowell Area Schools standpoint, we are trying to recruit substitute teachers and bus drivers, and we're



part of the community, and we just want to make sure people are aware of who we are and where we're at."

"It's excellent, we've had a great flow of people," said Sharon Vosovic, a volunteer at the Lowell Area Historical Museum. "A lot of new folks to Lowell didn't know about the museum, so we're excited about that. We have brochures about the Tri-River Museum walking tours in May, and we have some of our books about Lowell area history. The sun's coming out and it's not too hot, it's so beautiful compared to





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co-chair

Mark

"This is great, the interior

came out excellent. It's

just a wonderful thing that

is going to be great for our

community, and the heart of

our downtown. I think this

is an icon that the city will

have for years to come. The

old one lasted 40 years, but

in reality it was probably

done after 30. This one, I

don't know why it wouldn't

last 75 or 100 years or more

"We are still waiting to hear

back from several of the local

corporations, but several of

our local community funds

have provided grants to us,

including the Lowell Cable

TV fund and the Look

said Bryleigh Cook, a grant

writer with the fundraising

committee. "I think it's really

exciting. As a long-term

community member growing

up in the Lowell community,

I think a lot of the values

you heard them talk about

today is what makes this

place special. This project is

a representation of all of that

"I think it's wonderful

that it's finally done," said

Lowell city councilor Marty

Chambers. "We've got a

great day to celebrate. It'll

be good for the community.

coming together."

Foundation,"

Memorial

if it's taken care of."

Mundt.

Showboat, continued



The Lowell Showboat Fundraising Committee

for many years to come, and soon you will all witness this spectacular venue that can be used for weddings, receptions, family reunions, private parties, business meetings, conferences and more."

The next speech was by Lowell city manager Michael Burns.

"I'm proud to see that this is really going to become the centerpiece of the city again," Burns said. "We are the 'Showboat City' and I'm very excited to see this project finally come to fruition. I hope everyone, when they go in there tonight, is very impressed with what has been done with this facility. If you haven't been in there yet, you're going to be very impressed."

"When you really think about it, this was a true community project," Burns said in an interview later in the evening. "The whole thing cost roughly about \$3 million to complete, and no city tax dollars were used, so that's an accomplishment. I think people should be proud about it. It's a good project and it'll fare very well for a long period of time."

Former State Sen. David Hildenbrand spoke next. Hildenbrand brought along his Lowell High School diploma from when he graduated on the showboat in 1992, and the index cards this community for decades. [...] I just wanted to say congratulations. I was glad I was in the position that you all put me in where I could be helpful in a small way. It was sort of being in the right place at the right time, and it was important to me to do everything I can, because it's such an important icon for this community and it'll be enjoyed for many, many, many years to come."

Carolyn Jane Blough, widow of Ivan K. Blough, the builder of the 1979 model of the showboat, was on hand to cut the ribbon with Hildenbrand, officially opening the venue.

"I think it's great, and I'm sure Ivan would be very happy to know that it's done and we have a showboat again," Blough said. "The interior is very lovely. They'll be able to use it for more events than they could with the old boat."

The new Lowell Showboat is the sixth such vessel since the original debuted in 1932. The previous showboat was designed by Jim Hall and built by Ivan K. Blough for \$66,000 in 1979 after a tornado destroyed the 1967-1978 example. The Hall/Blough showboat had some cosmetic repairs over the years but no major renovations, and it was demolished in March 2019 after falling into disrepair. the notable Some of entertainers who have performed on the Lowell Showboat over the years include Louis Armstrong, Newhart, Bob Dinah Shore, Milton Berle, Steve Allen, Jayne Meadows, Ray Stevens, the Everly Brothers, Jerry Reed, Pearl Bailey, the Fifth Dimension, Tammy Wynette, Lawrence Welk, Emmylou Harris, B.J. Thomas, the Smothers Brothers, Ricky Skaggs, Utopia, REO Speedwagon, Blue Öyster Cult, the Oak Ridge Boys, Marillion, Stevie Ray Vaughan and Loretta Lynn.

From 1932 to 1997, performances showboat included a minstrel show consisting of a chorus, an interlocutor and endmen. Until 1967, the year Louis Armstrong performed, the shows included white people performing in blackface. According to an unconfirmed local legend, Armstrong was responsible for the cessation of blackface on the showboat when he refused to appear for his concert unless the practice was ended permanently.

The Lowell Showboat was a particular favorite event of President Gerald R. Ford, who attended every performance from 1948 until 1973, the year before he became president. There was a talent contest every year, and many amateur entertainers from the Lowell area were able to perform on the Showboat alongside the national acts.

Lowell Showboat VI has 3,500 square feet of floor space on three levels, the first deck, second deck and pilot's house, which includes the captain's wheel. The interior includes an elevator, a grand staircase, tin ceilings, wainscoting and soft, plush specialty carpeting that squishes a little when you walk on it. The showboat is climate-controlled with a heating and cooling system so it can be used throughout the year. The venue has an approximate maximum capacity of 175 people. The showboat fundraising committee raised more than \$130,000 for the project by selling honorarium and memorial bricks. The total amount the committee raised totals \$780,000. The showboat is now owned by the city, and a maintenance fund has been established for its continued upkeep.

It should bring new people to our town to see it and visit it, and I hope that it's successful."

"It's nice to see it back in the water, it's been a long time coming," said Lowell city councilor James Salzwedel. "I'm very proud of the community as a whole for coming together, not only for what former Sen. Hildenbrand brought to the table, but what the other residents and the committee fundraised and put together to make this happen. This is just the start of what I think is going to be a great future for the showboat and the community."

The chair of the Rebuild the Lowell Showboat committee was Lou D'Agostino. Committee members were Liz Baker, Mark Mundt, Carol McGregor, Rich LaBombard, Michael Burns, Betsy Davidson, James Salzwedel, Jen Dougherty, Alan Rumbaugh, Lisa Plank, Jon Jacobs, Lorain Smalligan, Mike Curtis and Dave Austin.

Theresa and Mark Mundt were co-chairs of the Lowell Showboat Fundraising Committee, Carolyn Jane Blough served as honorary chair and James Salzwedel acted as the city council representative. Committee members were Liz Baker, Teresa Hoffman, Carol Briggs, Tina Cadwallader, David Cadwallader, Bryleigh Cook, Chris Hodges, James Hodges, Jon Jacobs, April McClure, Maureen Pawloski and Nancy Raymor.

"I am so excited as a citizen of Lowell and as the director of the museum to see the showboat finished." said Lisa Plank, executive director of the Lowell Area Historical Museum. "It's been such a big part of Lowell's history from the 1930s until today, so it's the start of a great new chapter for Lowell. I know the kids can't wait to come back and see Santa on the boat, and the rest of the community can't wait to come have community events together on the boat again. It's sort of the core and the heart of the town of Lowell, so it's nice to see it back."





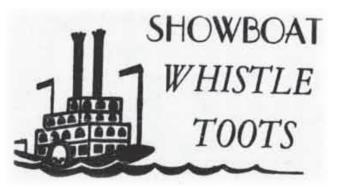


SUMMER FUN CAMP Join us for some summer fun! Your young ones will learn in a fun and

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with the speech he gave when he was valedictorian of his graduating class.

"There were so many people involved to make this happen, it was a huge undertaking," Hildenbrand said. "With permitting, fundraising, design, planning and all the things, it takes a lot. It's a beautiful showboat and it will be enjoyed by



"I think it's awesome," said fundraising committee

relaxed farm and barn environment

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Kent County Fair August 14th, more information on that to follow. If you are interested in attending the County Fair with MHDS, Aug 9th - 13th AM Camp required to get horses ready.

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Saranac, Michigan Non-Profit Year Round Programs





Golfers end season at regionals

by Justin Scott sports reporter

page 10 _

The boys golf team didn't have their strongest day at regionals, as their season came to an end with a seventh-place finish at Lincoln Golf Club in Muskegon. The top three teams from each region qualified, and those teams from Lowell's region ended up being East Grand Rapids, Spring Lake, and Forest Hills Eastern.

East Grand Rapids won the region with three players shooting in the 70's for a 302. Lowell ended up shooting a 338, 18 strokes behind the final qualifier, Forest Hills Eastern, who shot a 320 on the day.

One Red Arrow who had a strong day, and a strong conclusion to an excellent individual season was Patrick de Voest who shot a 77 to lead the team. His score was just four strokes off qualifying for the individual state tournament, which goes to the top three scorers in the region from non-qualifying teams. Senior Brad VandenHout followed with an 84, with Cameron Sluss (88), and Drew Veldman (89) rounding out the scoring.

Lowell ended up beating 11 other teams at the regional. Lowell varsity boys golf head Coach Tom Koert said of the performance, "We had a strong start and played well for the first third of the event, but we all hit a bump in the road in the middle of the event. We finished like we started, but we lost too many shots to the competition. The best part of this team and the season is these boys put them in a position to qualify for the State Finals. They are now a good team and a good program. A disappointing short stretch of scoring should not be the focus as this team simply needs some time to grow more. We started three sophomores, who will grow from this. These boys, and two sophomores who didn't play will grow from the leadership of the two seniors who did play. I cannot say enough good things about what this team came to be and where they can go."



Cameron Sluss, one of three starting sophomores on the boys golf regional lineup.

Soccer finishes season at districts

by Justin Scott sports reporter

After an 8-0 mercy of Ionia, the Lowell varsity girls soccer team knew they'd have their hands full with OK White Champion Cedar Springs in the district tournament. Lowell lost earlier this year to the Red Hawks 3-0, and despite a strong showing fell in a similar fashion 2-0 in the district semifinals.

Lowell finished the season with four wins, against Ionia, Northview, Greenville, and Forest Hills Eastern. Earning all-conference honors for the Lady Arrows this year were seniors Hailey Halfmann and Maloryn Mrozinski. Mrozinski and Halfmann were two of nine seniors on this year's team along with Anna Snell, Averi Haas, Faith Stepek, Molly Meyers, Hannah VanDerWeert, Madison Alcala, and Reese Gonzales.

Despite the heavy losses of seniors for the girls soccer team, Lowell can look forward to a strong group of underclassmen to help provide leadership next year. Four freshmen played on varsity this year, those being Ashley Powell, Aubree Lee, Carmen Mika, and Reese Carpenter.

Spring All-Conference





On Monday, June 14, the Lowell High School Athletic Department announced this spring's all-conference student-athletes. Those athletes were as follows; Jaxson Carlisle (Baseball), Owen Carpenter (Boys Lacrosse), Taylor Clark (Softball), Kaylee Diamond (Track), Sawyer Fowler (Track), Hailey Halfmann (Soccer), Jake Hessler (Boys Lacrosse), Cole Huisman (Boys Lacrosse), Theresa Judd (Track), Brooke Knottnerus (Tennis), Sam Lixie (Boys Lacrosse), Maloryn Mrozinski (Soccer), Josh Rau (Track), Xander Reisbig (Baseball), Olivia Rose (Girls Lacrosse), Carter Sherman (Boys Lacrosse), Kyler Spike (Baseball), Kyle Teachworth (Baseball), Julia Tuuri (Track), Kamie Venema (Softball), Cole Weston (Track), and Courtney Witten (Softball).



^{the}ledger

Red Arrow SPORTS · TENNIS

Tennis performs well in season's final test

by Justin Scot sports reporter

Forest Hills Northern put in an incredible effort in the MHSAA Division 2 State girls tennis finals. Naturally, in the regionals that FHN hosted and Lowell was a participant in, each flight went through the Huskies. A common pattern seen throughout the years, it can only be said that FHN's tennis program is a powerhouse, stacked with a varsity roster and even JV roster that has participated in a lifetime of practices, training, and lessons. It is no wonder that FHN won every single flight of the regionals.

The Red Arrows showed

why they were a talented tennis team this year, earning several wins throughout the day, including in seven of the eight flights. The doubles team of Alana Peters and Emalie DeBoer received a bye in their first round at No. 1 doubles before knocking off the team of Carley Dreyer and Laura Serek of Cedar Springs 6-4, 6-0. In their next match, Lowell fell to Forest Hills Northern.

At No. 2 doubles Olivia Torline and Brynn Jackson won 6-0, 6-0 in their first match against Greenville, then took two games in their loss to FHN.

Todd also scored a win in their flight, No. 3 doubles, 6-4, 6-1 over Reeths Puffer before falling to FHN. Greenop and Todd won one game against the Huskies.

The pattern continued at No. 4 doubles where Lowell won their match against their non-FHN opponent before taking two games in a loss to FHN, this time with Ella Baker and Sedona Bonter winning 6-1, 6-0 against Cedar Springs.

Brooke Knottnerus who earned all-conference honors for the Red Arrows fell 6-3, 6-2 in her matchup with Reeths-Puffer. At No. 2 singles Grace Nielsen Hailey Greenop and Ella scored an impressive win



The Lowell girls tennis team put up a strong showing at regionals winning matches in 7 of 8 flights.

over Forest Hills Central, another traditionally strong tennis program, 6-4, 6-2, No. 3 singles Lexi Royer won 6-0, 6-0 in her first

match against Greenville. The Red Arrows did have one regional finalist, as Delaney Kelley won two straight matches (6-0, 6-1)

and (6-2, 6-3) against FHC and Northview opponents respectively before falling in the finals to her FHN opponent.



Bryan Powell has recently been named the new boys varsity basketball coach at Lowell High School.

Coach Powell graduated from Wyoming Park High School and continued his basketball success at Calvin College as a 4-year Varsity Basketball player. He scored over 1,000+ points both in his high school and collegiate career and was named first Team All-MIAA and Great Lakes All Region Team in 2013. Coach Powell was a player in over five championship seasons (MHSAA and MIAA)

during his playing career. "Coach Powell brings what Lowell basketball needs – he is a basketball 'junkie'. He loves spending time in the gym developing players, teams and young men. Coach Powell is energetic and relates well with his players, and we are excited to have him join our Red Arrow family," said Dee Crowley, Athletic Director.

Since his graduation from Calvin College, coach Powell has been coaching in West Michigan. His coaching career started at NorthPointe Christian

before becoming the Head JV Coach/Varsity Assistant at Grand Rapids Christian, including the MHSAA State Championship runner-up finish for GRC. For two seasons, coach Powell served as assistant coach at Calvin College and is director of Basketball at Michigan Basketball Academy (MBA). His duties at MBA include leading both coaches and studentathletes of all ages in a variety of areas regarding basketball development and organizes consistent programs of camps, clinics, tryouts and tournaments while coaching a national-

level travel team. "I am honored and grateful to be given the



The Rotary Club of Lowell Community Foundation would like to congratulate all of the Lowell Class of 2021. We would also like to recognize the recipients of the Foundations' scholarships.





Bryan Powell has been named LHS boys varsity basketball coach.

opportunity to be a part of a community with such a rich history. I look forward to adding to an already prestigious athletic program and teaching life through the wonderful game of basketball," says Bryan Powell.

Coach Powell and his wife, Elle, look forward to being involved in the Lowell community.



Emalie DeBoer Rotary Club of Lowell/ Hahn Scholarship Attending Trine University



Carissa Mitchell King & Marie Doyle Family Scholarship Attending Saginaw Valley State University



Sierra Heishetter King & Marie Doyle Family Scholarship Attending Kalamazoo College



Sam Dougherty Eva and Lee Lampkin Scholarship Attending Michigan State University

Logan Rose King & Marie Doyle Family Scholarship Attending Michigan **Technological University**



Jona Young Donald and Ellura McPherson Scholarship Attending Grand Rapids Community College

obituaries

ANTLES

Harry Lee Antles Jr., born April 10, 1940, died peacefully at home surrounded by his loving family holding him on June 11, 2021. Harry was born in Charleston WV, however, spent most of his life in Grand Rapids MI. He is survived by his wife, Rose (also known as Niki) Antles; children, Scott (Barb) Antles, Tami (David) Marek, Lori (John) Ellison, Dawn DeRaad; grandchildren, Anthony (Adrianse,) Andrew (Dykehouse,) Samantha, Sydnee, Justin, Jordan, (Ellison), and David, Caleb, Kaiti (Marek), Ashley, Aubrey, Alexis, Ryan (Antles,), Mackenzie,



Mason, Darvann (DeRaad); and great grandchildren, Keilah, Alyk, Ryker, Samuel, and Addison. Harry was a dedicated worker for Steelcase Inc. for 36-1/2 years. In retirement, he loved his new family of friends in a part time job with Auto Value Warehouse. His hobbies throughout life brought him great joy and so many new, old, and wonderful lifelong friends along the way! His

hobbies included bowling, fishing, raising, and showing Arabian horses, restoring, showing, and cruising in his many "cool" classic cars and trucks, and lastly loving and restoring vintage campers. He lived a full, enjoyable life with his family and friends always in close proximity. Harry always defined his life as trying hard to be a "Good Man" and has left that as a lasting impression on all who knew him. There will be a gathering of friends and family luncheon from 11AM - 2PM on Saturday, June 19, at First Baptist Church in Lowell, 2275 W. Main St., Lowell Michigan, 49331.



Patricia Louise Grover, age 79 of Lowell, passed away into the loving arms of Jesus surrounded by her loving family on Monday, June 7, 2021. She is preceded in death by her husband, Lloyd Grover; parents, Maybelle



and Everett Cash: brothers, Robert Cash, Mickey Cash, Bobby Cash; sister, Betty Cash, brother-in-law, Richard Kramer; daughter-in-law, Cindy Pigeon. Patricia is survived by her children, Faith Pigeon, Penny (James Phillips) Grover, Pam (Russ) Bramer, Melinda (Allen) Anderson; brother, Ron (Jackie) Cash; sister, Maybelle grandchildren. Kramer; Jimmy (Maria) Phillips, Susan (Tim) Hill, Sara

(Brian) Berkompas, Dana (Kevin) Rabe, Joe (Sabrina) Bramer, Leah (Brandon) Childs, Don (Sylvia) Grover, Scott VanDeusen, Bryan (Savannah) Anderson; 19 great-grandchildren; and several nieces and nephews. Patricia worked as a nurses' aid for many years. In her free time, she enjoyed composing music and playing the piano. Patricia was a talented artist. She was always watching Wheel of Fortune and Jeopardy. Patricia used her problem solving skills to solve many crosswords and jigsaw puzzles. She enjoyed playing bingo, loved to bowl, and was an avid reader. Patricia was always available to help solve problems for anyone in need. She loved her girls, and always took care of them. Visitation took place Friday, June 11 from 11 AM - 1 PM at Roth-Gerst Chapel, 305 N. Hudson, Lowell, Michigan 49331, funeral services followed at 1 PM. Interment Chapel Hill Memorial Gardens. Memorial Contributions may be directed to Lemmen-Holton Cancer Center, 145 Michigan St NE Grand Rapids, MI 49503.





Celebration of Life Ceremony

In a

Saturday – June 19, 2021



WHITE

Kenneth Jay White, age 72 of Lowell, passed away unexpectedly. He is preceded in death by his father, Frank Kenneth White. Kenneth is survived by his children, Amy (Paul) Wilcox, Aaron (Angie) White; mother, Pia White; brothers, Wesley (Betsy), Warren

(Christina); and grandchildren, Garrett Nauta, Graysen Nauta, and Paige Wilcox, Ashley (Matthew) Trentacosta, Dylan White, Maddox White. graduated from He Muskegon High School and Grand Rapids College. Community Kenneth was a proud veteran of the United States Army. He retired from Amway after 40



College news, continued

at Lawrence Technological University. To be named to the honor roll a student must maintain at least a 3.5 grade point average for the term.

More than 10,500 Iowa State University students have been recognized for outstanding academic achievement by being named to the spring semester 2021 Dean's List. Students named to the Dean's List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded coursework.

Local students are:

Thomas James Mitchell, Mechanical of Alto, Engineering major; Mary Kristine Leasure, of Lowell. Agricultural Engineering major; and Samuel J. Schwierking, of Lowell, Industrial Engineering major.

Jordan Helmbrecht, of Ada, School of Business major, was among the University of Wisconsin-Madison students named to the Dean's List for the spring semester of the 2020-2021 academic year.

To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that semester.

Bowdoin College's 25th annual Honors Day acknowledging the exceptional academic accomplishments of students and faculty was held on the academic year's last day of classes, Friday, May 14, 2020.

Brandon Sangbin Lee of Ada and a member of the Bowdoin College Class of 2021, received the Munno Neuroscience Prize. Lee is majoring in neuroscience and minoring in sociology.

During Bowdoin College's 216th Commencement ceremony, held May 29, 2021, bachelor of arts degrees were awarded to the Class of 2021, comprising approximately 467 students from 41 states and 21 other countries and territories.

Brandon Sangbin Lee of Ada, graduated cum laude with a major in neuroscience and a minor in sociology.

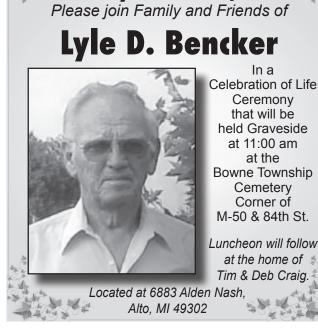
In a virtual ceremony that took place in May of last year, Furman University President Elizabeth Davis conferred degrees on 671 students in the class of 2020. Additional students graduating in August and December of 2020 bring the total to 705.

More than 350 members of the class of 2020 returned to campus this year for a special in-person graduation ceremony. Kathryn Ott of Ada, graduated with a Bachelor of Arts in Spanish. Ott's parents and/or guardians are Rick Ott and Brenda Ott.

Emily Johnson of Alto, was among the more than 7,000 undergraduate students at the University of Iowa named to the Dean's List for the 2021 spring semester.

Johnson is a fourth year undergraduate student in the UI's College of Education and is majoring in English Education.

Dean's List status was earned by 872 first year undergraduates during the 2021 spring semester at Iowa, 1,579 second year students, 1,947 third year students, and 2,687 fourth vear students.



years of service. Ken

was a dedicated grandfather and deeply loved his children and grandchildren. He enjoyed weightlifting, spending time outdoors, hunting, fishing, and feeding the birds. Visitation with the family will be held from 1-2 PM on Friday, June 18, 2021, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, Michigan, 49331; memorial services will follow at 2 PM, with Pastor Brad Brillhart of Lowell United Methodist Church officiating. Interment Bailey Cemetery. Memorial contributions in Kenneth's honor can be made to the Grand Rapids Home for Veterans, 3000 Monroe Ave NE, Grand Rapids, MI 49505.



ABCs, continued

served with the Army Press Corps in Japan in 1945 as a correspondent for the 'Stars and Stripes.' In 1948 under his father, became managing he editor. Harold operated the Ledger until 1975 when Roger and Terese Brown took over.

Harold was also civic minded and served the Lowell community in many ways. He was a member of the City Council from 1968 to 1977. During that time, from 1970 to 1971, he

served as Mayor. When he died in 1977, he had served on the Board of Directors of the Lowell Savings and Loan Association, Trustee and Deacon at Congregational First Church, Lowell Board of Trade, Lowell Rotary Club, Lowell Moose Lodge, Michigan Press Association, and was Publicity Chairman and secretary of the board for the Lowell Showboat.

classified

Office hours: Mon.-Thurs. 8 a.m.- 5 p.m. Fri. 8 a.m. - noon closed Sat. & Sun.

for sale

BIG GREEN EGG - Lg with table, \$800; MTD rear tine rototiller, older but runs, \$100 obo; Emeril LaGasse pressure cooker/air fryer, \$125. Call Linda 897-7633.

MINIATUREAUSTRALIAN SHEPHERD PUPPIES FOR SALE - Select now - adoption begins July 10. One female and 4 males. 616-915-3757.

USED TIRES - Call with size, 616-292-7649/616-295-8820. Rob's Auto - thanks.TEN

EXCEPTIONAL PERFOR-MANCE AND VALUE - Requires less wood & provides more heat. Central Boiler certified Classic Edge OUT-DOOR WOOD FURNACE. Call today! 616-554-8669. SOS Property Maintenance LLC, 6950 Hammond Ave, Caledonia. We are your local sales, service & parts dealer! TEN

SAWDUST FOR HORS-ES - Slabwood, \$15 per bundle, 2 1/2 face cord. Summer Special, 517-852-4016.

REACH OVER 100,000 AREA HOMES - with our Marketplace! One call & one payment, only \$40! Includes 20 words & 1 black & white photo. Perfect place to advertise a vehicle or camper for sale! The ad runs in 4 different papers! Call 897-9555, email: classifieds@lowellbuyersguide.com or stop by 105 N. Broadway for more info.

LOOKING FORAPUPPY? - Purebred golden retrievers. Ready to go after June 7. Vet checked, dewormed, shots. Call 989-261-3131 with questions.

1989 FORD BRONCO II -Eddie Bauer, 4 WD, 114K miles, 2 dr., excellent condition. Asking \$8,000. Call 616-302-4545.

FREEAD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new classified ads, and must be paid for when ad

<u>for rent</u>

WE DO BUSINESS IN AC-CORDANCE WITH THE **FEDERALFAIRHOUSING** LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin in the sale or rental of housing or residential lots; in the advertising the sale or rental of housing, in the financing of housing. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

PRICELESS STOR-AGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of I96. Call for specials 558-2900.TM

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.TENEOW

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.

<u>sales</u>

HUGE YARD SALE @ Impact Church in Lowell (11840 Fulton St. E). Thursday, June 17 - Saturday, June 19 from 9am - 3pm

<u>misc.</u>

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... start losing weight TODAY!

<u>services</u>

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.

POWER WASHING SER-VICES - Houses, decks, small out buildings, cement walkways or driveways. Free estimates. Earth friendly products. Also Deck staining 15 years experience. email Jbrower7@gmail.com or text 616 706-9519.

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. Dave Traver head mechanic.

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.TEN

<u>services</u>

TRACTOR MAN - Driveway grading, repair, lawn prep, bucket, fork work, food plots, gardens, brush, field mowing. 616-272-8097, kaamcosps@gmail.com

PROFESSIONAL TREE CLIMBER - Needs work. Call Dan, 616-970-3832.

GET YOUR COVID VAC-CINE CARD LAMINATED - at the Buyers Guide office, 105 N. Broadway. You will need to leave your card. Price is only \$1 per card. We suggest getting an extra copy for your records.

PROFESSIONAL TREE CLIMBER - Needs work. Call Dan, 616-970-3832.

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

SEAMLESS GUTTER -Bleam Eavestroughing. Free estimates. Since 1959. Choose the experience! (616) 765-3333 or 1-877-945-RAIN. www. bleameaves.com Schneider Manor Job Posting

General Manager

Our Senior Citizen, 92-unit, apartment complex is looking for a part time general manager. We are recruiting a professional, experienced and self-motivated individual to join our team as General Manager. The successful candidate will be responsible for the day-to-day operations of our apartment complex and supervision of our staff.

Education

High School diploma or equivalent required, training in accounting and business management desirable. **Requirements**

Enjoy working with seniors. Knowledge of computers and computer software programs, including Quick Books, Word and Excel. Excellent organization skills and strong communication and leadership skills.

Experience

Experience with accounting functions, accounts payable and payroll.

Previous experience working with senior housing and HR desirable.

Interested applicants can complete an application on our web site schneidermanor.org. and email along with resume to <u>schneidermanor@gmail.com</u>. or mail to Schneider Manor 725 Bowes Rd., Lowell, MI 49331, no later than July 1, 2021.



PUZZLE SOLUTIONS

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is placed. Call 897-9555.

help wanted

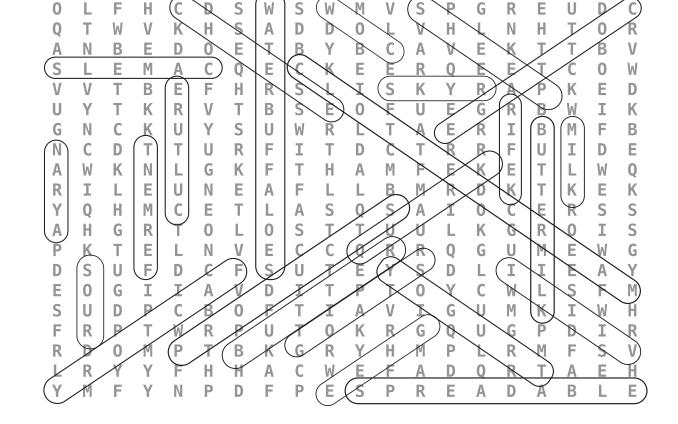
NEED MASONARY TO FIX RETAINING WALL located on Murray Lake. Please call 897-7227.

wanted

I WANT TO BUY - A refrigerator, stove, washer & dryer. Cash. 616-585-1709. TEN

FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com 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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page 14 _ - 📩 📲 dger **Athletic Department projects continue progress**

While the construction project may be the most project, visible other projects continue to make progress as well, including the Wall of Excellence.

"We ran out of wall space about eight years ago in the hallway with all the plaques honoring our student-athletes so we are transitioning to a digital, interactive platform that can be viewed by anyone anywhere," Athletic Director Dee Crowley says. The Athlete of the Year plaques continue to be mounted on the wall, but all the other plaques have been removed as the project goes digital. "Just this past year, we would have needed to order about 50 plaques for our student-athletes, and it was just not functional to continue that process."

One of the large walls in the hallway will be "wrapped" this June with a Wall of Excellence design and a large 65-inch interactive, touch-screen monitor will be mounted for fans on-site to Explore Lowell. Both academic and athletic history are currently included and hoping to add "arts" history soon with information about school musicals and plays.

A lot of history has been added to the online site already, but the work will

continue over the summer. "There is a lot of historical information about teams and athletes at Lowell that we want to include, so we are going to continue to add more information over the summer and keep going until we have as much information as we have available added," says Crowley.

Check out https:// redarrows.touchpros.com/ to see what information has been added already, but fans also need to remember that more information is being added each week. "We will also welcome emails or phone calls on historical information that



we might be missing," says Crowley, "but give us until about September and check the site again before contacting us."

For any parents or players who would like to

pick up their plaque(s) that were part of the hallway should contact the Athletic Department at 987-2907 to schedule a time to stop at the high school. It is important to call ahead so the plaque(s)

may be retrieved from the storage area and be ready for pick-up. The office will be open until June 18 and then re-open on August 2 after summer break.

Live the Life You Want **PTSD Awareness Month**

Melissa Spino MA LPC CDMS Life Transitions Therapy LLC

June is Post Traumatic Stress Disorder (PTSD) awareness month. PTSD has been known by many past names such as "shell shock", "combat fatigue", or "battle fatigue". But it's not just a combat disorder. It's a mental health issue some people develop after experiencing or witnessing a life-threatening event that may include combat, a natural disaster, serious car accident, or assault.

How Common is PTSD

PTSD can happen in people of any ethnicity, nationality, culture, or age. According to the US Department of Veteran Affairs, the following statistics are based on the U.S. population. These statistics are for the general adult population not military personnel. About 7-8 out of every

100 people (7-8 percent) will have PTSD at some point in their lives.

About eight million adults have PTSD during a given year.

About 10 of every 100 women (or 10 percent) and four of every 100 men (four percent) develop PTSD sometime in their lives.

The number of Veterans with PTSD varies by service era:

Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF): About 11-20 out of every Veterans (11-20 100 percent) have PTSD in a given year.

LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

presented to Daniel L. Dorion, Jr., personal representative, or to both the probate court

Gulf War (Desert Storm): About 12 out of every 100 Gulf War Veterans (12 percent) have PTSD in a given year.

Vietnam War: It's estimated that about 30 out of every 100 (30 percent) veterans have had PTSD in their lifetime.

PTSD Treatments

In a previous article, I relayed how PTSD is diagnosed. This article will focus on some of the various treatments known to be helpful for those with PTSD. I have used some of them successfully to help those with PTSD.

• Cognitive Processing Therapy (CPT)

Teaches individuals to reframe negative thoughts about their trauma. It involves talking with the counselor about negative thoughts and completing short writing assignments. I have found this treatment to be helpful when also used with other treatment modalities.

• Eye Movement Desensitization and Reprocessing (EMDR)

• Prolonged Exposure (PE) This teaches individuals

to gradually gain control of trauma-related memories, feelings, and situations by learning that their traumarelated memories etc. are not dangerous and don't need to be avoided. I'm not an advocate and don't



Melissa Spino MA LPC CDMS

use this method. Even if done very carefully it can retraumatize the individual which I don't feel is the purpose of therapy. I have had clients transfer to me from another therapist that counseling sessions. The counselor gives instructions on the writing assignment and has you complete it alone. The therapist then returns at the end of the session to briefly discuss and process the individual's reactions to the writing assignment.

• Specific cognitive behavioral therapies (CBTs)

This includes various psychotherapies shown to work for PTSD where the provider helps the individual learn how to change unhelpful behaviors or thoughts.

There also are alternative treatment options available such as meditation, yoga, tai chi, acupuncture, hyperbaric oxygen therapy, transcranial magnetic stimulation etc. but there hasn't been enough research yet to show the effectiveness in treatment of PTSD.

Medications

The medications shown to be helpful in treating PTSD are some of the same ones used to treat anxiety and depression symptoms. These include antidepressant medications aka SSRIs (selective serotonin reuptake inhibitors) and SNRIs (serotonin-norepinephrine reuptake inhibitors) that affect the level of serotonin and/or norepinephrine that naturally occur in the brain. These naturally occurring chemicals can affect how you feel.

of medications that may be helpful but those listed above have been shown to be the most effective for PTSD. If medication is recommended it will be prescribed and monitored by a doctor.

Choosing a Treatment

There is no one size fits all treatment for PTSD. It's important to discuss treatments with your counselor to determine the best options for you based on the benefits, risks, and possible side effects.

Seeking treatment isn't a weakness and doesn't mean you are broken. You wouldn't think someone with a physical illness is broken and mental health issues are medical problems. If you could have worked through these issues on your own you would have, so maybe it's time to seek help. Sometimes the toughest thing to do is to ask for help. Going to counseling actually shows strength. Being vulnerable takes courage. If you put the time and effort into counseling it can help improve your personal and professional relationships, symptoms of PTSD, and your quality of life. This article is not intended to provide any type of treatment or diagnosis. If vou experience a mental health crisis, call 911. If you're having difficulties and things in your life seem out of control it may be time to get professional help. Stay safe and healthy!

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NOTICE TO	at 180 Ottawa Avenue					
CREDITORS	NW, Grand Rapids,					
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naw ous Avenue 48708-6671 Daniel L. Dorion, Jr.

2309 26th Street Bay City, MI 48708

EMDR can help process and make sense of the trauma. It involves briefly thinking about trauma while paying attention to a backand-forth movement or sound (like a finger waving side to side, a light, or a tone). It's thought to be effective because recalling distressing events is often less emotionally upsetting when your attention is diverted. I have found this treatment to be helpful when used with other treatment modalities. Since it involves going back into the traumatic memory, if only for brief periods, I tend to use it as a last resort since my goal in therapy is not to retraumatize.

has used this treatment with them because they find it too difficult to face or re-live their traumatic memories.

Some other types of recommended traumafocused psychotherapy for PTSD include:

 Narrative Exposure Therapy (NET)

This was developed for those that experienced trauma from ongoing war, organized conflict, or violence. The individual talks through the stressful events with the therapist in order (from birth to the present day) and puts them together into a story.

• Written Narrative Exposure

Involves writing about the trauma during

There four are antidepressant medications most often recommended for PTSD listed below by brand name. Each also has a generic version. Zoloft

There are other types

Prozac

Effexor

Paxil

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

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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!

DAIRY ITEMS WORD SEARCH

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

CHEESE

CLOTTED CREAM

COTTAGE

COW

CULTURE

FACTORY

FERMENT

GHEE

GOATS

KEFIR

MILK

QUARK

SHEEP

SKYR

SOUR

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WORD SEARCH

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BUTTERMILK

CAMELS

11. Type of butter

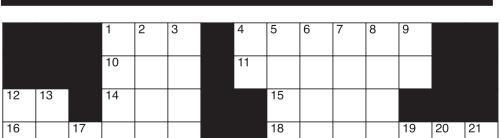
12. Location of White House

Puzzle solutions

on page 13

Guess	111007
guess	waa!

I am an athlete born in California on June 17, 1980. My parents moved my family out of Compton so we could train with the best coaches. I was the first black woman to become World No. 1, and I've won many tennis championships in my career. smbilliW sunsV : YowanA



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- 50. Frankfurter
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 - machine
 - 19. Excludes 20. Body cavity of a

Chinese philosophy

page 15

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14. Motion 53. Go 15. Tree part 16. Regions around the (abbr.) North Pole 18. Fits on a boat's gunwale 22. Discuss after it's happened 23. Milk substitute for coffee 24. Describes one who believes in supreme being 26. Equally 27. Famed director Forman 1. Rays 28. Popular apartment style 30. British School 31. Advanced degree 34. Order of architecture 36. Investment account (abbr.) 37. Snakelike fishes 39. Children's tale bear 40. Norse personification of old age

54. Open payment initiative 55. "Westworld" actor Harris 56. Saturated with salt 58. Marry 59. Report on 60. Midway between north and northeast **CLUES DOWN** 2. Self-centered person 3. One you look after 4. Prosecutor 5. Portion 6. Speaks ill of 7. Formal system for computer programs 8. To make angry

metazoan 21. Swedish monetary unit 25. Works with 29. Partner to "to" 31. Rewards (archaic) 32. One of Caroline Islands 33. Type of alcohol 35. Eat a lot 38. Nuns 41. Dog 43. Become more serious 44. Choose 45. Newspapers use it 46. World's longest river 47. Commanded to go faster 49. Cabs 56. Mr. T's "A-Team" character 57. Document signed (abbr.)

Pride Month: Lowell High School's Gender and Sexuality Alliance

. . .

page 16 ____

lead reporter

The Gender and Sexuality Alliance at Lowell High School exists to provide a safe place for LGBTQ+ youth and allies to gather together, plan events and promote inclusivity at the school.

"The GSA was in existence prior to my arrival at the high school, it's existed for at least eight or 10 years," said LHS principal Stephen Gough. "It wasn't very active when I arrived, it's been a lot more active the past two years. In my first year here, some students,

staff and community members came and talked about reengaging the group. The group had existed, but there wasn't really a lot going on around the group. I feel like the involvement of staff members and students has encouraged the conversation about making sure that all students are included and feel connected. That's something I think the GSA has done, and I hope the students involved are feeling that their voices are heard."

"The GSA is kind of an







LHS principal Stephen Gough.



The Trevor Project is a nonprofit organization founded in 1998 that is focused on suicide prevention among LGBTQ+ youth. The Trevor Lifeline is a toll-free, confidential service that provides crisis counseling, visit thetrevorproject.org for more information.

open group, students come and go to the meetings," Gough said. "They don't necessarily 'join' in terms of applying for membership, and there really is not a membership roster. There generally is a leadership group of about three to five students who work with the advisor to keep the group functioning, publish information and so on. The club is stationed here out of the high school. I believe they set up some events in coordination with the middle school this year, but I don't know that they have an active group at the middle school. Typically they meet once or twice a

month, sometimes a little bit more depending on the time of year. Maybe they'll meet more around any school events that they're going to conduct or campaigns that they're going to get involved in. A lot of it is planning outreach events for the school community. That is a lot of what they do. They are also just providing a safe space for students to have some conversations and talk about how we can ensure an inclusive kind of environment within the school culture."

Originally known as a 'Gay/Straight Alliance,' GSA clubs have existed in middle schools, high schools and colleges in the US and Canada since 1988. The goal of the GSA is to provide social support for LGBTQ+ students, who have historically suffered bullying, harassment and much worse from their peers. According to a 2011 scientific study [https://psycnet.apa.org/ record/2011-26079-003], membership in a GSA has been shown to decrease depression and increase well-being and self-esteem among participants.

"I'm thankful to the students and staff involved in the GSA, and to all of the students and staff involved in what I would characterize as our 'student culture' groups because of the work that they do to make sure that we have a positive student culture," Gough said. "At our graduation ceremony this year, one of our student speakers referenced that one of the things she was most proud of was the student culture here in our building. The students submit their speeches to me ahead of time, primarily for timing, we want to make sure the ceremony doesn't last four hours! But that was an impromptu line, I didn't know that was coming, and I felt very positive about that. So these groups and the students involved in them really are creating the student culture here, and I am thankful for their work, for sure."

That is a reference to a line in the speech made by LHS class of 2021 valedictorian Sophia Powell at the LHS commencement ceremony on Thursday, June 3.

"One thing that I am most proud of as a Lowell High School student is the culture of our school," Powell said during her speech. "In sports, there is a culture of hard work, competitiveness, sportsmanship and family that no other school quite matches. In school, there is a culture of determination, focus and fun while learning, which has prepared us for our futures."

Gough said that the mission of the GSA is exactly the same as the mission of the school: to make sure that every single student feels welcomed and accepted.

"I think that all of our student groups focus on this idea of ensuring that all students feel accepted, valued and cared for in the school environment," Gough said. "That's really the mission of our school! It's to make sure that we're serving every student in the community as well as possible and making sure that we're reaching every student. One of my primary concerns as an educator has always been that every student feels connected and cared for. It's easy to say that, but it's not easy to do in a building with 1,100 students. We need organizations that are actively reaching out to make sure that every student is connected in a caring way to the school community. There are just so many students that we're trying to take care of. That's a critical role for the GSA and all of our student groups, to be engaged in active outreach to connect students to the supports and resources that they need as they move toward graduation."

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