

LGBTQ PRIDE MONTH

Free Mom Hugs
page 16
&
Lash Haus
page 3

Memories of the Lowell Showboat: Steve Allen



pages 8-9

Volunteers needed at Fallsburg



page 2

Riverwalk Festival returns July 8, 9 and 10

by Tim McAllister
lead reporter

After a one year break, the Riverwalk Festival will return on Thursday, Friday and Saturday July 8, 9 and 10.

It won't be exactly the same – there will be no parade and no pontoon rides, for example – but almost everything else is returning, including fireworks on Saturday night.

“The newest item for Riverwalk this year is Moose bingo,” said Lowell Area Chamber of Commerce executive director Liz Baker. “The other new thing is, we’re back! We exist. There are a couple events that we are not going to do this year, because of COVID and because we just didn’t feel like we’d get a great turnout. One is the parade, we’re going to hold off and bring that back in 2022, so there will be no parade this year. Then the other thing was the kayaks. Like every other supplier, they have not gotten supplies in, and they just don’t have the demo boats that they’ve always had, so we can’t do the kayaks, but we’ll do that again in 2022. Pretty much everything else we’re able to do! I think that, overall, things are going to be really good and we’re going to have a lot of fun.”

The duck raffle is returning, “grilling and chilling on Avery” is back,

and so are the car cruise, the kids zone and the used book sale at Englehardt Library.

“They’re still going to do the used book sale, it’s just going to be smaller-scaled, and they’ll be in front of the library by the doors,” Baker said. “They’re going to wheel everything out on book carts, just to make it easier for their volunteers. They are excited to be able to do that.”

There will be live music from Soul Syndicate on Thursday and the Bronk Bros. on Friday.

“We’ve got great groups for Thursday night and Friday night, and then on Saturday we’re going to do the open mic in the morning from 10 to 12,” Baker said. “Then it’ll just be background music for the rest of the day. There’s a sign up on our website if you’re interested in doing the open mic or for street entertainers if anybody is interested in that.”

If you’re interested in the past, the local museum is putting some interactive exhibits around town, all you need is a cell phone.

“The Lowell Area Historical Museum is doing something different this year,” Baker said. “It’s a historic self-guided tour. They’re going to put 10 placards along the Riverwalk



The return of the Riverwalk Festival means the return of fireworks!

and downtown with QR codes on them, so you can look for those and learn a little history about Lowell while you’re visiting here.”

Another potentially popular attraction for those 18 and older is Moose bingo, a benefit for Mooseheart Child City and School and Moosehaven, sponsored by Lowell Moose 809.

“The Moose has two benevolent organizations called Mooseheart and Moosehaven, they’re places in Florida where people live,” said Moose bingo organizer Karen Chittenden. “Mooseheart is for young kids, orphaned kids, kids that

were given up or who don’t have families. It’s a huge, huge organization. They live there, go to school there and they have activities. Moosehaven is a place for people to retire. I think it’s income based. And then we give back to the Lowell community as well. We’ve given quite a bit of money to the high school, we give money to FROM, we have a big bike purchase event every year at Christmas, we have Halloween parties for kids, we have Christmas parties for kids. So we use the money for things in our community as well.”

Moose bingo will be open on Thursday and Friday 4 pm to 9 pm from and Saturday from noon to 4 pm

“It’s regular bingo, just sponsored by the Moose,” Chittenden said. “We ordered all the daubers and all the paper games, and then we’ll set up a tent out there. It will be in the grassy area near the library, where they used to have the book tent. We’re taking that spot over.”

For the most up to date information, including a schedule of events and a list of vendors, visit discoverlowell.org/riverwalk_festival.

American Legion 152 installs new leadership



Pictured at right: Vickisue Condon passing the gavel to Richard Thomas at the ceremony on Monday, June 28. [photos by American Legion Post 152 Senior Vice Commander Herman Weststrate Jr.]

American Legion Post 152 installed a new post commander on Monday, June 28 at the Lowell Veterans Center, 3116 Alden Nash Ave. SE.

Richard Thomas USAF has taken over for Vickisue Condon USN.

American Legion Post 152 meetings take place on the fourth Monday of every month at 7 pm. According to the Federal Legion Act of July 2019, any person who served in the military for at least one day can be a member, unless there was a dishonorable discharge.



50¢



Volunteers needed for Fallasburg Village maintenance

by Tim McAllister
lead reporter

The Fallasburg Historical Society is looking for volunteers to help perform various preservation and maintenance tasks around the village.

Work dates and times are flexible, and any necessary materials will be provided.

The Tower Farm house needs to be rehabilitated, therefore they are asking for help with general labor, painting and interior finish work.

The exterior of the Misner House Museum/FHS office building needs to be painted, and it also requires interior painting, cleaning and organization.

“For the past several years, the Fallasburg Historical Society has been able to secure student interns from Calvin University’s history department, with the exception of last year because of COVID,” said Ken Tamke, Fallasburg Historical Society president. “Lisa Plank from the Lowell Area Historical Museum serves as mentor for the interns. The Fallasburg Historical Society has had these interns digitally cataloging our documents, pictures and artifacts into Collective Access, a



collections management software system. This is the same software the Lowell Area Historical Museum uses. Lisa tutors and provides oversight for this. I have selected and organized our documents, pictures and artifacts that are stored in the Misner House and made them available for cataloging, which has occurred at the Lowell Area Historical

Museum, generally during Calvin’s spring term. I bring the stuff into the Lowell Area Historical Museum, the interns handle the data entry. I provide background on the pieces wherever possible. Once captured digitally, the Fallasburg Historical Society has purchased archival storage containers so that the original pieces can then be safely stored

back in the Misner House. This process has turned the office at the Misner House somewhat upside down.” “Before we began this cataloging project in 2017, the Misner House office was already a bit disorganized,” Tamke said. “The Fallasburg Historical Society has not used the Misner House as a working office in 15 years. There existed many files - mostly

paper - collected during the 1980s and 1990s when the Misner was used full time. Most of this was not historically significant, just stuff collected that needed to be sorted through and weeded out. Considering the digital cataloging and the sorting, this has certainly led to some of the disarray. The Fallasburg Historical Society has been on a mission to properly preserve our valuable historical memorabilia and provide a suitable environment with temperature and light control, in acid free boxes we purchased from an archival storage company. Our goal has been to sort, select and clean up the office so it might be used as a place to do research, and to be able to actually put one’s hands on the original thing, be it picture, document or artifact.”

If you’re interested in pitching in, contact Tamke at kentamke@comcast.net or 616-682-0785, or visit fallasburg.org.



Family Dentistry Since 1994

- ▶▶ Gentle Dentistry for Children & Adults
- ▶▶ Immediate Emergency Treatment
- ▶▶ Cosmetic Dentistry, Teeth Whitening
- ▶▶ Preventive Care
- ▶▶ Extractions/Broken Tooth Repaired
- ▶▶ Dentures (Same Day Repair)
- ▶▶ Implants
- ▶▶ Insurance Plans Accepted

Accepting New Patients

“Gentle & Painless Dentistry Is Our Goal”

Hours:
 Monday.....9 a.m. to 5 p.m.
 Tuesday.....9 a.m. to 5 p.m.
 Wednesday.....9 a.m. to 5 p.m.
 Thursday.....8 a.m. to 2 p.m.

Judd T. Carroll D.M.D.
 103 East Main • Lowell, Michigan
(616) 897-7595
www.juddcarrolldentistry.com

WINDOWS/SIDING
 DOORS/INSULATION/GUTTERS
 SAVE **50% OFF**
HEATING/COOLING BILLS
GUARANTEED!!!

SAVE 10% OFF WITH THIS COUPON

897-7300 allweathersealinc.com

319 E. Main Lowell

All-Weather Seal

Not good w/any other offer/ Good on initial presentation

the lowell ledger

(USPS 453-830)

Published weekly for \$25 a year for zipcodes beginning with 493 or 495; \$36 a year any other zip code.

Deadline for display advertising is Friday at Noon
Deadline for classified advertising is Monday at 5 pm

Jon Jacobs Publisher/Editor
 Tim McAllister Reporter/Editor
 Tammy Janowiak Classified/Accounting/Sales
 Jon Jacobs Advertising Sales

(616) 897-9261

email: ledger@lowellbuyersguide.com
Second Class Postage Paid at Lowell, MI

Published every Wednesday
 POSTMASTER: Send address change to:
The Lowell Ledger
 PO Box 128 • Lowell, MI 49331
www.thelowellledger.com

PRIDE MONTH: Lash Haus on Main St. offers gender neutral beauty treatments



Lash Haus owners Molly Mars and Cat Crocetto Visokay

Lash Haus, located at 427 East Main Street, opened its doors last year. Specializing in eyelash extensions, as well as microblading, semi-permanent makeup, body hair removal, body contouring, booty enhancement and anti-cellulite treatments, Lash Haus is proud to be a LGBTQ+ and woman-owned business in downtown Lowell.

“At Lash Haus and at our salon in Grand Rapids, Otto + Grand, we have a completely gender-neutral service menu,” says Molly Mars, one of the owners of Lash Haus. “We believe that any person should feel welcome and comfortable booking any service that makes them feel their most beautiful, regardless of their gender identity. We often have the privilege of providing services and advice to folks just beginning their Trans journey, or who are exploring gender expression, and it is a beautiful thing to be a part of!”

Mars, along with co-owner, Cat Crocetto Visokay are the owners of Otto + Grand, a high-end salon in downtown Grand Rapids. They felt it was time for an expansion and Lowell seemed like the right fit for their vision. Visokay recently

relocated to Lowell with her family. Mars remains a resident of nearby Grand Rapids, where she lives with her wife, their two dogs and a cat. Her wife’s family is originally from Lowell.

“My partner Cat moved to Lowell from Grand Rapids with her family three years ago, and fell in love with the city. Our salon in Grand Rapids had been running strong for four years, when we began discussing opening another studio, and decided that Lowell was the perfect location! We wanted to bring our brand of high-end services in an environment that celebrates individuality to this quickly growing community. We believed in it so strongly that we decided to open during a global pandemic, and took a leap of faith to make it happen. It was 100% the right choice, we adore the people and city of Lowell, and we are so proud to be a part of it!”

Celebrating everyone as their most authentic self is a cornerstone of Lash Haus’ business model. A progressive Pride flag can be found on the outside of their building, a clear sign that theirs is a business that welcomes everyone, including those in the LGBTQ+ community.

Mars was pleased with the resounding success of Lowell’s first ever Pride event, where she was a vendor, providing customers with rainbow hair extensions and glitter beards throughout the day. The booth left clients feeling beautiful while also raising money for the Sylvia Rivera Law Project, a nonprofit that works to guarantee that all people are free to self-determine their gender identity and expression. But Lowell Pride goes far beyond being just a business opportunity for Mars and the Lash Haus staff.

people who are living their truth out loud, the more it will help others find the courage to do so too. It is about so much more than just rainbows and ‘love is love.’ It is about acceptance, (self) respect, empowerment, equality, bravery, persistence in the face of adversity, authenticity, community and, of course, rainbows and love.”

Over the course of the last month, Lowell has come out in force as a supportive place for our LGBTQ+ community. For anyone who might not know how best to support the members of this

community, Mars points out the importance of allyship.

“First and foremost - listen, learn, and be an ally! There is a good chance that everyone, especially in a small town, knows at least one person who doesn’t have the support that they need to be their authentic selves. A majority of these are young people. Don’t underestimate the importance of making yourself a visible ally to your community, you never know who needs to see that they have someone safe to talk to. And of course, support your local LGBTQ-owned small businesses!”

In just one short year, Lash Haus has made its mark in downtown Lowell. Mars and Visokay are making plans to

expand services and anyone who has tried to make an appointment knows that their staff are in high-demand. But no matter what the future may have in store for Lash Haus, you can be sure that it will remain a business focused on uplifting clients and celebrating every person who walks through their door as their authentic self, free from judgment.

“In the beauty industry, there is too much pressure to look a certain way, and fit a certain mold,” says Mars. “Inclusion is important to us as a business because we want to help everyone feel their individual version of beautiful, regardless of what that looks like!”



“Pride, to me means honoring the people who have fought for LGBTQ rights - equal human rights - and celebrating the freedoms that we have because of the work that they have done. There is a solemnity behind the bright flamboyance, Pride is a reminder of the countless lives that have been saved today because of the people that have gone before us,” says Mars. “Celebrating Pride is important because folks need representation and visibility! The more



Lowell Showboat
SIZZLIN' SUMMER CONCERTS

Presented by LowellArts and the Lowell Area Chamber of Commerce

Concerts are family-friendly and wheelchair accessible. Bleacher seating is available, or bring a chair. Free parking.

Enjoy Lowell’s Social District for your adult beverages. Concessions also available for purchase.

**THROUGH AUGUST 26
FREE OUTDOOR CONCERTS**

**THURSDAYS AT 7:00PM
ON THE RIVERWALK PLAZA BY THE
FLAT RIVER IN DOWNTOWN LOWELL**

Watch the Lowell Showboat Sizzlin’ Summer Concerts LIVE on Facebook!

**JULY 8
The Soul
Syndicate**



Lead Sponsors



This notice paid for with public donations

FREE to the public!

Weight Loss & Stop Smoking Hypnotherapy

Health Awareness Clinics is providing therapists to administer weight loss and stop smoking, and stress relief group hypnotic therapy.

For many people, this therapy reduces 2 to 3 clothing sizes and/or stops smoking. Funding for this project comes from public donations. All attendees will be hypnotized twice during the hypnotherapy session.

An appointment is not necessary. Just sign in and immediately receive therapy.

Health Awareness Clinics is a non-profit organization. They rely on donations to make treatment available. A modest \$5.00 donation when signing in is appreciated. Support materials available. Only one 2 hour session is needed for desirable results.

Sign in 20 min. early.

Friday, July 16th 7:00PM
Fairway Event Center
13955 Cascade Rd. - LOWELL

Monday July 19th 7:00pm
Comm. Center
900 E. Kent Rd.
GREENVILLE

Tuesday July 20th 7:00pm
Thought Design Bld.
10 East Bridge St. NE
ROCKFORD

HealthAwarenessClinics.org
(512)433-6200



business directory

897-4123 

Arctic Inc.
Heating & Cooling

- Heating & air-conditioning • Wall hung boilers & water heaters
- Geo Thermal systems • Radiant floor heat • Snow melt systems
- Whole house generators • Duct work • Humidifiers

SALES, SERVICE AND INSTALLATION, UPGRADES, NEW HOMES

website: www.HeatingCoolingOnline.com e-mail: info@HeatingCoolingOnline.com

BILL WHEELER
Certified Public Accountant

W.J. WHEELER


103 Riverside Dr.
Lowell, MI 49331

897-7711

RISNER'S ROOFING & HOME IMPROVEMENT

SHANE RISNER • 616-897-1080
email: risnersroofing@gmail.com
website: risnersroofing.com

JERRY'S LAWN MAINTENANCE & SNOWPLOWING

Spring Clean-Up **616-822-4168**
Fertilizing
Lawn Maintenance
Mosquito Spraying
Mole Control
Bark



Rich's Service Co.
In-Home Appliance Repair
Dryer Vent Cleaning


INSURED • 20+ YEARS EXPERIENCE
Washers • Dryers • Refrigerators
Garbage Disposals • Stoves
• Dishwashers

RICH CURTIS • 897-5686
209 E. Main St., Lowell

FRY DADDY'S
608 West Main Street
Lowell, MI 49331
897-FISH

Fish, Shrimp, Wing Dings, Chicken Strips

Friday Special
Lake Perch
Hours: Tues - Sat 2-8 pm
Closed Sunday & Monday



YOUR AD HERE

CALL 897-9261 TO ADVERTISE

Alto Lions sponsor wild animal visit

Alto Lions sponsored several children and counselors, all of whom were blind or visually impaired, to visit the Boulder Ridge Wild Animal Park.

While there, four young animals were brought out for all to touch, including a baby pig, baby alligator, baby kangaroo and baby pigmy goat. Staff members provided many interesting details about the animals. The park owner waived the regular fees for this animal interaction.

Following that, the group took the "safari bus" around the park, then had lunch and, with time constraints for the group, all of the children were brought to the gift shop and provided a stuffed animal of their choice.

Five Alto Lions members and two Lakewood area members acted as big brothers and big sisters to each of the blind or visually-impaired children. The Lions members treated the kids to their stuffed animal or whatever they wanted.

"Lion Dawn Hoekstra is owner and operator of the park with her husband Dave, and they have been great supporters of the Alto Lions and our community," said Ken Adamy of the Alto Lions.

"Opportunities Unlimited for the Blind offers summer in-person overnight camping experiences to children and young adults who are blind or low vision," said Gwen Botting, executive director



"This photo sums up our trip pretty well," said Gwen Botting, executive director of Opportunities Unlimited for the Blind. "[The] camper loves his new pet goat and carries it around with him all the time at camp."

of Opportunities Unlimited for the Blind. "We strive to help each camper and staff person, most of whom are also blind or low vision, learn important life-long skills such as improving their use of a white cane to get around, cooking, cleaning, gardening, arts and crafts, nature programs like the program at Boulder Ridge and social skills, which are difficult to learn if you cannot see facial expressions

or body language. OUB also offers virtual year-round program on a monthly basis, often with a cooking project or craft or both. Because our staff members are also blind young adults, they know best how to teach another person who is blind the skills they need to become successful adults. OUB is committed to providing a quality program of learning, growth and fun for children who are blind or low vision."

Run the Riverwalk 5k race returns July 10

by Tim McAllister
lead reporter

The Run the Riverwalk 5k race is returning for the Riverwalk Festival this year. The race is a benefit for a community in Swaziland, Africa, and it will take place on Saturday, July 10 at 8:30 am.

"Our registrations are up this year, so I think that people are ready to get out and be active," said event organizer Kenda Haines. "We didn't have the event last year, as you can imagine, but we are definitely on track to have far more participants than 2019. We are really excited about that."

Because of the increase in participants, they've been able to make the event a bit fancier.

"With our growth, we've been adding some new things," Haines said. "This year, we've added chip timing, we've also added finisher awards for everyone, and then we have medals

and awards for the top three runners in multiple age groups, male and female. We're super excited about adding all the new things."

It's a race with prizes, but Haines said that doesn't mean everybody has to wreck themselves to get to the finish line, it's fine to take your time and enjoy the course.

"The race starts down on the Riverwalk near the stage, where the stage is set up for the festival, and the whole course is downtown," Haines said. "I want to emphasize that it's for runners and walkers. We love it when walkers join us. Some people get intimidated by the word '5k' and they don't want to join because they just like to walk, but we love for walkers to join us."

According to a press release, the funds raised at the event "will provide assistance for food, school

fees, building projects and a team of volunteers to reach out physically to the community" in Africa.

"All of the funds raised go to support a small community in Swaziland, Africa," Haines said. "The race was created about nine years ago through Impact Church. It was very small event, probably a maximum of 40 people attended. Over the years it just morphed into the Riverwalk Festival asking us to join them, so we now have partnered in with the Riverwalk Festival. But from day one, all of the funds raised have gone to support the global mission of Impact Church in Swaziland, Africa. We raised about \$2,500 dollars the last year we did it."

To sign up or for more information, visit runsignup.com/Race/MI/Lowell/RunTheRiverwalk.

NEWSPAPERS Outperform Magazines in Michigan

More adults in Michigan read a newspaper than local magazines.¹

More than **7 in 10** newspapers
2 in 10 magazines

Newspapers are the most trusted media source.²

Adults, across all generations, identify newspapers as their most trusted source of news and information – ahead of magazines.

79% Eight in 10 newspaper readers took action as a result of reading a newspaper ad in the past 30 days³

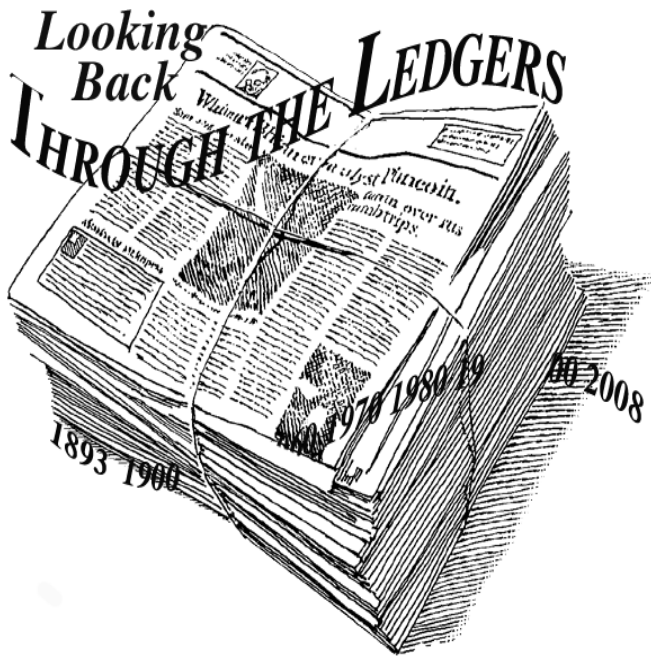
22% of adults often purchase products and services as the result of a magazine ad.⁴

Newspaper ads result in more purchases than magazine ads.

the lowell ledger

Sources: (1) Release 2 Nielsen Scarborough Report. Copyright 2018 Scarborough Research. All rights reserved. (2) Triad/Coda Ventures - The Newspaper Generation Study. (3) NAA. (4) AMG/Parade Local Knowledge Survey

viewpoint



75 years The Lowell Ledger July 4, 1946

Edward G. Nelson, who lives at Muskegon Heights, has been a Showboat booster for a long time back. There's a big pine tree in his front yard which always carries a large Showboat sign and through his efforts there are many Showboat fans in Muskegon county.

Carlton H. Runciman of Lowell will continue as chairman of the Michigan social welfare commission for another year, with George S. Fitzgerald of Detroit as vice-chairman, as the result of action taken at a meeting last week. Mr. Runciman has served on the commission without pay since its organization. For the past three years he has served as chairman.

Because a bear made the mistake of eating out of a dog's dish on the back porch of Bill McKenzie's home at Grand Lake, he was shortly converted into 106 pounds of bear meat for distribution by Conservation Officer Ned Curtis to needy families of the community. The dog objected so violently to having his dish robbed he roused his master. McKenzie dispatched the bear with three rifle slugs fired through the porch screen door.

50 years The Lowell Ledger July 8, 1971

Centennial Week got off to a flying start Sunday morning at the Mayor's Breakfast held at the Masonic Temple; there were 125 in attendance. The announcement everyone was waiting for was made by Vince McCambridge who revealed that Joyce Deible had won the queen contest. First runner-up was Evelyn Powell, second Kathy Rittersdorf, third Susie Dey and fourth Kitty Brenk.

Three Lowell High School seniors met with their congressman, Rep. Gerald R. Ford of Grand Rapids, to discuss issues of the day during a Future Teachers of America Seminar sponsored by the National Education Association. The seminar brought future teachers from throughout Michigan to Washington, D. C. to become acquainted with the process of government.

Before starting on that long awaited vacation with your family, why not take time to stop in the mobile unit and have a chest x-ray and tuberculin skin test. That tired feeling you have had the past several months may only signify that you need a vacation, but again, it may mean something far more serious. Fatigue, loss of appetite, coughing are several of the signs of tuberculosis, find out for sure. It takes only a minute of your time and may mean a lifetime of health ahead for you and your family.

25 years The Lowell Ledger July 3, 1996

The Lowell Library Fund committee finds itself in an enviable position – it is indebted to the great amounts of generosity displayed by community organizations and individuals. "The local support has just been great," said Chuck Meyers, Lowell Library committee chairman. "The wall of the foyer inside the new library doors will display a list of all the organizations who have come forward with donations."

Same product better prices is a motto most businesses use to assure success. Don Shaffer Jr., owner Shaffer Floor Covering, says products and prices are important, but the key to being a successful floor covering store is installation.

The annual Kids' Fishing Derby sponsored by the Lowell Moose Lodge speckled the shorelines at Stoney Lakeside park with young fishing men and women. There were approximately 30 kids who participated in the event which lasted from 9am until noon on Saturday.

125 years ago Lowell Ledger July 3, 1896

"Hotter than Tophet," was the general comment of the 800 people packed into Music hall last Friday evening to hear the Lowell high school graduates of 1896 speak their little pieces and say their little say. The stage was beautifully decorated with flowers and potted plants and the "sweet girl graduates," with members of school board forming a somber and strongly contrasting background, looked their very prettiest.

Hiram H. Cole, the aeronaut who has been giving exhibitions at North Park, Grand Rapids, for some weeks past, was killed last Sunday evening at the park while trying to make an ascension in a strong wind. His balloon blew against the roof of the switchback, severing the trapeze ropes and throwing Cole to the ground, thirty feet below.

Wm. Gott's dray team ran away partly loaded with fruit baskets, Monday afternoon. In starting they ran so close to McCarty's delivery horses as to lose a whole bundle of basket covers on his thill.

100 years ago The Lowell Ledger July 7, 1921

A merry party of people seeking relief from the intense heat was shocked by the drowning of G. J. Rouse in Grand river, near Stevens landing about five miles west of Lowell last Friday evening.

On Wednesday evening, July 13, 1921, another free street dance will be held on our pavement on west side in front of Waverly hotel. This entertainment fostered by the Lowell Board of Trade bids fair to be very popular this season. An hour's concert by the Boy Scout band will precede the dance. The concert and dance of two weeks ago brought together for a most enjoyable evening the largest crowd ever congregated on our Main street. Those present said they would be sure to come next time and bring their friends. The Board of Trade will endeavor to provide some means for seating the people. This was lacking last time.

Herman Trimmer, 60, for a number of years cook at the county poor farm, was found dead in a room in a downtown apartment today. Beside the body were bottles containing medicine and alcohol. He disappeared from the farm a week ago. Trimmer, was a victim of alcoholism, Coroner Leroy announced.

to the editor

To the Editor:

The June 2 Ledger rekindled my childhood memories of Lowell Memorial Day parades in 1946-55, soon after World War II and the Korean War.

Many young war veterans marched in crisp military uniforms, alongside fewer older veterans from World War I and the 1898 Spanish-American War.

Prior to 1971 Memorial Day was always May 30, which was sometimes mid-week. Most folks did not travel on this holiday, so the Lowell parade always drew large numbers of participants and spectators.

A colorful parade passing right in front of our family's house on Monroe Street was a big deal. We children decorated our tricycles and bicycles with red, white, and blue crepe paper interwoven through the wheel spokes and wrapped around the handlebars. A small 48-star U.S. flag completed the ensemble.

We then joined the mass of colorful children's bikes at the end of the parade, usually (but not always!) just ahead of the riding horses.

The high school band marched smartly in its warm red wool uniforms, suit jacket, white shirt, black tie, and captain's hat topped by a feather plume.

The younger junior band looked more comfortable in their white pants and shirts, pink and white short satin capes and close-fitting garrison-style head caps.

Boy Scouts, Cub Scouts, Bluebirds, Campfire Girls, 4-H Youth Clubs, and church groups marched in large numbers. Top-down convertibles carried city officials and dignitaries. Spectators lined the entire parade route from Richards Park, through the downtown, to Oakwood Cemetery.

Other parades celebrated the high school's Fall Homecoming game, the youth Halloween costume party at Recreation Park, and the Christmas holiday season downtown.

But Lowell's Memorial Day parade was always the biggest and best, unifying a strong patriotic community. May it ever be so.

Bob Thaler
LHS class of 1960
Bay City

We love to hear from you!

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

The requirements are:

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

HEALTH

M METRO HEALTH

UNIVERSITY OF MICHIGAN HEALTH

Johnathan G. Meier, D.O.
Wayne A. Christenson, D.O.
Tracy L. Lixie, D.O.

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

ABCs of Lowell history

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

L is for Lyon Brothers

Brothers Morgan and William Lyon came from New York and settled in the Lowell area. The brothers were sons of Major Thomas Lyon, who was killed in battle near today's Toronto, Canada during the War of 1812. Though they grew up poor, both brothers owned and farmed their land. Both brothers made a lasting impact on Lowell, but in different ways.

In 1837 Morgan Lyon came to the Lowell area (section 20 in Vergennes Township) after a brief stay in Howell Michigan. His farmland is still in the family and is designated a Michigan "Centennial farm".

Morgan married Mary Purple and after her death he married her sister, Louisa. The Purple family also came to the Lowell area, including Dr. Martha Purple, sister to the wives, who was the first woman doctor in Lowell. She never married because on the eve of her pending nuptials her fiancé was tragically killed. Instead, she went on to become an eclectic doctor which meant she was a doctor who included botanical remedies and physical therapy in her practice. Her office was in the Old Wooden Row.



Lyon Block c. 1905-1909.

Morgan served the community as Treasurer of Vergennes, Justice of the Peace, Township Supervisor, and when the Grange formed in 1874 he was the first 'Master.'

Morgan stored his wheat crop, not selling for 50 cents a bushel. Instead he was able to sell it for \$3 a bushel to the Union Army during the Civil War. With his wealth he invested in more land. He added acreage to his farm until it totaled 270 acres. In addition, he purchased the eastern half of a block in Lowell after the Franklin Hotel burned in 1882. He purchased it in the name of his niece California Edmonds, who was his live-in housekeeper, and built the Lyon building there. The Lyon building stands today and consists of four storefronts: 215, 211, 209, and 207 West Main. The first businesses in the Lyon building were: J. Q. Look Drugs, Dry Goods, R. VanDyke Grocery, and C. J. Church and Son Bank. Today this block is home to

Reagan Family Dentistry. He also owned a building in the Union block across the street.

Morgan died in March 1893, days after an odd accident. He had been to Lowell and was standing in front of a store when the shop keeper pushed an intoxicated man out of the door and inadvertently knocked Lyon down. It was reported that Mr. Lyon was given every attention, but he was 'very aged' and grew worse daily. He finally called for his lawyer and made a will. Today, he and his family rest in Fox's Corner Cemetery on Lincoln Lake just south of Vergennes Street.

In 1839, William Brown Lyon joined the others from New York, including his sister Lucinda Newton, who settled on the 'Old Grand River Road.' William saw much heartache in his lifetime. His first wife died young, along with several children. He saw two sons march off to the Civil War and only one returned home.

Though he didn't own great quantities of land, he owned historically important land bordering the Grand River's north shore, just west of today's Cumberland. The Grand River Road cut through his land. The Grand River Road came from Ionia, by the way of Fallsburg where a bridge over the Flat River was built in 1840, previous to that the river was forded. It then went south and west past the Walker Tavern, until it was about two miles west of the mouth of the Flat, then straight down to the Grand River, near the side of the bluffs. Today we understand this route to be through Fallsburg, south to Vergennes, west to Cumberland, and south to M-21 and west to Ada. This trail turned road was used as the stagecoach route.

William died in 1897. He did not leave a lot of money or land behind, but it was said of him that he "lived the life of a pioneer and did his share toward making the wilderness habitable for the people of the present time."

- athlete's foot

Athlete's Foot (Tinea Pedis) is a fungal infection that usually begins between the toes and is commonly found in those with sweaty feet or that wear tight fitting/non-breathable shoes. It causes a red scaly rash that is often itchy. It sometimes can cause blistering as well. It is very contagious and is often spread by walking on floors contaminated by the fungus, or by clothing, towels, or shoes.

It is easily treated with over the counter or

prescription anti-fungal creams. If it does not improve within a couple of weeks, it's important to seek medical treatment as it can spread to the nails, which becomes more difficult to treat.

To prevent Athlete's foot, keep your feet as dry as possible with changing socks and footwear if they get wet or sweaty, wearing breathable/ventilated shoes, and wearing sandals or shoes in public places.



Oak Meadow
TREE SERVICE INC.

Your Local Tree Care Experts

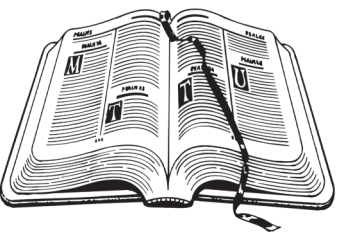
- ~ Tree & Shrub Fertilization
- ~ Disease & Insect Control
- ~ Pruning & Tree Removal
- ~ Stump Grinding
- ~ Fully Insured

Call Today!
616-890-2348

MEMBER
TCIA
VOICE OF TREE CARE

MEMBER
ISA

area churches



FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST
865 Lincoln Lake SE • lowellucc.org

Pastor Alyssa Anten
Worship Service - Sundays 10 AM
Open Table (No-cost meal) - Thursdays 5 - 6 PM

Open & Affirming • LGBTQ+ Inclusive
616-897-5906

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

FIRST BAPTIST CHURCH OF LOWELL
CHRIST-CENTERED, KINGDOM-FOCUSED HOMES
2275 West Main Street - (Barrier Free)
897-7168 • www.fbc Lowell.org
Pastor Jon Pickens • Lead Pastor
Pastor Andrew Bolkcom • Pastor of Discipleship
Christi Swain • Director of Children's Ministries

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

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL
897-7060
Pastor Ryan Landt
1151 West Main Street, Lowell, MI
Website: calvarylowell.org
Morning Worship.....10:00 AM
Weekly Prayer Meeting - Mondays7 PM
Barrier-Free

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

LOWELL UNITED METHODIST CHURCH
discover. grow. share
621 E. Main Street
897-5938
www.lowellumc.com • Barrier Free Entrance

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

happy birthday

<p>JUNE 30 Sheila Yeiter, Kayleigh Page, Miranda Jo Zalewski, Noah Garrett, Louise Kamphuis.</p>	<p>JULY 4 Barb Austin, Zachary Rhodes, Tara Sherman, Dan DeHaan.</p>
<p>JULY 1 Brandon Hewitt, Dylan Borton, Amy Markel.</p>	<p>JULY 5 Dave Burdette, Jacob Hiskey, Randi Ellis, Brennan Page, Devinne Ossewarde, Dee Doyle, Junie Hoag, Kylee Mae Nearing.</p>
<p>JULY 2 Bradley Ball, Marilyn Sauber, Brandon Lee, Logan Brenk, Landon Trierweiler, Ryan Lynne Golczynski, Mary Jo Buechler, Calihan Janowiak, Teresa Beachum.</p>	<p>JULY 6 Marty DeYoung, Jason Barber, Amy Stencel, Chris Page, Ed Walling, Pat Dorsey.</p>

JULY 3
Jamie Capen, Maxin Ligman, Alice Ryder.

Legislation introduced to combat opioid epidemic

A bi-partisan package of bills to combat the opioid epidemic in Michigan was announced on Wednesday, June 23 by Lt. Gov. Garlin Gilchrist; Dr. Joneigh Khaldun, chief medical executive and chief deputy for health at the Michigan Department of Health and Human Services; Sen. Curt VanderWall (R-Ludington), Sen. Winnie Brinks (D-Grand Rapids), Rep. Mary Whiteford (R-Casco Township), Rep. Angela Witwer (D-Delta Township), the Michigan Health and Hospital Association and the Michigan Opioid Partnership.

The legislation will expand availability of treatment for opioid use disorder in emergency departments and access to naloxone, the life-saving drug that can reverse overdoses, to community-based organizations.

“This epidemic touches every area of our state and we are losing nearly five Michiganders every single day to opioid overdoses,” said Lt. Gov. Gilchrist.

“This legislation will help bring us closer to ending this epidemic by expanding access to treatment and to life-saving medications which can increase their chances of a successful recovery and prevent additional tragedies among our families.”

In 2018 and 2019, Michigan saw a moderate decline in the number of opioid-related overdoses. In 2019, total drug overdose deaths - which includes opioids and unspecified substances - decreased by 9.4 percent to 2,354 deaths and opioid-related deaths fell by 13.2 percent to 1,768 deaths.

In 2020, the challenges of the COVID-19 global pandemic, such as increased social isolation and decreased access to treatment services, exacerbated the already deadly drug overdose epidemic. Provisional 2020 data shows an increase in total drug overdose deaths in Michigan. Preliminary data for January-June 2020 show

1,340 overdose deaths - up from 1,155 in those same months in 2019, an increase of 16 percent. Similarly, opioid-related overdose deaths increased from 874 in the first half of 2019 to 1,045 in the same period in 2020, an increase of 20 percent.

Two bills will expand availability of medications for opioid use disorder [MOUDs] in emergency departments and improve referral to treatment. Through this legislation, hospitals that treat over 50 overdoses a year will receive funding to build capacity to offer MOUDs. The bills build on a foundation of existing work with the MOP to expand treatment in emergency departments since 2019. Currently, 19 hospitals across nine health systems are participating in this work.

“Michigan hospitals are committed to being part of the solution to the opioid epidemic that has impacted every community in Michigan,” said Brian Peters, Michigan Health & Hospital Association

CEO. “These available resources for hospitals to provide MOUDs within their communities will help ensure patients receive the most appropriate care and treatment for their individual healthcare needs.”

“Thousands of Michigan families in nearly every community in our state have seen the devastating effects of opioid addiction and abuse,” said Sen. VanderWall. “It’s a national and statewide fight that needs a comprehensive effort to win. This reform will ensure that our state and our health care providers are doing everything possible to save lives and also connect patients to effective treatment.”

“The opioid crisis has devastated communities and destroyed the lives of far too many all across our state,” said Rep. Witwer. “These medications for opioid use disorder save lives. This past year has shown us what we can achieve if everyone comes together to fight a public health emergency.

It’s time to use this same approach to combating the opioid crisis. Expanding access is one critical step to ending this epidemic.”

Additional legislation will expand Michigan’s naloxone standing order to allow community organizations to access the lifesaving overdose reversal drug naloxone. Currently, the standing order allows for naloxone to be dispensed from a pharmacist, similar to over-the-counter medications, and restricts community-based organizations from accessing naloxone. Since 2017, more than 20,000 doses of naloxone have been dispensed under the standing order.

“Having naloxone on hand can make the difference between someone living or dying from an overdose and getting it into the hands of people who are most likely to be able to save a life is important,” said Dr. Khaldun. “Naloxone saves thousands of lives each year

by reversing the effects of an opioid overdose and this legislation will help prevent fatal overdoses by distributing naloxone more widely across our state.”

“The progress that we’ve seen fighting against the opioid epidemic has been impeded in part due to the immediate public health crisis in COVID-19,” said Sen. Brinks. “It’s important that we continue thinking of those suffering from substance use disorders and their loved ones as we come out of the pandemic. I am proud to be part of this bipartisan group who are introducing legislation that continues Michigan’s fight against SUDs, as there is plenty of important work yet to do.”

“Families in Michigan continue to struggle with our opiate crisis,” said Rep. Whiteford. “My hope is that these bills will move us closer to a state free from the suffering of addiction.”

For more information and resources, visit Michigan.gov/Opioids.

Dashboard provides data on trends in drug overdoses, prevention and harm reduction services

The Michigan Department of Health and Human Services has launched an interactive data dashboard to highlight current trends in drug overdoses among Michigan residents, and to monitor the use of overdose prevention and substance use disorder treatment services.

The new dashboard provides the most current data available on fatal and nonfatal overdoses in Michigan through a variety of data visualizations, including graphs, charts and maps. The dashboard was funded through a Center for Disease Control and Prevention’s Overdose Data to Action grant.

Provisional data through November 2020 identified 2,417 overdose fatalities across Michigan. Statewide, both fatal and nonfatal overdoses disproportionately affect Black residents in Michigan. Based on the most recent 12 months of data, fatal overdose rates were 68 percent higher among Black residents compared to white residents and nonfatal overdose rates were 57 percent higher. Fatal data are December 2019 through November 2020; nonfatal data is June 2020 through May 2021.

As a result, services are being targeted in majority-minority communities and community outreach is being conducted to

understand how to increase effectiveness of opioid response. The Michigan Opioids Task Force has also prioritized equity as a pillar in the statewide opioids strategy.

“The availability of timely data is critical to preventing overdoses and understanding how programs aimed at reducing risks and harms associated with drug use are working,” said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health. “This dashboard will help support the work of both MDHHS and our community partners by providing a clearer picture of where to focus efforts. Bringing all of this

information together in a centralized location shows how Michigan is moving the needle on reducing overdoses and can help identify counties that need continued support.”

In addition to data on overdoses, the dashboard includes information about progress on MDHHS-supported overdose prevention initiatives, such as access to naloxone, a lifesaving medication that can reverse opioid overdoses. Most data indicators are available at both the statewide and county levels to demonstrate how the overdose epidemic varies across counties in impact and prevention resource utilization.

Specific indicators include:

Monthly comparisons in overdose deaths, and quarterly rates by race and ethnicity for the last three years.

Preliminary overdose deaths by month and demographics, including sex, age, race and ethnicity.

Emergency department visits for overdose by month and demographics.

Emergency medical service responses for probable opioid overdoses by month.

Number of free naloxone kits ordered from the MDHHS online portal.

Number of pharmacies participating in the MDHHS Naloxone Standing Order

Policy, which allows pharmacies to dispense naloxone to anyone without a prior prescription.


Rate and number of opioid units dispensed.

Number of individuals utilizing publicly funded substance use disorder treatment by primary substance; time between request for treatment and intake by demographic.


Number of Buprenorphine providers per 100,000 residents – Buprenorphine is used to treat opioid use disorder.

Number of syringe service programs and client encounters.

To view the dashboard or for more information about overdoses and resources for prevention and treatment, visit Michigan.gov/Opioids.



Family Dentistry of Lowell
 147 North Center Street
 616-897-4835
www.familydentistryoflowell.com



What would your mouth tell us about your overall health?

**NOTICE OF PUBLICATION
 LOWELL CHARTER TOWNSHIP BOARD**

The Lowell Charter Township Board will consider adoption of a Cost Recovery Ordinance # 03-2021 that shall be applicable throughout Lowell Charter Township. The Ordinance will provide for reimbursement to the Township and / or the Lowell Area Fire and Emergency Services Authority (the “LAFESA”) and Bowne Township Fire Department (“the BTFD”) regarding certain fire, rescue and emergency services provided by LAFESA and BTFD.

**WHEN: MONDAY JULY 19, 2021
 TIME: 7:00 P.M.
 WHERE: LOWELL CHARTER TOWNSHIP HALL
 2910 ALDEN NASH AVENUE SE
 LOWELL, MI. 49331**

A complete text of the proposed ordinance will be posted on the Lowell Charter Township message board and on the website www.lowelltp.org on June 25, 2021, for review. A copy of the ordinance may also be obtained at the Township office during normal office hours on Monday, Tuesday, and Thursday or by calling 897-7600.

TOWNSHIP BOARD OF THE
 LOWELL CHARTER TOWNSHIP

Memories from the Lowell Showboat: Bongos for Steve Allen



Gerrit Lamain

by Gerrit Willem Lamain
gerrit.lamain@gmail.com

Long before becoming acquainted with Robert Frost’s Poem, “The Road Not Taken,” I seemed destined to take roads “less traveled by.” Perhaps it was my sense of adventure that beckoned me, that urged me to not follow well-worn paths but to strike out into the unknown. I suppose

that’s why I, as a young boy, preferred to read adventure stories. I wanted to savor the trip, to walk with the author to the final destination. It was also a wonderful tool to teach me patience. The urge to flip to the final pages was often strong, but I knew that by doing that I would not have the joy of traveling and

experiencing the author’s adventures along the way.

As I look back over my life’s journey, I now see more clearly, in many instances, other roads I could have taken, but I didn’t. Yet, even in the missteps, there were moments not just of regret but also moments of learning and growing, and even moments of indescribable joy.

One of those “roads less traveled” was the invitation to become music director for the Lowell Showboat. It would have been easy to say, “No, I’ll pass,” but somehow I knew that it presented opportunities that few musicians ever have. I had never attended any of the Showboat productions and had no idea what the work entailed, but I was willing to give it a try. I assumed that the folks who offered me the job must have had confidence in my ability. The job consisted of putting music together, writing arrangements for the stage band and chorus, rehearsing, conducting and performing with the Showboat chorus, a group made up of local volunteer musicians. I accepted the job, and many choir members from Creston High School in Grand Rapids, where I was teaching, immediately volunteered for the chorus. Consequently, we usually had well over 100 singers in the ensemble.

The Showboat schedule consisted of one long rehearsal followed by six evening performances. Each night the boat would start upriver from the grandstand and come around the river bend, with the boat’s stage band playing. When the boat pulled up in front of the grandstand, the chorus was lined up on the boat’s decks, singing a medley of Showboat songs such as “Here Comes the Showboat,” etc. Upon docking, they

would do a choreographed procession onto the stage and then make their way to their seats on both sides of the stage, facing the grandstand of about 4,000 spectators. The “interlocutor” (the announcer) would take over and introduce the various acts leading up to the headliner, a Hollywood performer.

Each year, the Showboat chorus and stage band were featured in one big musical number. Some years it was a Broadway medley, other years it might be a show tune or a patriotic medley. That choice was up to the music director. The chorus number was always appreciated by the crowd. The singers and

was with Steve Allen.

Steve was a celebrated comedian, television personality, writer, musician, actor and composer. He was best known as the co-creator and first host of the Tonight Show. Throughout his career he hosted numerous television shows such as “The Steve Allen Show” and “I’ve Got a Secret.” He was a prolific writer of children’s books, as well as books that featured his personal philosophies.


His wit sometimes had a “bite” to it, writing things like “If the Old Testament is a reliable guide in the matter of capital punishment, half the people in the United States would have to be killed

as “The Theme from Picnic” and “This Could Be the Start of Something Big,” ever gained wide popularity. Considering everything, he truly was a “Renaissance Man.”

Prior to the first show, one of the stage band members brought me a message. He informed me that Allen had requested a bongo player for one of his skits. Unfortunately, the bongo player had called in sick, so I had to tell Steve, “Sorry, no bongo player.”

Steve said, “You can fill in for him, right?” I explained to him that I was really an organist/music director, that I had just one semester of percussion class in my





LOWELL SHOWBOAT INC.
presents the
1970 PRODUCTION SHOWBOAT XXXVIII

STARRING

GARY PUCKETT AND THE UNION GAP Monday, Tuesday, Wednesday July 27-28-29	STEVE ALLEN AND JAYNE MEADOWS Thursday, Friday, Saturday July 30-31-August 1
--	---

★ PROGRAM ★

OPENING . . . CAST AND CHORUS “Are You From Dixie?”
Endmen and Chorus Introductions
TALENTS SEARCH WINNER Performances

Monday “The Varsity Troupers”	Miss Diane Newton
Tuesday	Miss Tina Repack
Wednesday	“Gay-90’s”
Thursday	Tony and Annette Rodriguez
Friday	Miss Debbie Leeson
Saturday	“Basin Street Blues”

GORDON RAYNOR DANCERS

Endmen Specialty numbers
SHOWBOAT CHORUS Pledge of Allegiance
Endmen “Side by Side”
VIC HYDE “One-Man-Band”

GORDON RAYNOR DANCERS

Endmen “Pass Me By”
“STAR-TIME”

GRAND FINALE . . . Entire Company “Waitin’ for the Robert E. Lee”

Chorus under the Direction of Gerrit Lamain
Gordon Raynor Dancers under direction Academy of Dance Arts
Stage Band under Direction of Max Barnes



Jayne Meadows and Steve Allen in a publicity photo from 1970.

stage band were all locals and the community took pride in expressing their appreciation.

During my tenure with the Showboat, we had big names such as Steve Allen, Dinah Shore, Gary Puckett and the Union Gap, Bob Newhart, Louis Armstrong and Milton Berle. My brief tenure with most of them was pleasant and in some cases, even memorable. One such tenure

tomorrow.” Commenting on crooked politicians he wrote, “Ours is a government of checks and balances. The Mafia and crooked businessmen make out checks, and the politicians and other compromised officials improve their bank balances.”

He was also a prolific composer, being credited with writing thousands of songs. Only a couple, such

college music training and that just consisted of snare drums and tympani. I really was not ready to play bongos in front of thousands of people, or in front of anyone for that matter. Being a back-up musician for Steve Allen was totally impossible!

Steve would not take “no” for an answer. He went into his travel trailer, there for his use during Showboat week, came back with a set

Gerrit W. Lamain was the musical director for the Lowell Showboat in the 1960s. Since then, he has taught music in public schools and universities in Michigan and Minnesota, has worked as a hockey organist and a church organist, has directed musicals, appeared on TV numerous times and has made several records and CDs of organ music. Lamain originally wrote these stories for the Daily Mining Gazette in Houghton, MI and is currently working on a memoir called “My Song of Life.”

Solo Together exhibition open in LowellArts gallery

by Tim McAllister
lead reporter

The newest LowellArts exhibition “Solo Together” opened in the 223 W. Main gallery last weekend. It’s a collection of artwork by eight Michigan artists: Maggie Bandstra, William Davis, Sandra Hansen, Andrew Kline, Brenna Mahn, Susan Teague, Joan Tweedell and Jeannette Woltmann.

“The artists in ‘Solo Together’ were selected through our bi-annual call for proposals for gallery exhibitions,” said LowellArts project director Janet Teunis. “Since the gallery space at LowellArts is large, we usually have group shows where artists display one or two pieces. However, artists really appreciate an opportunity to display a larger body of their work. The eight artists in this exhibition each submitted a proposal for an individual exhibition and were selected from a larger pool of artists based on the quality of their work and the strength of their proposal. Some of the artists have exhibited at LowellArts in the past as part of a group exhibition. The exhibition does not have an overall theme, each artist has an artist statement to explain the individual theme of their body of work.”

The artists used a wide range of styles and media, including painting, photography, mixed media



Brenna Mahn

sculpture, metal sculpture, mixed media drawing, tissue paper collage and woodblock prints.

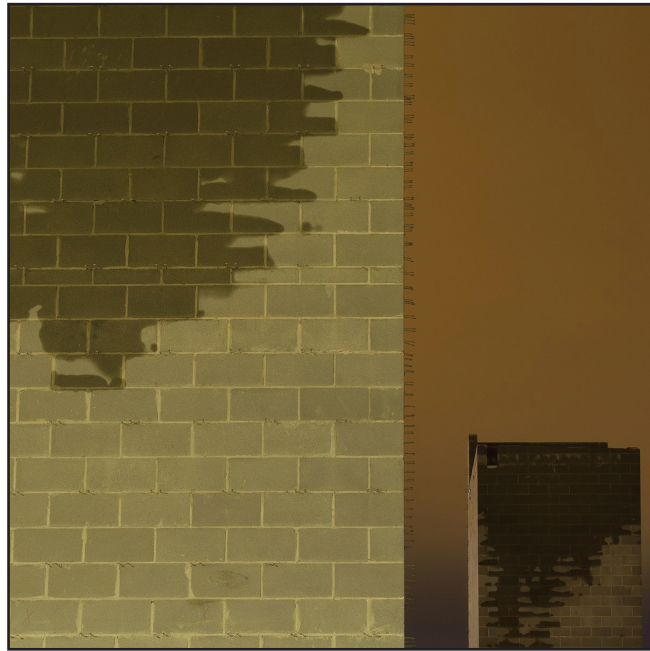
“Maggie Bandstra has been in previous exhibits including the recent ‘Getaway’ show with a large oil painting of red poppies,” Teunis said.

“My artwork’s unifying undercurrent plays with ideas and concepts surrounding trauma, beauty, nature, healing and the human connection,” Bandstra said. “The paintings I make are layers of dye, ink, acrylic and oil paints that depict abstracted forms and colors found in flora. Exploring nature in this way signifies our layered human connection to the world

and how we humans move through our lives.”

“Sandra Hansen has been in several of our group shows, notably the ‘Art of Change’ exhibition, as her work is about raising awareness of global environmental issues,” Teunis said.

“When I became an environmental artist, I moved from oil and acrylic paint to creating art with plastic bags and epoxy resin, to handmade paper,” Hansen said. “Abstracted water became the motif in my art, in the form of waves, bubbles, waterways, or the sea. My work became very large because of the enormity of the problem of pollution, Each art piece speaks to



Bill Davis

the beauty of water and the importance of caring for our water both in the abstract and in practice.”

“Photographer Jennette Woltmann has been a regular at many of our group shows as well as being a vendor at our annual artist market,” Teunis said. “Joan Tweedel has had a booth at the Fallasburg Arts Festival for a number of years selling her woodblock prints. Both Andrew Kline and Brenna Mahn have been part of past West Michigan Art Competitions.”

“I use materials which intrigue me, mostly industrial forms such as concrete, rebar and I-beams,” Kline said. “These materials are

created by industry to be strong and true. I enjoy the challenge of manipulating these materials. I find it empowering. I strive to give these materials life. My work is born from a dialogue between the materials and myself. Decisions are made along the way regarding balance, symmetry and rhythm. However, most of my work is made without any preliminary vision or inspiration.”

“Susan Teague is a new exhibitor at LowellArts with her ‘Goddess’ series of work,” Teunis said. “She has a book available for purchase at LowellArts with images of her ‘Goddess’ artwork, along with a story for each one.”

“‘Amazing Goddesses: You and Me Sister’ celebrates the contemporary woman, validating her spectacular humanness as a champion in her own everyday story and recognizing her core essence as a universal Goddess,” Teague said. “These charming and wittily named Goddesses featured in the exhibition are all made from colored tissue paper and glue. No paint or other medium was used.”

“William Davis is also a new exhibitor at LowellArts,” Teunis said. “He is photographer who is active in the art scene in Kalamazoo. He was very impressed with the LowellArts gallery space when he came to drop off his work for the show. He has a catalog featuring his photographs, it’s also available for purchase at LowellArts.”

This exhibit will run from Saturday, June 26 until Saturday, Aug. 14. LowellArts will host an artist reception event in the gallery on Sunday, July 11 from 2 until 4 pm.

For more information, call 616-897-8545, send a message to info@lowellartsmi.org or visit their website.

The gallery’s hours are 10 am to 6 pm Tuesday through Friday and noon until 5 pm on Saturday.



Jeannette Woltmann



Maggie Bandstra



Susan Teague

Memories from the Lowell Showboat: Bongos for Steve Allen (continued)

of bongos, put them between his knees and beat out a simple beat pattern.

He said, “There you are, I am sure you’ll do fine!” He then described the skit that needed bongos. It was for his “big finale.” I almost threw up, but there was no time to be sick! It was showtime and I had to get back to the chorus and ride the boat around the river bend to where it pulled

up in front of the grandstand. Several thousand people were waiting to see the various minor acts and, of course, the headliner, Steve Allen and I thought, “Me on bongos!”

I kept thinking, “Lamain, you’re crazy! You’re in way over your head! You should get in your car and ride off into the sunset!” I could see tomorrow’s headline: “Steve

Allen’s act was wonderful. Too bad the bongo player almost ruined it for him!” During the entire show I practiced the little riff that Steve had played for me. I kept thinking, “Playing bongos in front of thousands of people and being a musical back-up for Steve Allen, the world renowned entertainer... This is truly crazy!”

The first part of the show seemed to fly by and then it was our time! The emcee introduced Steve and there was thunderous applause. I took the bongos and sat down on the stage next to Steve, where he could see me. He went through his monologue. It was very funny and the audience loved it. He reached the finale of his act, looked over to me

and nodded, and I started playing. I had no idea what I was doing or what I was playing, but Steve, being the consummate performer that he was, carried on.

Applause followed the bit, and then a standing ovation (not for me, of course, but for the real showman!). He even acknowledged me and I took a little bow. I could now truly put in my résumé

that, “I played bongos for Steve Allen!” Much later, I began to realize that Steve knew I would do a horrible job, but to the audience it seemed like it was “schtick” (a practiced bit) and I did the part of the “bad bongo player” beautifully. That’s showbiz.

Fortunately for me and for Steve, the real bongo player showed up the next night and played the remaining shows.

Live the Life You Want

The benefits of doing nothing

Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

The pace of our daily lives can feel like we are on a roller coaster ride at times. Our focus is often how many things can we get checked off our “To-Do” or “Must-Do” lists. Work, school, household chores, DIY projects, taking the kids to extracurricular activities, always being connected, I could go on and on. So, it’s not surprising that taking time for us to relax gets shoved aside or sometimes it isn’t even a thought at all. I have asked clients what they think about doing nothing and I often hear I don’t have time for that or they would feel lazy and it would be a waste of time. Yet, it’s shown to be beneficial and can help alleviate stress and burnout along with being good for our overall mental and physical health.

“Doing nothing is better than being busy doing nothing.” –Lao Tzu

The Benefits

At some point we shifted from a society where relaxation and living in the moment were acceptable to one of unattainable lists of

things that must get done, even if they are not really that important. So, it’s not surprising to me that we are seeing depression, anxiety and stress levels increasing at alarming rates. When are we relaxing or having fun in our lives? For many, each day is an endless cycle of chores and to-do lists. To me, this is not really living and we can reverse this unhealthy trend. We do this by embracing relaxation, living in the moment (mindfulness) and spending quality time with loved ones (including ourselves) and add ourselves toward the top of our “To-Do” and “Must-Do” lists.

I know that “doing nothing” is really still doing something, but if I had titled this article “The benefits of doing something” it would not have grabbed your attention as quickly. Some suggestions for “doing nothing” include:

- Sit on the beach or in a meadow, engaging your senses of sight, sound, smell and touch.

- Try “hammocking” aka ‘mocking. If you haven’t heard of this it’s where people set up their hammock just about anywhere and simply hang out, napping and relaxing. It can be with a group of friends/family hanging out and chatting, each in your own hammocks.

- Sit in your garden, on your porch or on your patio/deck. This is one of my favorite things. Unplugging and watching the bees, hummingbirds, birds and butterflies moving around the garden. Smelling the flowers. Listening to the leaves on the plants and trees moving in the wind, the sound of wings. Even just 10 minutes of this can be very revitalizing and improve your overall feeling of well-being and decrease stress levels.

- Take a nap.
- Sit in a comfy chair not watching TV or on your phone or computer. Don’t even have them where you can hear them. Just sit there and simply do nothing.



Melissa Spino
MA LPC CDMS

After 5–10 minutes, check in and see how you feel. Were you relaxed or uncomfortable? If it was uncomfortable keep practicing it several times a week for a few weeks and see if that changes.

- Take a bath.
- Read or listen to a good book or music.
- Watch your kids play.
- Watch the sunset or star gaze.
- Meditate
- Have a bonfire (be sure to follow your area’s fire codes). Watching the flames and different color variations is very relaxing and calming.

The challenge, if you choose to accept it, is to get back to finding pleasure in the small things such as relaxing, idleness or doing nothing. I’m not saying you should do this all the time, but start scheduling this into your life, it’s important. Start living in

the moment so your life is not passing you by. Allow your body and mind to relax, unwind and destress as this improves your overall well-being. Start slow with 5-10 minutes a day and eventually increase that to 30 minutes a day. If you can’t do 30 minutes a day, then every other day is a good starting point. Trust me, you are worth the effort!

This article is not intended to provide any type of treatment or diagnosis. If you 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.

Financial Focus



With Christopher C. Godbold

Edward Jones

Serving Individuals Investors Since 1871

Don’t let investments go on vacation

Now that we’ve gained at least some space from the COVID-19 pandemic, summer travel is heating up. But while you might be eager to hit the road, you won’t want your investments to take a vacation – you need them to work hard for you consistently. But how can you make this happen?

Here are some ideas:

Know your destination. “If you don’t know where you want to go, then it doesn’t matter which path you take.” This bit of wisdom, paraphrased from the classic children’s book, Alice’s Adventures in Wonderland, may be appropriate for, say, hikers exploring a new landscape. But as an investor, it matters a great deal which path you take. If you only dabble in investing, occasionally putting some money into one investment or another, it will be difficult to build a portfolio that’s consistently working in your best interest. It’s important to create a long-term investment strategy based on where you want to go in life – that is, how long you plan to work, what sort of retirement lifestyle you envision, and so on.

Match goals with investments. Some

investments are designed to achieve certain goals. To illustrate: When you contribute to an IRA and a 401(k) or similar employer-sponsored plan, you’re investing for one specific, long-term goal: a comfortable retirement. While you can tap into these accounts for other purposes – though doing so might incur immediate taxes and penalties – they are designed to provide you with income during your retirement years. Similarly, you may have other investments for other purposes, such as a 529 education savings plan. Here’s the key point: Goals-based investing, by its nature, can help ensure your portfolio is always working on your behalf, in the way you intended.

Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments is growth – that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That’s not to say that CDs and

Treasury bills are in some sense “lazy.” They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you’ll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

Check your progress. How else can you ensure your investments aren’t just taking it easy? By checking up on them. If you follow a buy-and-hold strategy, your portfolio shouldn’t require many changes if it already reflects your goals, risk tolerance and time horizon. Too much buying and selling could jeopardize your ability to follow a consistent, long-term strategy. However, “buy and hold” doesn’t mean “buy and forget.” By reviewing your portfolio at least once a year, you can determine if your investments are performing as they should. If they’re not working for you as you’d like, you may need to make some changes.

If you’re traveling this summer, relax and enjoy yourself – but keep those investments working hard.

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



GET A LOCAL PERSPECTIVE ON OUR COMMUNITY

From community developments to a look at new businesses in town, interesting people in our community, dining, sports, entertainment and much more, it can all be found in the Lowell Ledger!

Don’t miss out on community news - Start your subscription today by calling 897-9261

Subscription Rates
\$25 per year In Kent County
with a zip code beginning with 493 or 495
\$36 per year outside Kent County

the lowell ledger

105 N. Broadway - 897-9261

Showboat Garden Club 2021-22 officers sworn in

Neither threat of rain nor windy conditions could stifle the swearing-in ceremony for the new Lowell Showboat Garden Club (LSGC) officers. On Monday, June 21, the LSGC met at the Senior Neighbors Center for their monthly meeting. Because of the weather conditions, the meeting was set up in the garage area. Performing the swearing-in ceremony, Michigan Garden Clubs District IV Director, Carol McGregor, who shared words of encouragement with the officers. Mona Banta and Liz Ripley were sworn in as the club treasurer and secretary, respectively, to two-year terms. Both are continuing in their current positions. Along with David Drain, as president, and Diane Black, as vice president, the Lowell Showboat Garden

Club has its officers in place for the upcoming year. The officer positions are staggered to maintain leadership experience from year to year.

The club members had a program followed by refreshment before moving into the business portion of the meeting. The club's fiscal year officially began on June 1, and one of the first orders of business is planning for the club's main fundraiser at the Fallasburg Festival. The LSGC maintains a booth at the festival which offers dried grasses and flowers for bouquets, table arrangements or other decorative purposes.

The club's next planned event will be a tea party on Monday, July 21. This is an annual social event which includes a potluck.



Pictured, left to right: Diane Black, Mona Banta, Liz Ripley and David Drain.

Michigan Department of Insurance and Financial Services offers insurance tips following severe weather

Following heavy rain, widespread flooding, and tornadoes across the state, the Michigan Department of Insurance and Financial Services (DIFS) is providing tips to assist residents when working with insurance companies to file claims and repair damages.

"Wind and rain can cause expensive damage to a home, so it is important that Michiganders understand their rights and responsibilities as they recover from severe weather and flooding," said DIFS Director Anita Fox. "Impacted Michiganders should carefully review their policies and work with their agents and insurers to see what coverage is available to them. DIFS is available to answer questions and assist consumers 8 a.m. to 5 p.m.

Monday through Friday at 877-999-6442."

Michiganders impacted by flood waters or other storm damage should:

Contact their insurance company's claims hotline and/or agent to report the claim. Have the policy number and other relevant information readily available. DIFS has prepared an Insurance Claims Tracking Sheet to make this process easier.

If there is water damage to a home or other structure, consumers should tell their insurance company that there is water damage and they are looking to determine what coverage is available. Consumers should not simply state that the damage is due to a flood as there may be additional causes for water damage,

such as a sewer backup or failing sump pump, that may be covered under the policy.

Review insurance policies to understand their coverage. Flood damage is not covered by standard homeowners and renters insurance policies. There are certain insurance policies, including federal flood insurance, that homeowners would need to purchase to have coverage for flooding or water and sewer backup resulting from storms or other natural disasters. It is important to discuss these options with your insurance agent or your insurance company well before flooding or damage occurs. Keep in mind that coverage through the federal flood insurance program typically takes 30 days to go into effect.

Take steps to protect the property and prevent further loss. Be sure to keep receipts for any purchases of supplies that are needed to protect the property.

Document the loss. Take pictures or videos of the damaged items and do not get rid of the items until instructed to do so by the insurance company.

If there is water damage to a vehicle, consumers should contact their auto insurance company. They may have coverage for the damage if they carried comprehensive coverage on their auto policy.

DIFS encourages consumers to first attempt to resolve any claim disputes directly with their insurance company. If a resolution cannot be reached, DIFS will help try to resolve disputes. To learn more and file a complaint, visit Michigan.

gov/DIFScomplaints. Anyone with questions or concerns about their insurance coverage is asked to call the DIFS toll-free hotline 8 a.m. to 5 p.m. Monday through Friday at 877-999-6442.





Are you in need of....

ENVELOPES

CALENDARS

BUSINESS FORMS

BUSINESS CARDS

BANNERS

LETTERHEAD POSTERS

BROCHURES

FLYERS

105 N. BROADWAY, LOWELL

897-9261

LITHO

LOWELL

obituaries

MCCAMBRIDGE

Vincent George McCambridge, age 85, of Ludington, formerly of Lowell, passed away suddenly Sunday, June 20, 2021. He was born May 4, 1936 in Oakfield Township to Delbert and Edith (Rigdon) McCambridge. Vincent lived and worked in Lowell until his retirement. He was a professional in the auto business. He was a member of the Lowell Lions Club and the Lowell Show Boat. After he moved to Ludington, Vincent drove for the Ford dealership. He loved to fish, play cards, camp, and play shuffleboard. He also loved feeding the wild life behind his home. Vincent will be greatly missed by his significant other of 12 years, Sue Carroll Malec; his son, Scott (Alisa) McCambridge; seven grandchildren, two great-grandchildren, his sister, Edie (Larry) Young; his step-children, Becky (Paul) Flood, Melissa (Brian) Gross, Mark Thompson, Beth (Rich) Satterlee, Autumn (Brent) Johnson; 11 step-grandchildren, and his beloved, and spoiled, dog, Puddles. Besides his parents, Vincent was preceded in death by his daughters, Lori and Debbie; and his wives, Jean and Mary. A memorial gathering was held Thursday, June 24, 2021 from 12:00 p.m. to 3:00 p.m. at the Liv Wildwood Apartments Club House. Memorial contributions in Vincent's name may be directed to the American Heart Association. Arrangements have been entrusted to Oak Grove Funeral Home of Ludington, www.oakgroveludington.com.



WOOD

Ronald J. Wood "Ronnie", age 88 of Kentwood, passed away peacefully into the arms of Jesus early Friday morning, January 15, 2021. He was preceded in death by his parents, Olive & Otis Wood; sister & brothers-in-law, Janice & Dick Copeland, Ralph Brown; and nephews, Scott and John. Survivors include sisters, Nancy Brown, and Kay Wood; niece, Barb (Dave) Harmelink; nephew, Dave (Becky) Brown; great nieces, Amanda (Aaron)



Muir, Sammi (Mickey) Marx, Meredith (Nathan) Tobaben; great nephew, Derek (Jayce) Brown; special great grand nieces & nephews, Nolan, Lucy, Makayla, Alexis, Kendal, Eevie, Brody, Jaxson, Greyson, and Bee. Ron served during the Korean War in the United States Army. He taught school in Yuma, Arizona for over 20 years. Ron was very proud of his baseball team winning a state championship. In Grand Rapids he worked in adult education. He was an avid Detroit Tiger fan! (Go Tigers!) Ronnie was a great brother and uncle, he loved to tease his family and friends. Visitation with the family will be held at 2 PM on Thursday, July 8, 2021, at Roth-Gerst Chapel, 305 N. Hudson Lowell, Michigan, 49331, with memorial services following at 3 PM, with Pastor Marcus Schmidt officiating. Family invites those who wish, to the interment at Oakwood Cemetery following the memorial service. Your presence we miss, Your memories are treasure. Loving you always, Forgetting you never.

Eligibility for spouse's benefits

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse



To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who is disabled and entitled to receive benefits on your spouse's record.

Your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to half the amount your spouse can receive. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the

are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. You can find out more by visiting www.ssa.gov/planners/retire/divspouse.html for more information.

Wisdom is the reward for surviving our own stupidity.
~ Brian Rathbone, Regent

Celebration of Life



In memory of
Sharon Kyser

July 10, 2021
12-4 pm

An open house will be held at the home of
Bryan & Lisa White
6518 Hastings Rd., Lowell



LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO
CREDITORS
Decedent's Estate

FILE NO. 21-209407-DE

Estate of RICHARD JOHN MALEK. Date of birth: April 15, 1962.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Richard John Malek, died December 2, 2020.

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

to Antionette Malek, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Suite 2500, Grand Rapids and the personal representative within 4 months after the date of publication of this notice.

June 25, 2021

John D. Mitus (P-31244)
410 Bridge Street, N.W.
Grand Rapids, MI 49504
616-774-4001

Antionette Malek
1437 Fremont Ave., N.W.
Grand Rapids, MI 49504

NOTICE VERGENNES TOWNSHIP

ACCURACY TEST OF VOTING EQUIPMENT

A public accuracy test of the voting equipment to be used in the August 3, 2021 Primary Election will be held on Wednesday, July 7, 2021 at 12 pm NOON at the Vergennes Township offices still located at 10381 Bailey Dr., Lowell, MI 49331.

Shantell Ford
Vergennes Township Clerk



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

classifieds

for sale

FOR SALE - Couch, love seat, entertainment center, coffee table & treadmill. Call 676-9347.

USE HAPPY JACK@KENNEL DIP - to control fleas, ticks, mange, stable flies & mosquitoes where they breed. At Tractor Supply. (www.kennelvax.com)

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

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.

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

SAWDUST FOR HORSES - 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@lowell-buyersguide.com or stop by 105 N. Broadway for more info.

sales

GARAGE SALE - 1376 Grand River Dr., Lowell. Wed. to Sat., 10 - 4 pm.

card of thanks

Thanks to my family, friends and church family for the cards, prayers and other kindnesses after my surgery and since returning home.

Sincerely, Barb Briggs

help wanted

WOULD LIKE A RELIABLE CLEANING LADY - to thoroughly clean house bi-weekly in the Lowell area. Please call 616-336-1028 if interested.

wanted

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

for rent

WE DO BUSINESS IN ACCORDANCE WITH THE FEDERAL FAIR HOUSING 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).

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

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

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

misc.

BLUEGRASS MUSIC CAMP & JAM - July 2 - 4 at Lowell Fairgrounds. Free admission. Camping available. Join in or listen. Call Ed 269-806-8561.

CONCEALED CARRY CLASS - offered by Pfaller Firearms LLC at Tri Town CC Club, July 19 & 24. Call 616-897-5771, email: jamespfaller@gmail.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.

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-524-0779 www.dental50plus.com/mipress #6258

LEDGER OFFICE 105 N. Broadway, Lowell. Ships UPS! Daily pickup at 3 pm.

services

THE BUYERS GUIDE, LOWELL LEDGER AND LOWELL LITHO OFFICES - will be closed on Fridays for the month of July. Hours are Mon. - Thurs. 8 am - 5 pm.

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

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.

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.

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.

services

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

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

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

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

SCANNING SERVICE - Do you need something scanned & emailed? The Buyers Guide/Lowell Ledger now offers this service! Mon. - Thurs., 8 - 5 p.m. & Fri., 8 - noon. Ph. 897-9555 with any questions.

Show Local Businesses Some Love!

Show Local Businesses Some Love!

Find Out What The Buzz Is All About with a subscription to the lowell ledger. Call to start your subscription 897-9261

PUZZLE SOLUTIONS

Grid of puzzle solutions with words like APPRECIATION, REUNION, SEERS, EPISODE, EDWARDS, MIA, EELS, MACS, SERAL, ALAE, MID, MELLOW, TIARA, ADAGIO, NIAGARA, RESTATEMENTS, EPOCHS, DASH.

Grid of numbers for a puzzle solution.

Large grid of letters with words circled, including SROOD, TUDO, KEZ, EC, GW, QH, EOSE, GECE, VEH, OS, WIL, DFF, FAF, FC, GKAZ, DNKN, FC, WR, UIV, RGA, FAE, FFPS, GSSL, INEK, VSG, IN, N, FMS, TTF, BH, UO, UYL, AA, MUM, BB, WN, OT, IAY, SL, EO, OC, EC, TR, DG, GN, KB, UYL, NS, UNT, SS, UYS, UY, WS, HN, TNA, CW, MG, UL, IR, BAE, CU, DY, SN, YE, TG, OV, TS, NB, HF, BE, DI, AZ, KI, YEM, TM, TV, KS, ZR, YD, RG, HA, GY, CIS, PA, SM, OD, MU, YO, EA, CS, LN, G, GPH, TE, EM, AH, UM, MD, IR, ME, W, IN, AE, SG, VR, WZ, HK, MS, ML, HG, RR, MI, E, ZZ, US, HAS, LV, AB, VE, AG, NK, MP, FMT, YNB, DT, WU, UV, RK, RL, HY, IM, A, KW, LZ, UT, WU, UF, GD, TE, EP, NL, WA, EF, INS, DAZ, OR, AC, HV, LV, YO, SC, BS, W, Z, SN, NI, OE, CA, UP, LE, FW, C, FE, ED, FL, GW, CN, GR, NO, IT, AC, AV, MZ, IO, HAZY, UD, TB, FC, COL, ING.



The Restless Viking

The World Less Traveled
With Chuck & Martha Hayden
www.restless-viking.com

~ Traverse City Asylum - Part 6

Never Let Them See You Cry – Mike Farnam's Story

Without a winter coat, preteen Mike Farnam tried to escape from Traverse City State Hospital. As he crossed the farm field, which had been closed less than a decade before in 1957, the snow was up to his waist. He approached barn #206 full of cows who were now managed by local farmers. He tried to lay near some heifers for body heat, like he'd done at home in Cadillac, but these cows were skittish. So at 3:00 am he turned himself into one of the farm houses.

Mike was put "in the cage" as punishment. (a seclusion room) It was known as "a place for cry babies." His motto was, "Never Let Them See You Cry." "I remember the cage as a very cold place." Mike wrote on a forum post with others from Hall #18 at the Traverse City State Hospital.

There were three seclusion rooms on Hall #18. They seemed to always be full according to the residents who have written on the Kirkbride Forum Page. These 10 x 10 cells had no furniture. A patient would be let out four times a day to use the bathroom. According to Ronny, another young patient from Hall #18, one could stand on the hinges in two of the rooms and watch TV through the small window at the top of the door.

Mike had been committed to the Traverse City State



This is one of the basement 'tunnels' where cockroaches and spiders, rats and mice infested the space. Residents were escorted through the tunnels for convenience and to keep them away from the public eye.

Hospital as a seven-year-old in 1961. He was an epileptic. "Epilepsy was treated like leprosy back then." Mike stated. There was very little understanding of this condition in the middle of the century. He wrote, "It was the last step in removing embarrassment from the eyes of society." Mike's many escape attempts had gotten him released back to his parents by 1966.

"Patients were used as guinea pigs for practicing and testing new treatments." There were times when Mike was "pumped so full of meds I couldn't walk straight." When he had a seizure, they would put him in a seclusion room. If he had another seizure while in the seclusion room, some of the staff members would come in and 'knock' him around. Mike reported still having visual scars from a belt that was used.

Epileptic seizures can be violent and disturbing to witness. They are exhausting for the one afflicted with this disease. At that time some people believed epileptic episodes were displays of demonic possession. Even left handed individuals were believed to carry the work of the devil and were treated so by nuns of the Catholic faith. When epileptics had seizures, others thought it was right to 'beat the devil out of them.' Dr. Thill, a lead physician for the youngsters in Hall #18, supported his staff in their conduct. Mike wrote, "Dr. Thill hated kids and was not afraid to show it."

Dr. Thill's favorite place was the office next to the painting of the seven dwarfs. Every day at shift change all the staff met there. The office had a half door with the top part usually left open. Dr. Thill could be seen sitting at an old wooden rolltop desk. He kept the children's files in the

lower right hand drawer. His wooden chair was on squeaky rollers with big arm rests and could lean back.



Mike wrote, "I picture all these memories in black and white because that's about all it was. About the only thing that was in color was the 7 Dwarfs painted on the wall." This eerie image was recreated by a local artist as a tribute to the children of Hall #18 and is hung in the main entrance at the "Traverse City Commons."

Our daughter, Charlotte, has epilepsy. I become jittery and sweaty as I picture her when I read about what has happened to Mike Farnam and others afflicted with this condition. Knowing about the kids in Hall #18 has my tender nurturing instincts turning into a sour queasiness that has stayed with me. (Thankfully, Charlotte has been seizure free for eleven years now.)

There were kind staff members among the nightmarish ones. Mr. Martin, a teacher, was approachable and respectful. Mrs. Warmington was the head nurse on Hall #18 and #20. Tom, an attendant, was a friend. Mr. Curtice cared for the youngsters, but wasn't allowed to hug them. It was a policy that the staff wasn't permitted to show affection to the children of Hall #18.

Patients were issued three shirts, three pairs of pants, two sweaters and one pair of shoes. These were leather shoes with solid soles. They never had tennis shoes. The clothes were labeled on the inside and kept in a wooden box on a labeled shelf in room #68. Bedding was changed once a week.

Daily Schedule: (Mike Farnam)

7:00 am: Make beds army style – If it wasn't done correctly, it would be torn apart and you'd have to remake it.

7:30 am: Line up for breakfast – There were metal trays and silverware. I would have to lift my tray to get the food scooped onto it. At the end there would be dessert and a plastic cup for milk. We had to be very quiet. Mr. Norman would holler out until it was quiet.

8:00 am: Scrape station – The silverware was counted. Then back to Hall #18 for cleaning and medication. The medication was changed to a liquid form to ensure the children were taking it. It tasted awful! The nurses would have the kids step into

the hall so they wouldn't spray reddish orange droplets onto their white uniforms if the youngster spit it out. Some kids ended up getting injections.

8:30 am: Line up for school – We had to line up two by two in straight lines. Sort of like in the video "The Wall" by Pink Floyd.

4:00 pm: Return from School – We had fun until dinnertime. It always had to be quiet.

5:00 pm: Dinner – Same as breakfast routine

5:30 pm – 7:30 pm: We got our meds. In the winter we played in the hall and in the summer we could be taken outside to the bandstand and tennis courts- two by two in straight lines, of course.

On Wednesdays we went to a movie in the theater on the grounds. We always had a dance on Fridays. (Outside at the bandstand in the summer and in the theater in the winter)

7:30 pm: Shower – This was one room with attendants watching. The towels were around the corner.

10:00 pm: Lights Out

Mike wrote that due to his uncontrolled seizures and often being overmedicated, he wasn't allowed to participate in some of the social activities. School was a privilege. So instead of learning his day would be spent scrubbing floors and buffing them with paste wax.

Mike's behavior was often 'corrected' by staff. He was slammed into walls and the floor for walking 'funny.' His gait was most likely due to being overmedicated. His half day 'time out' punishment was often sitting in a wooden chair or being forced to stand facing the wall.

Children were only allowed one family visit per month on a Sunday. If it was your week for a visit, you would have to sit quietly in the day room and wait for the phone to ring at the nurses station. (2 rings) "As I waited," Mike wrote, "I would get chills every time the phone rang, hoping it was my family." Mike's family lived in Cadillac, 50 miles south. It took them two hours round trip. Visits were considered a privilege and were always being threatened to be taken away from Mike due to his many attempts at running away.

"Monday Monday" the song held special meaning for the kids from Hall #18. It was the saddest day of all. Those who had visitors were depressed and upset as well as those who didn't have any. The classrooms were cold after having the heat turned off for the weekend. Mike wrote, "I think more people escaped on Monday than any other day." Mike was one patient who tried to run away on several occasions.

Mike had a trusty transistor radio. He kept it inside a book where the pages had been cut out so he could keep his precious radio safe from being taken.

Many items, books and songs were banned. But Tom, one of the attendants, would sneak items in for the boys.

"Many sounds, smells/odors, thoughts and visions bring back memories of TCSH." Most of these memories are like "old puzzle pieces without a connection." Mike wrote, "I remember having to fight to protect myself. I remember rats/mice and roaches. I remember being forced to take liquid medication. It tasted awful. I remember it was always my fault. But I never let them see me cry."

Fish was served every Friday. Mike wrote, "Maybe that's why I do not eat fish anymore." After his release he liked fishing, but always threw them back. He was never interested in cooking them.

Every time Mike hears a small prop airplane, he recalls the many tiny aircraft that would fly low over the hospital grounds trying to catch a glimpse of patients.

Mike remembers sweating while walking through Tunnel Four even though it was winter (pictured above). The hot water pipes kept the campus toasty warm in the northern Michigan snow. The walls were covered in asbestos.

One time Mike was sleeping with his arm over the side of his metal framed bed and a rat bit his thumb. His digit held the scar years later.

Patients would dry banana peels on the radiators and then roll the dried pieces into cigarettes to smoke. As a kid, Mike said they all thought they would get high. To light these 'cigarettes' one would hold toilet paper wrapped around steel wool and stick it into the light socket or outlet. This would create sparks and light the toilet paper.

"One time we pulled the string up and there was a paper with scribbling on it. It scared the hell out of me. There were 3-4 of us, but we couldn't figure out what it said or what it meant. It never went beyond the 3-4 of us."

Every time the song, "Tom Dooly," is played, it places Mike right back in a seclusion room.

The song, "We Got To Get Out Of This Place" by The Animals was banned by the hospital but Mike's friend and fellow resident, Ronny, would play it on his guitar under the Hippie Tree. There was a large tree behind Building 50 with a picnic table in the shadow of the oak. If a patient had earned 'ground parole' he or she could walk the trails around the hospital compound. Many would gather under the "Hippie Tree."

Today a different tree holds the name 'Hippie Tree.' It is located a half mile down a trail behind the Traverse Bay School administration building. This tree had been split when it was struck by lightning. People have painted the branches. Some believe there are mystical powers by this tree.

Ronny and Mike recommend the film, "A Child Is Waiting" from 1963 that depicts many truths about children in institutions. Judy Garland plays a teacher and Burt Lancaster is a psychologist in this production.

Mike was born in 1954. He was admitted voluntarily to the Traverse City State Hospital by his parents in 1961 at seven years old due to epilepsy. Mike attempted many escapes and was released in 1966. Mike wrote that his family never asked him about his experiences at the asylum. His family split up a few years after his release. He had seen his brothers and sister only four or five times since their parents divorce. Sadly, Mike passed away shortly after February 2011 when the posting on the forum ceased. Ronny was planning to dedicate his book, "Where The Buffalos Roam" to Mike. Unfortunately it has never been published. I wanted to be sure their stories were told.

Resources:

The Kirkbride Online Forum for residents of Hall #18
"Traverse City State Hospital" 2005 by Chase Miller
Where the Buffalos Roam by Ronny Larson's webpage

FUN PAGE

SUMMER DAZE WORD SEARCH

SUDOKO

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

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!

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

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

Puzzle solutions on page 13

SUMMER DAZE WORD SEARCH

BEACH
CAMPING
COASTAL
COOLING

FAN
HAMMOCK
HAZY
HOT
LAZY
OUTDOORS
RECREATION

SEASIDE
SHADY
SUMMER
SUNSHINE
SUNTAN
SWEATING
SWIMMING

SWIMSUIT
TEMPERATURE
TOWEL
TRAVEL
UMBRELLA
VACATION

Guess Who?

I am a pop star born in Florida on June 26, 1993. I began my career as a soloist performing with symphonies. I first gained fame via series on Nickelodeon, including one about a performing arts high school. I released my debut album in 2013.

Answer: Ariana Grande

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to bikes.

R S E H T I F S

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

Answer: Shifters

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

CLUES ACROSS

- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. More cushy
- 18. Visionaries
- 19. Fish-eating bird
- 21. Indicates near
- 23. NY Mets legend Tommie
- 24. Icelandic poems
- 28. Pop
- 29. Hammer is one
- 30. Senses of self-esteem
- 32. Trigraph
- 33. Not around
- 35. Electronic data processing
- 36. Driver's licenses and passports
- 39. Snakelike fishes
- 41. Military flyers
- 42. Raincoats
- 44. Type of community
- 46. Feature of worm's anatomy
- 47. In the center
- 49. Laid back

CLUES DOWN

- 52. Jewelled headdress
- 56. In slow tempo
- 58. ___ Falls
- 60. Saying things again
- 62. Periods in history
- 63. Hyphen
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew
- 36. Mosque prayer leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Jr.'s father
- 43. Scad genus
- 45. Morning
- 48. Length of a straight line (abbr.)
- 50. Double curve
- 51. Small thin bunch
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Of the ears
- 58. "To the ___ degree"
- 59. Residue
- 61. It keeps you cool

PRIDE MONTH: Free Mom Hugs sharing love and acceptance

Free Mom Hugs is a national organization founded by Oklahoma mom, Sara Cunningham in 2018. Cunningham aimed to unite mothers of LGBTQ+ individuals who were seeking support, but also wanted to reach out to the LGBTQ+ community. Since then, the nonprofit has grown into a network of local chapters throughout the country, including one in Lowell.

“Free Mom Hugs is a non-profit organization that was started by an Oklahoma

Mom who, after her son had come out to her, went on a journey to educate herself and learned that there are so many in the community that do not have loving, affirming families. So, she went to a pride event with a homemade ‘Free Mom Hugs’ button and offered love and acceptance to everybody there. From that spark, the entire movement started and now we are this amazing organization with chapters in all 50 states as well as having an international presence,”

says Arleta Greer, one of the state leaders for the Michigan chapter of Free Mom Hugs.

Greer is the sort of person who absolutely sparkles. Her contagious enthusiasm and gift for making others feel instantly safe and loved is nothing short of magical. It is no wonder that she was drawn to this organization.

“From the first time I heard about this organization, I wanted to be a part of it. As I started my own education and

learned of the rejection the community has faced in homes, churches and society in general, I felt the increased desire to shout from the rooftops that I loved this community. I’ve had family, both given and chosen, who belong in this community. I have seen my friends and loved ones go through the AIDS epidemic in the late 80’s and 90’s while the world rejected them.”

Free Mom Hugs serves a maternal role, affirming, supporting and celebrating



members of the LGBTQ+ community, who can often experience isolation and rejection from their own families and society at large. For many, a hug from a “Mom” during a Pride event can be incredibly cathartic and healing.

“It started for me with a Facebook post about an event in Ypsilanti. I bought a shirt proclaiming ‘Free Mom Hugs’ and showed up. I was so nervous, but I would just meet people’s eye, open my arms and ask if they wanted a hug. A young girl came up and hugged me and started giggling softly to herself. I asked why she was laughing, and she said, ‘Because I am so happy’. At that moment, I was hooked.

“And in equal number, I’d have people come into my arms, hold on like they would never let go, and start crying. Some cried for the loss or distance that kept them from their own mothers, some for the heartbreak of the rejection from their own families. Each one strengthens my resolve to love as many people as possible and, even if it’s just for a moment, to show them that they are amazing, beautiful, accepted and celebrated exactly as they are.”

Advocacy is a critical part of the organization’s mission and Free Mom Hugs seizes opportunities to support the community whenever they are able.

“We try to be there at any celebrating event we can get to throughout the year. Back in May, Free Mom Hugs was invited to be a

part of the Detroit Pistons Pride Night. We actually have attended several sports ‘Pride Nights’. We also have done our own events, such as the rally we put together in Lansing in November of 2019 to honor the Transgender Day of Remembrance. “But even on any given day, we are on social media, sharing news, information, affirmations and love. We represent in our communities even when doing mundane tasks like grocery shopping or running errands. We try to model the normalization of even small things like presenting our pronouns and using gender neutral language in our everyday conversations.”

But the organization is probably best known as a fixture at Pride events across the country. The role they play is a vital one that goes beyond just hugs, including peacefully blocking hate speech and protesters so that Pride can remain a safe space for the LGBTQ+ community.

“While Pride started as a protest from the community, it has come to be a defiant celebration of acceptance and love,” says Greer. “For me, it is a time to dare to be loud and say, ‘This is Me’. It’s my chance to celebrate with them, to love with them – and to wear a lot of glitter. Pride is a time to drop the masks and be your authentic self. It’s a time for the community to come together, see each other, be seen by the world and celebrate. It’s time we can all dance, be beautiful, and love.”

For those interested in getting involved, you can find the state and local chapters of Free Mom Hugs on Facebook at: <https://www.facebook.com/FreeMomHugsMichigan>. Additional resources are available at the website freemomhugs.org.

Donations to help further the work of Free Mom Hugs locally can be made at freemomhugs.funraise.org/team/free-mom-hugs-michigan-2021-campaign.

SAVE THE DATE **PINK ARROW BACK**
QUIVER FOR
2021!
5K RUN & FAMILY WALK

AUGUST 28 IN DOWNTOWN LOWELL

Sign up at <https://runsignup.com/race/mi/lowell/pinkarrowquiver5Krunfamilywalk>

PINK ARROW PRIDE 2021

We’d like to see Main Street FILLED WITH PINK!



This community knows cancer does not take a break. Please support local families and individuals that are on a cancer journey through Lowell Community Wellness and Gilda’s Club

The cost is \$100⁰⁰ to display your previous banner - NEW BANNERS \$199⁰⁰

Please fill in your name, address and phone number below and send this information back to us at: 300 High Street, Lowell, MI 49331
 We thank you for your support.
 Make checks payable to Pink Arrow Pride.

Any questions contact Rose Hollinshead at 616.550.3021

Name _____
 Address _____
 Phone _____

Banners will begin being displayed August 5



SAVE THE DATE
 Thursday, August 26
 Football: Lowell hosts Mona Shore
 Volleyball: Lowell hosts Caledonia
 Soccer: Lowell hosts FHE