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50¢



Mackinac Bridge closed after bomb threat



Photo by Jeanne Boss

The Mackinac Bridge was briefly closed on the afternoon of Sunday, July 18 so that Michigan State Police and Mackinaw City Police could investigate a bomb threat. Nothing was found, and the bridge was reopened after about three hours.

Blough scholarship benefit Golf Scramble at Arrowhead on Aug. 13

by Tim McAllister
lead reporter

Online registration is open for the Lowell Area Chamber of Commerce's annual Golf Scramble event that will take place at Arrowhead Golf Course, 2170 Alden Nash NE from 8 am to 3 pm on Friday, Aug. 13.

"After expenses, proceeds from the outing will again fund the Ivan K Blough scholarship," said Chamber director Liz Baker.

The event is open to the public, and you don't have to be a member of the Chamber of Commerce to participate.

Registration is at 8 am, and the "shotgun start" will be at 9 sharp. Event holes will include women's closest to the pin, men's closest to the

pin, women's longest drive, men's longest drive, longest putt, straightest drive, a "surprise" challenge and, of course, ducky pool.

Lunch is included and usually takes place around 2 pm.

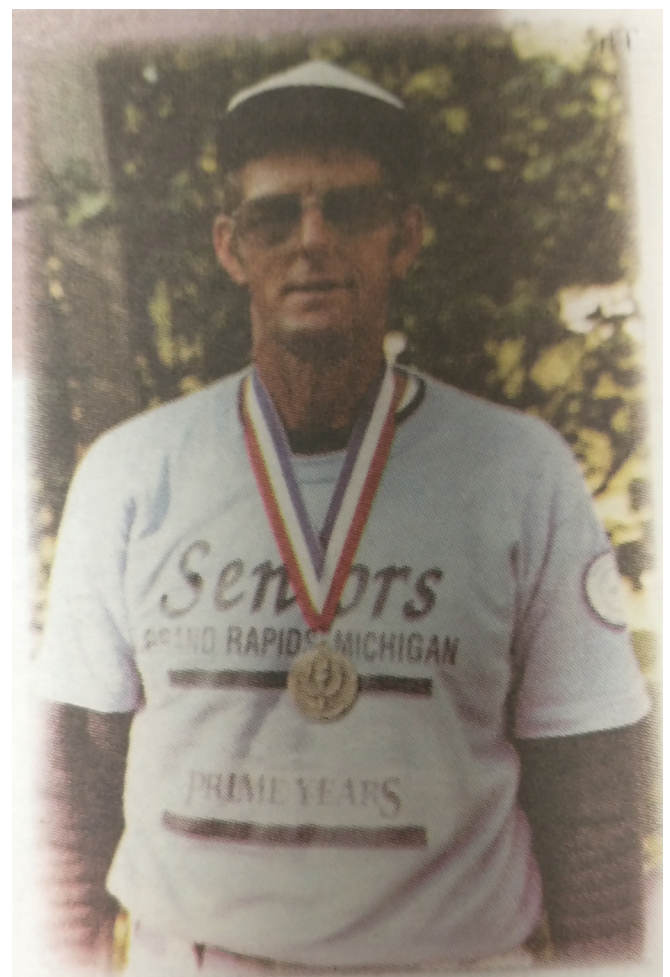
Cost to participate is \$75 per person and includes 18 holes of golf, cart rental and lunch. If you're not a golfer, you can just do lunch for \$15.

According to their website, Arrowhead Golf Course is "one of the most unique and intriguing golf courses you'll play. [...] Its one-of-a-kind layout challenges golfers of all skill levels with undulating greens and a mischievously sculpted design through rolling,

wooded, natural terrain. Arrowhead plays 6,188 yards from the back tees, making it accessible for any golfer, but don't let that fool you. Over the years Arrowhead has humbled many unsuspecting golfers, due in large part to holes 11 and 18, which are known as two of the toughest in the state."

Event sponsors include Edward Jones Financial Advisor, Addorio Technologies, River Valley Credit Union and Suez.

For more information or to register, visit discoverlowell.org, send a message to info@lowellchamber.org or call 616-897-9161.



Ivan K Blough (1932 - 2010)

Nicholas James and the Bandwagon are LowellArts featured artist for July

by Tim McAllister
lead reporter

The LowellArts featured artist for July is West Michigan musician Nicholas James Thomasma, a composer of custom songs, songwriting teacher and the leader of “Hippie Tonk” group the Bandwagon.

“We are thrilled to have been chosen by LowellArts as the July Featured Artist,” Thomasma said. “It’s always an honor to be recognized by your community. LowellArts goes above and beyond to support the arts in Lowell, West Michigan and beyond. Shout out to Lorain Smalligan, Janet Teunis, Laurel Jordan, John Wenger and the entire board of directors. I can’t thank them enough for their continued support!”

In the Bandwagon, Thomasma does vocals, acoustic guitar and harmonica, Greg Baxter is

on electric guitar, bass and auxiliary instruments, Pete Weatherhead sings and plays pedal steel guitar, violin and percussion, Alex Austin sings and plays acoustic and electric guitars and mandolin, Dan Hildebrandt is the bass player and Brandon Pratt the drummer.

“I met Greg Baxter and Pete Weatherhead around 2005 or 2006 at the old Founders on Monroe St.,” Thomasma said. “Greg mentioned that he had a recording studio in his house and asked if I wanted to come over and cut some demos. We decided to make a full album and I asked Pete to play pedal steel on the record. We’ve been making music together ever since. Those guys are the core. We’ve had some member changes over the years, but Pete and Greg have always stuck by

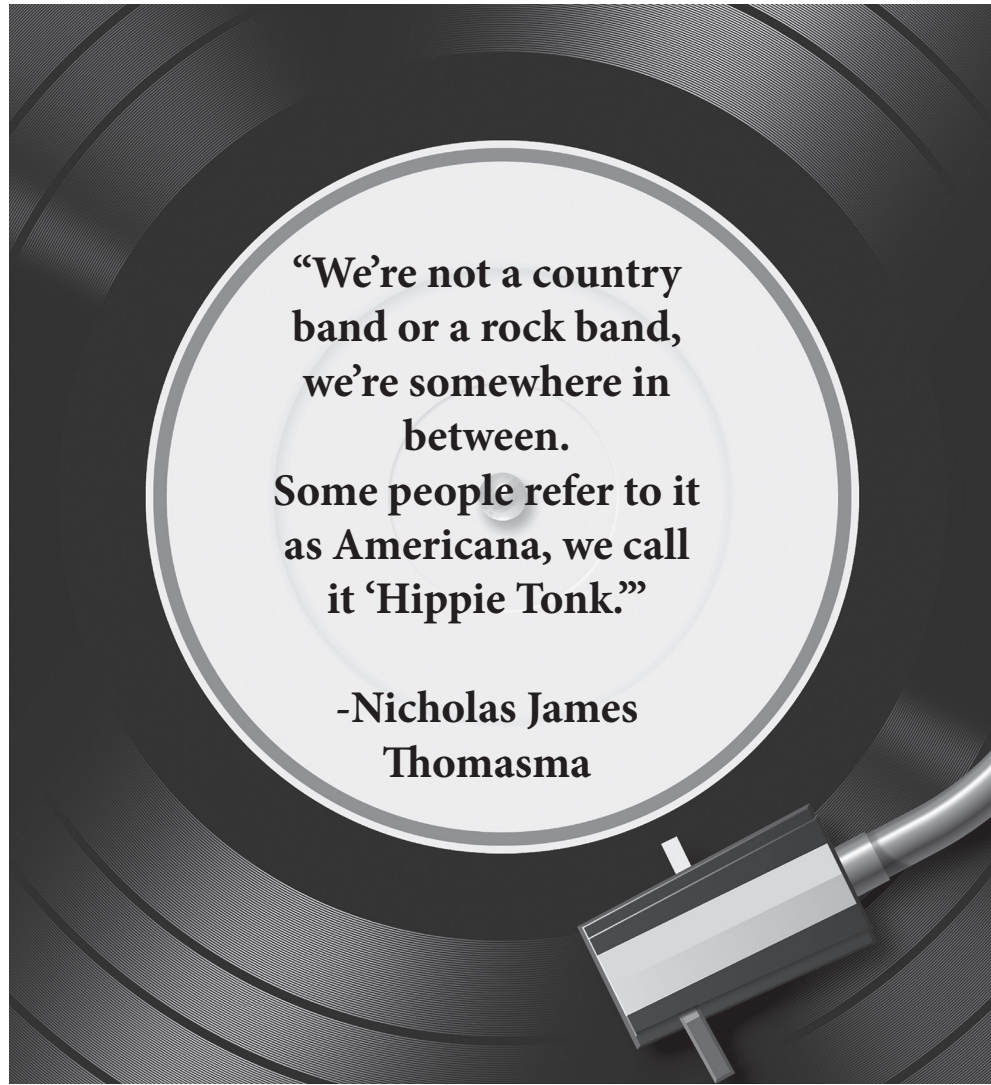
me, even through the tough transitions. As a result, we have a very strong friendship that forms the foundation of the band. Practice is a riot. We love each other and we love playing music together. In addition to Pete and Greg, Alex Austin has been with us for about five years, and recently we’ve added Dan Hildebrandt on bass and Brandon Pratt on drums.”

For some idea of what “Hippie Tonk” might sound like, Thomasma said Bob Dylan and the Grateful Dead were his two most powerful sources of inspiration.

“I personally list Bob Dylan and the Grateful Dead as some of my biggest influences, and that is clearly reflected in our live shows,” Thomasma said. “For 12 years in a row I hosted a tribute to Bob Dylan at Founders, so we’ve learned



Nicholas James Thomasma



a ton of Dylan songs over the years. Greg used to follow the Dead on their summer tour and is now a huge Ryan Adams fan. I know Alex also loves Ryan Adams but has a true and deep love for blues music like B.B. King, Eric Clapton and the Allman Brothers Band. Pete has been performing in country bands for many years but also lists Tom Petty as one of his favorites. I think that’s a big part of what makes our sound so unique. We include elements of country, folk,

blues, classic rock, cajun, reggae and anything else that comes to us musically. We’re not a country band or a rock band, we’re somewhere in between. Some people refer to it as Americana, we call it ‘Hippie Tonk.’ We play 80-90 percent original material but also have a deep love for music from the 60s and 70s. We often cover Bob Dylan, the Grateful Dead, Neil Young, Tom Petty, the Band and more. We try to pick songs that suit our style and are not often covered by other bands. We also try to make them our own, as opposed to faithful reproductions of the originals.”

Thomasma has studied Dylan, in particular, very closely, especially his “Never Ending Tour.” Dylan has been on an almost non-stop concert tour since 1988, playing over 3,000 shows during that time, with only

two interruptions: a few months off for a hospital stay in 1997 and the COVID-19 pandemic.

“I’ve seen Bob Dylan live around 15 times or so” Thomasma said. “I go see him every chance I get. Here’s the thing about Bob Dylan in concert; If you expect him to come out and play ‘Mr. Tambourine Man’ with just an acoustic guitar and for it to sound exactly the same as it does on the record from 1965, then you’re going to be disappointed. But if you have a deep love of the songs and go into it understanding that Bob Dylan is not going to do what you want Bob Dylan to do and really listen to the artistry of the band, the continuing evolution of the song lyrics and arrangements and the sheer genius of Bob to continue to explore new territory after all these years, well in that

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*Kantar Millward Brown, Feb. 2018

Nicholas James and the Bandwagon are LowellArts featured artist for July

case, you'll probably go see him every chance you get, like I do. My all-time favorite Bob Dylan song is 'Hurricane.' It's the story of Rubin 'Hurricane' Carter, a boxer who was falsely imprisoned for murder. The song sparked a renewed interest in the case and eventually they were able to overturn the conviction. A Bob Dylan song got a man released from prison. That's how powerful songs can be."

One thing Bob Dylan has never done and will never do is compose customized songs for people. Thomasma will do exactly that for \$500, and he'll even come perform it if you like. Details about how to set this up are on his website.

"I love writing custom songs for people," Thomasma said. "I've done quite a few over the years. Occasionally the songs are for birthdays or babies, but the most popular is

weddings. For an additional fee I'll even come to the wedding to perform the song. So far no one has ever complained!"

He also leads songwriting workshops, and has held them in Lowell in the past.

"In 2018 and 2019 I worked with LowellArts to put on the LowellArts Song Camp at John Wenger's property, also known as Camp Clear Sky," Thomasma said. "It's a weekend long songwriting camp-out just outside of downtown. The weekend included several songwriting workshops from several different instructors, a keynote address, one-on-one lessons, co-writing, field recordings, a lot of time in nature, meals expertly prepared by Ted Bergin, and in the evenings we sit around the fire, share songs and jam late into the night. It's a songwriters' festival of sorts, with lots of new songs created throughout the

weekend."

Thomasma and the Bandwagon will be back in front of an audience very soon, they were chosen to close out this year's Sizzlin' Summer Concerts on the Lowell Showboat on Thursday, Aug. 26.

"After a long break due to the pandemic we're all well rested and excited to get back to playing live shows," Thomasma said. "Our only gig on the books at the moment is Aug. 26 at the Lowell Showboat! Please come say hi to us at the merchandise table! We just haven't been active due to the pandemic. Now that things have returned mostly to normal we're looking to book more shows and start working on new material. I've been writing a lot and we have a lot of songs to choose from. The plan is to work on some new recordings over the winter and hopefully release something next spring or summer."

Last time they played the Showboat, Thomasma enjoyed one of his all-time favorite onstage moments.

"We love Lowell," Thomasma said. "The Bandwagon first played the Sizzlin' Summer Concerts on the Lowell Showboat back in 2014, where we had an absolutely magical evening. I remember it was kind of grey and cloudy all day, but it wasn't raining. That is, until we started playing 'Rain Song.' The skies opened up and drenched the crowd, but by the end of the song the rain had stopped, the sun was peeking through and the crowd was in awe. Did we summon the rain that day? Maybe. We don't play 'Rain Song' if it's cloudy out anymore. We could never recreate that moment. I'll never forget it."

For more information, visit nicholasjamesthomasma.com or look for them on social media.



Nick James and the Bandwagon live at the Lowell Showboat in 2014. (file photo).



"My all-time favorite Bob Dylan song is 'Hurricane.' It's the story of Rubin 'Hurricane' Carter, a boxer who was falsely imprisoned for murder. The song sparked a renewed interest in the case and eventually they were able to overturn the conviction. A Bob Dylan song got a man released from prison. That's how powerful songs can be."

-Nicholas James Thomasma

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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.

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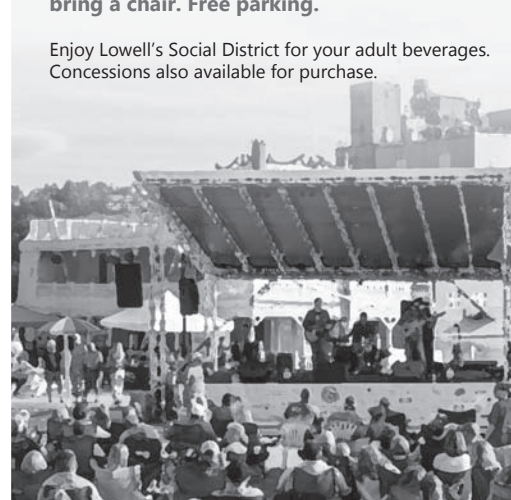
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NEWSPAPERS Outperform Direct Mail in Michigan
the lowell ledger

Michigan consumers prefer to receive advertising inserts in printed newspapers – higher than those who prefer to receive them through direct mail.¹

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

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

17.2% of adults made a purchase in the past 90 days as the result of a direct mail flyer²

82% of consumers use coupons received through newspaper inserts¹

33% of Michigan adults prefer receiving coupons from direct mail.²

50% of Michigan adults did not buy anything as the result of a direct mail piece in the past year²

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

Direct mail lacks the effective reach of newspaper advertising.

WordView: free, interactive events start at LowellArts this week

LowellArts recently announced an interesting new series of free events called “WordView: Art Inspiring Art.”

WordView is a series of workshops and discussions exploring the practice of collaboration between the visual and literary arts. It will culminate in a juried exhibition next year in the LowellArts gallery at 223 W. Main.

It all kicks off at a free event on 3 pm on Sunday, July 25, where writer Phillip Sterling and artist/illustrator Gary Eldridge, jurors for the WordView exhibition, will describe their vision for the exhibition, share examples of how they combine text and image in what they create and introduce the WordView schedule. This will be followed by an informal Q&A session with Sterling and Eldridge.

Then, throughout the months of August,

the process, they want to help you succeed in creating art with both literary and visual components.

WordView events will be of particular interest to any individual interested in the visual and literary arts, artists and writers interested in collaborative art and students of art, writing or multimedia expression.

Everyone is invited to participate in the free workshops and discussions, although pre-registration is required for some events.

The juried exhibition is open to anybody from anywhere as long as they're age 14 or older. Entries to the juried exhibition will be accepted online for judging between Sept. 1 and Nov. 5. More information on how to enter the juried competition will become available. They are seeking entries of visual and literary artwork consisting of both visual and textual components.

Storytelling: A WordView Presentation, Sunday, Aug. 29 is Exploring Illustration: A WordView Panel Discussion, Sunday, Sept. 12 is Writing Poetry Inspired by Art: A WordView Workshop, Sunday, Sept. 26 is International Society of Experimental Artists: A WordView Panel Discussion, Sunday, Oct. 3 is The Art of Collaboration: A WordView Panel Discussion, Sunday, Oct. 10 is The Nature of Book Art: A WordView Presentation, Saturday, Oct. 16 is Poem or Picture? The Choice of Creative Expression: A WordView Presentation, Sunday, Oct. 17 is Creating Artful Text: A WordView Workshop, Sunday, Jan. 9 is the WordView Exhibition Opening Reception and Sunday, Jan. 23 will be Exploring the WordView Exhibition.

WordView is made possible in part through a

lowell Arts WORDVIEW

September and October, there will be opportunities for artists, both visual and literary, to attend a series of workshops and discussions.

The discussions will be an opportunity to learn, discuss, and meet other artists who are exploring the art of collaboration and combining text with visuals, or vice versa.

The writing and art workshops are hands-on and designed for artists and writers with between zero and some experience in the craft. The idea is to learn new skills or hone existing skills. Wherever you are in

Artwork may be submitted by an individual artist or by artists and writers in collaboration. The WordView exhibition will be on display at LowellArts from Jan. 8 to Feb. 19, 2022.

Sunday, Aug. 15 is Visual

grant from the Michigan Humanities, an affiliate of the National Endowment for the Humanities.

A great deal more information about this series can be found at lowellartsmi.org/wordview.

...
I like long walks, especially when they are taken by people who annoy me.

~ Noel Coward (1899-1973)

viewpoint



**125 years ago
Lowell Ledger
July 24, 1896**

This edition of the Lowell Ledger is missing.

**100 years ago
The Lowell Ledger
July 28, 1921**

U. B. Shear, son of D. O. Shear, a Lowell veteran of the Civil war, died July 23, at Rivers Junction at 7 pm, following injuries received four hours before in a runaway accident. The body was brought to the home of his father Monday and the funeral service was held there Wednesday at 2 pm, Rev. H. H. Harris, officiating; burial in Wright cemetery.

Fifteen warrants charging delinquency in the payment of dog tax by Kent county dog owners were signed yesterday by Sheriff Peter Viergever and were turned over to deputies for service. More will be issued as fast as the courts can handle the cases, Prosecuting Attorney Cornelius Hoffius stated.

During the month of June the Ford Motor Co., through its Detroit factories and twenty-two assembly plants throughout the country, reached the production of 108,962 Ford cars and trucks, setting up a new high records for one month. Production of Ford cars and trucks has been steadily increasing since early spring, and shows substantial gains over the same period last year.

**75 years
The Lowell Ledger
July 25, 1946**

For several mornings John Tucker, Grand River Drive, thought he heard peculiar noises from the direction of his heating stove, but the noise not continuing dismissed the matter until Tuesday morning when upon opening the stove door he faced a pair of big yellow eyes glaring at him. Being doubtful as to the identity of the possessor, he called his next door neighbor, Cecil Cole, and with the aid of leather gauntlets, the two captured the intruder—a full grown Hoot Owl.

K. K. Vining, who attended a county agent's meeting in the U. P. last week reports that food at restaurants was nothing to brag about and that prices were sky high.

The Michigan Bell Telephone Company plans to inaugurate general mobile radiotelephone service on all important highways in the southern part of

the state by next spring. President Thomas N. Lacy announced that the company will apply to the Federal Communications Commission for permission to install transmitting and receiving stations at Detroit, Lansing, Grand Rapids, Flint, Jackson, Port Huron, Kalamazoo, and Bay City-Saginaw.

The finest, best-quality wheal on record starts arriving at King Milling.

The Civil Service position for Lowell Postmaster is advertised.

Showboat is on and rated wonderful. Gubernatorial candidate Murray VanWagoner will visit Friday night. Gov. Kim Sigler Saturday.

Weather is very dry, so Lowell's revised and updated water ordinance may help. The village is going to water meters.

**50 years
The Lowell Ledger
July 29, 1971**

There was a citizen's protest at the meeting of the Lowell City Planning Commission Monday night, asking that city housing and zoning ordinances be enforced to prevent the proliferation of custodial care homes in the city. It had been brought to the attention of the City Council and the Planning Commission that there were an increasing number of these custodial care homes that held from 3 to 30 state wards from institutions throughout the state.

An estimated 9,000 viewed the first week end presentation of the Showboat, according the Larry Wittenbach, president of Lowell Showboat, Inc. Friday night, although Lowell saw no rain, cancellations for tickets pounded the ticket office as the areas surrounding Lowell were hard hit by rain.

Steve Ervin of Grand Rapids recently took over his full-time appointment as manager of the Lowell City Airport, located on a parcel of land, north of the City limits, between Flat River Drive and Lincoln Lake Avenue.

Forrest Buck, "Buckie", is honored for his 64th birthday and 36th year as an endman on the Showboat.

Lowell gets a Community Center sponsored by KentCAP temporarily in the fairgrounds quonset, later to be in the building at Ottawa and Maple donated by C.J. Christoff

As of July 26 all residents must dial seven digits instead of five to call other residents. The new telephone building housing dialing equipment is complete.

**25 years
The Lowell Ledger
July 24, 1996**

Bowne Township has caught the history bug and residents will be the big winners. Several years ago, the Bowne Township Historical Society started to preserve some of the area's prize possessions and now the desire to do more has the society putting together a historical quilt.

The Michigan Groundwater Stewardship program is in place to help prevent abandoned old wells from becoming a leading contributor of contaminated drinking water. Carl Rasch, through assistance of the program will be doing his part to help assure healthy drinking water for his family and generations to come when he has an old abandoned well plugged.

Robert "Buck" Shattuck of Lowell was fishing with his father Robert Shattuck from a bank at the Ionia Fairgrounds when he hooked up with a 26 inch, 5 1/2 pound Walleye. Shattuck, who has fished with his father since he was a little boy, was casting from the bank. He was using night crawlers for bait.

outdoors

connect

Dave Stegehuis

In our everyday routine most of us spend our time dealing with a variety of man-contrived devices in an environment of glass, concrete, and steel as we go about our busy lives. All the while we have to adapt to technical and cultural changes.

The places that don't change are in the natural world of field, forest, water, and wildlife. Spending time in a natural setting can bring us comfort and peace of mind in sometimes stressful times.

Nature doesn't change in many ways. Sitting quietly by a stream surrounded by the sights, smells, and sounds of nature provides the same experience for us as it did the person who happened by the spot hundreds of years ago. Deer still have the same habits that deer had back then, and birds still build the same nests. The wind still blows through the trees, the brook babbles, and the same rising sun feels warm on a cool morning. We are still the same people and wildlife the same creatures. Such an encounter can put our lives and our role on the planet in perspective against the passing of time and events. Some things don't change.

We in Michigan have ample opportunity to have this kind of experience. The acquisition of large tracts of

land by both state and federal government, as well as the generosity of corporations, provides public access to a large variety of land types and water resources. Effective management of land and wildlife in these areas provides places for people to connect with nature in tranquil natural environments.

Each of us can find our own way to make this connection. Some may engage in consumptive activities like fishing, hunting, or gathering. Others may explore by hiking, biking, or boating. We all have the opportunity to sit silently and enjoy solitude while observing the surrounding landscape as squirrels, raptors, deer, and other forest residents go about maintaining their species for future generations.

Other states have their own special attractions, but Michigan has a more extensive variety of outdoor opportunities which are easily accessible to more people than most other states. As you travel around the peninsulas notice that only a relatively small portion of the state is under concrete and manicured lawns. Take time to seek out your own way to make connections with the vast natural resources available to you.

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.

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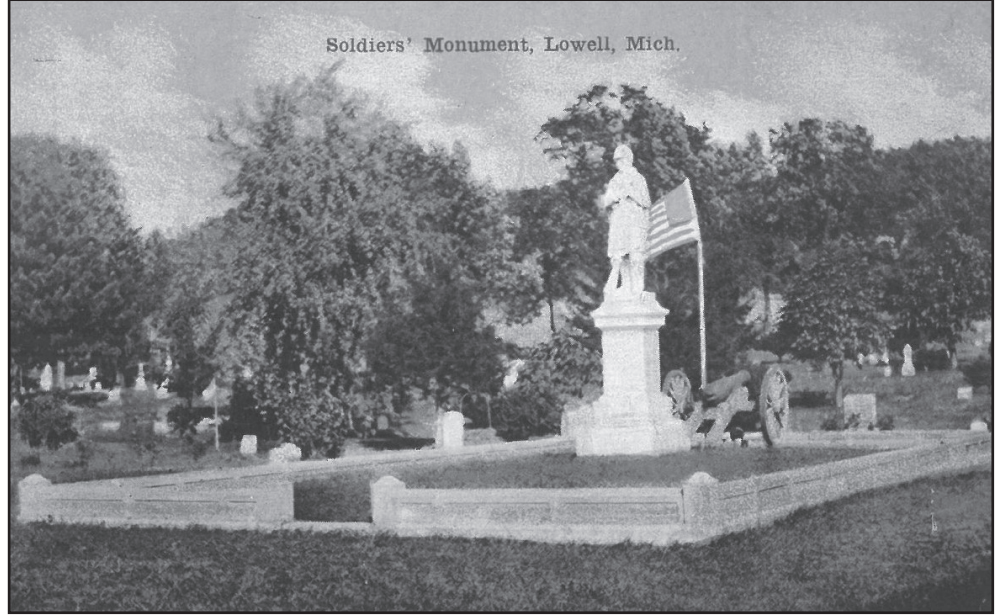
ABCs of Lowell history

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

O is for Oakwood Cemetery

A cemetery tells the story of the community. Graves of preachers, doctors, businessmen, tradesmen, early settlers, historians, a town hermit, heroic police officers, authors, artists and even young Odawa children can be found here, at Oakwood Cemetery.

Oakwood Cemetery was officially established in 1872. However, the first known burial was in 1849, when a three-year-old girl named Zilpha Severy was buried in the old part of the cemetery. From 1849 until 1872 when it was officially established, there were 128 recorded burials. Before the city borders were extended, the cemetery was in Lowell



Soldiers' Monument, Lowell, Mich.

The monument in Oakwood cemetery.

Township. Today it is within the Lowell City limits. After adding land purchased from Rowland Ryder on the north side, the cemetery now covers 19 acres.

Where were burials previous to Oakwood Cemetery? It is told in Chapman's 1881 History of Kent County, that the first burial ground was the old "Indian battlefield" that was half a mile west on the Ada Road (Bowes Road). The early settlers remembered watching the burial of a chief there. It was said "the dead warrior was placed in a rude pit in a sitting posture, surrounded with all his favorite pipes, guns, and poetries." The Odawa, also used a burial ground on the West Bank of the Flat River and another on the side of the hill west of Oakwood, which is believed to be the reason the settlers used the adjacent ground as a cemetery.

For a while there was another cemetery in town. In 1893 the Lowell township

board purchased thirteen acres of land for a cemetery. This was located a mile west on the Ada road, in the same general area as the Odawa burial ground. Riverside Cemetery flooded at times so it didn't prove to be very popular. In the 10 years it was open, there were only 14 interments. This is what led the Township board, in 1903, to vacate Riverside Cemetery. Five acres were then purchased from Rowland Ryder on the north side of Oakwood cemetery and located at Oakwood for free. The land that Riverside Cemetery had occupied was then sold.

The G.A.R. Civil War monument and cannon memorial has been the center of Lowell's focus for Decoration Day, now Memorial Day, since May, 1900, when it was installed. There are many, many veterans, ranging from the War of 1812 through Desert Storm, including

Congressional Medal of Honor recipient Benjamin Morse buried at Oakwood. Morse served during the Civil War and was taken prisoner. He earned the award when on May 12, 1864 he captured the colors of the 4th Georgia Battery at Spotsylvania, Virginia.

In 2018, there were about 5000 burials, 616 of those are unknowns. Unknowns can be caused by unmarked graves and deterioration of records, or truly an unknown, someone no one knows. One of the unknowns was a man who died on the train as it came into town. No one knew his name so they wrapped him in a blanket and buried him in the paupers section.

A gravestone represents a life, and Oakwood cemetery represents the history of Lowell, told through the people who have lived here.

- bee or wasp stings

Bee stings can leave a stinger that should be removed by scraping the stinger out of the skin. Wasps do not leave stingers. Wash the area after with soap and water and apply an ice/cold pack. Ibuprofen or Tylenol can be given for pain control. Benadryl may be given for itching if needed. Topical Hydrocortisone, a steroid cream, may be applied to reduce inflammation, pain, and itching as well.

Any sting of the mouth should have immediate

medical care due to risk of inflammation in the airway.

If there are any signs of anaphylaxis, such as swelling of the lips, tongue, face, tightness of the chest or throat, wheezing or difficulty breathing, dizziness, or nausea or vomiting, use an EpiPen if available and call 911.

Follow up with your health care provider if you have a large, localized rash or swelling around the sting site, or if pain and swelling persists beyond a few days.

business matters

Greenridge Realty announced that Ryan Hesche received Realtor of the Month in June.

This award recognizes Hesche for his outstanding success and achievements.



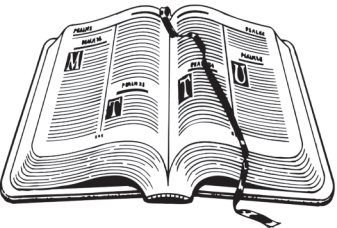
...
Some things scratch the surface while others strike at your soul.

~ Gianna Perada



Benjamin Morse, Civil War soldier.

area churches



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Sunday Services - 10:30 am
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 Pastor Jon Pickens • Lead Pastor
 Pastor Andrew Bolkom • Pastor of Discipleship
 Christi Swain • Director of Children's Ministries

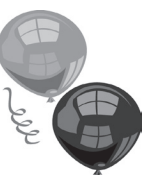
SUNDAY WORSHIP.....9:30 AM (Nursery provided)
LIFE GROUPS.....11:00 AM (Nursery-Adult)
Awana (K-5 during school year) **Wednesday, 6:15 PM**

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
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 897-5938
 www.lowellumc.com • Barrier Free Entrance
 WORSHIP
 Traditional Service: 9 am
 Contemporary Service: 10:30 am
 Sr. Pastor - Brad Brillhart

happy birthday



JULY 21
 Dara Anchors, Stephanie Wade, Carolyn Mercer, Jeff Gurney, Kelly Tulecki, Alexander Stiles.

JULY 22
 Kelly Marie Roth, Laurie Fonger, Eric Shear, Noreen Myers, T.J. Butler, Allie Stuckey.

JULY 23
 Dave Fosburg, Nathan Swift, Heather Pretzel, Robert Jahnke.

JULY 24
 Nathan Bush, Mike Lally.

JULY 26
 Elaine Gregersen, Eric Baird, Josh Geldersma, Ellen Dilly.

JULY 27
 Kyle Hendrick, Mike Shalander, Jason Spencer, Paige Wilson.



Michigan flood waters and heat may have spiked Legionnaires' disease

by Robin Erb and Kelly House
Bridge Michigan

Flood waters and hot weather continue to wreak havoc in southeast Michigan, with a huge spike in Legionnaires' disease driving the latest threat.

The Michigan Department of Health and Human Services on Monday alerted public health departments, hospital officials and other health providers through its Michigan Health Network messaging system to be on the lookout for cases.

In the first two weeks of July, the state reported 107 cases of Legionnaires' disease compared to just 16 cases over the same two-week period last year and 41 cases during that period in 2019.

This year's cases in the first two weeks of July do not seem connected, said Lynn Sutfin, MDHHS spokesperson. While cases normally increase in the warm months of summer, "this is quite an uptick," she said.

Cases have been reported in 25 counties, mostly in metro Detroit. They include

19 cases in Wayne County, 17 cases each in the city of Detroit and in Oakland County, and 15 in Macomb County.

Legionella bacteria naturally occur in lakes and streams, but can become a health concern when they enter public water systems, in showerheads, hot tubs, decorative fountains, and complex plumbing systems, and people breathe in the water mist.

People also can get sick by aspirating on drinking water containing Legionella when the water accidentally enters their lungs.

The bacteria can cause two forms of respiratory infections. The first, Legionnaires' disease, is the most serious; the infection causes fever, cough and pneumonia. A milder form of legionellosis is Pontiac fever, which causes influenza-like illness and resolves on its own. Both can be fatal if untreated.

Those most at risk are those older than 50 who smoke, have chronic lung disease,

or a weakened immune system from diseases or immunosuppressant drugs.

Beyond flood waters and heat, there might be something else at play: the reopening of work sites, hotels and other businesses following a prolonged shutdown because of COVID-19.

Hot tubs and decorative fountains, for example, can create a mist that is then breathed in, Sutfin noted.

The Centers for Disease Control and Prevention offer guidelines on safely reopening to guard against legionella bacteria as well as mold, lead and copper contaminants.

The usually under-the-radar disease became a high-profile issue in Michigan after an outbreak at McLaren Flint Hospital during the Flint water crisis in 2014 and 2015, infecting 90 people. An investigation into the cause of the outbreak linked it to low chlorine levels in the municipal water system.

But a 2019 letter from the Centers for Disease Control

and Prevention connected the hospital to Legionnaires' cases dating back to 2008, years before the city's water crisis began.

Environmental health and climate experts have warned that a changing climate makes Michigan summers hotter, with a volatile water cycle characterized by alternating periods of drought and intense rainfall, the kind of environment that allows waterborne bacteria to thrive.

Daniel Brown, a watershed planner and former climatologist with the Huron River Watershed Council, helped author a 2015 report that predicted Legionnaires' outbreaks would become more common under those conditions.

"It now seems to be coming true," Brown told Bridge Michigan on Monday, July 19.

The state logged 386 cases involving Legionnaire's Disease or Pontiac fever throughout last year, compared to 560 in 2019, 643 in 2018, 349 in 2017,

and 308 in 2016, according to state data.

The potential connection between last month's floods and the Legionnaires' uptick is just one example of the "snowball effect" of climate change, according to Tina Reynolds, environmental health and policy director for the Michigan Environmental Council: It's not just getting hotter; that heat is causing high pollen counts and worse tick seasons.

And stormier weather, which causes damaging floods like the one last month, is also driving mosquito outbreaks, infrastructure failures and increased risk of waterborne illness such as Legionnaires'.

In the past week alone, a massive wildfire following drought and high heat has consumed hundreds of thousands of acres in Oregon; flash flooding has killed more than 180 people in Germany; low water in the West's second-largest reservoir has forced officials to pull the "emergency lever,"

and southeast Michigan has faced yet another round of flooding.

"It's been a pretty dire week," said Brown, the watershed planner. "Because these things that we sort of expected, and wrote reports about, and started thinking about their local impacts maybe 10 years ago... they're here."

Sanjiv Sinha, senior vice president and national water resources director for Environmental Consulting & Technology, Inc., said southeast Michigan's repeated floods point to the region's need to better prepare, taking steps like removing pavement wherever possible and building out stormwater retention ponds. To avoid flooded basements and backed-up sewers, Great Lakes cities should have as few impervious surfaces as they can possibly afford, he said.

"The rainfall will keep happening," Sinha said. "That's just the new reality."

Michigan experiencing increase in Legionnaires' disease

The Michigan Department of Health and Human Services is coordinating with local health departments across the state to investigate a recent increase in reports of Legionnaires' disease.

Between July 1 and July 14, 107 cases of Legionnaires' disease have been reported in 25 counties. While increases in cases are often related to environmental factors, including heat and rainfall, this represents a 569 percent increase from referrals from the same period in 2020 (16 cases) and a 161 percent increase from referrals from the same period in 2019 (41 cases).

Legionella bacteria causes two forms of legionellosis respiratory infections. Legionnaires' disease is an infection with symptoms that include fever, cough and pneumonia. A milder form of legionellosis, Pontiac fever, is an influenza-like illness without pneumonia that resolves on its own.

MDHHS and local health departments are working to inform healthcare providers of the increase in cases and share information regarding testing and treatment. While legionellosis cases are most common in the summer and early fall when warming, stagnant waters present the best environment for bacterial growth in water

systems, this increase is higher than expected for Michigan for this time of year. MDHHS is requesting that providers keep this in mind with patients that present for care with pneumonia and existing risk factors for this infection. To date, no common sources of infection have been identified.

As many buildings are currently reopening after extended COVID-19 closures or periods of limited use, this may also create an environment for potential amplification and transmission of Legionella bacteria. Legionella bacteria are found naturally in freshwater lakes and streams but can also be found in man-made water systems. Potable water systems, cooling towers, whirlpool spas and decorative fountains offer common environments for bacterial growth and transmission if they are not cleaned and maintained properly. Warm water, stagnation and low disinfectant levels are conditions that support growth in these water systems.

Transmission to people occurs when mist or vapor containing the bacteria is inhaled. Legionnaires' disease does not spread person to person.

Risk factors for exposure to Legionella bacteria include recent travel with an overnight stay, recent stay in a healthcare facility, exposure to hot tubs or exposure to settings where the plumbing has had recent repairs or maintenance work.

Most healthy individuals do not become infected after exposure to Legionella. Individuals at a higher risk of getting sick include people over age 50, current or former smokers, people with chronic lung disease, people with weakened immune systems from

diseases, such as cancer, diabetes or liver or kidney failure and people who take immunosuppressant drugs.

Individuals with any concerns about Legionnaires' disease or exposure to the Legionella bacteria should talk to their healthcare provider. MDHHS and local health departments will continue to monitor cases and provide updates to the public. More information on Legionella and Legionnaires' disease can be found on the Centers for Disease Control and Prevention website.

Wanted to send out a big
THANK YOU!!
to the people that helped with the
MOOSE BINGO @ the Riverwalk
Norene Martin, Pete Chittenden,
Deb Degroot, Tina Stranger, Jason Ryan
& his sons, Barb Marshall, Bonita Elzinga,
Jeanie Jeltema, Deb Briggs and Kelly
Shoup. (Taylor Edwards volunteer)

THANK YOU
to everyone who played BINGO,
we had Great Time!!!

THANK YOU Lowell Beer Store who helped
us with "making change"... at the last minute.

**THANK YOU Chamber of
Commerce for your hard work!**

**GRATTAN
TOWNSHIP**
Regular Meeting 7:00 p.m.
Synopsis of Minutes
June 14, 2021

Motions Approved

1. Round Lake Weed Assessment Public Hearing Date of 9-13-2021
2. Observing Independence Day on July 5, 2021- office closed
3. Landscaping Quote for Cowan Lake Pump station
4. Ipad Purchase Quote
5. Cowan Lake Sanitary Sewer Change Order #4
6. Salary change for Zoning Administrator
7. Hiring of office assistant
8. Approval of \$2,500 to amend the Sewer and Zoning Maps

**GRATTAN
TOWNSHIP**
Regular Meeting 10:00 a.m.
Synopsis of Minutes
July 12, 2021

Motions Approved

1. Resolution 2021-012 Purchase of Roadside Park
2. Appointment of Cindy Covell to the Safety Board of Appeals

The Return of the Son and Daughter-In-Law of Reedy Realty



Amy Reedy and Don Reedy Jr. (Facebook photo)



Reedy Jr., co-owner of the recently revived Reedy Realty. “Don Sr. wasn’t the first, there was another one here when my dad started, but dad bought them out and then there was just Reedy Realty. He did most of the business out here alone back then, there wasn’t very much competition. When my dad first started, he worked for another company, and his office used to sell real estate in Lowell. The other agents used to laugh at him for ‘going way out in the country’ and ‘selling houses way out of town.’ Now Lowell is not very far, it’s almost part of Grand Rapids now. And the prices have really gone up!”



Connie Reedy and Don Reedy Sr. circa 1980s. Photo is from the Lowell Ledger, Nov. 22, 1989.

Reedy Realty closed in Nov. 1989 when Don Sr. sold the company to Greenridge Realty and went into the comic book business with his son Jack in 1992 as Rookies Sportscards Plus, still a fixture on Main St.

Don Reedy Jr. started working at Reedy Realty in

1976, age 19, and stuck it out until 1989.

“A few years after I was there, my parents bought a Century 21 franchise, and we were ‘Century 21 Reedy Realty’ for about 10 years,” Reedy Jr. said. “I

didn’t really work closely together with my dad very much. We had three offices and I worked out of our Grand Rapids office, I didn’t really work in the Lowell office very often. We went back to just Reedy Realty until 1989 when it sold to Greenridge. Amy and I were at Greenridge for maybe a year, and we decided that we wanted just us to have our own office again with no other agents. So we reopened Reedy Realty where the Main Street Inn is, and we were probably there until 2007.”

“I never worked real estate with Don Sr.,” said Reedy Realty co-owner Amy Reedy. “By the time I came to Lowell he had already retired and was working at Rookies. Reedy Realty had a small office on Main St., and I worked with Connie [Reedy, Don Sr.’s wife and business partner] there for a while. We were doing a lot of mobile homes at that time. Then I had more kids and stayed home for a while, and they ended up closing Reedy Realty.”

“In 2007, Rick Seese at Greenridge called me up and asked if I wanted to come back to Greenridge,”

by Tim McAllister
lead reporter

Reedy Realty was first established by Don Reedy Sr. in 1968. It was one of the first real estate firms to concentrate specifically on the Lowell market, and they were the most successful in those days to do so.

“There weren’t a lot of Realtors out here in Lowell from other companies back then,” said Don



Don Reedy, Jr.
We’re very proud of the youngest member of our sales team. Don is a 1976 Lowell graduate and presently attending J.C. in Grand Rapids. Don has successfully completed U.S. Brokers Real Estate School and is State

This announcement ran in the Buyer’s Guide in Oct. 1976 when Don Jr. first started in the real estate business at age 19.

CITY OF LOWELL PUBLIC NOTICE

Please take notice that the Lowell Planning-Citizens Advisory Commission will hold a public hearing at Lowell City Hall, located at 301 East Main Street, Lowell, MI 49331 on Monday, August 9, 2021, at 7:00 PM. The subject of the hearing will be:

Proposed Adult Use Marihuana Establishment at 126 S. West Avenue SE

An application has been submitted by BTD Holdings LLC (“Iconic Wellness”) for an adult use marihuana establishment (a marihuana retailer) at 126 S. West Avenue SE (PPN 41-20-02-353-002). Adult use marihuana establishments are permitted in the C-3 zoning district only with special land use approval from the Planning Commission.

Copies of application and the City’s Zoning Ordinance are available for public viewing during regular business hours at Lowell City Hall, 301 East Main Street, Lowell, Michigan. Written comments will be received until the night of the hearing.

The City will provide necessary reasonable auxiliary aids and services to those with disabilities planning to attend upon three (3) days’ notice to the City Clerk. Individuals who require such services should contact the City at the address listed above or by telephone at 616-897-8457.



Respectfully,
Susan Ullery
Lowell City Clerk

The Return of the Son and Daughter-In-Law of Reedy Realty

Reedy Jr. said. "I was at Greenridge from 2007 until two years ago. Then Amy and I went to Country Hills for the past two years, and Reedy Realty officially started again two weeks ago."

anything because we weren't essential," Reedy Jr. said. "We couldn't go into our office and we couldn't show houses, so we got used to working out of our house. It's worked out pretty well now."

"It's been very busy so far, it's been great," Amy Reedy said. "We've received a lot of positive feedback from people when we posted it on Facebook and announced it. A lot of people commented and sent messages saying that

have Zillow and realtor.com, they had to come to a Realtor. It just wasn't as out there. When someone was looking for a home, you picked the homes for them, and now it's not like that. We find that mostly we meet our clients at their

office anymore and say 'I want to buy a house.' They go online, find their house and say, 'This is the house I want to go see.'"

"But today you don't have to meet in person for signatures anymore, everything is digital,"

can receive.

"If you're always honest and you always treat people how you'd want to be treated, you'll get return customers," Amy Reedy said. "We get customers whose kids are our customers!"

"We left Greenridge

On July 1, Don Reedy Jr.

under five, free.



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ADA — 2½ acres of prime property. Heavily wooded and rolling with many good building sites. In area of fine homes. Land contract terms available. Call Jim Artz 891-1666.

LOWELL — Comfortable and cozy 2 bedroom ranch located close to schools. New aluminum siding, ceramic bath, and hardwood floors. Attached garage. Just \$15,000 for quick sale. Call Don Reedy 897-9239.

MONTCALM COUNTY — "Gentleman's Farm" — 67 acres, 65 tillable, 2 acres wooded. Creek at back of property. 30 x 40 barn. Beautiful 2 story, 5 bedroom, farm-home with 14 x 27 cherry panelled living room with large thermopane windows looking out on the countryside. Family-dining room, step-saver kitchen, and bath. Tastefully decorated and carpeted. Carport and lovely yard. Call Cheryl Butcher 1-693-3830.

LOWELL-SARANAC AREA — 8½ wooded acres near the Grand River with like new 3 bedroom 12 x 60 mobile home, pony barn, and utility shed. Trailer completely carpeted and includes furnishings, appliances, washer, dryer, and air conditioner all for only \$8,900. Call Jim Artz 891-1666.

"At Reedy We're Ready" 897-9239

Above and to the right are a couple Reedy Realty print ads from the 70s and 80s. Try buying a home in Lowell for \$15,000 today!

Realty and went to Country Hills Realty with Joice Smith," Amy Reedy said. "We were very happy there, she is super nice and everything was going great. Then she decided to sell her building! Well, COVID showed us that we could work from home, and we already had the signs in the garage, so we were talking and we were like, 'Well, why don't we do it on our own?'"

"During the pandemic, we couldn't really do

and Amy Reedy officially reactivated Reedy Realty. The company is now based out of their home in Saranac. They still had a few of the old signs lying around, so they are using the vintage logo, graphic designer unknown.

"I had a couple of the signs saved, so we just went with pretty much the exact same sign," Reedy Jr. said. "I don't know who designed that, my dad must have had somebody design it, but I don't know who."

they were excited to see the name again."

The Reedys said the housing market has changed drastically during their 40+ years of experience, mostly thanks to the Internet and social media.

"When we first started, only we could dial into the [Multiple Listing Service] board, people didn't have the MLS to go look at," Amy Reedy said. "The MLS board was not out on the Internet, they didn't



609 W. Main, Lowell 897-0444



Don Reedy, Jr.
Associate Broker



Connie Reedy
Associate Broker



Don Reedy, Sr.
Associate Broker



SOLD

EASTGATE WOODS - Sharp 3 bedroom ranch with 2 1/2 stall attached garage. Sliders off dining room to privacy fenced rear yard, 1 1/2 baths, finished basement with family room and "rec" room. \$74,000. Call Don Reedy, Jr. 897-8348 or office 897-0444.

10 COUNTRY ACRES - 2 bedroom walkout ranch on a beautifully private setting! Kitchen with eating area and sliders to deck, 2 full baths, attached garage, hot tub! Priced right...\$62,900! Call Don Reedy, Sr. 897-4915 or office 897-0444.

EASTGATE WOODS - Near 3 bedroom ranch, 1 1/2 baths, full finished basement with family room and 4th bedroom. Nice private back yard. \$69,900. Call Connie Reedy 897-4915 or office 897-0444.



FANTASTIC FAMILY HOME just north of town on 1 3/4 beautiful private acres! Newer 4 bedroom walkout ranch, sliders to spacious wrap-around deck, 2 1/2 baths, kitchen with appliances, fully finished lower level. 4 stall attached garage plus extra 2 stall garage, perfect for the hobbyist looking for lots of room! Call Don or Connie Reedy 897-4915 office 897-0444.



SPACIOUS EXECUTIVE RANCH with features to please every member of the family! 3 bedrooms, large family room with fireplace, formal living and dining rooms, 2 full plus two 1/2 baths. Several sets of sliders to privacy fenced yard with in ground swimming pool. Finished basement with fully equipped wet bar, sauna, "rec" room with fireplace. Beautiful setting on four city lots. Call Don or Connie Reedy 897-4915 office 897-0444.

5% "If You Don't List With Us, We BOTH Lose Money!" 5%


home, or for buyers we talk a lot on the phone or through text messaging. Real estate sort of changed, people don't just show up and walk into a real estate

Reedy Jr. said.

The Reedys said that fair, honest dealing is the only real secret to their success. They consider a referral the highest complement they

For more information about Reedy Realty, visit reedyrealtyllc.com, call 616-890-2594 or find them on social media.

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

~ Apocalyptic Camping

by Martha Hayden

For twenty-five minutes we drove across the high desert of Arizona into The Painted Desert/Petrified Forest area. We were heading toward our friend's apocalyptic camping group. Just so you know, I am one who prefers comforts: air conditioning (or heat) and drinks with umbrellas. Needless to say, this adventure was taking me outside of my comfort zone!

We rumbled over 'washboard' dirt roads, passed tumbleweeds toward our destination. Inside the Jeep the air



"End of Days" Campsite Community.

conditioning was providing a steady stream of comfortable breezes. "You know it gets cold in the high desert at night?" Chuck mentioned casually. I couldn't imagine it being cold.

We arrived to ramshackled structures made from repossessed, found items. It appeared to be unorganized and rusty. "I can do this. It's just two days without a shower." I gave myself a silent pep talk.

It was obvious that these campers were creative. They had used found items to construct their sites. The wind kicked up sand from every direction. It was nearly 80 degrees. I already felt gritty. Where was the bathroom, I wondered?

We shared happy, "Hellos!" It was great to see our friend after many years. She had worked with Chuck at Fortune Bay Expedition Team. It's an adventure group that Chuck started. Bumble Bee managed accounts and did correspondence for the adventurers.

Bumble Bee was excited that Da Viking was willing to help move some supplies.

Then, Chuck helped lift a garage door to the overhead beams. It would be secured as a shade for the "Engineers of the Apocalypse" structure.

The teamwork was impressive! The engineer crew has made a real community within these grounds.

I walked by a small building hoping it was the outhouse. It wasn't. There weren't any trees to conceal my necessary, so I inquired about a restroom. I was pointed in the direction of a small two stall john.

I wondered about how apocalyptic camping started. Who would come this far out into the desert to build structures and camp? When I strolled back to the engineers set up I found Bumble Bee and Da Viking on an extremely sturdy tire swing!



Shadow Cat gave us a tour of her camp. Her sleeping space is in the bed of the truck. "How did you lift the truck onto the platform?" I asked. "Very carefully." She answered. Richard laughed heartily, "We used my tractor."

The Engineers of the Apocalypse help ensure that all the camp



structures are safe. However, I knew I wouldn't be climbing the stairs on top of this bus to ride the imaginary horse.

Bumble Bee took us to meet Reverend Lawless, the leader of the camp. Corrugated steel rattled in the wind as we approached a shed compiled of debris. Bumble Bee gave a knock at the door and called inside, "May we come in? I'd like to introduce you to my friends from Michigan." I felt timid when we entered Reverend Lawless' abode.

A frightened moment grabbed at my inner self. 'Is this some sort of cult?' I wondered. The secluded desert location and the outfits made me cautiously curious. The inside of the derived complex was cozy and free of the wind.

Then, Reverend Lawless explained how he'd gone to an auction and saw this land was for sale, sight unseen, for \$4,000.00. He placed a bid believing someone would make a counter offer. But no one did. So he scraped together the funds and drove out here to check what he had. He thought it would be a cool get-a-way for friends.

In the late afternoon as he set up camp on the ridge, a truck came barreling directly toward him. It was kicking up dust and not following a road.

A gentleman, cowboy-type with life experience etched on his face crawled out of his vehicle alongside his black lab.

Richard added that he was relieved to learn that this young man who was camping near his property wasn't a druggie hiding in his desert. Richard offered to take Reverend Lawless to his exact property in the morning. The two have held a kinship ever since.

"I've seen a lot of people come and go here." Richard chuckled. "One wanted to plant a citrus orchard." He shook his head. "A young man wanted to raise emus. . . He didn't last long." Richard's face brightened. "Another," he busted out a raspy laugh and had to catch his breath, "wanted to have a bee farm." We all exploded in laughter joining Richard's fun. "Nothing grows out here for the bees to pollinate!" He kept us all going with a ruckus roar.

Richard's pure laughter and authentic charm was refreshing. I tucked away any misguided thoughts about this group. This cohort likes to dress up in "End of Days" gear, just like those who wear costumes for Renaissance Festivals or Mad Max gatherings.

"NINETEEN!" Richard suddenly called out. I was startled. He looked up to a group of large, black birds flying overhead. "NINETEEN!" He called again with enthusiasm.

I raised my eyebrows giving him an inquisitive look. Before I could ask, he offered an explanation. "Oh, we had a pet raven last year. We named him Covid 19. He would sit on our shoulders and peck at our ears." Richard gave a disbelief shake of his head. "He would come when we called him. Now, we haven't seen him in months. I always hope he'll come back even though he was a pain."

Making our way across



Reverend Lawless, the leader of the "End of Days" camp. "Now a days this all has very little to do with me. It's all them." He smiled.

the community we ran into another "End of Days" camper. He's an attorney and enjoys time in the desert, away from work.

As we strolled I learned that "End of Days" holds several events throughout the year where nearly 300 people attend. "Festival of Ashes" takes place at Halloween. The "Charyou Tree" is a Thanksgiving gathering. Each team has specialized bottle caps which are traded.

Next we headed toward "The Race Track" in the dry riverbed. Racing is an event during gatherings. Groups construct vehicles, flags and banners. An onsite radio station broadcasts commentary to the events.

The energetic stories and laughter of Richard, Bumble Bee, Kite Face, Smokey, Shadow Cat and Da Viking carried over the dry river bed of the Painted Desert as they shared tales of past races.

As the parade continued across the grounds I noticed how the dogs were in their element and seemed to view us all as their "staff."

Bumble Bee and the engineer team grilled burgers. Da Viking contributed tortellini. The meal was far more than I



Each area was designed by different groups. They pay an annual rent and can come and go as they please.

had expected. We sat around the camp fire and shared stories getting to know one another. Individuals came from all walks of life and enjoyed their escape to the desert surrounded by accepting friends.

Da Viking and I set up our sleeping arrangements and grabbed his guitar. He's an amazingly talented player and often makes up lyrics as we flank a campfire.

Darkness settled quickly over the plains. The stars lit the sky brilliantly. As I slid on my down jacket, a meteorite glided across the dome above. I couldn't even think of a wish to make. My life is remarkable! So, I wished for the health of a friend.

Others started to bundle in their winter wear as the temperature dropped nearly 50 degrees. The elevation of this area is a catalyst to these diverse degrees.

When we woke it was 34 degrees. I snuggled under a wool blanket as Chuck made coffee. The sunrise warmed the plain quickly. Soon I rolled up the blanket and shed my down coat. The desert is peaceful and a true 'get away.'

"End of Days" felt like a beginning to me. I have come to understand how people from many backgrounds can come together and form a tightly-knit community of teamwork and understanding. There's talk of constructing a "Dark Tower" and a theater. I hope to visit again and witness the changes that have been made.

MDHHS offering programs to improve brain health

Aging adults can sign up for free online classes

The Michigan Department of Health and Human Services and GetSetUp are partnering to offer classes to improve brain health during June, which is Alzheimer's and Brain Awareness Month.

Healthy lifestyle choices can improve general health and can possibly protect the brain from Alzheimer's disease.

The MDHHS Aging and Adult Services Agency has partnered with GetSetUp, a mission-driven education technology company dedicated to creating economic and learning opportunities for older adults. The partnership provides free virtual learning and social engagement opportunities for Michiganders ages 60 and over.

The Alzheimer's Association says regular

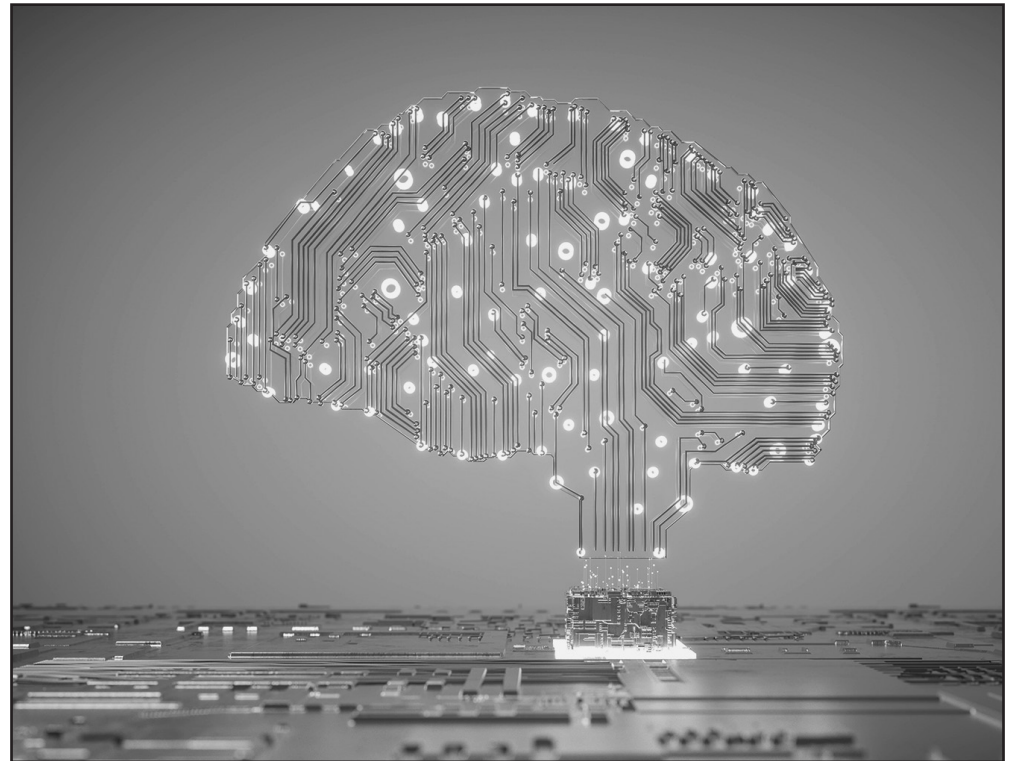
physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Additionally, studies show that maintaining strong social connections and keeping mentally active as people age might lower the risk of cognitive decline and Alzheimer's.

"Dementia – including Alzheimer's disease, which is the most common form – is an emerging public health crisis," said Dr. Alexis Travis, who recently became senior deputy director for the MDHHS Public Health Administration and previously was senior deputy director of the Aging and Adult Services Agency. "An estimated 190,000 Michiganders age 65 and over are living with Alzheimer's disease. That number is expected to grow to 220,000 by 2025.

Brain health is a crucial component of healthy aging, and we are pleased to offer these and over 150 classes on the GetSetUp platform to older Michiganders at no cost."

GetSetUp offers a wide variety of classes to empower older adults to connect with others and stay healthy.

"We have designed GetSetUp online classes and events to provide the physical, mental and social activities that are so critical to healthy living as we work toward a day when we can all age-in-place," Lawrence Kosick, GetSetUp co-founder, said. "And starting in June, we're excited to be able to offer even more programming to support brain health and education around dementia and Alzheimer's disease. With over 80,000 of Michiganders over age 60 already benefiting through



our partnership with MDHHS, we're excited to be able to expand our content in the areas that are most needed and support even more older adults in Michigan."

Michiganders age 60 and over may enroll in any GetSetUp session at no cost by visiting getsetup.io/michigan and using the code MICHIGANHEALTH or by calling 888-559-1614.

More information on Alzheimer's disease and dementia can be found at alz.org or by calling 800-272-3900.

Access Social Security's retirement benefits online

Keeping you informed about our benefits and services is important to us. Preparing for retirement is one of the most significant decisions you can make and we're here to help. A great place to start is our retirement portal at www.ssa.gov/benefits/retirement.

Our website has helped millions of people get ready for and apply for Social Security retirement benefits. On our site, you can:

- Find the information you need, quickly and easily.

- Learn about the benefits.

- Be better prepared to apply for retirement benefits online.

- Create your personal *my Social Security* account to manage your retirement benefits.

Our retirement benefits portal is easy to use, whether you are ready to

learn about, apply for, or manage your retirement benefits. You'll find the portal pleasing to the eye, informative, and optimized for mobile devices.

Visit our retirement benefits portal today at www.ssa.gov/benefits/retirement to "Learn," "Apply," and "Manage" your retirement benefits. While you're there, subscribe to receive retirement information and updates.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

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LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO CREDITORS
Decedent's Estate

CASE NO.
21-209493-DE

Estate of MARY ANN GRUBHAM, deceased.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Mary Ann Grubham, died 04/08/2021.

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

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

July 13, 2021

John T. Conroy (P43709)
410 Bridge St. NW
Grand Rapids, MI 49504
616-454-4119

Mary Beth Ambrose
216 Collindale Ave. SW
Grand Rapids, MI 49534
616-916-5674

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO CREDITORS
Decedent's Estate

CASE NO.
21-209428-DE

Estate of GREGORY GEORGE RICHARDS.
Date of birth: 11/12/1952.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Gregory George Richards, died 02/23/2021.

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

will be forever barred unless presented to Catherine M. Sutton Richards, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

July 15, 2021

Bonnie S. Lent-Davis (P58091)
12340 - 84th Street SE
Alto, MI 49302
616-745-0406

Catherine M. Sutton Richards
9245 Conservation Street NE
Ada, MI 49301
616-450-4421

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obituaries

BEIMERS

Charmaine Kay Beimers, age 65 of Lowell, gained her angel wings on July 8, 2021. She was preceded in death by her father, Harvey H. Merklinger; and brother, Harvey K. Merklinger. Charmaine is survived by her husband of 49 years, Glenn A. Beimers; children, Sonya Beimers (Gail Stauffer), Kara (Simon) Kelley, Keith Beimers (Heidi Clark); grandchildren, Ethan, Elliott, and Emmett Kelley, Austin and Emilee Beimers; mother, Carolyn (Walker) Merklinger; sisters, Lorraine (Jeff) Bailey, Belinda (Don) Case, Mylena (David) Roe; brothers & sisters-in-law, Dee Husted-Merklinger, Darrell Beimers, Barb Rush; several aunts & uncles; many nieces & nephews; golf companion, Mary Mulvaney; best co-worker, Larry DeBoer; and furry kids, "Bouvier kids", including Finnigan & Bree. Charmaine worked for 38 years at Lacks Industries as a spray painter. In her free time, she enjoyed golfing, flower gardening, and collecting Bouvier memorabilia. She also appreciated traveling the east coast. Charmaine had the "gift to gab", she was able to talk to just about anyone, about anything. She was a huge Michigan State Fan, and an avid joke teller. Visitation with the family will be held from 5-8 PM on Friday, July 23, 2021, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, Michigan 49331. Memorial services will take place at 11 AM on Saturday, July 24, 2021, at Roth-Gerst Chapel, with visitation one hour prior. Pastor Ken Ford officiating. Memorial contributions can be directed to Mackenzie's Animal Sanctuary, 8935 Thompson Rd, Lake Odessa, MI 48849; or Paws with a Cause, 4646 Division Ave, Wayland, Michigan 49348.



BROGGER

The family of Sandra (Sandi) Ellen (Mills) Brogger of Lowell, MI is saddened to announce her passing, after a courageous battle with Cancer, on July 2 at the age of 68 years. She was preceded in death by her father, Delbert Mills, nephew, Matthew Barsamian, and in-laws, George and Helen Brogger. She is survived by her husband, Eric (Ric) Brogger and daughter, Lindsey (Brogger) Bosserd and son-in-law Steve Bosserd; four sisters, Kathy Calverly (John), Sheryl Frabotta (Tony), Bev Barsamian (Jeff), and Debby Basso (Mike); Brothers and Sisters-in-law, Laurie Brogger, Amy Brogger, Dan Brogger, Pat and Tom Mester, and Mary Brogger; Goddaughter, Alaina Basso, numerous nieces, nephews and grand-nieces and nephews and dear friend Carmen Smith. The Mills family grew up in Southfield, Michigan. Sandi was the second-born daughter in a family of five girls, and the beloved daughter of Del and Pat. In High School, Sandi excelled in Art Classes, especially drawing and jewelry-making. After graduation, she moved to Grand Rapids and met the love of her life, Ric Brogger. Sandi and Ric married in September 1975 and were overjoyed to welcome their baby, Lindsey Ellen, in April 1978. Sandi, Ric and Lindsey created a lovely life for themselves in Grand Rapids. They lived both in Ada and in Lowell. Sandi perfected her cooking skills, and canned countless jars of jams, jellies and pickles which she shared and her family all gleefully consumed. A few months after Ric, Sandi, and Lindsey moved into their new home, Lindsey married the love of her life, Steve Bosserd. Lindsey and Steve bought a house nearby, and the four of them spent much time together. Sandi



worked for many years as Sales Operations Manager at Guardsman Products/Valspar. She loved her job and the people she worked with and retired in 2013 after Ric retired in 2008. Sandi approached every single thing she did with an artistic eye. In retirement, Sandi's art was her vocation. It was her desire to create something beautiful every day. She could often be found selling her art pieces on the weekends at Art Fairs in the Lowell/Ada area. In 2017 and 2018, two of Sandi's art pieces were accepted into the famous Grand Rapids Art Prize competition. She was even asked to display her work at a local restaurant, Bliss & Vinegar. At the suggestion of her dear friend and great artist Mary Marin, she joined the Grand Valley Artists' Association where she was encouraged by her painter friends to explore painting in the outdoors — "en plein aire" — similar to the techniques utilized by Monet and his friends. She never stopped learning or trying to improve her technique. Sandi always thought of others first and spread joy wherever she went. Sandi could often be found to bring snacks or care-packages to her fellow cancer patients and nurses. Her smile, positive attitude, and love for life will be missed. A special thank you to the countless doctors and nurses that provided exceptional care, especially Sarah, during her chemo treatments. A gathering of friends and family will be held on Saturday, July 24, 2021 from 12-4 PM at O'Brien-Eggebeen-Gerst Chapel, 3980 Cascade Rd. SE, Grand Rapids MI 49546. Memorial contributions in Sandi's name can be made to the Matthew David Barsamian Foundation at mdb76foundation.org/donation/ or mailed to Spectrum Health Hospice at 750 Fuller Ave NE Grand Rapids, MI 49503.



LANGLOIS

November 11, 1985 ~ June 27, 2021 (age 35)
Bruce Dale Langlois, a contractor in the construction industry, tragically passed away unexpectedly in his sleep on June 27, 2021 at the age of 35. Bruce is survived by his wife, Michelle Ramkumar Langlois; his son, Bruce Noah Langlois; parents, Stacy and Bruce Phillip Langlois; brothers, Brian and Marc Langlois; sister, Kelsey (Kyle) Kujawa; grandparents, Joanne Langlois and Dale and Diane VanAllsburg; and father-in-law and mother-in-law Albert and Molly Ramkumar. He is preceded in death by his brother, Nicholas and his grandparents, Mary and Bruce Donald "Pa" Langlois and Marilyn VanAllsburg. Bruce was born in Grand Rapids on November 11, 1985. He acquired a love for farm equipment (tractors, back hoes, etc.) at the early age of two. By age eight he was already driving the tractors he loved so much, helping his parents on their farm. At 16 he inherited his family's entrepreneurial spirit when he started his own lawn mowing business in the summer and snow plowing in the winter. He continued to do this for 15 years while pursuing other ventures. He graduated from Ferris State University in 2008 with a Bachelor Degree in Automotive Management, but due to his love for big machinery, it wasn't long before he made a career change. In 2010, at the encouragement of Pa, he started Flat River Asphalt and Snow Plowing. In 2017 Bruce moved to Naples, FL with his dog, Abby. Here he continued his pursuits in the asphalt industry with various companies over the next four years. On November 16, 2019 he met Michelle Ramkumar whom he would go on to marry a little over a year later on December 27, 2020. On November 29, 2020, Michelle and Bruce brought their son, Bruce Noah Langlois into the world. Noah was born 15 weeks early at the gestational age of just 25 weeks. He spent 207 days in the NICU and was discharged on June 23, 2021, just four days prior to his father's passing. Bruce was a devoted husband, father, sibling, son and grandson. He was an incredibly hard worker, whose sole purpose his final year was to provide for his wife and sick child. He will be deeply missed by his family, friends, and all who knew him. A Go Fund Me account has been set up to help Michelle and Noah during this time as Noah



still requires much medical care. Go to <https://gofund.me/36bec098> if you would like to donate. Memorial Mass will be held August 14, 11 am, with rosary at 10:30, at Saint Patrick Catholic Church, Parnell with Father Jose Quintana presiding. Celebration of Bruce's life will be at 1 pm, following mass, at 13315 Beckwith Drive Northeast Lowell Michigan 49331.

MOONEY

Edward T. Mooney, age 73, passed comfortably at home in Parnell, MI on July 12, 2021. Ed was a beloved husband, father and grandfather survived by his wife of almost 47 years, Terri (Gahan) Mooney; sons, Thomas Mooney (Deanne Rickert), Christopher Mooney (John Barlow Jr.); grandchildren, Tara King, Milyhn Littlechild, Isiah Mooney; siblings, Mike (Kay) Mooney, Maureen (Russ) Goodemoot, Donna (Tom) Jacquith, Martha (Jim) Goggins, Betty (Tom) Jonker, Dick (Sue) Mooney, and Marilyn (Terry) Conley; father-in-law, Mike Gahan Sr., brothers-in-law, Mike (Angel) Gahan Jr., Kevin Merryman; sisters-in-law, Marie Peterson, Sharon (Kelly) Landman; and several nieces & nephews. He was preceded in death by his parents, Charles & Irma (Heether) Mooney; and brothers, James, and Roger Mooney. Ed was a Purple Heart decorated United States Navy Veteran who proudly served his country in Vietnam. He would rarely be seen without a crossword puzzle and a pen while talking about all of his projects he had planned to complete "one day". Mass of Christian Burial was held at 11 AM on Saturday, July 17, 2021, at St. Patrick's Catholic Church, 4351 Parnell Ave. NE, Ada, Michigan 49301, visitation one hour prior. Fr. Cavera presided. Memorial Contributions can be sent to one's charity of choice in honor of Ed.



LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO
CREDITORS
Decedent's Estate

CASE NO.
21-209279-DE

Estate of JACQUELINE
LEE EVANS
Date of birth: July 09,
1947.

TO ALL CREDITORS:

NOTICE TO
CREDITORS: The
decendent, Jacqueline
Lee Evans, died March
24, 2021.

Creditors of the
decendent are notified
that all claims against
the estate will be
forever barred unless
presented to Courtney
L. VanderWerp
or Stephanie M.

Zemaitis, personal
representatives, or
to both the probate
court at 180 Ottawa
Avenue NW, Suite
2500, Grand Rapids, MI
49503 and the personal
representatives within
4 months after the date
of publication of this
notice.

July 9, 2021

Thomas E. Lane
(P-36477)

688 Cascade W Pkwy SE
Suite 230
Grand Rapids, MI 49546
616-285-6050

Stephanie M. Zemaitis
2160 Lamont Ave. NW
Grand Rapids, MI 49534
616-791-6333

Courtney L.
VanderWerp
19051 Saratoga Blvd.
Lathrup Village, MI 48076
616-291-6918

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

classifieds

for sale

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

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

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

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

sales

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

LIVING ESTATE SALE - July 29, 30 & 31, 9 am - 6 pm. Watches, Hoosier cabinet, art glass & collectibles galore! 63320 Constantine Rd., Constantine, MI.

ESTATE SALE - Thurs. - Sat., July 22 - 24th, 9 am - 6 pm, 9490 Prairie Dr., Alto.

help wanted

COUNTER DELI HELP WANTED - 18 or older, full or part-time. Apply in person, Gary's Country Meats, 205 E. Main, Lowell.

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

HOW WOULD YOU LIKE - the same schedule as your child? Nights, weekends & holidays off. YOU EVEN GET A SNOW DAY! Caledonia Schools Food Service is looking for help. Experience preferred in food & customer service, ability to work in a fast paced environment. If interested in joining our team, please call 616-891-0227 from 8 am - noon, Mon. - Thurs. or apply online at aramark.com link on Caledonia Schools.

wanted

WANTED - Two row corn planter. Phone 676-1967.

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

FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com

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.

misc.

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.

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

memorials

In memory of Jim Fahrni 7-23-40 - 4-15-11 Fond memories of days gone by. Miss ya buddy. Tom

UPS SHIPPING COPY SERVICE, (black & white & color!) FAX SERVICE, SCANNING SERVICE PRINTING BANNERS POSTERS & MUCH MORE AVAILABLE AT THE LOWELL LEDGER BUYERS GUIDE 105 N. Broadway HOURS M-Th. 8-5 p.m. Ph. 897-9261 email: ledger@lowellbuyers

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

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.

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

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PUZZLE SOLUTIONS

Grid of puzzle solutions with words like SHORE, LELLY, SAFAR, SERENADES, OPSED, SACKED, STOAS, ENOW, TAP, TOTTEHAM, SATED, CAEN, ARNE, BEST, BOSON, CRAPE, DALEY, TOR, SABI, DAD, TEA, SIC, SAC, SATIN, SUE, POCKED, EAR, ADS, OAS, SBER, ATRIP, TRAY, GALLA, CECA, OLSEN, HAHN, SAM, ARAK, GAGA, ABIN, SEDES, SISIS, VIVA, TIN, KED, AD, HAM, BER, AY, CA, HAHN

Grid of numbers for a puzzle solution, ranging from 1 to 9.

Large grid of letters with words circled, including DWMUEUOQ, GNIMMIWS, KFITNES, AOBSE, YRMJKQ, ADYDE, KLSBD, SEK, QILRIK, NFUA, OSHQ, TFIU, IUAA, CLDT, EDVI, UICL, MKST, PSOP, GSR, ONY, JVB, JYR, FAS, P, S, L, E, T, U, B, F, J, C, S, W, J, N, D, O, I, E, I, A, C, Q, W, J, N, D, O, P, E, O, D, P, C, S, T, Y, A, W, R, P, Y, A, T, Q, E, E, C, S, M, M, J, C, G, E, N, K, U, E, L, A, P, H, R, Q, T, P, I, C, N, H, O, M, E, E, P, H, R, Q, T, P, I, C, N, D, B, U, V, O, S, C, S, V, I, D, D, A, R, E, R, A, S, T, Y, D, W, T, E, R, V, O, R, V, I, C, A, L, N, E, C, D, C, A, F, A, J, R, N, T, N, C, O, V, J, I, C, V, I, K, F, O, Y, C, C, M, T, E, R, V, O, R, V, I, C, A, L, N, E, C, D, C, A, W, H, S, S, V, I, D, D, A, R, E, R, A, S, T, Y, D, W, T, E, R, V, O, R, V, I, C, A, L, N, E, C, D, C, A, J, R, N, T, N, C, O, V, J, I, C, V, I, K, F, O, Y, C, C, M, T, E, R, V, O, R, V, I, C, A, L, N, E, C, D, C, A, H, H, U, G, I, N, E, C, A, L, N, E, C, D, C, A, I, J, O, U, A, T, S, Y, I, G, T, E, A, C, W, I, I, I, K, F, S, K, R, O, W, C, I, L, B, U, P, J, N, G, O, M, Q, S, S, E, C, W, N, Y, P, K, B, W, Q, H, I, N, S, M

Live the Life You Want

Are you being genuinely you or faking it?

Melissa Spino MA LPC CDMS
Life Transitions Therapy LLC

I often hear from others that they feel like they can't be themselves because others won't like them. So, they filter what they say and do so they don't sound or look stupid, foolish, or possibly offend others. They are literally afraid to be their true self because they don't feel they are good enough. So, my question is, why is it so bad to be genuine and to just be real with others? There are many reasons this may be happening such as low self-worth/self-esteem, being raised by a critical parent, being bullied, trauma, not being accepted during formative years, a lack of self-acceptance/self-love or even anxiety/social anxiety.

Another reason may be that they don't know who they are so that is why they show others a made up/fake self. When I ask

who they are, the typical answers are a son/daughter, spouse, parent, male/female or they give their job title. While these labels are part of who they are, this isn't a complete picture of the true self.

My challenge to those faking it, is to embrace your uniqueness, quirks and all. Just be you! Stop judging yourself so harshly and learn to like and then even love yourself. People will like you or not regardless of what you do so why not just be you? If you don't feel like you know who you are, then read on for some suggestions to help get you started on finding your authentic self.

Finding Your Authentic Self

Below are some suggestions to help start you on your journey and exploring who you really are. Take your time to really think about each

question because this journey is important. It is the difference between going through the motions and really starting to live your life.

- What did you love doing as a child?

If you don't remember ask someone that does, like your parents, siblings, aunts, uncles, childhood friends etc. If you have old diaries or journals, you can explore them to help you find out what you really enjoyed and what you didn't. We are more genuine as children so it is a good place to start exploring, as it filters out a lot of society's norms, behaviors and attitudes that many adopt as we get older.

- What are your values?

List what truly matters to you. Think about each item on your list. Are these things learned from your parents, teachers, religious upbringing? Is the item

listed still something that you would choose as a value or one that you feel you should choose? If it isn't something you would truly still choose, replace it with something that is meaningful to you now.

- If you could create your life and make it anything you want, what would it look like?

Get creative and don't put any limitations on it. Think about it for several days and keep adding to it. Now that you have your ideal life created, plan out how to get it or those parts that are realistic to attain. Remember every moment of our lives count!

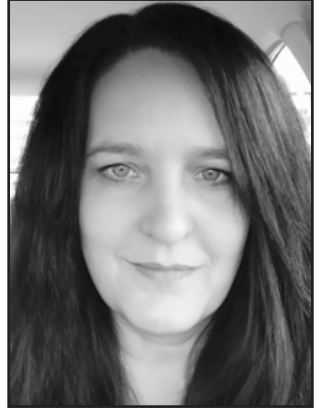
"Whether you think you can, or you think you can't – you're right," Henry Ford

Explore and question why you feel like you can't be yourself. Work to embrace your own type of happy and those things that

make you laugh and bring you true joy. Embrace your quirks. Your unique story, voice, beliefs and values matter. In short, you matter. Don't filter yourself because you think you will be judged or disliked. People will like you or not. It's more important for you to be true to yourself and to truly like yourself.

Be gentle with yourself on this journey. Leave harsh judgments, criticism and negative self-talk behind. They have no place on this journey. Treat yourself like someone you like and care about.

There is more information on this topic than what can be squeezed into an article but this will help you start your journey. Search out information on the internet to help you continue your exploration. Try not to look at this like a chore. Instead, have fun



Melissa Spino
MA LPC CDMS

with it because what you find out about yourself will be part of the foundation you build for the life you want to live. Being your genuine self will also take away some of the stress and pressure you feel from continuing to put on a fake personality. So, stop faking it and embrace your authentic self! I hope you find this information helpful but it is not intended to diagnose or treat.



Financial Focus

With Christopher C. Godbold

Edward Jones

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Here's a look at the 'New Retirement'

Once you retire, what can you expect from your life? You might be surprised by the things that current retirees are saying about their lifestyles, priorities, relationships and hopes for the future. And you also might find this knowledge

quite helpful as you prepare for the day when you become a retiree.

First of all, retirement today is far different – and potentially far more rewarding – than was the case a generation or so ago. Of course, people are living longer now, but the new retirement environment isn't just about longevity – it's also about using one's time in a meaningful way, deepening connections with family and contributing to communities. All these capabilities fit into a framework of four key "pillars": health, family, purpose and finance, described in a study by Edward Jones and Age Wave called Four Pillars of the New Retirement: What a Difference a Year Makes, which also looks at how attitudes and opinions

have changed during the COVID-19 pandemic. Among the study's findings is a piece of good news: 76% of Americans credit the pandemic with causing them to refocus on what's most important in life.

And one important element in the life of retirees is, not surprisingly, their optimal well-being in their retirement years. The overwhelming majority of retirees say that all four pillars are essential to this well-being. Let's look at these pillars and see what you can do to support them:

Having good physical/mental health – Health care and long-term care costs are the greatest financial worries in retirement, according to the Four Pillars study. A financial advisor can recommend ways of addressing these expenses, but you can also take familiar steps, such as getting regular exercise and following a well-balanced diet, to maintain and improve your health.

Having family and friends that care about me – Retirees say that the top contributor to their identity in retirement is their relationships with loved ones, again according to the Four Pillars study. Clearly, it's important to keep up your relationships with family and friends, before and after you're retired.

Having a sense of purpose in life – Those with a higher sense of purpose have better overall health, greater cognitive functioning, higher life

satisfaction, increased mobility/functioning and longer lifespans, according to the Four Pillars report, citing research from the International Journal of Aging and Human Development. So, by volunteering and getting involved in community activities, you'll not only be helping others, but also yourself.

Being financially secure – During the pandemic, retirees fared better than other demographic groups because they had stronger financial safety nets, including Social Security, Medicare and a high degree of home ownership. Still, just 56% of men and 40% of women are confident about their retirement savings, according to the Four Pillars survey. So, if you haven't yet retired, you'll still want to bolster your finances by contributing as much as you can to your investment accounts. And once you do retire, you'll want to make sure you don't take too much from these accounts too soon, helping you avoid the risk of outliving your money.

As you can see, it's important to take a holistic approach to retirement in the 21st century. And when you do, you can find your days as a retiree to be greatly fulfilling.

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

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FUN PAGE

SUDOKO

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

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!

PARKS & REC WORD SEARCH

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

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

Puzzle solutions on page 13

PARKS & REC WORD SEARCH

COASTAL ENJOYMENT FACILITIES

LAUNCH MAP NOTICE

RECREATION SERVICES SPORTS CENTER

ADVISORY AMENITIES AQUATIC BICYCLE

FIELD FITNESS HISTORIC KAYAK

OBSERVATION PARK PRESERVATION PUBLIC WORKS

SWIMMING TRAILHEAD VISITORS

Guess Who?

I am a pop singer born in Texas on July 22, 1992. I was named after a latina singer who tragically died young. I grew up on a Disney TV show, and later segued to movies. I formed my band in 2008, and a solo career followed in 2013.

Answer: Selena Gomez

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to arthritis.

D M I C N I E E

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

Answer: Medicine

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
20				21		22					23				
			24		25						26				
27	28	29		30				31				32	33	34	
35			36				37				38				
39						40					41				
42					43						44				
45				46				47				48			
			49					50				51			
52	53	54				55					56		57	58	59
60					61						62		63		
64					65						66				
67					68						69				

CLUES ACROSS

- Fashion accessory
- Subatomic particle
- Ethnic group of the Philippines
- Popular cookie
- Fabric
- Alcoholic liquor
- Peter __, Dutch portrait painter
- Longtime Chicago mayor
- A famous "Lady"
- Islamic calendar month
- Rocky peak
- Polio vaccine developer
- Songs sung in open air
- Military movements
- Male parent
- Beloved hot beverage
- Female sibling
- Tackled the QB
- Set a dog on someone
- Long live! (Spanish)
- Porticos
- Pouch
- Smooth fabric
- Enough (archaic)
- Institute legal proceedings against
- Scarred
- Draw from
- Brother or sister
- Body part

- Commercials
- London soccer team
- Satisfied
- Surgical technique (abbr.)
- Fencing sword
- French industrial city
- Intellectual property organization (abbr.)
- Helps to carry food
- "Rule, Britannia" composer
- One-time Empress of the Roman Empire
- Intestinal pouches
- None better
- "WandaVision" actress
- Comedic actress Kathryn

CLUES DOWN

- Fifth notes of major scales
- Region
- Your consciousness of your own identity
- Georgetown athletes
- They follow A
- Spoke
- Hairdressers' domain
- Extravagantly theatric
- End-blown flute
- Heroic tales
- Member of a Semitic people
- Members of a priestly caste
- Southern Ghana people

- Counsels
- Body of water
- Awesome!
- Calendar month
- Native of region in Caucasus
- Indian city
- Exclusive
- Alaskan town
- Covered with ivy
- Loose granular substances
- Native American tribe
- Written American English
- Holiday (informal)
- Add up
- Small brown & gray rails
- Get off your feet
- Express disgust
- Surface of the ground
- Put into a silo
- Belief
- British noblemen
- Tennis game
- Dry, protective crust
- Swiss river
- Large integers
- La __ Tar Pits, Hollywood
- Every one of two or more Reynolds
- Earlier
- Peter's last name

SOLUTIONS ACROSS

Today: Wednesday, July 21

Wednesday, July 21, is the 202nd day of the year. There are 163 days remaining until the end of 2021.

Historic Events

356 BC: One of the Seven Wonders of the World, the Temple of Artemis in Ephesus, a city in Greece, is destroyed by arson.

230: Pope Pontian succeeds Pope Urban I to become the 18th pope.

1798: Napoleon's forces defeat an Ottoman-Mamluk army near Cairo in the "Battle of the Pyramids."

1831: Inauguration of Leopold I of Belgium, the first king of the Belgians.

1861: First Battle of Bull Run at Manassas Junction, VA, the first major battle of the war begins, it ends in a victory for the Confederacy.

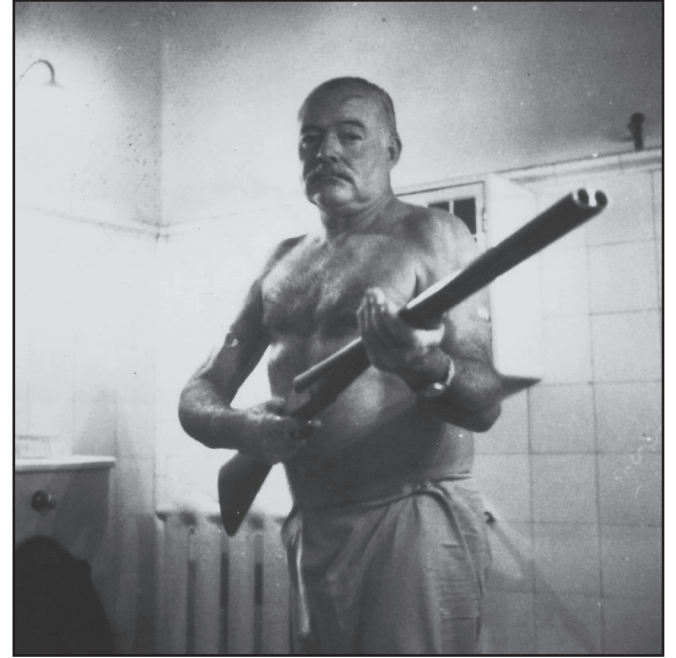
1865: In the market square of Springfield, MO, Wild

Bill Hickok shoots and kills Davis Tutt in what is regarded as the first western showdown.

1873: At Adair, IA, Jesse James and the James/Younger Gang pull off the first successful train robbery in the Old West.

1877: After rioting by Baltimore and Ohio Railroad workers and the deaths of nine rail workers at the hands of the Maryland militia, workers in Pittsburgh stage a sympathy strike that is met with an assault by the state militia.

1904: In Ostend, Belgium, Louis Rigolly becomes the first man to break 100 mph on land, driving a 15-liter Gobron-Brillié.



American writers Hart Crane (left) and Ernest Hemingway (right) were both born on July 21, 1899.

1907: The passenger steamer SS Columbia sinks after colliding with the steam schooner San Pedro near Shelter Cove, CA, killing 88 people.

1919: The Wingfoot Air Express dirigible crashes into the Illinois Trust and Savings Building in Chicago, killing 12 people.

1925: In Dayton, TN, high school biology teacher John T. Scopes is found guilty of teaching human evolution in class and is fined \$100.

1925: Malcolm Campbell becomes the first man to exceed 150 mph on land at Pendine Sands in Wales, driving a Sunbeam 350HP.

1944: American troops land on Guam, starting a battle that will end on Aug. 10.

1944: Claus von Stauffenberg and four fellow conspirators are executed for their July 20 plot to assassinate Hitler.

1949: The US Senate ratifies the North Atlantic Treaty, creating NATO.

1954: The Geneva Conference partitions Vietnam into North and South Vietnam.

1959: Elijah "Pumpsie" Green is the first African-American to play for the Boston Red Sox, the last team in Major League Baseball to integrate.

1960: Sirimavo Bandaranaike is elected Prime Minister of Sri Lanka. She is the world's first female head of a government.

1961: Gus Grissom, piloting Liberty Bell 7, becomes the second American to go into space.

1969: Astronaut Neil Armstrong becomes the first person to walk on the Moon, followed 19 minutes later by "Buzz" Aldrin.

1970: The Aswan High Dam in Egypt is completed after 11 years of construction.

1972: On "Bloody Friday," the Provisional IRA detonates 22 bombs in Belfast, Northern Ireland in the space of 80 minutes, killing nine and injuring 130 people.

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