

## Reproductive Health Committee



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## Pink Arrow Health Fair



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## Kent County Youth Fair



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# Pink Arrow Pride XIV is Thursday, Aug. 26

Lowell will host the Mona Shores Sailors at Bob Perry Field on Thursday, Aug. 26.

Admission is free to those wearing this year's Pink Arrow Pride t-shirt. Pink Arrow XIV shirts are currently available for \$20 (\$25 for long sleeve shirts or for sizes 2XL-5XL) at Fans in the Stands, Heidi's Farmstand, Red Barn Market and MI Hometown Furnishings. You can use a debit or credit card at Fans in the Stands, the other locations will only accept cash or check.

The gates will open at 2:30 pm, and concessions will start serving at 3 pm. A commemorative program will be available at the gate for a minimum \$1 donation. The Lowell Athletic Boosters are responsible for the food this year. You can buy pink food tickets in \$1 increments from vendors throughout the concession areas, and there will be grills in multiple locations.

A Lowell High School student will sing "The Star Spangled Banner" at 3:30, then there will simultaneously be a volleyball game pitting Lowell against Caledonia and a soccer game against Forest Hills Eastern.

The survivor and honoree tribute will begin at 6 pm, accompanied with a song performed by another LHS student under the direction of Nathan Masterson.

The football players and cheerleaders will be wearing pink to honor



File photo

somebody in their lives who is dealing with cancer, the honorees and athletes will be introduced onto the field at 6:35 pm. At 7 pm, the LHS Vocal Group will perform "The Star Spangled Banner," then the football game will kick off.

Handicapped parking is at the lower stadium lot using the Alden Nash entrance. A shuttle will be available at Cherry Creek Elementary starting at 4:30 pm. Masks are required on all public transportation. Buses will start making return trips during the third quarter of the game.

The event is sponsored by All Weather Seal, Litehouse, King Milling Company, Meijer, Five Point Two Motorsports, J&H Family Stores, Enwork, Nu Vu Fuels and Timpson Transport.

To donate right now, visit [give.communityfunded.com/o/cf/i/pink-arrow-pride-2020](http://give.communityfunded.com/o/cf/i/pink-arrow-pride-2020) or mail a check, made out to Pink Arrow Pride, to PO Box 246, Lowell, MI 49331.

Pink Arrow Pride has been helping those in Lowell traveling a cancer journey since 2007. All funds generated by Pink Arrow support Lowell Community

Wellness Pink Arrow Family Support, Gilda's Club of Lowell, the Kathy Talus scholarship and the Dr. Donald Gerard medical scholarships.

The whole thing started in 2007 when former LHS football coach Noel Dean happened to notice NFL-star Brett Favre's wife Deanna Tynes-Favre on television wearing a pink version of her husband's team jersey. Dean's initial idea was a charity game with a goal of raising \$10,000 to be used for scholarships for students. That first Pink Arrow Pride game ended up raising

\$93,000 after expenses. Last year, the football game was held at the stadium without spectators and broadcast on a big screen at the fairgrounds, drive-in movie style. They still managed to bring in \$112,500 through t-shirt sales, donations, sponsorships and a quilt auction. From that amount, \$66,000 was donated to Gilda's Club of Lowell, \$40,000 to Lowell Community Wellness Pink Arrow Family Support and \$6,500 was split between the Dr. Donald Gerard Scholarship and the Kathy Talus Scholarship.

## 2021 FROM Food Fight campaign results



submitted by Kelly Glas

Throughout the month of May Flat River Outreach Ministries held their annual friendly but fierce

competition, the annual Food Fight! This once-a-year fundraising campaign

splits the Lowell Area School District by M-21/ Fulton Street into the North Team and South Team.

The campaign helps stock the food pantry, and raises funds to support all of the programs at FROM. Teams collect one point for each dollar or food item donated to FROM.

The team with the most points at the end is crowned the winner. Together the teams raised more than 137,800 points this year which is the most ever!

Generous matching sponsors helped provide a \$31,750 match base that matched every financial gift until the match was completed. The match was fulfilled before we were halfway through the fundraiser!

The South Team took the victory for the 2021 Food

Fight and tying the teams for total overall wins to 6-6.

Because of the generosity of all who contributed to Food Fight, FROM is able to touch the lives of families right here in our community.

Families like one of the FROM food pantry participants who recently shared the impact the food pantry made in the lives of their family.

"When my husband lost his job we had to utilize the food pantry because we couldn't afford food and was denied financial assistance through the federal government," the FROM participant shared. "Without the generosity of FROM my kids may have went hungry."

50¢





# Pink Arrow Health Fair was Thursday, Aug. 12



Juli Bernock, Jeff Richards, Samantha Perkins and Sunie Babson from All Weather Seal.

by Tim McAllister  
lead reporter

The Lowell Community Wellness Pink Arrow Health Fair at Impact Church on Thursday, Aug. 12 was the first opportunity to purchase this year's "Pink Arrow Force XIV" t-shirt.

"This event is all about saving lives," said Rose Hollinshead, one of the organizers of the event. "The blood drive is huge and the mammogram bus is also a huge thing. We also have Pink Arrow t-shirt sales and then we have vendors inside for the health fair. Also, there is a farmers market going on next door."

All Weather Seal donated \$1 for each shirt sold during the day, and they also had a booth where participants threw darts at balloons with money inside, the company donated whatever amount of cash was inside each balloon to Pink Arrow Pride.

"We've got some sums of money in each balloon, you go through and pop a balloon and we're gonna donate it," said Jeff Richards, a canvasser for All Weather Seal. "We spent a lot of time blowing up balloons this morning! We probably did 10 to 15 bags of balloons. We have the game here and then we'll have it at the Pink Arrow game as well, so

that'll be even more balloons to blow up! It'll be fun, I'm pretty excited for that."

The t-shirt sale booth was outside of the church, near the front door. Inside, in the church's foyer, were tables with health and wellness professionals from various organizations, including the North Country Trail.

"We have our spinning wheel game, where you spin the wheel and you get you do the exercise or answer the question, and then you win a prize," said Marta Rozema, program director of the Lowell Litehouse Family YMCA. "But we're here really just to share all the programs and services that we have at the Lowell Y and all the other Ys in our association. We also are here to promote our new building. We purchased the old Impact Church building and we have about \$97,000 left to raise in the capital campaign, and then we start renovations. So we're sharing the word with the community and hope to complete the capital campaign and get started on renovations to our new building. We're also here to support Pink Arrow Pride. I've been a Lowell resident all my life, and I've been involved in Pink Arrow a

long time, so this means a lot to me. Cancer affects everybody, so I'm here to support that project as well."

Diana Painter, a physical therapist at Northern

Physical Therapy/Ivy Rehabilitation, 2050 W. Main, was auctioning off a gift basket and helping people determine their fitness level with a fast and simple but exhausting test.

"We're giving away free things if people are interested, but mostly we are just educating them on what

free 15 minute consults, so if they ever aren't sure about coming to therapy, that's a good way to get your foot in the door. Today I'm doing a quick balance test if they're interested. It shows where your fitness is at this point, based on the norms of your age and gender, and it grades you between poor and

Christa Wetzel from Alpha Family Center was on hand with free "mom organization kits" and information about that establishment.

"It has topics like regular tasks, cleaning, destinations, travel, event planning, life happenings through the years, information," Wetzel said. "It's just kind of a cool way to be organized and plan ahead."

Versiti Blood was there for a blood drive, they also made a \$10 contribution to Gilda's Club of Lowell for every successful donation of blood. Spectrum Health was on site with their bus offering free mammograms from 10 am until 5 pm.

The event was sponsored by All Weather Seal, Addix and Spectrum Health Cancer Center, with a little extra help from the LHS football team.

"It was so cool when the football team came in to help this morning," Hollinshead said. "Those young men came in at eight o'clock, a whole ton of them, and set up all the tables and chairs, and then whoosh! They were out. I was like, 'Yes! Thanks, guys!' And then the school brought in extra tables too, for the t-shirt sales."

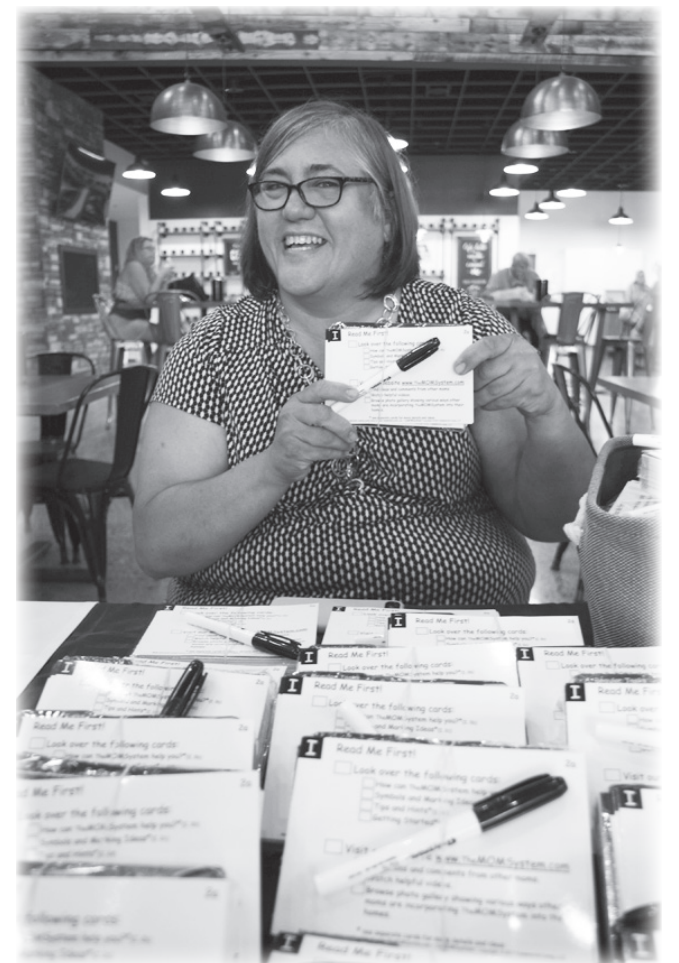


physical therapy is, what we do if they have any injuries and how to get a hold of us," Painter said. "We do

excellent. What I have you do is a sit-to-stand test, so for 30 seconds you just try to stand up and sit down as many times as you can, and based on the number of times you can do it, that is where you would be categorized. This is one of those standardized tests that has been proven to determine where your fitness level is, and you can determine from that whether they might need some sort of physical therapy."



Lacey Dixon and Marta Rozema from the Lowell Litehouse Family YMCA.



Christa Wetzel from the Alpha Family Center with one of their "mom organization kits."

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# LAS Reproductive Health Committee formed to update sex ed curriculum

by Tim McAllister  
lead reporter

According to the Lowell Area Schools website, the Reproductive Health Committee has been formed and will meet three or four times between August and March “to review and recommend reproductive health materials.”

“This committee is established when and if new materials regarding HIV/AIDS and/or sex education are introduced as part of student instruction,” said LAS director of curriculum Dan Vander Meulen. “The committee will be reconstituted two years from final school board approval of any new materials or curriculum.”

The committee is co-chaired by Vander Meulen and Holly Christopher, a parent. The other members are Shannon Hanley (church representative and parent), Renee Orr (health professional and parent), fifth grade teacher Kori Grooters, fifth grade teacher Ausma Pupel, LHS health teacher Heath Kent, parent Lacey Charboneau, parent Emily Betz and one student representative. More than 20 people applied when it was revealed that there were two vacancies for parents on the committee, so administration decided to have a random drawing for the two spots.

“School board policy is specific as to the composition of this committee [and ] the roles were filled based on board policy,” Vander Meulen said. “Parent involvement within the school system is valued and important. I appreciate the many parents that were interested in serving on the Reproductive Health Committee. We are committed to offering HIV/AIDS and sex education instruction that is accurate and non-partisan in nature. There will be two public hearings scheduled prior to any final board approval. Parents can select to have

their student opt out of this instruction. Parents can also review any and all materials prior to instruction happening. I am glad that the Lowell community can work together to provide a high quality education for every student in every classroom.”

The committee’s first meeting was held on Thursday, Aug. 12. Amber Hubbell, a health consultant from the Kent Intermediate School District was there to assist the committee by explaining the state requirements when reviewing any new materials.

“Another meeting is scheduled for Sept. 15 to begin the process of reviewing curriculum options,” Vander Meulen said. “It is likely that this committee will meet 3 to 4 times prior to recommending materials to the school board. Our hope is to conclude the committee process by Jan. 1, 2022.”

The committee’s main focus will be to revise and update the sex ed curriculum for fifth graders, which was found to be out of date.

“The HIV/AIDS and sex education information taught to our fifth grade students was accurate, but the materials used are out of date,” Vander Meulen said. “It has been some time since the Reproductive Health Committee has been gathered to review and recommend updated materials. A request was made by a concerned parent and fifth grade teachers to work on procuring more recent materials for instruction. I began in the role of director of curriculum on July 1 and have since begun the formal process of accomplishing this goal. Delivering sex education instruction is not required but rather optional for schools in Michigan.



LAS director of curriculum Dan Vander Meulen speaking at a school board meeting in 2018 (file photo).

Instruction regarding HIV/AIDS is required. Schools have long partnered with parents to deliver sex education instruction as part of our curriculum, and Lowell has taught sex education at the fifth grade, middle school and high school levels for many years. It is important to help students better understand the physical and emotional changes that occur when going through puberty and adolescence. Most parents have typically appreciated this instruction for their kids, but parents do have an opt out option if they prefer that their student not receive this instruction.”

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# viewpoint

## to the editor

Dear Editor,  
 Summer  
 Well this is for all you gardeners out there, whether you're a pro that keeps client's property pristine or like the rest of us, a weekend putterer in your own backyard. Yep, this a salute to all of you for creating such marvelous settings for we neighbors. I must say that I am a wee bit jealous at times as you all demonstrate your

prowess with trowel and shovel. Staying up with the proverbial 'Joneses' is tiring to say the least.  
 The pro's have an advantage in that they can schedule around Summer weather that can frustrate the best of us. The palette created by the hired guns amazes everyone. Whether it is the planting of seasonal annuals or deadheading the spent blooms, the pro's do it right. And how do they get

such precise stripes in the lawn? Mine just never look that good.  
 For all you backyard gardeners keep up the good work. I know that on days like today with the temps and humidity off the chart, it is difficult to say the least, to stay focused on the task at hand. The perspiration gets in your eyes and is uncomfortable, but then a slight breeze, a gift of Mother Nature, drifts in and kisses your cheek and tells you you're good for another hour. The benefits that we reap from the investment of time and materials is immeasurable. The pride of ownership when you get

in the driveway makes it all worth it. The glances of passerby tell you of the good job you did.  
 We are nearing the end of yet another growing season here in the Northern climes and it will soon be time to prepare our gardens for the promises of the coming Spring. So take a long look at the benefits of your hard work and put a smile on your face for a job well done. And thanks from me for making it a better world.

Roger Royer  
 Lowell

## outdoors

taken for granted

Dave Stegehuis

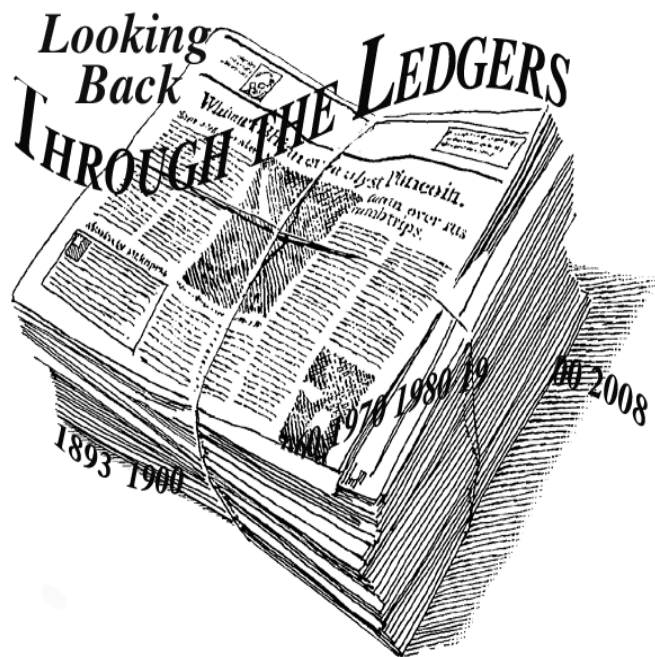
Late in the 19th century we experienced the industrial revolution. Machines took the place of people and animal power. It was possible to clear forests, dam rivers, move earth and rock, and plow fields faster and easier than ever before. A growing nation had an insatiable appetite for materials and energy. Polluted air, water, and soil erosion, burned over forest land, and endangered wildlife were the cost of prosperity. The adverse effect on the land and water was ignored because the resources appeared to be so vast as not to be affected by the plunder.

Midway in the 20th century the damage was apparent. Fortunately, the carnage did not go unchallenged. Naturalists, environmentalists, and conservation organizations sounded the alarm and took action to identify and address the issues. Game laws, environmental regulations, and conservation efforts by private and government entities have reestablished or repaired and protected our resources, so today is better than the good old days. Wild turkeys were

once absent from Michigan and now are thriving. Moose have been reintroduced and can be observed in the U.P. outback. The Kirtland warbler was rescued from the brink of extinction. Reintroduced elk are hunted by lucky hunters and enjoyed by the viewing public. Once polluted rivers now run clear, and millions of acres of forests are healthy again.

Serious water clean-up projects remain a priority. An attempt is being made to re-introduce the Artic grayling to the AuSable river. Deer are threatened by several kinds of disease. The work of wisely managing our natural resources in the future will always be difficult and unfinished.

The way most of us conduct our lives has made it possible to lose sight of what is happening in the woods and waters of our state. We can not be distracted from paying attention to the welfare of our land, water, and wildlife. We should not take for granted our opportunity to share these resources with each other and our wildlife neighbors.



The remainder of Looking Back from last week

### 50 years The Lowell Ledger August 19, 1971

The job of restoring the driving privileges of more than 12,000 Michigan motorists who are unconstitutionally suspended under the state's financial responsibility law has begun, it was announced by Secretary of State Richard H. Austin. This does not include motorists who were found at fault and subsequently convicted in auto mishaps under Michigan's financial responsibility law, Austin explained.

Daniel L. Kline who was wounded in Vietnam action has been brought state-side and will undergo treatment at the Great Lakes Naval hospital for 6 to 8 months. Kline's wounds included a shattered ankle, a broken leg, and multiple bruises and lacerations. His spirits are good, and although he has sustained a weight loss, he is showing great improvements.

An armed robbery of approximately \$150 at the Normandy Bar in Sunfield brought a State Police road block on M-21 just a few hundred feet east of the Thornapple River in Ada early Wednesday morning that slowed traffic for nearly three hours. State police were looking for a man described as being 5 ft. 7 in. tall with red hair, and driving a 1966 black over gray Oldsmobile. Shortly after the robbery in Sunfield, a man answering the description produced a gun in a Saranac bar and demanded beer. When the beer was refused he paid for it with cash and left.

### 25 years The Lowell Ledger August 14, 1996

Keene Township supervisor for six years and longtime Lowell wrestling scorekeeper Ernest J. Blasher died at his home on Wednesday. Blasher was 65 years old. "Ernie was a very good supervisor," said Keene Township treasurer Maxine Gasper. "He did his best to solve any problems. Ernie was very congenial and always willing to help everybody."

It wasn't exactly a Hollywood gala of Broadway opening, but the debut of Lowell's new five-screen theater was popular enough to be dubbed a success. Goodrich Quality Theatre's new Lowell 5 movie theater was met with a sold out house, although no tickets were actually sold last Thursday when Flipper, Robin Williams, and "Fear" headlined the marquee.

When Chevrolet completes filling its 1995 Caprice orders in December, it will discontinue production of the popular police cruiser. "Lowell, along with most other departments, was saddened to hear that Chevy will no longer produce the full-size Caprice police cruiser," Lowell police chief Jim Valentine said. "The Caprice cruiser has probably been the best we've had."

### 125 years ago Lowell Ledger August 21, 1896

This edition of the Lowell Ledger is missing.

### 100 years ago The Lowell Ledger August 25, 1921

When his car stalled on the Pere Marquette crossing near the west end of Lowell Main street Tuesday afternoon, Louis Tomiano, a Muskegon grocer, was struck by the fast south-bound 3:34 train, his car wrecked and himself hurled fifty feet away, terribly injured. He was rushed to Butterworth hospital, Grand Rapids, by Dr. Shepard in Elmer Howk's truck, Mr. Howk driving, and at last report, he was alive.

The senate at Washington passed the bill to prohibit the use of beer for medicinal purposes, by a vote of 38 to 20, but not until opponents had forced an amendment making it a criminal offense for prohibition agents to search persons or property for liquor without a warrant.

Looking back, continued, page 12

Eat. Shop. Explore.  
**LOCAL**

## We love to hear from you!

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

The requirements are:

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



# HEALTH

## M METRO HEALTH

UNIVERSITY OF MICHIGAN HEALTH

Johnathan G. Meier, D.O.    Laura E. Kass, PA-C  
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### - sciatica

Sciatica is a term referring to a condition where one experiences pain in the buttock and down the back of the leg. This pain originates in the low back and/or buttocks, and can range from a mild ache to an intolerable pain. Some describe the pain as an electrical shock. If left untreated, it can be progressive to include numbness, tingling, and even weakness of the leg. Sciatica is caused from an impingement or compression of the sciatic nerve, which originates in the lowest part of the spinal cord. It can be aggravated from a bulging or herniated disc, bone spurring, or from a dysfunction in the gluteal

muscles. The symptoms can be more prominent after intense exercise or heavy lifting, but may also present without provocation. Most instances of sciatica resolve with conservative care. Supportive care measures can include anti-inflammatory medications (such as ibuprofen or Aleve), physical therapy exercises, heat, and stretching. In more severe cases, prescription medication may be used to aid in symptom relief. Your health care provider may also recommend x-rays, MRI, or an EMG (nerve conduction test) to further evaluate persistent symptoms.




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# ABCs of Lowell history

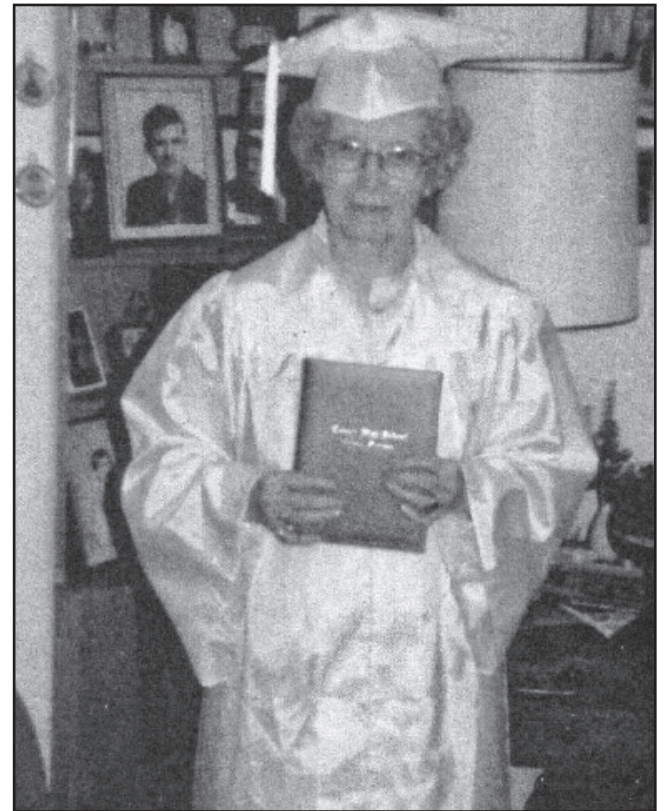
The ABC's of Lowell History was introduced last year as a way to share some of the many fascinating stories from Lowell's past. It was initiated in part by the pandemic shutdown which led the Museum to seek alternative ways to share local history with the community. The series will continue with a third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

### S is for the Scott family

Joseph and Mabel Scott married in 1916 and after the birth of their first son Bertram "Bud," Joseph went off to the Great War. After returning home the family grew by one when son Warner was born in 1920. Joseph never was able to lead a healthy life because he had contracted influenza while in the Navy. The influenza pandemic of 1918-1919 spread through military camps and took many young men

immediately and many like Joseph just never regained their health. When he died in 1929, it was said that his life "has been a sacrifice upon the altar of his country. The sickness which took him away was only a further development of the sufferings he endured during his service in the World War." He was buried in Oakwood Cemetery with full military honors by the American Legion.

Mabel Scott opened Lowell's first beauty salon, The Vanity Shoppe. She brought fashionable and modern beauty practices to Lowell. She used the first 'Marcel Iron' in Lowell. Having your hair "Marcelled" was very popular and right on the cutting edge of fashion. Marcelling was a hair style technique created by hot curling tongs used to create a curl into the hair similar to a finger wave. Marcellled hair was popular in the 1920s,



Mabel Scott with her high school diploma, which she earned at the age of 81.

Mabel also used the first "hair permanent" machine in Lowell. She provided for her family and was generous to the community. She helped out by offering "a free permanent" as a raffle drawing prize for community fund raisers. Mabel served in the Auxiliary for the American Legion. She served as president, overseeing events such as Armistice Day Dinner. Mabel honored her husband's memory by serving in the Women's Relief Corp. One way she served was through coordinating rides to the cemetery on Memorial Day. When Mabel was growing up not all girls could go to high school.

Her own family couldn't afford to have more than one daughter away from the home. When Mabel failed Latin she decided to quit school so that her sister could go to school. She only had one year left. At the age of 81 she went back to school and received her high school diploma. Joseph and Mabel Scott left a legacy for future Lowell residents of patriotism, consideration of others, determination and perseverance.



The marcelled hair style.

# area churches

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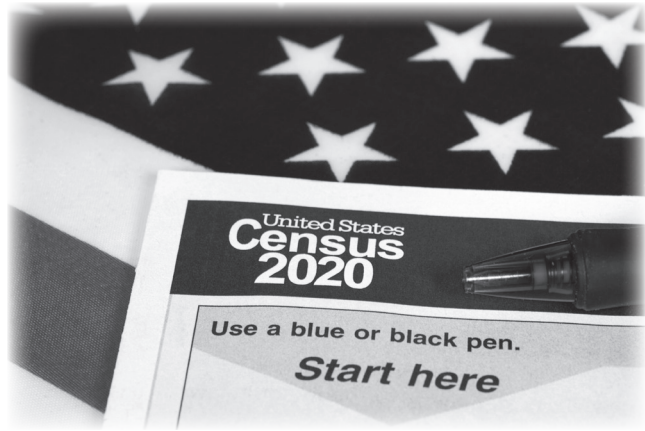
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 Christi Swain • Director of Children's Ministries  
**SUNDAY WORSHIP.... 9:30 AM** (Nursery provided)  
**LIFE GROUPS ..... 11:00 AM** (Nursery-Adult)  
**Awana** (K-5 during school year) **Wednesday, 6:15 PM**

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



# US Census: MI second slowest growing state, Detroit population falls, West MI surges



Michigan ranked second in the country for “slowest growing” population in the initial 2020 US Census data, with Detroit’s population dropping by 10.5 percent over the last decade, according to numbers released last Thursday, Aug. 12.

From April 2010 to April 2020, Michigan’s population grew by nearly 2 percent. However, other Midwest states experienced population jumps of more than 2 percent during the same time period. Wisconsin grew by 3.6 percent, Ohio by 2.3 percent and Indiana by 4.7 percent.

In Detroit, the population plunged from 713,777 in 2010 to 639,111 in 2020, marking the seventh consecutive decade of the city’s population decline. Flint’s population fell by 20.7 percent from 102,434 residents in 2010 to 81,252 in 2020, while also still remaining Michigan’s seventh most populous cities.

Ultimately, 52 percent of all United States counties now have smaller populations.

As for the state’s most populous counties, Wayne

County’s population fell by 1.5 percent, Macomb County bounced by 4.8 percent, Oakland County increased by nearly 6 percent and West Michigan experienced a unique surge of residents.

“It’s heartening to see strong and continuing growth in Oakland County with the Census numbers showing 72,033 more people living here than in 2010,” said Oakland County Executive Dave Coulter in a statement. “Oakland County’s population has grown every 10 years and our economic strength, status as a welcoming county and exceptional quality of life contribute to that expansion.”

Other metro areas across the country had a 9 percent population growth from 2010 to 2020, meaning 86 percent of American citizens resided within these areas in comparison to 85 percent in 2010.

But when it came to Detroit, where the US Census data showed there were merely 254,000 occupied households, Mayor Mike Duggan emphasized that the

shortcomings were the product of an inaccurate count.

In October 2020, Duggan and US Rep. Rashida Tlaib (D-Detroit) described the Bureau’s counting efforts as “deficient and (haphazardous),” as the city was providing a self-response rate of 51 percent, the lowest of any American city where more than 500,000 individuals resided.

“This is exactly what Rep. Tlaib and I predicted on (Oct. 28) when we were joined by Census workers who shared their stories about how Detroit neighborhoods were being undercounted and were upset that the count was shut down a month before originally planned,” Duggan said in a press release.

Duggan said the Detroit-headquartered DTE Electric Co. recorded nearly 280,000 residential households have been currently paying electric bills.

“At a minimum, the Census somehow failed to count 25,000 occupied houses with running electricity,” Duggan said. “It appears the Census Bureau has undercounted Detroit’s population by at least 10 percent. We will be pursuing our legal remedies to get Detroit an accurate count.”

Four of Michigan’s counties to receive the most positive population changes were along and near the state’s western lakeshore, including 12.3 percent for Ottawa County, 9.5 percent for Grand Traverse County, 9.2 percent for Kent County and 8.2 percent for Allegan County.

Bridge Michigan described the peak in residents as West Michigan reversing the Chicago exodus, which occurred when Kent County lost more than 600 recent college graduates to Cook County, Illinois from 2000 to 2009.

However, the article shared that Greater Grand Rapids gained more than twice as many people from the Chicago Metropolitan Area than what it lost in the previous decade.

While Kent County showed a 9.2 percent spike, Cook County had a 1.6 percent boost.

Early estimations from the US Census Bureau showed West Michigan growing upward by 6.3 percent, Central Michigan by 2 percent, Southwest Michigan by 1.7 percent, the Northern Lower Peninsula by 1.5 percent and Southeast Michigan by .1 percent.

However, the Thumb and Lake Huron Shore region was anticipated to drop by 4.4 percent and the Upper Peninsula by 4.9 percent.

Five of the state’s six fastest shrinking counties are located in the U.P, Luce County with a 19.5 percent drop, Ontonagon County by 14.2 percent, Gogebic

County by 12.5 percent and Baraga and Alger counties both by 7.9 percent.

Michigan is growing in terms of diversity, with the fastest growing demographic in the state being individuals who describe themselves as belonging to two or more races, a demographic that spiked by 404,996 residents to now equating to 6.3 percent of the population from 2.3 percent in 2010.

Although Michigan’s African American population, both those identifying solely as African American and within a combination, remained at 15.2 percent of the state’s population from 2010 to 2020, Hispanic and Latino residents grew from 4.4 percent to 5.6 percent of the population.

Asian-American residents also went from making up 3 percent to 4.3 percent of Michigan’s population.

## LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

To be considered, all proposals must be submitted online by September 3, 2021.

Visit [www.grfoundation.org/lowell](http://www.grfoundation.org/lowell) to submit your application.

*The Lowell Area Community Fund, a fund of the Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations that have an impact in the Lowell Area. The LACF funds innovative projects or programs that encourage community cooperation.*

...

I believe the United States should allow all foreigners into this country, provided they can speak our native language: Apache.

~ Steve Martin

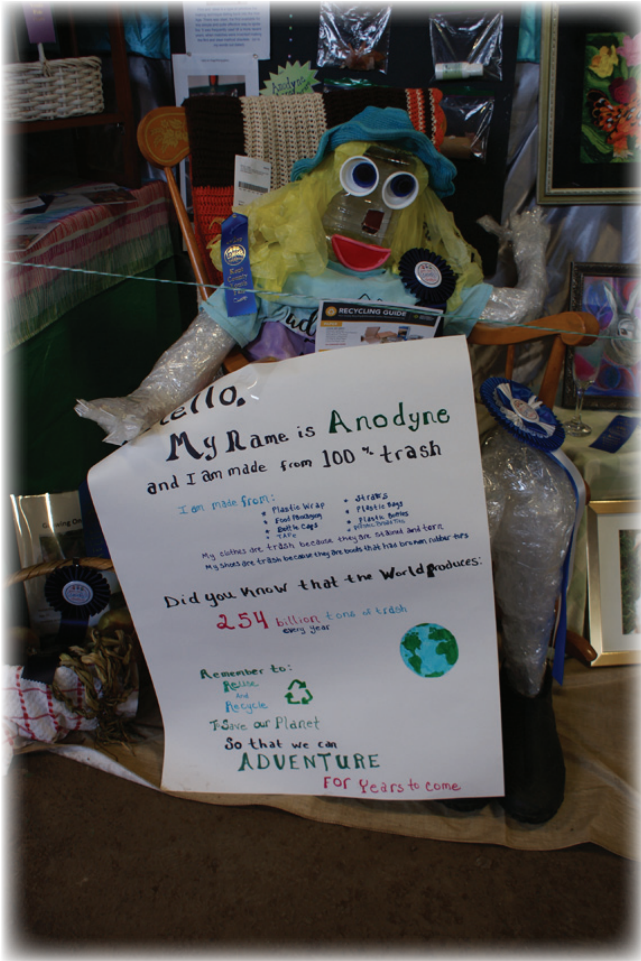


### The Lowell Rotary Club

is accepting grant applications from local non-profit organizations seeking financial assistance with projects. Grant eligibility requirements and the grant application can be found at our website [www.lowellrotary.org](http://www.lowellrotary.org) if you have any questions email us at [info@lowellrotary.org](mailto:info@lowellrotary.org). The deadline for applying is Sept. 8



# Scenes from the 2021 Kent County Youth Fair



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More Info Here





# Scenes from the 2021 Kent County Youth Fair



## PINK ARROW XIV SHIRTS NOW AVAILABLE AT 4 LOCATIONS

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**RED BARN MARKET**  
3550 Alden Nash NE, Lowell • 987-3182

**HEIDI'S FARMSTAND**  
11999 Cascade, Lowell • 897-6707

**MI HOMETOWN FURNISHINGS**  
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ENWORK



Volunteers Still Needed - Sign Up at:  
<https://www.signupgenius.com/go/30e0f49ada728a1fd0-pink>





## The Restless Viking

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

### ~ Billiken in St. Louis

by Martha Hayden

On our 2,400 mile journey along Route 66, Da Viking and I were intrigued by unique roadside attractions and curiosities. At St. Louis University we searched for “The Billiken.” As we strolled on campus we passed by their baseball field.

We marveled at the baseball banner with this character’s face proudly displayed. As I reflected on my school mascots a “Pioneer” and a “Bronco” I thought about how they aren’t really ordinary either, yet, the “Billiken” still struck me as bizarre. How did the school decide on THIS slogan for their emblem?

We approached the semi circular plaza where we located the enthroned statue. The Billiken. I asked the statue, “Why?”

He didn’t answer, so we read the plaque, “The God of Happiness, God of Luck and The God of Things As They Ought To Be.” The sentiment appeared wholesome, but doctrinal and ‘churchy.’

Billiken reminded me of Buddha, an Asian religious figure. Maybe we shouldn’t have mocked it. The St. Louis University students appear completely comfortable with this ‘happy’ creature as their athletic amulet.

In 1908 Florence Pretz, an art teacher, created this sculpture. She took the name, “Billiken” from Bliss Carmen’s poem, “Mr. Moon: A Song Of The Little People.”

Many believed the Billiken character was a tribute to

article Florence Pretz explained that she “got the inspiration for



Billiken in 1896 while looking at a collection of grouchy looking gods belonging to Miss Floy Campbell of the art department at the school. They brought to Miss Pretz’s mind the idea of fashioning a god who would smile and bring to his worshippers cheer instead of gloom.” Florence Pretz believed she’d been Japanese in a past life.

In 1908 the first advertisements for the Billiken appeared in The Chicago Tribune. Each statue included a poem of happiness which set it apart from other toys of the time. The Billiken statue was sold at three locations in Chicago for \$0.75 each. The figures were on display at The Craftsman Guild Shop on Wabash Ave, The Craftman’s Guild Kitchen on Michigan Ave and at Marshall Field & Co. On September 24, 1908 the Billiken Company was incorporated with three investors: Toby Rubovits, Charles P. Monash and James Rosenthal.

The gimmick of the Billiken caught on like a dog to a bone. Besides statues there were marshmallows, hatpins, dolls, cufflinks and pickle forks for example. Soon Billiken items were found on shelves throughout the United States. Buying a Billiken was thought to bring good fortune, but it was considered luckier to be given one, and luckiest of all if you steal it. (Restless Viking does NOT promote pilfering.)

Are you as surprised as me at the extensive sales for this good luck trinket? I suppose other gimmicks have taken hold, too, for example, “The Pet Rock” had been trendy in it’s day. But wait, there’s more. . .

When Herbert Vanderhoof’s editorial publication in The Canada West newspaper (1908), “Billiken and Canada West readers are old friends” sparked a retail market in our neighbors to the north. Billiken items were being snatched like frogs fetch flies.

In fact, Blanche Ring recorded the song, “Billiken Man” in 1909 with Victor Records.

In 1909 investor and lawyer, James Rosenthal, set up an injunction to stop the production of “Killiblues.” These were dolls who came with uplifting poetry, just like the Billiken. I couldn’t find any “Killiblues” in my research, so I assume James Rosenthal was successful.

James Rosenthal and the other two investors approached Florence Pretz with an offer to pay her \$30.00 each month for the rights to the Billiken merchandise. She agreed. Years later when interviewed by The Chicago Tribune she was asked, “Would you smash a Billiken if you had a chance?” Pretz replied, “I certainly would.”

The Billiken faded from the forefront as most fads do.



“The Billiken Man” was recorded in 1909 by Blanche Ring. Photo Credit: Ebay.

That is until John Bender, a football coach at St. Louis University, embraced this good luck charm. It is said that John Bender resembled the large bellied, squinty eyed figure. His team became known as “Bender’s Billikens.” His one year of coaching (1910-1911) left a legacy. Today, the Billiken school spirit is still vibrant throughout campus!

Currently in Japan, Billiken statues and merchandise are prevalent. A 1996 comedy film, “Billiken” can be found on Japan’s Netflix.

This century old legacy of Billiken continues to live on as a good luck charm for many along with the St. Louis University students, staff and alumni. Unfortunately, Florence Pertz, the creator, became bitter about Billikens and was unable to fully financially benefit from this trend that she had started. Life passes by quickly. Making assumptions about statues (me) and missing opportunities (Florence Pertz) can cause regrets. Make the most of each day!

#### Resources

<https://www.slu.edu/about/key-facts/what-is-a-billiken.php>

[http://churchofgoodluck.com/Billiken\\_History.html](http://churchofgoodluck.com/Billiken_History.html)  
<https://www.worthpoint.com/worthopedia/vintage-billiken-statue-figurine-1908-406838137>

<https://www.ebay.com/itm/The-Billiken-Man-Song-1909-Sheet-Music-Antique-Blanche-Ring-Fantasy-Comedy-132995378118>



The Billiken, St. Louis University Mascot.

the new president of that time, William Taft. After all, his predecessor, Teddy Roosevelt had Teddy Bears created as an honor. (On Roosevelt’s out west hunting trip a young bear had been tied up so the president could have an easy shot. Teddy Roosevelt had refused to shoot the bear.) Teddy Bears are still popular today!

When interviewed in a 1912 Chicago Daily Tribune

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# Lowell area officials honored for MHSAA milestones

by Justin Scott  
sports reporter

Five Lowell Area athletics officials were recently honored by the Michigan High School Athletic Association for services to the schools. The officials were honored at the annual MHSAA Officials' Awards & Alumni Banquet, which was held virtually this year due to the ongoing pandemic.

All together, 401 athletics officials were presented with awards for their milestones officiating MHSAA athletic events including Jeffrey Harp of Alto, Joseph Geroux of Alto, Chris German of Lowell, Paul Durkee of Lowell, and Mark Bradburn of Lowell.

All five officials were honored for service of 20 years as athletics officials by the MHSAA.

Jeffrey Harp, one of the area officials honored, has been a volleyball official for 20 years, as well as girls lacrosse for two years. He joined up with the West Michigan Volleyball Officials Association back in 1991 and enjoys being able to give back to the game.

When confronted with difficult situations, Harp remains calm and collected.

"I am not one to not let it roll off my back. I take the job seriously so I don't want to get yelled at (which I don't think you should) but that happens from time to time. I just tell myself to ignore it and move on to the next play."

In Lowell, football has always been a sport the community is passionate about. The first collegiate football game was played in 1869, and Lowell began

play in 1900 as a high school sport. With that passion, sometimes fans can get upset with calls by officials and they make their voices heard, one of the most challenging aspects of officiating.

"You quickly learn to have pretty thick skin as an official. Fortunately as a football official you are typically a decent distance from the fans and parents so it is a bit easier to block out their noise and not let them get to you. Occasionally Coaches will get on you and I'm good with that too, as long as it's done in a respectful manner. They have an extremely stressful job. I coached the offensive line for Grandville's varsity football team for four years before officiating so I have a pretty good understanding of what they go through week to week. Their entire career they are only judged on their win/loss record. No matter what they are doing for these young athletes' lives, all that is seen by society is the record. That's stressful and knowing this allows for me to give them a bit of grace," said Chris German, a 20-year football official at the middle school and high school level.

He got into officiating through his father-in-law, responding to a need that the MHSAA is currently having, replacing referees who are near retirement age.

"They were getting ready to age out and they needed to start getting some replacements lined up and ready to take over."

Two years after joining German's brother joined

the crew, which left three members of the family on the officiating crew. That camaraderie is what German loves about the job.

"The camaraderie that develops working so many games together as a crew... When I started out, our crew would often work four, five nights a week. Most of the time we'd all carpool to and from the games, giving us ample time for us to get to know each other better than if we were just on the field during games. The stories that were told from the older guys of days gone by, both on and off the field, were priceless."

For collegiate and professional games, the number of officials on a crew is seven, but in high school this number is five. The crew of five typically stick together as often as possible, to make it easier to work games together. While those five officials are in striped shirts, throwing flags and making calls, they are assisted by extended members of the officiating crew. At Lowell those extended members last season were the chain gang (Mark Rosenberger, Brian and Lynn Mitchell, Dale Oberlin, and Kevin LeFebre) and scoreboard/game clock operator (Jamie Christians), along with assistance from everyone including administration to concessions that help the officiating crews each night.

Both Harp and German have been involved in big playoff games. Harp recently officiated the Lowell vs. Hudsonville state championship boys volleyball match held at Grand Rapids Christian.

German, who has officiated two Pink Arrow games, went back to a game two years ago as his favorite event, a football game in northern Michigan.

"If I'm being honest I wasn't too excited. The drive was about an hour and 45 minutes and it was supposed to rain most of the evening. We pulled in and instantly I was reminded of when I first started out in officiating. We were greeted warmly and the host and coaches were genuinely thankful that we were there so they could do what they love. The

field, stadium bleachers and lighting were subpar at best by today's standards, but you could sense a great pride in what they had by all that were in attendance. Shortly after kickoff, the rain came down hard, dimming the lights that were already struggling to keep up with the darkness of the evening. That's when I had a new "first" in officiating. The cars parked around the field all turned on their headlights to help illuminate the field. I'm not sure that they had to do this often or if it just happened that evening, but it was a pretty neat sight to see. The kids fought with pride and honor, each doing their part without looking for special recognition. They'd attack each other at the snap like they were mortal enemies and then

help each other up once the whistle would blow. The game wasn't close, a lopsided victory for the visiting team. Blowout games are typically hard to stay engaged in, but not that night. The sights, sounds, passion and pride that surrounded the stadium was more than enough to make you want to soak every minute of the game in."

With student-athlete participation in Michigan high school sports at an all-time high, the need for athletics officials has never been greater. Visit [mhsaa.com/officials](http://mhsaa.com/officials) to learn more about how you can become an official.

"Officiating can be very rewarding in knowing you are helping kids play a sport they love." Harp concluded.



## Social Security online learning tools

Our online learning resources for educators are great for teaching people about Social Security! Chances are a student will know someone who receives retirement or disability benefits. This could be a way to relate our many programs to a new audience, and show them that our programs help people other than retirees. Understanding how Social Security helps wounded warriors, and children and adults with disabilities can lead to greater empathy and provide a path to inspired learning.

We offer an educator's toolkit to engage students and educate them about our programs. Use the toolkit to create your own lesson plan! The toolkit includes:

- Lesson plans with objectives.
- Infographics and handouts for each lesson plan.
- Links to Social Security web pages.
- Talking points.
- Quiz questions and answers.

You can access the toolkit at [www.ssa.gov/thirdparty/educators.html](http://www.ssa.gov/thirdparty/educators.html).

As your child's first educator, you can use our toolkit to introduce your child or grandchild to the importance of Social Security programs.

We value and welcome the efforts of teachers to educate America's young people. We want to

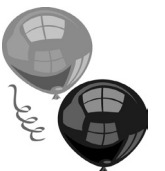
help spark discussions with students about the benefits Social Security provides to millions of people. Please share our toolkit with your favorite educators today.

*Vonda Van Til is the Public Affairs Specialist for West Michigan. You*

*can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at [vonda.vantil@ssa.gov](mailto:vonda.vantil@ssa.gov).*



## happy birthday



**AUGUST 18**  
Matthew D'Agostino, Sean Pawloski, Paul Reggie Owen, Paul R. Owen II, Matthew Milstead Stan Milanowski.

**AUGUST 19**  
Peggy Idema, Joseph Thaler, Lois Boonstra, Braydon Brown, Brian DeBold, Daryl Chamberlain, Charley VanKeulen, Betty Wierenga.

**AUGUST 20**  
Mattie Dalziel, B.J. Rittersdorf, Alexis Holloway, Andrea Bryant, Katelyn Kaczanowski.

**AUGUST 21**  
Madelyn Pfaller,

Charlene DeShane-Dalga, Joshua Hobla, Tom Barnes, Ethan Shindorf, Katelyn Videto, Emma Yeiter.

**AUGUST 22**  
Mike Blough, Shane Teelander.

**AUGUST 23**  
Kacy Anderson, Rhea Bundy Anes, Stephen Rhodes, Brandon Taylor, Ron Kennedy, Jesse Carr, Katie Peterson, Chad Peterson.

**AUGUST 24**  
Tim Raymor, Angela Rasch, April Barnes, Kelly Johnson, David Vankeulen, Nicholas Myers.



# obituaries

## KOWALCZYK

Sandra Lee Kowalczyk, age 78, of Alto, passed away peacefully on Thursday, August 12, 2021. Sandy was a loving mother, grandmother, and great-grandmother. Sandy served as the Clerk of Bowne Township for 46 years. She has been the longest sitting clerk in Kent County, and one of the longest sitting clerks in the State of Michigan. She took pride in serving the local community through her role in public service. Sandy was talented at knitting, crocheting, and making homemade baked goods. She was also an avid collector of unique antique furniture and depression glass. She had a clever sense of humor and a creative flare for interior decorating. Throughout her life, she enjoyed time with family and friends making memories at the lake. She was preceded in death by her husband, George Kowalczyk. She is survived by her daughter, Karen Hendrick; son, Doug Kowalczyk (Kelly); grandchildren, Doug (Keri), Meghan, Thomas and Audrey (Justin); great-grandson, Juke; brother, Rich Rose (Barb); sister-in-law, Linda Ainsworth (Fred); niece, Jane Hall; nephew, Ken Rose (Katie); and many other nieces and nephews. A celebration of Sandra's Life was held Monday, August 16, 2021. Relatives and friends met the family Monday from 3:30-7 pm at Wildwood Family Farms, 7970 Snow Ave. SE, Alto, Michigan. Those who wish may make memorial contributions to Alto Bowne Township Fire Department. Condolences may be sent online at [www.mkdfuneralhome.com](http://www.mkdfuneralhome.com).



# Looking back, continued

As a result of infection from a fish fin prick. Marcus Emmons died at his home near here. He received the wound while fishing on Cranberry lake about 3 months ago and when infection set in was taken to a Grand Rapids hospital, where he stayed until physicians gave up his case as hopeless a short time ago.

## 75 years The Lowell Ledger August 22, 1946

Congressman Bartel Jonkman, speaking at Lowell Rotary Club the other day, revealed some startling facts that had been brought to light concerning the number of communists who are employed by various bureaus of our government including the Department of State, a high official of which had urged that the matter be soft-pedaled so as not to offend Russia. That sort of thing is the most dastardly appeasement we ever heard of a Jonkman declares it will not end unless the American people make themselves heard.

The first rodeo ever held in Lowell proved to be a great success Sunday when over 3,000 persons turned out to see exciting fetes of horsemanship. The crowd was kept interested and at many times on the edge of their seats by bucking horses and plunging bulls.

When shoppers go to the store on Friday morning they will find that ceilings have been lifted on milk, butter, cheese, ice cream and, all other dairy products and feed products. Ceilings will be placed on meat, soy beans and cottonseed products. Sounds confusing but we'll get through somehow.

David Gerst, owner of O'Brien-Gerst Funeral Home on Cascade Road, announced acquisition of Roth Funeral Home at 305 N. Hudson Street in Lowell. "The mortuary will be renamed Roth-Gerst Funeral Home under the new management," Gest said. A native of Traverse City, Gerst graduated from Wayne State University in 1954, and had been associated with the Harper-Mulligan Funeral Home in Detroit for the past 10 years.

The "late" Queens of the Ocean, Queen Mary and Quenn Elizabeth, two of the greatest ocean-going liners in history, are here in "parts" in the Pantlind Hotel of Grand Rapids. And they will continue to be here through Sunday, August 29th, on exhibit and for sale. The "parts" include the ship's fittings mounted on plaques, lamps, navigational equipment, clocks, crystalware with the crown commission markings, silver service, chinaware, lambswool blankets, and more.

Rep. Gerald R. Ford will be in Lowell with his Mobile Office on Thursday morning, September 2, from 9 to 11:30. Everyone is welcome and no appointments are necessary. The Office will be located at the corner of Main and Lafayette Streets. On Wednesday the Congressman will meet with the Lowell Rotary Club.

## 25 years The Lowell Ledger August 21, 1996

Lowell Schools continues the quest to provide students with an education that best meets their needs. The latest step in that direction is the addition of a director for the Gifted and Talented program. "We've got a lot of bright young people and this position provides added resources to maximize their education," said Superintendent Bert Bleke.

The quest to construct a community park in Lowell Charter Township took a giant step forward. The charter approved purchasing more than 70 acres of land off Grand River Avenue for the sole purpose of building a park. "It took us five years, but it finally looks like it will happen," said township trustee Alyn Fletcher, about the future of the township Grand River Riverview Park.

North Division Street property owners are urging city officials to leave the High Street intersection widened after the Harold Ball house is relocated. In a letter to the city council, North Division Street residents outlined that the banks on the east side of the street must be moved approximately six to eight feet to allow the house to pass.

## NOTICE OF PUBLIC HEARING LOWELL CHARTER TOWNSHIP PLANNING COMMISSION

The Lowell Charter Township Planning Commission will hold a public hearing to consider the following amendments to the Township Zoning Ordinance:

1. An amendment to Section 12.02 to add sport training and physical fitness establishments as a permitted use in the Light Industrial Zoning District.
2. An amendment to Section 23.07, Schedule of Off-Street Parking Requirements, to provide parking requirements for sport training and physical fitness establishments.

The public is invited to attend this hearing which will be held as follows:

**WHEN:** MONDAY, SEPTEMBER 13, 2021  
**TIME:** 7:00 P.M.  
**WHERE:** LOWELL CHARTER TOWNSHIP HALL  
2910 ALDEN NASH AVENUE SE  
LOWELL, MI 49331

The proposed amendments are available for review at the Lowell Charter Township offices, 2910 Alden Nash Avenue, SE, Lowell, Michigan, 49331 during normal office hours on Monday, Tuesday, & Thursday. Phone 616-897-7600.

The amendments may also be viewed on the Township web site at [www.lowelltpw.org](http://www.lowelltpw.org)

Scott Edwards, Secretary  
Lowell Charter Township  
Planning Commission



## LEGAL NOTICE

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE TO  
CREDITORS  
Decedent's Estate

FILE NO. 21-209718-DE

Estate of BEVERLY  
JEAN MEADOWS. Date  
of birth: Dec. 11, 1941.

TO ALL CREDITORS:

NOTICE TO  
CREDITORS: The  
decendent, Beverly Jean  
Meadows, died July 4,  
2021.

Creditors of the  
decendent are notified  
that all claims against

the estate will be  
forever barred unless  
presented to Sean Basil  
Meadows, personal  
representative, or  
to both the probate  
court at 180 Ottawa  
Avenue NW, Suite  
2500, Grand Rapids,  
and the personal  
representative within 4  
months after the date  
of publication of this  
notice.

August 9, 2021

John D. Mitus (P31244)  
410 Bridge Street, N.W.  
Grand Rapids, MI 49504  
616-774-4001

Sean Basil Meadows  
8424 E. 36th Street  
Newaygo, MI 49337

## LEGAL NOTICE

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE TO  
CREDITORS  
Decedent's Estate

FILE NO. 21-209624-DE

Estate of John C.  
Mullen, deceased

TO ALL CREDITORS:

NOTICE TO  
CREDITORS: The  
decendent, John C.  
Mullen, died 4/24/2021.

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

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

August 13, 2021

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

Lauren Mullen  
17265 Franklin  
Spring Lake, MI 49456  
616-843-4276



**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.<sup>TFN</sup>

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

EXCEPTIONAL PERFORMANCE AND VALUE - Requires less wood & provides more heat. Central Boiler certified Classic Edge OUTDOOR WOOD FURNACE. Call today! 616-554-8669. SOS Property Maintenance LLC, 6950 Hammond Ave, Caledonia.<sup>TFN</sup>

## sales

LARGE GARAGE SALE - 8/14 to 8/21. Lawn tools & equipment, kerosene heaters (2), lawn mowers (2), odd & end tools, washer & dryers, refrigerator, microwave. 691-8847, 11129 Crooked Lake Rd., Big Crooked Lake.

ESTATE SALE - Thurs., Aug. 26, 8:30 - 5 and Fri., Aug. 27, 9-3. See estate sales.net for photos. 260 E. Main Street, Ionia

GARAGE SALE - 10808 Lockwood Dr. SE, Lowell Aug. 19, 20 & 21, Thur. & Fri. 9 to 5 pm & Sat. 9 to ? Kitchen table with 4 chairs, air conditioner, small kitchen appliances, Oreck sweeper with bags, stainless steel pot & pan set, small roll top desk, king size electric blanket, lots more items.

## help wanted

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 click on Caledonia Schools.

LOWELL AREA SCHOOLS HAS - several part time custodian positions. We have available 2nd & 3rd shift positions (7 hours with a 30 min. unpaid lunch). Responsibilities include, but are not limited to: general cleaning tasks, cleanliness & preservation of the assigned building, & minor repairs. Starting pay for 2nd shift is \$14.73 & \$14.78 for 3rd shift. These positions are year-round, 52-week, positions. Single subscriber medical benefits, or a plan in lieu of single medical coverage is included. If interested, please visit www.lowellschools.com & apply via AppliTrack on our Business Office page or call us at 616-987-2540.

## 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).

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

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

## 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!

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-495-1709

## wanted

I WANT TO BUY - A refrigerator, stove, washer & dryer. Cash. 616-585-1709.<sup>TFN</sup>

R&R AUTO RECYCLING - buying all unwanted vehicles. Any condition. Paying top dollar. Quick, free pickup. Call 269-876-9048.

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

## services

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.<sup>TFN</sup>

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

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

## services

SEAMLESS GUTTER - Bleam Eavestroughing. 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.

NOREEN K. MYERS, ATTORNEY AT LAW - Compassionate, experienced, effective legal representation. Specialties include: wills & trusts, work related injuries, employment discrimination. 307 E. Main, Lowell, 897-5460.

FREE AD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new classified ads, and must be paid for when ad is placed. Call 897-9555.

## Show Local Businesses Some Love!

*Some Love!*

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 Call to start your subscription 897-9261

## PUZZLE SOLUTIONS

E	S	E						E	D	T						
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1	7	3	4	9	5	2	8	6								

Word search grid with words circled: VIGOR, QUORUM, SPURS, SVER, RINGS, WAGON, QAWW, WCNF, BDD, LGM, TRHD, QBNR, SUSA, NONG, HLU, MBUC, UPR, HGB, EBO, SAJ, BQN, QIW, PCIT, NUN, UEB, LG, RHA, JBM, CFP, NH, RSN, EMST, YQS, MISH, RNEY, WQJ, RTO, EELS, SAEG, EG, SV, SY, RP, ESH, FO, MRF, LQR, LIJ, CG, JQ, IR, RLF, TQ, R, VO, MA, LFC, STB, ON, BLC, TAE, LG, IT, YC, EA, ST, M, ES, NE, W, F, J, U, S, I, Y, N, H, DU, CA, AV, UN, E, SC, ER, LB, N, WE, DI, IF, PS, CUC, UJ, H, W, C, LE, RO, B, Y, BU, D, I, IF, PS, Q, I, T, C, W, F, R, O, C, T, I, C, Q, R, F, I, T, Y, S, V, M, S, U, G, C, V, A, R, B, S, I, F, A, Q, W, W, T, Y, U, E



# Live the Life You Want

## Are you in a co-dependent relationship?

Melissa Spino MA LPC CDMS  
Life Transitions Therapy LLC

We often hear about co-dependent relationships but what exactly does that mean? Wikipedia defines it as “imbalanced relationships where one person enables another person’s self-destructive tendencies and/or undermines the other person’s relationship.” Basically, it’s unhealthy behavior based in abuse. What’s considered “normal” or “tolerable” is different from person to person so how do you know if you’re in a codependent relationship? Below is a list of common traits seen in codependent people and relationships.

### Common Codependent Traits

When one is in an unhealthy codependent relationship it’s a vicious cycle of reacting to their partner’s behavior. Below are some traits of codependency. You don’t have to have all or even most of these traits to be in a codependent relationship. This is because types of abuse like gaslighting can mask traits of codependency.

You may be codependent or in a codependent relationship if you:

- Are a people pleaser and find it almost

impossible to say no to your partner. You do things you don’t want just to make your partner happy.

- Avoid conflict at all costs.
- Have low self-esteem or self-worth. This tends to be true for both the abuser and victim. This is often because you define yourself by the role you play in the relationship and have no idea who you are outside of it. You are driven to seek approval from others.

- Have boundary issues. This is when one person in the relationship is controlling and manipulative and the other is compliant and obeys even when it goes against what they want.

- Fear rejection and abandonment. You would rather be in an unhealthy, abusive, relationship than be alone.

- Regularly put yourself last in terms of needs or don’t think about your needs at all.

- Believe you deserve your partners treatment.

- Believe that no one else would want you.

- Push down your feelings and don’t say anything just to keep the peace.

- Feel guilt when you do stand up for or do something for yourself.

- Often turn to your partner for approval.

- Take the blame for something your partner did. This is often seen in gaslighting.

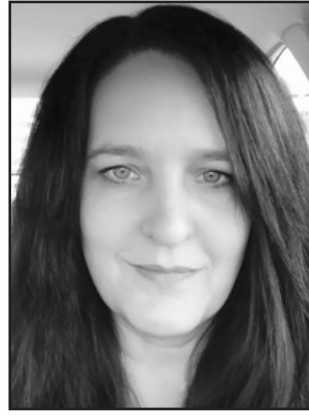
- You feel like you have to take care of your partner or something bad may happen.

- Feel responsible for your partner’s wellbeing and feelings.

- Find your mood reflects how your partner feels instead of how you feel.

- Are dependent on your partner in an unhealthy way. In codependency it is a trade-off. For instance, maybe your partner has an addiction (drugs, alcohol, gambling, sex, shopping etc.) and has material needs. You fulfill this need getting a sense of purpose from taking care of these needs. So, each person gets something but it’s unhealthy and harmful to both partners.

- Change your behavior because you feel guilty. For instance, you tell your partner you will leave if things don’t change and they reply “I will hurt myself if you leave because I can’t live without you.” So, you drop the issue and



Melissa Spino  
MA LPC CDMS

stay.

- Isolate yourself from friends and family because that is what your partner wants.

- Make a lot of sacrifices to make your partner happy but they don’t do the same for you.

- Defend your partner when others point out unhealthy, abusive behavior.

- Feel that you can rescue your partner from their self-destructive behaviors.

### Breaking the Codependent Cycle

Trust your instincts. If you feel you are in an unhealthy codependent relationship, seek out assistance from a professional therapist. This isn’t something that can typically be changed by you and your partner

without help. You deserve more from a relationship but you will need to deal with your own behavior as well as the relationship issues. If the relationship is abusive, know that you don’t have to live with it.

If you fear immediate physical violence, call 911 or your local emergency services

If you are not in immediate danger and for anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) now. The hotline can put you in touch with local service providers and shelters.

### There are some things you can do to work toward breaking codependency.

- Work on your self-esteem/self-worth issues. There are many books and online resources.

- Set personal boundaries. We teach people how to treat us. So don’t let yourself get pulled into arguments or tolerate abuse. If needed, limit the time spent with your partner when they are behaving in unhealthy ways.

- Reconnect with friends and family that are supportive. If you don’t have anyone, connect with

others (teachers, counselors, religious leaders, etc.) that can provide support and healthy advice.

- Come to terms with the fact that you do have responsibility for the codependent relationship and your own behavior. But you don’t have to accept unhealthy behavior or abuse. You can’t save or change your partner.

- Share with your partner your relationship needs and desires. Then stand up for these needs and desires. Don’t argue about it but learn to say no to things that go against your needs or to things that you really don’t want to do. Learn that “no” can be a complete sentence. You need to be able to tell others when they are asking too much.

- If you feel you have to leave the relationship just know you might have to cut all ties. This may be more difficult if you are married and/or have children.

You don’t have to be in an unhealthy, unfulfilling relationship that doesn’t meet your needs. You are important and deserve to live the best life possible. This article is not intended to diagnose or treat.

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## Financial Focus

With Christopher C. Godbold

Edward Jones

Serving Individuals Investors Since 1871

### 529 plans: Not just for college

If you’ve heard of 529 plans, you might think they can only be used to help pay for college. And you wouldn’t be alone: Less than one-third of adults properly identified that a 529 plan can be used for more than just higher education, according to a survey by Morning Consult and Edward Jones. But what are these other expenses?

Before we get to them, let’s review the main benefits of 529 plans. Contribution limits are high and earnings can grow tax-free if withdrawals are used for qualified education expenses such as tuition and room and board. (Withdrawals for nonqualified distributions are subject to taxes and a 10% penalty on the earnings portion.) Plus, as the account owner, you maintain control of the

plan, so you can switch beneficiaries to another qualified family member, if necessary.

Now, let’s consider the other uses of 529 plans, which have been made possible by various pieces of legislation over the past few years:

**Student loan repayments** – The average amount of student loan debt per borrower is well over \$32,000, according to the Federal Reserve. So, many people welcomed the news that 529 plans could be used to repay student loans. There’s an aggregate lifetime limit of \$10,000 in qualified student loan repayments per 529 plan beneficiary, plus \$10,000 for each of the beneficiary’s siblings. Being able to use 529 plans to repay student loans gives you some flexibility if your family

members have excess balances in their accounts.

**K-12 expenses** – A 529 plan can now be used to pay up to \$10,000 per year in tuition expenses at private, public and religious elementary and secondary schools. This amount is per student, not per account. However, not all states allow 529 plans to be used for K-12 expenses – or to be technical, some states consider K-12 tuition to be a nonqualified 529 plan expense, which means the earnings portion of a 529 plan is subject to state income taxes and possibly a “recapture” of other state income tax breaks connected with 529 plan withdrawals. So, make sure you understand your state’s rules on K-12 expenses before taking money out of your 529 plan.

**Apprenticeships** – Not every child wants or needs to attend a college or university. And now, 529 funds can be used to pay for apprenticeship programs registered with the U.S. Department of Labor. These types of programs, which combine on-the-job training with classroom instruction,

are offered at community colleges and trade schools.

Once students complete their apprenticeships, they often go on to well-paying careers in a variety of fields. And since these types of programs are typically far less expensive than a four-year college degree, a 529 plan can have a particularly long reach.

The tax treatment of 529 plans for all these expenses can vary from state to state, so, if you move to another state after you’ve established your plan, you’ll want to know the rules. Even if you don’t move, it’s still a good idea to consult with your tax advisor about how 529 plan withdrawals will be treated.

Nonetheless, a 529 plan could be valuable to you in many ways. Consider how you might want to put it to work for you and your family.

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



# FUN PAGE

## SUDOKO

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

Level: Advanced

### 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!

# EYES ON YOU WORD SEARCH

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

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

Puzzle solutions on page 13

EYES ON YOU WORD SEARCH

CONTACTS CORNEA CORRECT

LASHES LENS LIDS

RETINA SCLERA STYE

AQUEOUS HUMOR BROW CATARACTS CONJUNCTIVA

DUCT EYEGASSES FOVEA IRIS

MACULA NERVE OPTIC PUPIL

TEARS VISION VITREOUS

## Guess Who?

I am a rock singer born in England on August 20, 1948. I quit my training as a chartered accountant to pursue blues music. I went on to be an iconic star heading one of the most influential bands of the 1970s.

Answer: Robert Plant

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to eyesight.

R I S I

--	--	--	--

Answer: Iris

1	2	3				4	5	6	
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39	40			41			42		
43			44				45		
46			47				48		
49							50		
	51						52		

### CLUES ACROSS

- Midway between east and southeast
- Sun up in New York
- Japanese honorific
- Czech name for Prague
- Ochocinco's first name
- Steep cliffs (Hawaiian)
- Scots word for "home"
- Upper class young woman (abbr.)
- Monetary unit of Albania
- Raise
- Drain of resources
- Uncultured, clumsy persons
- Hikers use them
- Retrospective analysis (military)
- Tibetan form of chanting
- Influential European statesman
- Soluble ribonucleic acid
- Monetary unit of Romania
- Round green vegetable
- Well acquainted with
- Ribosomal ribonucleic acid
- Basics

- "The Godfather" actress Keaton
- Snakelike fish
- Tall deciduous tree
- Russian river
- Long Balkans river
- Ancient Greek coin
- Senegal's capital
- Unwell
- Snout
- Low bank or reef of coral

### CLUES DOWN

- Abstain from
- Vast desert in North Africa
- Cover the crown of a tooth
- A major division of geological time
- Urban center
- Crook
- Parts per billion (abbr.)
- Questions
- A pack of 52 playing cards
- Recording of sound
- Pithy saying
- Atomic #22
- Soviet Socialist Republic
- Plant with ridged seedpods
- Innate
- Investigative body for Congress (abbr.)
- Soda receptacle
- Spanish stew: \_\_\_ podrida
- Viet Cong offensive
- Large body of water
- Beginning military rank
- Dissimilar
- Counteroffensive system (abbr.)
- Shows who you are
- Chinese dynasty
- Type of verse
- African nation
- Quite
- Former Bucks star Michael
- Showed again
- Body part
- Steal



# PINK ARROW PRIDE

**THURS., AUG. 26 • LOWELL HOSTS MONA SHORES BOB PERRY FIELD AT RED ARROW MEMORIAL STADIUM**

## PARKING

**ALL HIGH SCHOOL EVENT PARKING MUST ENTER AT VERGENNES ENTRANCE.**

Lower stadium lot is for Handicap and parking pass only. (must enter off of Alden Nash entrance)



## SHUTTLE PARKING

is available starting at 4:30 p.m. from Cherry Creek Elementary (Foreman St.) AND Impact Church (across from Meijer) pick-up and drop-off. Buses will start return trips at the start of the 3rd quarter.

Per CDC directive, face masks must be worn on the shuttle buses. If you do not have one, you will be given one upon entering the bus.

## SCHEDULE FOR EVENT DAY

AUGUST 26 \* Approximate times

- 2:30 pm ..... GATES OPEN
- 3:00 pm ..... Boosters Concessions Open
- 3:30 pm ..... National Anthem presented  
*Sololist, Lowell Student*
- 3:30 pm ..... Volleyball introduction and match - *Sponsored by ENWORK Lowell vs. Caledonia*
- 3:30 pm ..... Soccer introduction and match - *Lowell vs. FHE*
- 6:00 pm ..... Survivor and Honoree Tribute  
*Song by student under the direction of Nathan Masterson*
- 6:35 pm ..... Football Player, Cheerleader and Honoree introduction *on field*
- 7:00 pm ..... National Anthem presented  
*LHS Vocal Group under the direction of Nathan Masterson*
- 7:10 pm ..... PINK ARROW GAME -  
*Lowell Pink Arrows vs. Mona Shores Sailors*

AT THE GATE BE SURE AND PICK UP YOUR **COMMEMORATIVE PROGRAM** - \$1 minimum donation

## DONATIONS ACCEPTED

If you would like to pledge a gift to Pink Arrow/Gilda's Club, please visit this site: <https://give.communityfunded.com/o/cf/i/pink-arrow-pride-2020> or through pay-pal or by mailing a check (made out to Pink Arrow Pride) to PO Box 246, Lowell, MI 49331

## ARROW FORCE XIV SHIRTS

Purchase your Arrow Force XIV shirts at  
**FANS IN THE STANDS, 207 E. MAIN • 897-7200**  
**HEIDI'S FARMSTAND, 11999 CASCADE RD • 897-6707**  
**MI HOMETOWN FURNISHINGS, 312 E. MAIN • 987-3377**  
**RED BARN MARKET, 3550 ALDEN NASH NE • 987-3182**

At Noon on Game Day - Shirts at Stadium only

### YOUR \$20 SHIRT:

- LONG SLEEVE \$25 • (2XL - 5XL extra charge)
- Helps those in Lowell traveling a cancer journey
- Community Wellness/Family Support and Gilda's Club of Lowell
- Supports Kathy Talus scholarship
- Supports Dr. Donald Gerard medical scholarships

**YOUR SHIRT IS YOUR TICKET TO THE DAY'S EVENTS**

- Donation stays local and there is no administration cost.

## THANK YOU TO ALL THE VOLUNTEERS

Thanks! *Fans in the Stands, Heidi's Farmstand, MI Hometown Furnishings & Red Barn Market - for selling our T-Shirts*

Thanks! *Bus Shuttle Volunteer Drivers*

*Lowell Light & Power - for hanging our banners*

*Coin Toss Honoree*

*Golf Cart Taxi Sponsors*

Thanks! *Golf Cart Taxi Volunteer Drivers*

Thanks! *To the volunteers who painted the field*

## CONCESSION TICKETS

All concessions - Athletic Boosters will be accepting **PINK TICKETS ONLY** in \$1 increments. Selling tickets throughout the concession area. All items will be clearly priced per number of tickets at each booth. There will be multiple grill sites as well. This system will speed the process for fast service.



**FOR HONOREES - Pink Arrow Jersey presentations on SOUTH END of playing field DIRECTLY AFTER THE GAME!**

## PROUD PINK SPONSORS



ENWORK

