

Election Day is Tuesday, Nov. 2 in city

MacNaughton wins regatta



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Voters in the city of Lowell have some choices to make next week, but folks living in the surrounding townships can relax.

There are three seats on the Lowell city council up for grabs in the Tuesday, Nov. 2 election, and four candidates are vying for them. The candidates receiving the first and second highest number of votes will be elected to four-year terms, and the candidate with the third highest number of votes will be elected for a two-year term.

Three of the candidates are incumbents - Marty Chambers, Leah Groves and

James Salzwedel - and one - Jake Davenport - is new, although he ran for a seat on the council unsuccessfully in the past.

Also on the ballot is a renewal of the Lowell Area Historical Museum's ten year millage.

The museum first received this millage in 2003 and it has been renewed once since then. They are not increasing the amount of the millage, so a "yes" vote will not increase taxes. This is a renewal of 0.25 mills, or \$.25 cents for every \$1,000 of taxable value, and it provides about a quarter of the museum's operational costs.

"We are very grateful to the citizens of Lowell for the support they have shown the museum over the 20 years we have been open," said Lisa Plank, executive director of the museum. "We hope that they continue to support us with a YES vote on the millage."

The Lowell Area Historical Museum provides many services to the Lowell area community, including the local history exhibits at the museum, their research and genealogy resource library, the interpretive boards on Main Street and the Riverwalk, the ten separate educational

programs they present each year to all Lowell Area School students in grades one through four, their "Tots at the Museum" preschool program, the Youth Summer Camp, public speaker series, preservation of over 20,000 local history artifacts, oral history program and weekly radio broadcast on 92.3 Sundays, weekly "ABCs of Lowell History" series, downtown historic walking tour brochure and four books on Lowell history.

The museum serves over 30,000 annually through their programs and exhibits and another 80,000 through online content.

With community support, the Lowell Area Historical Museum can continue as a cultural attraction, tourist destination and as a symbol of the historic quality of the Lowell area. It will also help to provide educational programs, research material and provide lasting benefits to the next generation.

If you have questions about the museum's budget, operations or the millage renewal, please visit lowellmuseum.org, call 616 897-7688, send a message to lplank@lowellmuseum.org or visit them at 325 W. Main in downtown Lowell.

ABCs of history: Christiansen's



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[Photo from Election Day 2019]

Several local Halloween events this weekend

There will be a few Halloween events happening locally.

Trick-or-treating in the city of Lowell is on Halloween, Oct. 31 from dusk until dark, approximately 5 to 8 pm. The Lowell Police Department suggests adult supervision, watching for traffic, carrying a flashlight or glow stick and wearing reflective clothing when trick-or-treating.

Great Clips, 11635 Fulton St. SE, Suite 200 is holding a "costume weeks" event between

Oct. 16 and 31, where kids ages 12 and under who show up there wearing a costume will receive a treat and \$2 off their next haircut.

"Lick or Treat," a costume contest for dogs, will take place at Lowell Dog Park, 1200 Bowes Rd., at 11 am on Saturday, Oct. 30. There will be cash or Lowell Bucks prizes for the top five best costumes in both the small and large dog categories.

The Lowell Area Fire Department is having a "Trunk or Treat" at the fire station from 6 to 9 pm on Saturday, Oct. 30. The

event will include candy, donuts, cider, games, free bike flags, fire truck rides, car seat safety checks and fire prevention information. That event is sponsored by Wolverine Building Group, Grand River Orthodontics, Timpson Transport, Red Barn Consignments and Antiques, Canfield Plumbing and Heating, One Ethanol, Riding for Ryan, D&D Truck and Trailer Repair, Heidi's Farmstand and Bakery, River Valley Credit Union and Impact Church.

Warning Lights and human trafficking



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Dates changed for live classic radio shows

by Tim McAllister
lead reporter

The opening shows in LowellArts Theatre production of "Don't Touch That Dial! A Classic Radio Show" have been postponed.

"The weekend performances on Oct 22, 23 and 24 are being postponed due to a cast member recently testing positive for COVID-19," said LowellArts Janet Teunis.

"Because the wellness and safety of our guests, cast and crew are our top priority, we need to confirm that everyone else in the production is free from illness."

The new showtimes are Thursday, Oct. 28 at 7 pm, Friday, Oct. 29 at 7 pm, Saturday, Oct. 30, at 3:30 pm and 7pm and Sunday, Oct. 31 at 2 pm.

Ticketholders of the canceled performances have two choices, they can either move their tickets to the next weekend or receive a full refund. To facilitate this, call 616-897-8545 or send a message to info@lowellartsmi.org.

During the show, three radio shows from the 1930s will be performed, "The Shadow: The Silent

Avenger," "Abbott & Costello: Who's On First?" and "Fibber McGee and Molly: Fibber's Closet."

A cast of lively voice actors will transport the audience



back in time to the set of a radio broadcast studio, where they'll discover why the 1930s are considered the golden age of radio.

"The 1930s was considered the golden age of

radio because of shows like the two we're performing, and because radio was the media of the time," said co-director Laurie Kuna. "Sound effects will be done live, just as they were done in the past, and our cast will be wearing costumes that are as close to what regular people wore in the 30s as we can get them. The audience will be experiencing the 'broadcast' of a radio show as they would have had they gone to a radio studio in that time period."

The show is directed by Laurie Kuna and Kim Miller and the cast includes Deb Canfield, Zack Conrad, Mike Golczynski, John Foley, Laurel Jordan, Amy McDaniel, Becky Reagan, Dianna Roush, Gary



Soentgen, Mark Stoll, Drew Tatge, Dan VanderMeulen, Corrie VanRavenswaay and Ron Wood.

The performances will be held at the LowellArts gallery, 223 W Main. Friday and Saturday shows are at 7 pm and Sunday shows are at 2 pm. Tickets are \$12 in advance or \$17 at the door.

For more information, visit lowellartsmi.org/dont-touch-that-dial.



LHS sports
pages 10-11



50¢



Treasures for Troops collecting items until live broadcast on Nov. 19

Now in its eighth year, the Lowell Area Chamber of Commerce, Lowell Area Schools, Young Ionia, Lowell Litho and Printing, the WION 100.3 FM radio station in Ionia and Lowell High School's WRWW 92.3 FM radio station are once again teaming up to collect items that will be sent to deployed servicemen and

women. "We are super excited to be part of this annual event, along with our own local radio stations, WION and WRWW," said Lowell Area Chamber of Commerce executive director Liz Baker. WION will broadcast live from the Lowell Chamber of Commerce office on the Riverwalk on Friday, Nov.

19. During the broadcast WION will take donations and pick up items previously donated. Although this broadcast is in mid-November, the purchasing and collecting of items has already started. You may bring donated items to Lowell High School office, the WRWW radio room, the Lowell Middle School office

or the Lowell Area Chamber anytime during business hours. There are five categories of items on the list: non-perishable foods, personal hygiene, linen and clothing, entertainment and utility items. Examples include beef jerky, Pop Tarts, toilet paper, toothbrushes, mouthwash, bandanas,

washcloths, playing cards, pens and pencils, batteries, disposable razors, can openers, tampons, comic books, sunscreen, raisins and hand sanitizer. The complete list of needed items for soldiers can be found at www.i1430.com. Items collected will be packaged and mailed overseas by Blue Star Mothers Chapter 188 of

Ionia, Kent, and Montcalm Counties. Financial donations are also accepted. Checks should be made out to "Blue Star Mothers MI-188" and mailed to PO Box 366, Lakeview, MI 48850. For more information, contact: WION's Jim Carlyle at 616-527-9466 or office@i1430.com, Al Eckman of WRWW at 616-987-2938 or Baker at 616-897-9161.

Submissions to "WordView" exhibit due Nov. 5

WORDVIEW

WordView is an ongoing series of workshops and discussions that explore the potential for collaboration between the visual and the literary arts. It will culminate in a juried exhibition in the LowellArts gallery at 223 W. Main. There will be six cash prizes awarded, totaling

\$2,000. Entries to the juried exhibition will be accepted online for judging until midnight on Friday, Nov. 5, and the entry fee is \$35, or \$25 for students. Artists will be notified of their acceptance via email after 5 pm on Friday, Dec. 3.

This exhibition is open to anybody from anywhere as long as they're 14 or older. They are seeking entries of visual and literary artwork consisting of both visual and textual components. 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. "Entries should be original work consisting of both visual and textual components, and may be submitted by an individual artist or by artists and writers in collaboration," read a LowellArts press statement about the exhibit. "Some examples include visual works with accompanying poems/texts (ekphrastic),

illustrated texts (book art), literary broadsides/posters, two-dimensional works incorporating personal documents, or three-dimensional work with engraved text. An example of a single entry, in some cases, would include both a work of visual art and a literary accompaniment like a framed poem, and would be displayed as such. In other cases it would be a single piece."

WordView is made possible in part through a grant from the Michigan Humanities, an affiliate of the National Endowment for the Humanities. A great deal more information about this series and the entry requirements can be found at lowellartsmi.org/wordview. Those with further questions should send a message to info@lowellartsmi.org or call 616-897-8545.

MDHHS best practices to safely celebrate Halloween

To keep Halloween a safe and fun holiday, the Michigan Department of Health and Human Services is offering tips and tricks to keep loved ones safe and to prevent the spread of COVID-19. "Because many of our young Michiganders are not

yet eligible to be vaccinated, we urge everyone to take precautions to participate safely," said Dr. Natasha Bagdasarian, chief medical executive. "There are still ways to celebrate safely, and the MDHHS guidance provides tips for trick-or-treaters and their parents

along with homeowners who wish to pass out treats." Tips for all persons include getting the COVID-19 vaccine if you are eligible (ages 12 and over), staying home if you are sick, wearing a mask that covers both the mouth and nose, washing hands often and/or using

hand sanitizer containing at least 60 percent alcohol, and coughing or sneezing into your elbow. MDHHS also strongly advises adults and children ages 6 months and over to get their annual flu vaccine. Flu and COVID-19 vaccines can be administered in the same visit.



Tips for trick-or-treaters and parents: Talk with children about

Halloween safety and expectations. Stay outdoors for activities,

particularly if participants are not vaccinated. Trick or treat in small groups.



Avoid congregating in groups around houses. If indoors or in crowded outdoor settings, wear a face mask covering both mouth and nose (a costume mask is not a substitute for a cloth mask). Do not wear a costume mask over a protective cloth mask if wearing both causes difficulty breathing. Instead, consider using a Halloween-themed cloth mask.



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ON AIR






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Tips for homeowners to consider: Distribute candy on a table to eliminate direct contact. Consider handing out candy in an open space where distancing is possible, rather than from the front door. Consider a neighborhood costume parade; it is an easy way to keep safe space between children. To maximize protection from COVID-19 and flu, we recommend age-eligible children and adults get vaccinated as soon as possible. To find a vaccine location near you, visit VaccineFinder.org.

Warning Lights working to put a dent in human trafficking

by Tim McAllister
lead reporter

Human trafficking is considered the modern form of slavery. It's the illegal smuggling and trafficking of human beings, including minors, for forced labor or sexual exploitation.

The 2016 "Global Slavery Index" report found that approximately 57,700 people were victims of human trafficking around the world.

Jenn Amo is an author, a public speaker and the founder of Warning Lights, an organization dedicated to educating the public about the issue and preventing it from happening.

"Human trafficking is the second-fastest-growing organized crime in America," Amo said. "The fact that even one person is being victimized by this crime is reason enough to want to fight it, but to know that hundreds of thousands of people - probably more - are victimized is why I fight to stop this crime. Traffickers [and] predators do not discriminate on who can be a victim. Victims can be of any race, age, social-economic status or gender. This crime is something that could technically affect anyone, anywhere, at any time. Human trafficking cannot be stopped by one person or organization. Warning Lights is on a mission to prevent [it] and protect victims of all ages - especially kids, teens and college students. We know that, through awareness and education, lives can be saved from the lures of these predators. One of Warning Lights' favorite hashtags is #BeAwareOrBeware. This crime is growing and it is through awareness that we see protection and prevention, fighting back against the traffickers living among us and luring victims via many common online venues."

Amo said that the most direct way one can help cease human trafficking is simply to be vigilant of the warning signs when out and about, especially when

you're in a busy or densely-populated area.

"The biggest way to join the fight is to report any suspicious behavior," Amo said. "This crime is often hidden in plain sight. It is happening in our neighborhoods, and as neighbors, you have the highest chance of seeing something suspicious that could save a life. [...] I don't have any Lowell-specific information or statistics [but] I do know that we have had teens in the area who have been lured online, as I've been called in a couple of cases. [...] If you see something while out and about in the community or suspect something right in your own neighborhood, you can anonymously report any suspicions or cases to the National Human Trafficking hotline at 1-888-373-7888. You can also reach out to us via the contact us page on our website, warninglights.org, to talk through a situation too. Another way to make an impact is to host a session of awareness. Talking about this crime is our greatest defense. Schedule a session for those in your circle of influence today. You can partner with us financially. We need donors, as the pandemic led to almost a 40 percent increase in online predator activity. Your donations allow us to educate, protect and offer resources to victims that need help. You can choose Warning Lights as your benefactor through AmazonSmile. You can save your SpartanNash receipts and donate them to Warning Lights, as we participate in their Direct Your Dollars program. You can send us your mailing address via the contact us page on our website to be added to our quarterly newsletter list. [That is] the current distribution method, email [is] being added soon. All of these options and more are further explained on the

'Get Involved' page of our website, warninglights.org/engage-get-involved."

Amo has been passionately fighting human trafficking for the past eight years.

"Back in 2013, when I learned that this crime was taking victims here in the US, I was shocked," Amo said. "Then, when I learned that about 50 percent of the victims lured [were] minors, I got mad. I couldn't understand how a crime could be targeting kids, teens and college students, and no one was really talking about it. Fighting this crime is truly a passion. In fact, I can't hide it. The reality of this horrific crime fuels me to want to protect others. I started researching the crime and the preventative measures being taken, and there was nothing. Nothing. I felt called to step up and speak out. I dove headfirst into learning everything I could about this crime. I gained knowledge from local organizations, law enforcement officers and others to get what I needed to create the Warning Lights curriculum. Here we are eight years later and still going strong! We have expanded our programs offered to include sessions for kids, middle schoolers, high schoolers, college-aged, adults, community/social groups, businesses and churches, as well as training for a variety of professionals. We have an outreach program that meets victims or at-risk individuals where they are. Warning Lights [takes] a preventative approach by raising awareness about human trafficking. In a Warning Lights session of awareness, the audience is armed with the knowledge they need to be able to recognize the 'warning lights' of this crime. The

session covers the lures of predators, the signs of someone being victimized, ways to respond if you suspect or know that someone is in trouble, as well as ways to help create a bubble of protection."

Warning Lights is a true grassroots organization, started by somebody in their basement and spreading through the community via word of mouth.

"Warning Lights, the curriculum, was written in my basement," Amo said. "I wrote the curriculum over about a year. Then I found an editor to review it and then made the suggested changes. It was then ready to roll, and we just started sharing it through word of mouth and social media. As requests came in, I found myself presenting in various churches and schools, mostly. I would then tweak the content based on the reaction of the audience. If something worked well, great! If it didn't, I would change it a bit and try again. I added some content based on the questions the audience would have at the end. I didn't want to leave out any information that was necessary to protect them. After a few months, it was flowing and working to fully arm the audience with the knowledge they needed. Now we just edit the stories or circumstances shared to match the current trends of the crime. Human trafficking is always taking on new forms [and] using new lures and tactics, so it is important that we stay current to keep people fully protected from predators and aware of the dangers that lurk online. The hardest part was raising the funds to get the organization off the ground. I was honored to be able to partner with another organization that allowed me to start



Jenn Amo

collecting donations to fund the program under their nonprofit umbrella. It was not easy. It still isn't easy, but over a few years the funds slowly added up to where we felt it was time for Warning Lights to become a 501c3 nonprofit organization itself. In 2018, Warning Lights officially gained that status. That was a great day! Now we continue to see the organization grow and grow. We are booking multiple sessions a week and reaching audiences beyond the Michigan border. We are in almost a dozen West Michigan schools annually, or even every semester, as part of their curriculum. We are presenting in many local college classes or having campus-wide events often as well. We are protecting audiences through professional training for

dental professionals, social workers, teachers, school staff, law enforcement and more. We are still only funded by donors. We cannot do what we do without the generosity and support of others. The one-time tax-deductible gifts are so appreciated, and our monthly ongoing donors are treasured. These monies are literally used to help save lives from this crime."

Monitor the Warning Lights website or social media pages to keep track of Amo's speaking engagements and other activities, or to donate and get involved.

"I don't have any sessions upcoming scheduled for Lowell specifically, but we are in the greater Grand Rapids area often," Amo said. "We have a community event in Greenville scheduled for January."

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GRATTAN TOWNSHIP
Regular Meeting 7:00 p.m.
Synopsis of Minutes
October 11, 2021

Motions Approved

- To recommend the Planning Commission does not amend the Grattan Marijuana Ordinance.
- Resolution 2021-017 Confirmation of the special assessment roll, lien; Payment and collection of special assessment.
- The estimate from Midwest Asphalt not to exceed \$2,000.00 to repair the parking lot.
- The quote for four Ipads not to exceed \$2,596.48.
- Resolution 2021-018 approving the submittal of a risk reduction grant through the Michigan Participating Plan.

Our next Township Meeting will be **November 8, 2021 at 7 p.m.**

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

Booster doses authorized for Moderna and Johnson & Johnson vaccine recipients

Following FDA approval, recommendations from the CDC's Advisory Committee on Immunization Practices and the endorsement of the CDC director, the Michigan Department of Health and Human Services is urging certain Michiganders to get a booster vaccine if they received the Moderna or Johnson & Johnson primary COVID-19 vaccines. This includes people ages 65 and older; individuals 18 through 64 years of age at high risk of severe COVID-19 due to underlying health conditions; and those at high risk of COVID-19 due to occupational or institutional exposure.

"We must take every measure we can to protect Michiganders, and that now includes booster doses for the various groups who are now eligible to receive them," said Dr. Natasha Bagdasarian, MDHHS chief medical executive. "We know vaccines work

and are the way out of the pandemic. The FDA has authorized a booster dose for some individuals to maintain and increase that level of protection. There is an ample supply of vaccines available, and we urge all eligible Michiganders to get their booster dose as soon as possible."

There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type they originally received and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

For individuals who received an mRNA (Pfizer-BioNTech or Moderna) COVID-19 primary vaccine, the following groups are

eligible for a booster shot at six months or more after their initial series:

- Age 65 years and older.
- Age 18+ who live in long-term care settings.
- Age 18+ who have underlying medical conditions.
- Age 18+ who work or live in high-risk settings.
- People over age 18 who received a single dose of the J&J (Janssen) vaccine should receive a single J&J COVID-19 booster dose at least two months after completing their primary series.

The use of a single booster dose of the J&J COVID-19 vaccine may be administered at least two months after completion of the single-dose primary regimen to individuals 18 years of age and older.

Per CDC, occupations at increased risk for COVID-19 exposure and transmission include frontline essential workers and health care

workers including:

- First responders (EMS, health care workers, firefighters, police, congregated care staff).
- Education staff (teachers, support staff, daycare workers).
- Food and agriculture workers.
- Manufacturing workers.
- Corrections workers.
- US Postal Service workers.
- Public transit workers.
- Grocery store workers.

This list could be updated in the future. After a careful examination of the latest data, and deliberative discussion around booster shots, the updated guidance from CDC follows the FDA's October 20th amendment of the emergency use authorizations for COVID-19 vaccines to allow for the use of a single booster dose. Those who receive a Moderna booster

will get a dose half the amount received during the primary series.

Michiganders should bring their COVID-19 vaccine card or immunization record with them when getting their booster dose, which are available at any vaccine provider that have Pfizer, Moderna or Johnson and Johnson vaccines. Immunization records are available online at the Michigan Immunization Portal for many residents and can be downloaded and printed. To obtain their record, Michiganders must create a MIlogin account at Michigan.gov/MiImmsportal and upload a valid government issued photo ID such as a driver's license, state ID or passport. There is no cost to access the portal.

As previously recommended, Michiganders with moderately to severely compromised immune

systems should receive an additional dose of mRNA COVID-19 vaccine at least 28 days after a second dose of Pfizer-BioNTech COVID-19 or Moderna COVID-19 vaccine. This additional dose is intended to improve the response of people who are immunocompromised to their initial vaccine series.

To date nearly 69 percent, or two in three Michiganders, have gotten at least their first dose of one of the three safe, effective vaccines. From January to October 12, unvaccinated Michiganders accounted for 93.1 percent of COVID cases, 90.7 percent of hospitalizations and 90.5 percent of deaths.

To learn more about the COVID-19 vaccine, visit Michigan.gov/COVIDVaccine.

For more information about COVID-19 in Michigan, visit Michigan.gov/coronavirus.

Auditor general finds 800 more COVID-19 deaths

The Auditor General has informed House Oversight Committee Chair Steven Johnson (R-Wayland Twp.) that it has found 800 additional confirmed and probable COVID-19 deaths across the state from Jan. 1, 2020 through July 3, 2021, Johnson reported Thursday.

a press release to highlight the questions he asked for months about the true

System and COVID-19 case and death data from the Michigan Disease and Surveillance System.

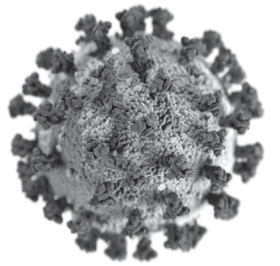
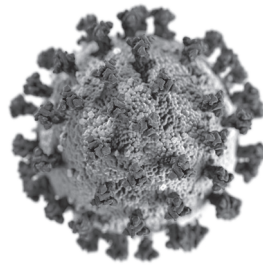
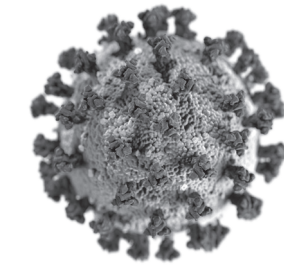
"The people of Michigan deserve to know the true cost of Gov. Whitmer's disastrous policy of placing COVID-positive patients into nursing homes," Johnson said. "The Oversight Committee is intent on getting accurate data from an unbiased, non-partisan source such as the Auditor General."

number of COVID-related deaths in nursing homes.

It's not clear if all 800 additional deaths in Michigan came from long-term care facilities, but the Auditor General was charged to look into those facilities in particular.

Auditors used death certificate information from the Electronic Death Record

While the final Auditor General report won't be released for another six weeks or so, Johnson issued



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Lindsay Isenhardt, D.D.S.

MAKING PATIENTS FEEL LIKE FAMILY

viewpoint

to the editor

Dear Editor,
The Lowell Area Historical Museum is seeking a millage renewal. My letter is to support he renewal request on the City of Lowell's November 2nd ballot.

After receiving its first millage in the election of 2003, the Museum got overwhelming support in its

first renewal request and is now asking for continued funds to sustain its work and programs. This is a renewal of the original .25 mills, no increase, but this assistance helps to grow our hometown gem on the corner of Main and Hudson in the historic Robert W. Graham building. Lowell's history is long and special. While it

does include the significant contribution of the Lowell Showboat, our story is much more than the Showboat. From the early beginnings of fur trading with Joseph and Magdelaine LaFramboise in about 1796, to Daniel Marsac's trade business in 1831, to the many floods and weather events (the BIG wind of '78!), our little town has a lot to look back at and remember. The business and commerce that has happened here over the past two hundred years has shaped what our community has become...the 130 year

contribution of the King Milling Company...all on display at The Museum to tell our collective story to our children, new comers to the community, as well as ourselves.

The story of the Lowell community is special. Let's continue to support our history and heritage as we continue to make memories. Vote YES on Tuesday to renew the millage request of the Lowell Area Historical Museum.

*Thank you,
Jim Hodges
Lowell*

outdoors

get acquainted

Dave Stegehuis

There has been so much going on around us lately that it is easy to miss what is happening with our natural resources and wildlife. These events can affect our quality of life, the environment, recreational opportunities, and the economy. We can check out a few examples.

Michigan has a substantial amount of federal and state-owned land that is managed to improve wildlife habitat and create recreational opportunities. There is also a great deal of forest land in the hands of private ownership. State sponsored programs allow private landowners to partner with the state to create sustainable forests and manage property to support wildlife.

The Kirtland warbler was rescued from extinction by developing unique habitat in a particular area. As forests mature, they often leave behind birds and animals that depend on ground cover for food and safety. Commercial timber harvests in state game areas remove old trees which are replaced by new growth more suitable for resident wildlife. Clear cutting and replanting of native shrubs and trees and controlled burning has established habitat where grouse and woodcock can thrive as well as providing a quality hunting experience.

State and tribal

governments work with private partners to harvest fish eggs and then raise the fish to be planted in lakes and streams across the state. There are projects designed to clean up and improve streams and rivers. Dam removal, habitat improvement, and recreational access are some of the objectives.

Healthy forests provide places for people to reconnect with the natural world which physically and mentally aid in improving one's quality of life. Outdoor recreational activities generate revenue to support business and industry, as well as wildlife conservation programs. The environment benefits from sustainable forests by naturally filtering water and supporting carbon storage.

These are just a few examples of what is going on out there. There are numerous public and private entities that work to improve the wild places around us. The amount of work to be done is overwhelming, but progress is being made. The more the public is aware of the problems and possible solutions, the more support we can expect for addressing the issues.

Make it a point to get acquainted with the outdoors and find a way to pitch in to make a better life for us and our wildlife neighbors on the planet we share.



75 years The Lowell Ledger October 31, 1946

President Truman has proclaimed Thursday, Nov. 28, as national Thanksgiving day. Armistice Day falls on November 11, as usual.

Leo Hickey has sold his restaurant business on E. Main to George Eastway and wife of Belding, who will take possession on Friday. Mr. Hickey says he hopes to find a way to remain in Lowell as he likes the town.

Beekeepers, as well as buyers of honey, can now sell or purchase honey without being restricted by governmental price regulations. But who's got the honey?

50 years The Lowell Ledger November 4, 1971

This edition of the Lowell Ledger is missing.

25 years The Lowell Ledger October 30, 1996

If Don Anderson and Jeff Tarak are given permission to build a commercial medical supply facility, they will have to receive it from Lowell Charter Township supervisor John Timpson. The duo approached the township's planning commission earlier this month about the project and were told to provide some more information before approval could be granted.

Jerry Flannigan, owner of Samuel Mancino's Italian Eatery, says Lowell's newest restaurant has found a niche and the new concept has taken off. In reality, the concept is nothing new – a nice, neat refreshing place, friendly service and hot, fresh quality food is a concept for success in any corner of the country.

Kevin Pierson knew immediately it was an opportunity he wanted to pursue. He will get that opportunity when he begins serving the Lowell School District on Monday, Nov. 4 as the high school's new assistant principal. "It is a career opportunity. All my experiences with personnel at Lowell Schools and at athletic events have been very positive," Pierson said.

125 years ago Lowell Ledger October 30, 1896

This edition of the Lowell Ledger is missing.

100 years ago The Lowell Ledger November 3, 1921

One thousand dollar damages are asked in a suit filed by five Michigan neighbors against Nicholas and Fannie Hoffman in circuit court because, it is claimed, a building they erected has shut off the neighbors' view of the street. They also ask that the building be torn down.

James R. Davis, federal prohibition agent for Michigan, has made inquiry of the state administrative board as to whether or not he could be given an office of six rooms in the new state office building here. The government would have to pay a reasonable rental for the office. Davis wants the main office in Lansing.

Reports to the secretary of state's office show that 4,500 babies, recently born, are still awaiting names. Fond parents were unable to comply with the law and give the babies a name within 10 days after birth. Certificates filed here show these children will go "nameless," so far as the records are concerned.

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.

Social Security supports small businesses

Did you know your spouse's benefit amount could be up to 50 percent of your spouse's full retirement age benefit amount? If you qualify for a retirement benefit from your own work history and a spouse's record, we always pay your own benefit first. You cannot receive spouse's benefits unless your spouse is receiving their retirement benefits (except for divorced spouses).

If you receive your retirement benefit before your full retirement age, while waiting for your spouse to reach full retirement age, your own retirement portion will be reduced. When you add your spouse's benefits

later, the total retirement and spouse's benefit together will be no more than 50 percent of the worker's amount. You can find out more about this at www.ssa.gov/benefits/retirement/planner/applying7.html.

Knowing about these benefits can help you plan your financial future. Access a wealth of useful information on our retirement portal at www.ssa.gov/benefits/retirement.

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 vontil@ssa.gov.

college news

Trevor Kline of Alto, graduated with a Doctor of Chiropractic degree from Palmer College of

Chiropractic's Florida campus in Port Orange, Florida, September 24, 2021.

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

thought this accomplishment would make Lowell's Main Street a good place for a soda fountain and to make and sell his own ice cream.

Chris bought Lalley's candy store in 1928, which was two doors west of the old Post Office on the

and remodeled the old hotel at the corner of Main and Washington streets to make larger quantities of ice cream. Today this building is Canfield's Plumbing and Heating. He sold his ice cream to stores in Grand Rapids and in his own store.

plant. Five years later the second floor was remodeled into a 16-room suite for doctors offices. B.H. Shepard M.D., Keats K. Vining Jr M.D., Thomas Hill, M. D. had practices there. When a shot was given, the child received a



share local history with the community. The series will continue with a fourth round of the alphabet.

C is for Christiansen

William Christiansen was known as "Chris." He and his wife Rose came to Lowell soon after the new M-21 was completed. He

north side of the bridge. The building is now gone. The confectionery store was improved in 1934 with walnut display fixtures built down both sides of the store. The next year he opened a cone shop in the same location. This location was home to the drug store and soda fountain until his retirement.

In 1932, Chris bought

In 1939, Chris enlarged and opened a dairy bar and frozen food lockers which customers could rent as a freezer. This was previous to home freezers. This met a large need in the community and was very popular with hunters. During World War II the dairy bar was closed. In 1943, he reopened that location as a meat market with a frozen food locker

coupon for a free ice cream cone from Christiansen's. In 1954, an addition was put on the building and Christiansen opened Lowell's first supermarket. He sold to L. V. Eberhard in 1957.

Chris and Rose raised their four children in

ABCs of history, continued page 12

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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
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happy birthday

OCTOBER 27
George Cook, Tim VanLaan, Tracey Johnson, Judy Purdy.

OCTOBER 28
Aaron Stencel, Bonnie Essich, Debbie Stoutjesdyk.

OCTOBER 29
Tammy Barber, Al Mulder, Jared Spencer, John Butler Jr., Jeremy Drake, Valerie Stuewe.

OCTOBER 30
Jeremiah Russo, Joseph Russo, Justin Wilczewski.

OCTOBER 31
Bob Richter, Connor Duiven, Larry Taunt, Thomas Alberts, Patricia VanSickle.

NOVEMBER 1
Walt Batt, Abbot Kastanek, Brenda Lea Owen, Suzanne Olin, Anthony Kiedis, John Luc Richmond.

NOVEMBER 2
Barb DeLoof, John Mogor.

People could self-dispense up to eight beers from ‘wall of beer’ under new bills

Thirsty patrons could walk over to taps attached to a “wall of beer” and pour a glass for themselves under a proposal to allow self-dispensing alcohol considered in both House and Senate committees on Tuesday, Oct. 19.

Sponsors of the bills said the machines in eating establishments would be designed to allow a limited portion to be poured for any one person. The limit would be 96 ounces, equivalent to eight 12-ounce drinks of beer.

Here’s how it would work: The patron walks into a bar, checks in with their ID and gets access to a wall of taps where the customer can self-dispense drinks up to the limit.

In some cases, a worn wristband with a chip keeps track of the drink dispensed so the customer doesn’t over-indulge. Beer, wine and mixed drinks could all be options to flow out of the taps.

Rep. Rodney Wakeman (R-Saginaw), sponsor of HB 5304, told the

House Regulatory Reform Committee that the bill could also serve as a solution to bars that have had a difficult time with staffing in the COVID era.

Wakeman said Michigan is also one of the few states not allowing this technology. Right now, it’s okay to have a server bring a pitcher of beer to the table. Wakeman argued his bill wouldn’t be much different.

A similar bill, SB 656, sponsored by Sen. Jim Runestad (R-White Lake), was up for discussion before the Senate Regulatory Reform Committee.

Runestad described the bill as a codification of current state rules that already allow for self-dispensing tabletop taps, which were okayed by the Michigan Liquor Control Commission a while back.

Yet the MLCC opposes the House bill, but didn’t explain why during the committee hearing. The Michigan Restaurant and Lodging Association and Michigan Licensed Beverage Association

checked in as favoring the bill.



House members raised concerns about underage drinking and whether there’d be enough supervision to make sure no one was over-indulging.

Rep. Kevin Hertel (D-St. Clair Shores) suggested some type of minimum staffing be considered given “there’s a wall of beer.”

However, Rep. Joe Bellino’s (R-Monroe) main concern seemed to be that

shots wouldn’t be available for self-dispensing from these machines.

“If I was still drinking, I would like Grey Goose on the rocks, right? Why couldn’t I get a couple shots of Grey Goose?” he asked. Wakeman said that it comes down to it being a safety issue.

The committees took testimony only Tuesday on the self-dispensing bills.

The Senate Regulatory Reform Committee also

took testimony on HB 4711, sponsored by Rep. Matt Hall (R-Marshall), which would allow alcohol to be served at baseball stadiums at Eastern Michigan University and Oakland University to pave the way for expansion of a baseball league.

In other news from House Regulatory Reform last Tuesday, the committee unanimously reported out HB 5062 and HB 5090 Tuesday. HB 5062, sponsored by Rep. Kyra Bolden (D-Southfield), allows for district liquor licenses to be issued for a new building. Those licenses were only allowed to be issued for existing buildings. HB 5090, sponsored by Rep. TC Clements (R-Temperance), would eliminate the expiration date on social district permits. The MLCC was neutral on both those bills, and the Michigan Retailers Association, MRLA and MLBA expressed support for HB 5090.

The committee took testimony on a new version of SB 0230, sponsored by Sen. Ed McBroom (D-Waucedah Twp.), that would reinstate a 23 percent discount on liquor purchased from the state for on-premises licensees or specially designated distributors. The discount had reverted to 17 percent on July 1. The bill was described as a way to help businesses hurt by the COVID shutdowns. The MLCC was opposed but the MRLA was in support.

Committee chair Roger Hauck (R-Mt. Pleasant) and Rep. Alex Garza (D-Taylor) teamed up to talk about a pair of bills they’re sponsoring – HB 5127 and HB 5126, respectively – which would require liability insurance policies that meet certain requirements serve as the proof of financial responsibility needed for licensure of medical marijuana facilities.

MDHHS urges residents to get flu vaccine during upcoming season

The Michigan Department of Health and Human Services is urging Michiganders to get their flu vaccine as soon as possible to protect themselves and their communities from flu especially while continuing to battle COVID-19.

Getting a flu vaccine is critical this season because flu viruses and the virus that causes COVID-19 will likely be spreading simultaneously. Importantly, residents are able to get their COVID-19 vaccine at the same time as their flu vaccine. According to the CDC, those who are at higher risk for contracting flu are also at a higher risk for contracting COVID-19. Vaccinations for both COVID-19 and the flu are safe, effective strategies to protect ourselves and our communities from illness.

“I encourage every Michigander to get their flu shot as soon as possible to protect themselves and their loved ones,”

said Governor Gretchen Whitmer. “Last year, 3.5 million Michiganders got flu shots, and this year, I know that we can meet MDHHS’s statewide goal by bringing that number up to 4 million. Over the last 18 months, we’ve all seen just how critical vaccines are to keeping people safe from disease, and I want to thank every Michigander who has received their COVID-19 vaccine and flu shot. I have been fully vaccinated for COVID-19 and received my flu shot last week, and I hope you do too.”

The flu vaccine is the best way to reduce risk from the seasonal flu and its potential serious complications. Each year flu vaccination reduces the burden of influenza significantly in the United States preventing millions of illnesses and thousands of hospitalizations and deaths.

Last flu season, approximately 3.5 million people in Michigan received

a flu vaccine as reported to the Michigan Care Improvement Registry. The state has set a goal of vaccinating a total of 4 million Michiganders for the 2021-2022 flu season.

“Everyone aged 6 months and up is recommended to receive a flu vaccination with rare exceptions, and we encourage them to do so as soon as possible,” said Dr. Natasha Bagdasarian, MDHHS chief medical executive. “There is an ample supply of flu vaccine available in many convenient locations from primary care providers to local pharmacies. We know these vaccines are safe and they protect vulnerable Michiganders.”

The 2020-2021 flu season was unique in many ways, resulting in historically low flu activity for the entire season. Public health professionals indicate that community mitigation measures related to the COVID-19 pandemic such

as masking and social distancing and influenza vaccination could have contributed to the below average amount of influenza cases last season.

However, during a typical flu season like the 2019-2020 flu season, the nation recorded 39 to 56 million estimated cases of the flu, 18 to 26 million medical visits due to the flu and nearly half a million flu hospitalizations. Despite its comparison to the common cold, the flu is a very serious and potentially deadly disease, especially for children, older people and people with chronic health conditions.

Flu vaccines are available now at local health departments, physician offices and pharmacies around the state. Find a location near you using the Vaccine Finder. Visit Michigan.gov/flu for more information or visit IVaccinate.org to find answers to your vaccine questions.

NOTICE OF PUBLIC HEARING LOWELL CHARTER TOWNSHIP ZONING BOARD OF APPEALS

The Lowell Charter Township Zoning Board of Appeals will hold a public hearing to consider the following request for a variance from the Township Zoning Ordinance:

Applicant: Anchor Sign, Inc.

Variance Request: Applicant is requesting a variance from Section 18.07 (d)(1)(ii) of the Lowell Charter Township Zoning Ordinance which requires that wall signs for a commercial establishment in the Commercial Zoning District be placed on that exterior wall of the commercial establishment which directly faces or fronts upon a public street. The applicant wishes to place a wall sign on the east wall of a commercial establishment that does not directly face or front upon a public street.

Property Location: 11921 East Fulton Street which is the building being constructed between Fifth Third Bank and Paul’s Transmission Service. The requested wall sign variance is proposed for that portion of the building to be occupied by Well Now.

The hearing will be held as follows:

WHEN: WEDNESDAY, NOVEMBER 17, 2021
TIME: 7:00 P.M.
WHERE: LOWELL CHARTER TOWNSHIP HALL
2910 ALDEN NASH AVENUE SE
LOWELL, MI 49331

Any person is welcome to attend this meeting and to offer comments or ask questions regarding the appeal. The application materials 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.

Greg Forde, Chair
Lowell Charter Township
Zoning Board of Appeals

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Vaccine passports compared to Jim Crow as ban moves in senate committee

In a party-line vote, the Senate Health Policy and Human Services Committee moved legislation restraining a governmental entity from distributing a COVID-19 vaccination passport or issuing penalties based on vaccine status.

Rep. Sue Allor's (R-Wolverine) HB 4667 would prohibit state and

local governments from producing a COVID-19 vaccination passport or mandating someone to present a vaccine-verification document to access public services.

"I had to get a passport to park. I had to get a passport to go to the park. I had to get a passport to go across into Canada. [...] Okay, I'm not

doing anymore passports," said resident Jeff Hills, whose statement erupted into his claim of having a vaccine-related cancer and his belief that his religious rights were under attack.

The committee dedicated more than an hour to listen to testimonials on the bill, but it rapidly escalated into an open season of distrust

toward the COVID-19 vaccine, criticism around its effectiveness and in some cases, challenges on if the COVID-19 pandemic was legitimately dangerous.

Diane Saincome of Guardians of Freedom Michigan, a "freedom loving" organization for biblical, constitutional values, said she did not

want to see any passports put in place and that she was not intending to get the COVID-19 vaccine. However, Saincome also said "I need to support my family, and all the ferrets died in the trial."

Although preclinical testing for the vaccine involved animals, fact-checking publications have

However, even during this upsurge, Democratic Gov. Gretchen Whitmer expressed she does not plan to issue broad vaccine or mask requirements.

"[I would] express some concerns that we start legislating things preemptively. There's a multitude of things that we can imagine may go wrong at some point in the future, yet we don't legislate those things," said Sen. Winnie Brinks (D-Grand Rapids). "In part, because we may not do it correctly if we don't have all the facts."

Brinks, the minority vice chair of the Senate Health and Human Services Committee, explained precautionary legislation could lead to additional harm.

"I think both Democrats and Republicans have shied away from doing that in the past for very good reasons. [...] I guess I just see this as a solution in search of a problem that does not yet exist," Brinks said.

Sen. Curtis Hertel Jr. (D-East Lansing) pinpointed the bill's vagueness, questioning if the forbidden vaccine passport would include immunization records or the vaccine card received upon getting a shot against COVID-19.

Hertel Jr. also said there was no power in the Michigan Constitution for the legislature to regulate the policies of an individual university, claiming the bill's pursuit to limit a public university or college from issuing vaccine-documentation mandates would not be effective.

"I think we all know where this bill is headed, but all I'm asking is that if we're going to pass a law that it at least makes sense," Hertel Jr. said. "And the definition right now of a vaccine passport is certainly, overly vague to the point where almost anything could be considered, including a picture of this on my phone."

Citizen Anson Lah told the committee that the legislation prevents creating a "medical apartheid, segregating people into separate social classes."

"I'm not against the vaccine, I'm against forcing people to be vaccinated against their will and treating them like second-class citizens if they decide not to," Lah said. "Preventing people from accessing goods and services that they want and need should not be a decision by the government and you shouldn't be able to threaten their employment or their economic stability simply because they made a choice that you don't agree with."

October is Liver Cancer Awareness Month

It is estimated there will be 1,180 new cases of liver cancer and 940 deaths from liver cancer in Michigan this year. Approximately 50 percent of liver cancer is related to hepatitis C, which is why it is important for all Michiganders to be screened.

Hepatitis C, a virus spread through contact with blood from an infected person, is a leading cause of liver cancer; however, many people are unaware they are infected because there are often no symptoms and they do not feel sick. Over time, hepatitis C may become a chronic or long-term

infection that can cause liver damage. When symptoms do appear, they often are a sign of advanced liver disease. In recognition of Liver Cancer Awareness Month, the Michigan Department of Health and Human Services is encouraging Michiganders to contact their health care providers and ask to be tested for hepatitis C.

The Centers for Disease Control and Prevention have expanded their testing recommendations to encourage hepatitis C testing among all adults 18 and older at least once in their lifetime and during every pregnancy.

While there is no vaccine for hepatitis C, there are

safe and effective oral medications that can cure people living with the infection. Hepatitis C medications, called direct-acting antivirals, have a greater than a 95 percent success rate with minimal side effects. Hepatitis C treatment is approved to treat children and adults ≥ 3 years of age. Early diagnosis and treatment can help prevent liver cancer and protect people from other severe health complications, including fibrosis (liver scarring) and cirrhosis (late-stage liver scarring).

To eliminate hepatitis C in Michigan, MDHHS launched the We Treat

Hep C Initiative on April 1. The initiative aims to expand access to hepatitis C treatment among Michigan Medicaid and Healthy Michigan Plan beneficiaries by lifting prior authorization requirements for the hepatitis C medication, MAVYRET®. Since MDHHS removed prior authorization on Mavyret on April 1, there has been an 80 percent increase in the number of beneficiaries who have received treatment.

In addition to hepatitis C, excessive alcohol consumption, hepatitis B and non-alcoholic fatty liver disease are also risk factors for liver cancer.

During Liver Cancer Awareness Month, MDHHS encourages Michiganders to:

Get tested for hepatitis C.

Seek treatment for hepatitis C if currently infected. Treatment can prevent potential adverse health outcomes, including liver damage and liver cancer.

Visit Michigan.gov/WeTreatHepC for more information on hepatitis C testing and treatment.

Visit Michigan.gov/LiverCancer for more information on hepatitis C and liver cancer.

★ Honoring Our Area Veterans ★

The Ledger, along with local businesses, will once again be saluting area Veterans.

The names and pictures we receive will appear in our November 10 edition in honor of Veterans Day, November 11, 2020.

If you would like to spotlight a Veteran living in our area, please mail or bring their picture along with their name, branch of service and years served to:

The Lowell Ledger/Veterans Page
105 N. Broadway • PO Box 128 • Lowell, MI 49331

OR email: displayads@lowellbuyersguide.com

Put "Veterans" on the subject line, type the name, branch of service and years served into the body of the email and attach the picture.

★
Deadline for submission is noon, Monday, Nov. 8, 2021

For more information call the Ledger at **616.897.9261**

You or the Veteran you are honoring must be from the Lowell area.



Veterans Day, November 11, 2021

NOTICE

If the veteran you want to honor was in last year, we still have their photo. No need to resubmit.

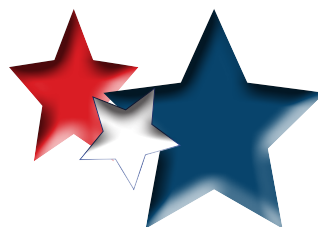
clarified that if all the animals had died, the clinical trials involving tens of thousands of people would have been halted.

Citizen Scott Toedgen compared restrictions based on vaccine status to Jim Crow laws. Because Black individuals have been less likely than their white counterparts to receive the COVID-19 vaccine, according to both federal and state administrative monitoring, Toedgen connected limiting their access to restaurants and other activities to racist disenfranchisement.

"To sit up here and say this is parallel to Jim Crow, that is a disrespect to my ancestors and the ancestors to 11 percent of people in this state who are African American," said Sen. Sylvia Santana (D-Detroit). "I think it's disrespectful that we're sitting up here and taking up this piece of legislation that is unnecessary and unwarranted because there is nobody in government who is requiring a vaccine card or passport."

As of Oct. 20, Michigan experienced a total of 21,609 confirmed deaths due to the virus.

The state's COVID-19 infection numbers have been inclining upwards for more than 13 weeks, and the state now ranks 12th in the country for new cases per population over the past seven days.



Red Arrow

- SAILING

SPORTS

Jackson MacNaughton wins sailing title

by Justin Scott
sports reporter

Non-MHSAA sports have been experiencing a surge in popularity in Lowell over the past few years. Recently, boys volleyball and esports clubs have been created while the equestrian and crew teams have existed at Lowell for many years. Now sailing is in the headlines, thanks to Lowell High School senior Jackson MacNaughton. MacNaughton won the Michigan State Singlehanded Championship Regatta in Traverse City held Sunday, October 17.

MacNaughton has sailed all four years of high school during his time at Lowell. He competes with a combined team through the Grand Rapids Interscholastic Sailing Club.

“Sailing is a lot of

Traverse City schools are good in both sports. Private schools on the eastern side of the state, serving students from higher income families such as Detroit Country Day also frequent the leaderboards.

It was Lowell’s MacNaughton, though, that outpaced them all through the seven races held on Sunday, with 18 points. He beat out Traverse City St. Francis’ Gabe Maday by three points. Rockford’s Gavin Van Manen placed third with 28 points. Races are scored by place, so first place is one point, second place is two points, and so on. The racer with the lowest cumulative score ends up as the winner over a series of races.

“In high school sailing club dinghy’s are provided by the organization hosting

practices and also at regattas. With the exception of laser sailing that is a bring your own boat option. Grand Rapids Interscholastic Sailing is an umbrella organization for several area high schools that holds practice on Reeds Lake in East Grand Rapids. There are individual fees to participate. Because we are a very small start-up team, there are also costs for equipment like foul weather gear, dry suits, life jackets, boots, gloves etc. The fall season runs from the week after Labor Day until mid-November,” MacNaughton explained.

MacNaughton’s path to a state title started at a young age through the White Lake Yacht Club in Whitehall.

“My parents had a sailboat and I was introduced to sailing lessons at White Lake when I was about six



Jackson MacNaughton and Eston Brown sailing in a doubles event. Photo courtesy of Shelly MacNaughton.

or seven. I attended sailing school every summer since I was seven and I joined the White Lake Race Team. I’m now an Instructor at WLSS. I race every Saturday and Sunday in the summer on White Lake and participate in regattas around West Michigan,” MacNaughton added.

Sailors for high school compete in both individual and team-based competitions. This past weekend at Culver Military Academy in Indiana, MacNaughton and Brown competed with Grand Rapids Christian in a mixed doubles event. There, both schools competed with each other and won. The foursome was split into two fleets with a skipper and crew in each fleet. A fleet leaves the shore

and competes in two races, they return and the next fleet rotates into a boat and competes in two races until the conclusion of the regatta.

High school sailors compete in either a laser, which is a one person boat, or in a 420 club dinghy which is a two-person boat and a team of four sailors. In their mixed doubles event with Grand Rapids Christian the team of four used the 420 club dinghy.

For those interested in non-MHSAA sports, barriers such as cost are factors to consider. Crew (non-MHSAA), swimming (MHSAA), and ice hockey (MHSAA) are three of the most expensive sports to compete in. For sailing, those interested can start with introductory lessons at

around \$100-\$200 a week for lessons and go from there. Grand Rapids Yacht Club on Reeds Lake is the closest club to Lowell and most yacht clubs are open to the public.

“I graduate this year, but I would love to see the team keep going. If anyone wants to join next year, that would be great. It’s a fun team, and has a good culture around it. You get to meet new people, make new friends. We only practice twice a week with Grand Rapids Christian and East Grand Rapids on Reeds Lake. I’d like to thank all of my coaches but especially JT Ludington, Tom Munroe Jr. and Alex Post,” MacNaughton concluded. You can learn more about youth sailing opportunities at sailgrandrapids.com.



MacNaughton and Brown with teammates from Grand Rapids Christian within the Grand Rapids Interscholastic Sailing Club. Photo courtesy of Shelly MacNaughton.

mental work, trying to remember the rules, while staying with the wind, and watching for other boats. Practice is the most important part, it’s where I’ve got the opportunity to maintain or get better by asking questions and putting in effort,” MacNaughton said to the Ledger.

Sailing is not a sport that has seen much involvement at Lowell High School, despite the lakes around the school district. MacNaughton and Lowell Middle School seventh-grader Eston Brown are the only two Lowell members participating currently.

The sport in Michigan is similar to crew in terms the results of schools are consistently producing within state competitions. Public schools with close access to sailing clubs like East Grand Rapids and the

Justin Hood Suzette Foll Dave Emmette Amy Bivins Nathan Morris Glenn Morris Leisa Mahanic Sydney Morris Katherine Janik Drew Viersen

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Red Arrow

- FOOTBALL

SPORTS

Lowell drops game to Byron Center, looks to playoff game

by Justin Scott
sports reporter

The magic from last year's upset win on Byron Center's home field was not found on Friday night as Lowell fell to the Bulldogs.

A win would have essentially been a guarantee of a punched ticket to

the state playoffs, instead Lowell had to wait it out on Sunday as their playoff fate was up in the air. The 4-5 Red Arrows were feeling confident despite having a losing record. Lowell played one of the toughest schedules in the state, the

new playoff system built to benefit teams like Lowell. In the end, Lowell's spot within the Division 3 playoffs was fairly comfortable, the 26th most playoff teams of the 64 squads in the predetermined division. The top 32 teams advance to the playoffs.

On Friday, Lowell fell to Byron Center 34-21. The difference in the game? Long runs. Lowell and Byron Center each ran the ball effectively, but the Bulldogs ability to break tackles in open space and get into the secondary proved to be a game changer.

Lowell struck first on an eight-yard Carter Blough touchdown rush. The multi-sport senior has proven to be a tough runner for opposing teams to stop this year. Byron Center responded with back-to-back short touchdown runs by Brady Breit.

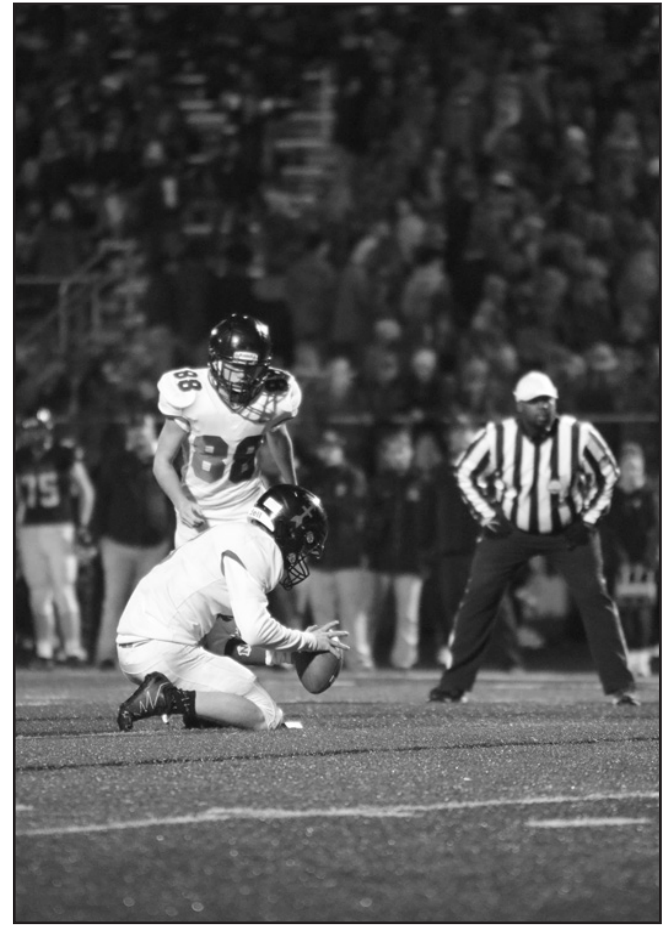
Jason Sevigny busted open one of those long runs for a 33-yard touchdown run to give Byron Center control of the game and a 21-7 lead. Lowell's dominant time of possession was a byproduct of Byron Center's ability to strike quickly when on offense and Lowell's effective, grind-it-out offense that methodically moves their way down the field. The Bulldogs added a field goal, and Lowell scored a touchdown on a three-yard run by Tacho Gonzales to make it 24-14 Byron Center at halftime.

Byron Center scored 10 points in the third quarter, on a field goal and a 57-yard touchdown run to make it 34-14 in their favor and put the game out of reach.

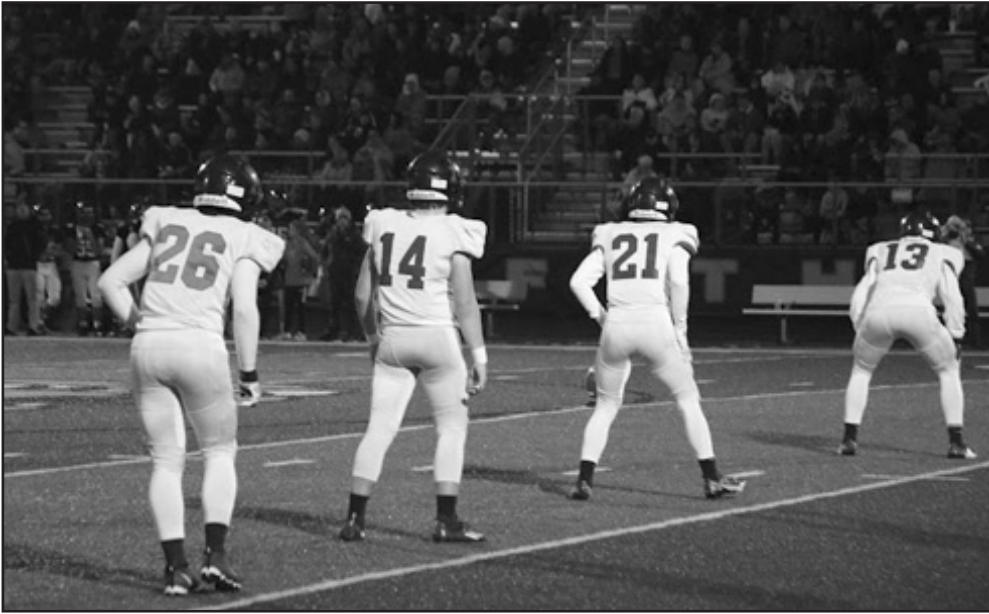
The Bulldogs ran for 354 yards on the ground and averaged 10 yards a carry which sustained drives for them and allowed them to impose their will on the game. Blough led the Red Arrow rushing attack with a 131 yard game.

Nate Cleaver added a two-yard touchdown run to close out the scoring at the 34-21 final. Lowell was stopped on fourth and goal from the one-yard line with one second left trying to score a touchdown which ultimately would not have mattered, but would have closed the scoreline.

Quarterback duo



Todd Parcheta converting an extra point. Photo courtesy of Madison Liley.



Lowell kicking off to Byron Center. Photo courtesy of Madison Liley.

- VOLLEYBALL

Volleyball hosts East vs. West Tournament

by Justin Scott
sports reporter

Tournaments have been the name of the game lately for the Lowell volleyball team as they work toward their goal of another long run in the MHSAA volleyball playoff tournament.

Last week Lowell participated in the Beast of the East Tournament hosted by Farmington Mercy. LHS came away with two wins against L'anse Creuse (2-0)

and Rochester Hills Stoney Creek (2-0). Teams that beat Lowell were Flushing (2-0), Bloomfield Hills Marian (2-0) and Mattawan (2-1).

This past weekend, Lowell hosted the East vs. West Challenge, where six of the best teams from the west side of the state took on six of the best from the east side of the state.

Defending state champion Bloomfield Hills Marian took home bragging rights for the east side of Michigan with a win over Forest Hills Central in the finals. Lowell bested No. 23 in the state, Cadillac, in the quarterfinals of the gold bracket before falling to FHC in the semifinals.

The high level of competition for the Red

Arrows is nothing new. Lowell has scheduled very difficult opponents outside of the conference over the past several years, paying off with two runner-up finishes in the state in 2019 and 2020. This year, after losing their three best players to graduation, Lowell has had a tougher time with the non-conference schedule in addition to an extremely difficult OK White conference, but has not backed down to such challenges. The Red Arrows were ranked No. 40 in the state in recent MaxPrep rankings. Conference opponents FHN, FHC, and Grand Rapids Christian were all ranked in the top 15.



Lowell vs Byron Center		
	LHS	BC
Score	21	34
First Downs	15	13
Rushing Attempts/Yards	50/214	35/354
<i>Blough 26, Cleaver 13, Gonzales 6, Lixie & Huhn 2</i>		
Passes Attempted	13	6
Passes Completed	10	6
<i>Cleaver 11, Huhn 2</i>		
Total Offensive Yards	298	401
Penalties/Yard	5/43	4/40
Fumbles: Number/Lost	2/2	0/0
Punt Returns: Number/Yards	1/12	3/88
Number of Kickoffs/Yard	4/152	7/400
Possession Time	26:14	12:54
Third Down Conversions	6/14	1/7
Fourth Down Conversions	2/3	1/1

Cleaver and Dawson Huhn found success through the air. Huhn went 2-2 for 22 yards, Cleaver went 8-11 for 69 yards, in one of the most efficient passing efforts for the Red Arrows this season. Connor Lixie continued to prove to be one of the most dangerous return men in the conference by taking a 71-yard kickoff return during the game to set up Lowell with tremendous field position.

At 4-5, in previous years Lowell would not have made the playoffs. Prior to last year six wins guaranteed you a spot in the playoffs, with five wins giving you a chance. The MHSAA changed up playoff qualification this year placing a higher emphasis on strength of schedule. That fourth win for Lowell,

proved to be pivotal. Just two teams in the entire state made the playoffs with a 3-6 record. The playoff pairings, announced on Bally Sports Detroit, were announced on Sunday. Lowell is set to travel to Muskegon who is 8-1 on the year. The game will take place at Muskegon's Hackley Stadium at 1:00 pm on Saturday.

Lowell and Muskegon haven't played since 2015, when the Red Arrows defeated the Big Reds 36-7. Both teams have one common opponent this year, Mona Shores, who Lowell lost to in week one and Muskegon beat in week seven. The winner will face the winner of Cedar Springs and Coopersville in the district finals.

Go Red Arrows! **Catch Up On Lowell High School Sports**

the lowell **ledger**

Red Arrow

- SWIM & DIVE

SPORTS

CLS girls turning corners as end of season nears

by Brett Bremer

The Caledonia/Lowell/South Christian Vikings continue to race the clock at least as much as they are racing their opponents in the OK Red Conference.

The CLS girls were bested by the Rockford Rams in the final OK Red Conference dual of the season Thursday, 235-79.

"I saw a lot of really good technique stuff that we have been working on lately," CLS head coach Emma Hollowell said. "They have been working super hard on their walls, on their turns and their underwaters. They really pushed it tonight. We definitely had some best times."

The 100-yard breaststroke was a good race for the Vikings. Grace Bryant set a new personal best with her time of 1:32.39 that earned her team the seventh-place points.

Becky Darter had a solid evening for the CLS girls, placing third in the 200-yard freestyle with a time of 2:18.76 and fifth in the 500-yard freestyle with a time of 6:27.65. Coach Hollowell loved her distance per stroke in the 500, with a consistent stroke and awesome turns.

The top relay finish for the CLS girls Thursday came in the 200-yard freestyle relay, where the team of Sova, Isabella Leason, Macy Keegstra

was third in the race in 26.77 and Keegstra fourth in 28:48. Lund won the sprint in 24.63 and her teammate Oliver Harmsen was second in 26.41.

The Vikings also got a great swim from new varsity swimmer Quinn Massey, who set a new best at 39.87 in the 50-yard freestyle.

Lund also teamed with Harmsen, Taylor Scott and Campbell Quijano to win the 200-yard medley relay in 1:59.71 to open the evening. Harmsen, Maddy St. Charles, Scott and Quijano won the 400-yard freestyle relay for the Rams in 3:58.72 at the conclusion of the meet.

Quinjano, Lund and Bella Nole won two



Caledonia/Lowell/South Christian's Maggie Sova bursts in and out of the water during the 100-yard butterfly during her team's OK Red Conference dual at Rockford Thursday. (Photo by Brett Bremer)



Isabella Leason glides through the water during the 100-yard freestyle for the CLS Vikings Thursday during their OK Red Conference dual at Rockford High School. (Photo by Brett Bremer)

Maggie Sova picked up the lone victory for the CLS girls late in the Senior Night contest at Rockford High School. Sova won the 100-yard breaststroke in 1 minute 19.20 seconds, tacking on those points to her fifth-place time of 1:14.18 from the 100-yard butterfly earlier in the evening.

and Emmory VanHofwegen placed second in 1:15.94 behind the Rockford foursome of Faith Bargwell, Megan Unger, Ashley Lund and Avery Rottier which won the race in 1:44.69.

Members of that 200-yard freestyle relay team helped the CLS girls perform well in the 50-yard freestyle. VanHofwegen

individual races each for the Rams. Lund also took the 100-yard freestyle in 53.50.

Hollowell was happy with the way her girls competed in that 100-yard freestyle race, seeing teammates Keegstra and Leason battling each other for the fourth and fifth place points. Keegstra won out in the end with a fourth-place

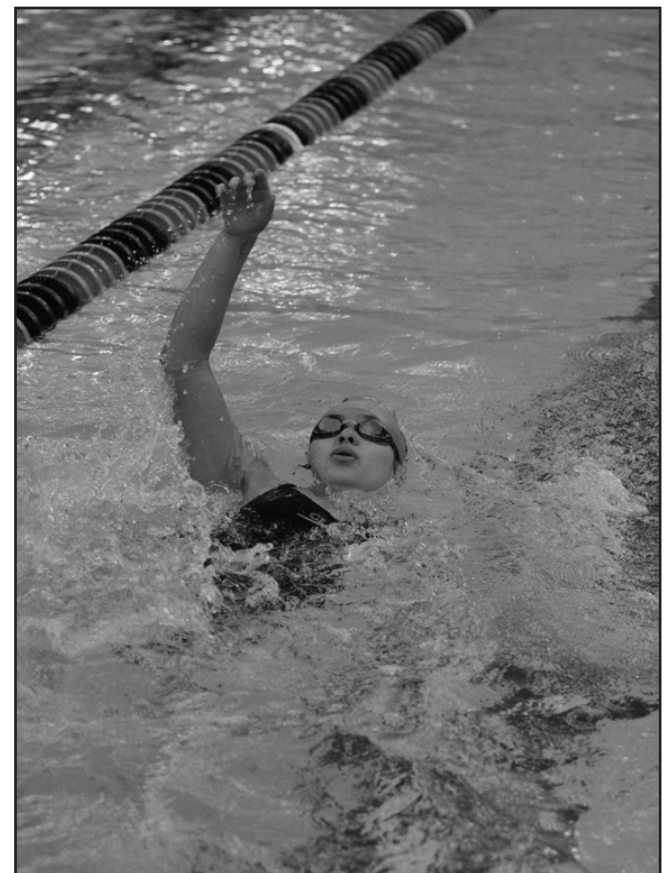
time of 1:02.73 and Leason was fifth in 1:03.14.

The Rams' Quijano took the 100-yard butterfly in 1:02.36 and the 100-yard backstroke in 1:05.38. Nole was the 200-yard individual medley champion in 2:24.16 and also won the 500-yard freestyle in 5:38.37.

Scott took the 200-yard freestyle in 2:15.28 for the Rams.

Megan Jolly took the diving competition for the Rams with a score of 237.65. Rockford had the top three divers at the meet. CLS had Lexi Koorndyk third with a score of 188.45, Maya Coriano-Lahiff fifth at 169.45, and freshmen Jaivlyn Niles and Avery Farrell placed seventh and eighth respectively. Koorndyk and Coriano-Lahiff were both regional divers a year ago, with Coriano-Lahiff qualifying for the Division 1 State Finals thanks to a runner-up regional finish.

"The freshmen have



Caledonia/Lowell/South Christian's Alyssa Aguilar completes a turn and heads back the other way during the 100-yard backstroke Thursday evening at Rockford High School. (Photo by Brett Bremer)

- CROSS COUNTRY

Boys finish second at conference finals

Lowell boys cross-country team concluded the regular season with second place at the OK White Conference finals at South Christian High School with 56 points. Grand Rapids Christian won the meet with 47 points and East Grand Rapids placed third with 60 points.

Cole Weston and Sawyer

Fowler came in together for fourth and fifth place with a time of 16.24. Ben Bromley turned in a personal record with a time of 16.46 to place 11th followed by Jackson Fowler, 12th, at 16.48. Levi Mills rounded out the score with a 21st place finish at 17.19.

Completing the varsity lineup were Keegan Cater,

27th, 17.28 and Alex Weber, 31st, 17.40. As a result of their efforts throughout the season, Weston, Sawyer Fowler, Jackson Fowler, and Bromley earned All Conference Honors, while

Cater earned All Conference Honorable Mention. The Red Arrows will now prepare for regionals on October 30 at Allendale High School.



really picked it up this year. A lot of them were scared to even get on a board, they had never dove, and they are up to high one's in the degree of difficulty. They amaze me every week," Hollowell said.

"Lexi is really good with the freshmen. She has been trying hard this season to help them out and get them more degree of difficulty. I think she is also really feeding off it a lot with them. It has helped her a lot mentally. Last year, she had a little bit of a block, but I think being around girls who want to have fun at

practice has helped her out a lot."

The OK Red Conference Meet will be held Nov. 5-6 at Grand Haven High School.

"We're going to start really focusing on some interval training for sprinters and some 500'ers on both ends," Hollowell said. "We are going to be doing lots of turns and lots of underwaters, that is a big thing that I push is underwaters. They might not know it yet, but we're going to do a lot of underwaters."

obituaries

LUNEKE



John Frederick Luneke, age 80 of Lowell, passed away Wednesday, October 20, 2021. John is survived by his wife, Bobbi Luneke; sons, Kevin John (Cherry) Luneke, John Scott Luneke; grandson, Eli Luneke; brother, Terry Luneke; and canine companion, Sadie. John loved sports, especially watching the Michigan State Spartans college football team. A celebration of life will take place at a later date.



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REED

Dale L. Reed, age 66 of Lowell, went to be with his Lord on Thursday, October 21, 2021. He was preceded in death by his parents, Richard & Virginia Reed; and brothers, Dan, and Mike. Dale is survived by his wife of 46 years, Patricia Reed; sons, Matt (Kim) Reed; and brother, Bill (Mary) Reed. He graduated from Ionia High School and went on to work for Amway. Dale loved the Christmas season, and always decorated with Christmas lights. Funeral services will be held at 11 AM on Thursday, October 28, 2021, at First Baptist Church of Lowell, 2275 W Main St, Lowell, MI 49331, with visitation one hour prior. Pastor Jon Pickens officiating. Memorial contributions can be directed to the church or the American Lung Association, 1475 E. 12 Mile Road, Madison Heights, MI 48071.



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PETERSON

Alyshia Marie Peterson, age 30 of Lowell, passed away October 18, 2021. She was preceded in death by her father, Jim Peterson. She is survived by the love of her life and fiancé, Joe Reed; her very precious baby daughter, Olivia James Reed; mother, Marie Peterson; future father and mother-in-law, Mike and Kim Reed; brother, Grant Peterson; sister, Jayme (Sam) Wynn; future brother-in-law, Bryan (Macie Pasciak) Reed; future sister-in-law, Katie Reed; and many aunts, uncles, and cousins. Alyshia graduated with the Lowell class of 2010. She loved her family above all else and that does not mean just blood related. The Oesch and Moilanen families, that she nannied for, held a special place in her heart. Alyshia was known for her sense of humor and being a giant scaredy-cat, which everyone loved to challenge. Even at 30, she was afraid of "Toby". She loved camping, shopping, vodka, water bottles, coffee, and her business, Babes & Co. Everything she did, she did with passion, control, and flare. The family is comforted to know that Alyshia and her dad are back together. Visitation was held Thursday, October 21, 2021, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49331. Services were held Saturday, October 23, 2021, at Townsend Park, open shelter, at 8260 6 Mile Road, Cannonsburg, MI 49317. Officiating was Bill Schoedel (Uncle Bill). Memorial contributions can be made to the family for Olivia's college fund at <https://gofund.me/f4597419>.



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People who live in the Upper Peninsula are known as Yoopers. The name is derived from the region's abbreviation. The U.P. People who live in the Lower Peninsula are called Trolls because they live below the Mackinac Bridge, which connects the peninsulas over the Straits of Mackinac.

The University of Michigan was the state's first. Originally it was named Catholepistemián and located in Detroit. The name was changed in 1821, and the university moved to Ann Arbor in 1841. The U of M was also the first state-established university in the country. Today's alumni are grateful they don't have to shout, "Go Catholepistemián" at football games.

ABCs of history

Lowell, and Rose died in 1961. In 1962, Chris retired and sold the drug store and soda fountain to Dean Manigold and Mitchell Wieczorek. They kept the 'Christiansen' name until 1968 when Chuck Lippert purchased the store. Chris married Ruby Eickhoff in 1962.

cherry phosphate, enjoy ice cream malts with a friend or eat a burger for lunch. Town students would stop in every day after school. Others would sneak to Chris' for lunch. The lunch tables were favorite gathering places for businessmen, many of them daily regulars.



She was the daughter of Martin and Lena Eickhoff from the Fallsburg area.

Chris died in 1967. He made a profitable and memorable business in Lowell. He loved Lowell and had served his community in many ways. He served on the City Council for 21 years and took the lead in decorating the Showboat for most of its history. The idea of the Showboat was born around a table in his store. Chris served in the Army in 1918 and served in the Lowell American Legion Post. He was the Post Commander during the mid-1940's. He even put his own money into completing the American Legion Building.

Christiansen's was a place for everyone. You could purchase a five cent pack of gum and collect the baseball cards that came with it, slurp a

Housewives would come to the store for household necessities and medicines and socialize with friends. Chris' was the center of Lowell's social life.

One local resident smiles when recounting being able to help make the 'paddle pops'. First they would slice the ice cream, insert the stick, dip the slices in hot chocolate, hang them up to cool, and then wrap in wax paper. Yum! Another remembers sitting at Chris' with his friends, listening to the radio as numbers were chosen for the Vietnam War draft lottery. The fear and panic of that time doesn't dampen the happy memories created and the deep love inspired by a visit to Chris'. Is it any wonder that the name 'Christiansen's' is still fondly remembered today?

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MI 49503 Courtroom 9C and via Zoom before Judge David M. Murkowski (P35026) for the following purpose: Appointment of a Guardian.

Dated: October 20, 2021

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 690-7176

VAN ESSEN AND ASSOCIATES PLLC Atty's. for Petitioner by Amanda Van Essen Wirth (P75001) 109 E. Main St. Suite 11 Zeeland, MI 49464 (616) 633-0196

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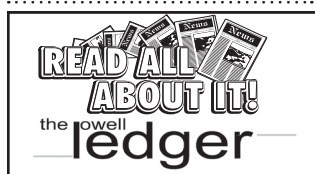
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Franz Jacob Blattner
July 9, 1934 -
October 30, 2018
We miss you a lot. Your smile, your many kindnesses to our kids, our brothers, and all your many nieces and nephews, your paying for piano lessons and teaching the kids how to fish. All the many years you helped build up the orchard finally paid off. Tony and family are harvesting a beautiful crop of apples. We just wish you could be here to enjoy it with us. May God watch over you always. Miss you.
The Blattner Family

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5	9	3	6	4	1	2	7	8

Word search grid with words circled:

Vertical words: HIDE, RAGS, TARS, SIBLOT, EDAM, SARAN, ERASES, CAT, UPON, LARID, AHCRABB, ROSATE, SORTED, EYED, VUPM, VEON, IXC, XGL, THG, UFA, RWC, ISXR, WLWS, HLS, CATY, IWH, FYMG, YRKU, SDVN

Horizontal words: STALIN, PARADE, ELPHANT, SETAL, SIBLOT, RECEEDE, RAGES, PARR, MARRARE, SPED, AAHEAD, SATIRES, ARISES, HVRG, CDPT, GLOWL, NYUD, GEMTT, TPI, SOGSR, TD, X, VAVM, IKPM, IRB, IPMT, MN, UV, HD, TO, N, ES, B, W, UN, I, O, D, U, B, O, O, I, A, H, G, S, M, W, R, A, T, O, T, O, N, E, S, B, H, T, N, S, L, I, T, S, O, D, A, Y, Y, X, T, A, R, H, V, N, Y, H, N, U, G, W, F, L, E, R, U, G, I, F, N, O, C, E, R, R, I, H, T, V, G, V, F, K, Y, W, A, L, K, I, N, T, O, W, E, U, I, W, O, X, U, O, D, T, C, G, V, A, N, I, T, Y

Red Arrow

SPORTS

Lowell harriers close out OK White season

The Lowell harriers closed out the OK White portion with a fifth place finish at the OK White Conference meet which gave them an overall fifth place finish in the conference.

Lowell was led by two OK White All Conference

runners as Annika Sandman and Katrina Sandman ran to fifth place (18:26) and 13th place (19:47) finishes. Scoring for the Arrows were Keira Sandman 29th (20:40), Claire O'Boyle 34th (21:00) and Megan Lillie 47th (21:26). Jamara

Harper and Kaylee Byrne completed the varsity team placing 66th and 95th respectively.

The Lowell varsity runners will race next at the MHSAA Regional meet at Allendale HS on October 30.



Live the Life You Want

With Melissa Spino, MA, LPC, CDMS
Life Transitions Therapy, LLC

Can we have faulty thinking?

I'm regularly asked by clients "What's wrong with me?" My answer, there's nothing necessarily wrong with you but there may be a thought process issue or what we call cognitive distortions. Cognitive distortions (aka, faulty thinking) are irrational thoughts or beliefs that distort the perception of reality most often in a negative way. You may be shocked to know that they are fairly common but most people find them difficult to recognize. This is often because they are automatic thoughts that the person has had for so long that they believe they are normal or facts. Unfortunately, not everyone realizes that thoughts do not equal facts. Cognitive distortions are untrue, inaccurate and typically exaggerated thoughts. They are negative in nature and form out of habit in terms of thinking or beliefs. So, let's start with possible causes of faulty thinking.

Possible causes of faulty thinking

There are many reasons faulty thinking can happen but research has not found any one root cause. What research has found is that some influences, issues,

or diagnoses often include cognitive distortions. So, while not all of the below issues can be called causes for faulty thinking often individuals with these issues or diagnoses can also have cognitive distortions.

Depression, anxiety, psychotic episodes, suicidal ideation, obsessions and compulsions

Stress and/or sleep issues

Rage and/or anger

Trauma or a brain injury

There are also other influences that can cause faulty thinking such as:

Cultural influences – customs, beliefs, values and religion. Distortions can also be learned through family.

Social influences – friends, peers, politics, teachers, even the media can impact our beliefs and the way we think. It can even cause an "us vs them" mindset.

Environmental influences – education, finances, genetics and living conditions all have the potential to cause cognitive distortions.

All of the above factors can play a part in the development of faulty thinking.

Types of Faulty Thinking

Cognitive distortions are biased or exaggerated beliefs or patterns of thought that are not based in reality and are typically irrational. They are often based in negative thinking.

Common types of faulty thinking include:

Jumping to conclusions, which can lead to negative interpretations and assumptions made without proof to back them up. A person might believe others are reacting in a negative way or predict negative outcomes for a situation.

All-or-nothing thinking, thinking in extremes. Experiences are viewed as either a success or failure. Black or white. Right or wrong. There is no middle ground or grey area.

Overgeneralization. This is the view that a negative experience is proof of what will happen in the future. With those that overgeneralize you may often hear the words "always," "all" "never," or "every." I often see this in those diagnosed with PTSD or anxiety disorders.

Personalization occurs when someone blames themselves for events that are not their fault or are beyond their control. This thought process has been associated with those diagnosed with anxiety and/or depression.

Catastrophizing is the "worst case" type of thinking. Some say it's just over-reacting but for some it may be due to repeated negative experiences. I often see this in those that have

Soccer falls in district semifinal

by Justin Scott
sports reporter

Forest Hills Central put an end to Lowell's soccer season with a 2-1 victory over the Red Arrows last week in the district semifinal round.

In a game held at Forest Hills Eastern, the two conference rivals were playing for the second time this season. Lowell won the first game,

a 3-2 victory. Kyle Webb of Forest Hills Central got the scoring started with a free kick from 25 yards out that just slipped underneath the diving Lowell goalkeeper Lincoln Homolka.

Lowell was quick to respond to the Ranger goal, with Ben Mika assisting Nate Ryan who scored a rocket from 37 yards out in the upper right corner of the net. With about five minutes

left in regulation, Lowell gave up a penalty kick to FHC which was converted by web.

The Rangers went on to win the district championship 2-0 over Northview. Lowell finished the season at 5-10-2 and loses three seniors to graduation and two foreign exchange students from this year's squad.

had trauma. The person tends to assume the worst.

Mind Reading is the belief that you know what others are thinking or feeling. It can be associated with anxiety.

Fortune Telling is the belief that the person can predict the future. For instance, when going to a popular movie they may say "I know it's going to be sold out by the time we get there."

Blaming is the opposite of personalization. The individual with faulty thinking puts all the blame elsewhere or on someone else.

Should statements these include the should, must and ought to statements. Statements such as "I should have left earlier," "I ought to work out more so I'm attractive to others" or "I must smile more so I look happy." These thoughts are not helpful and typically lead to resentment, anger and bitterness when expectations are not met.

Always right. This happens when one person doesn't consider the other persons feelings. They believe their own opinion is a fact so they will always be right.

Emotional reasoning is similar to always right. This is when the person believes that their feelings and emotions are reality. For example, if they feel fear they must somehow be in danger or they just washed their hands but they still feel dirty so they must wash them again as they are dirty. If this type of reasoning becomes severe it can result in obsessive compulsions.

These are only a few examples of the most commonly seen types of faulty thinking.

How to Change Faulty Thinking

Self-examination can be a good way to start

changing negative thinking and thought patterns. The process for treatment of faulty thinking includes identifying, correcting and replacing distorted thoughts and patterns called cognitive restructuring. By adjusting automatic thoughts, we influence our emotions and behaviors.

Faulty thinking can be corrected over time. Below are some suggestions to correct problem thought patterns:

Identify the Faulty Thinking

The most important step of fixing any problem is identifying the exact problem and how it's affecting you. Identify and track thinking that is causing you problems with work, school, your family, friends etc. Write it down even if you are not convinced it's a problem. Also write down the effects/results of this thinking - the outcome. You will need this for the next step. Dr. David Burns' book "Feeling Good: The New Mood Therapy" is really helpful with this process.

Review the Evidence

For this you need to try and remove emotions and go into analytic mode to examine the evidence carefully. This is where you find any patterns of faulty thinking. When looking at each thought ask yourself if it is an opinion or a fact. Thoughts such as "I'm right, they were wrong," or "Everyone is against me," are opinions. Facts are thoughts such as "I was late for work".

Determining which thoughts are opinions and which are facts helps narrow down thoughts that may be cognitive distortions (opinions).

Work to Change Thinking to Shades of Grey

Changing thinking from black and white to shades of grey can be tough because

of the way our brain takes shortcuts when processing so we can make quicker decisions and responses. Black and white thinking can sometimes be helpful. However, the majority of the time it leads to faulty thinking. Some suggesting using a scale to help stop black and white thoughts. When you have this type of thought ask yourself on this scale how likely is the thought true. For instance, let's take the thought "No one likes me," or "I fail at everything I try." On a 0-100 scale how likely is this true? I imagine both would be zero. Doing this can help stop the either-or thought processes. Another suggestion is reframing. Write out the original thought and then also write down three to five possible alternatives.

The Cost-Benefit Analysis

People seldom continue with behaviors that they don't feel provide some type of benefit. Analyze your thought patterns and try to find the benefit. Do the thoughts help you feel more in control? By blaming others do you avoid taking responsibility for your actions? Does always thinking the worst guard you from disappointment and hurt? Once you find the perceived benefit ask yourself what this faulty thinking is costing you. Write down the perceived benefits and costs and really look at what this data is telling you.

If you find you can't change this on your own consider cognitive behavioral therapy (CBT) with a counselor. CBT helps you learn to identify, interrupt and change unhealthy thinking patterns. Just know that faulty thinking can be changed. This article is not intended to diagnose or treat. It is for informational purposes only.

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FUN PAGE

SUDOKU

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

Level: Beginner

Here's How It Works:

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

BATH REMODEL WORD SEARCH

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

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

Puzzle solutions on page 13

BATH REMODEL WORD SEARCH

BATHTUB
CURTAIN
DEMOLITION
DESIGNER

DRYWALL
DUAL ENCLOSURE
FAN
FIXTURE
LIGHTING
MATS

MIRROR
PAINTING
PLUMBING
RECONFIGURE
RENOVATE
SHOWER HEAD
SPA

TILE
VANITY
VENT
WALK-IN

Guess Who?

I am a voice actor born in Connecticut on October 26, 1973. I studied animation at the Rhode Island School of Design prior to gaining fame as animated "Johnny Bravo." I went on to create and voice several animated television comedies.

Answer: Seth MacFarlane

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to a kitchen or bathroom.

T C A E I B N

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

Answer: Cabinet

	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									70				

CLUES ACROSS

- Break
- Ruled Russia
- Having several lobes
- Walked around proudly
- Atomic #77
- Largest living land animals
- The Great Lakes State
- A type of toast
- Partner to feather
- Bristlelike
- Bowfin
- Distributes
- Hairlike structure
- Sino-Soviet block (abbr.)
- Where wrestlers work
- Blood relation
- A great deal
- Round Dutch cheese
- Move further away from
- Type of wrap
- Furies
- Removes from the record
- Young salmon
- Feline
- Skin decor
- Disfigure
- They __
- Formal term for "on"
- Weight of precious stones
- Traveled rapidly

- Long-winged aquatic bird
- Prickly husk
- Expressed pleasure
- Exclamation of surprise
- Most irritable
- Virginia
- Optimistic
- Humorous works
- Arranged systematically
- Emerges

CLUES DOWN

- Wives of a polygamous man
- Where hurt ballplayers land
- Single-celled animal
- Rhythmic pattern
- One from Utah
- A group of seven
- Refrains from inflicting
- Light brown
- Humanistic discipline
- Emits coherent radiation
- It says who you are
- Roundworm
- Group of Native Americans
- Makes wider
- Headgear
- One who sets others free
- Form of communication
- A Brit's mother
- Title of respect
- Famed modernist painter
- One-time province of British India
- Prosecutors
- Motor vehicle
- Non-religious
- Native Americans of Colorado and Wyoming
- Pouch
- Touch gently
- Chose
- Actress Tomei
- Former Broncos coach Dan
- Icelandic poems
- More decent
- Grillmasters use it
- Self-immolation by fire rituals
- Expression of annoyance
- __ Spumante (Italian wine)
- Consumed
- Body part
- Thus
- Rupee

Lowell Area Community Fund

ANNUAL UPDATE 2020-2021

The Lowell Area Community Fund was established in 1997 by longtime resident Harold Englehardt. The purpose of the Community Fund is to seek community cooperation and participation to create a healthy and dynamic community. To achieve this, the Community Fund provides grants in seven critical areas including: arts and culture, economic development, education, environment, health, human services and recreation.

Farm Market Ensures Access to Quality, Affordable Fruits and Vegetables



The Lowell Area Community Fund was proud to partner with Flat River Outreach Ministries to support their Farm Market program, which launched in September 2021. Survey results and conversations with FROM participants have shown that families in Lowell have a desire for access to fresh produce, but struggle to afford it regularly. FROM developed relationships directly with local farmers to bring fruits and vegetables at affordable prices for clients who earn less than 300% of federal poverty guidelines, though community members at any income level are welcome to stop by the Treasures Thrift Store where the Farm Market is located and shop, as well. Healthy food is a right, not a privilege, and programs like the Farm Market help ensure that neighbors in the greater Lowell area can access quality, affordable fruits and vegetables for their families.

Financial Highlights

REVENUE	
Investment Earnings/(Losses)	\$4,155,199
Contributions	\$500
Total Revenues	\$4,155,699
EXPENSES	
Grants and Scholarships	\$1,017,877
Investment Manager Fee	\$68,218
Support Services	\$72,453
Total Expenses	\$1,158,548
Change in Net Assets	\$2,997,151
Net Assets, Beginning of the Year	\$14,370,394
NET ASSETS, END OF YEAR	\$17,367,545

2020-2021 Community Fund Advisory Committee

- Michael Burns**, Lowell City Manager
- John Darling**, representing the Englehardt Family
- Ray Duimstra**, Director of Strategic Acquisitions, Crystal Flash
- Dave Emmette**, Risk Manager, AIC Insurance Services
- Stephen Gough**, Principal, Lowell Area High School
- Nate Fowler**, Superintendent, Lowell Area Schools
- Misty McClure-Anderson**, Executive Deputy to the President and Board of Trustees Liaison, GRCC

LOWELL COMMUNITY FUND GRANTS JULY 1, 2020 - JUNE 30, 2021

PROGRAM NAME	DESCRIPTION	ORGANIZATION	GRANT AMOUNT
Lowell Showboat	Renewal of the Lowell Showboat Project.	City of Lowell	\$150,000
Lowell Historic District Commission	To support continued historic restoration and preservation of 54 buildings in Lowell.	City of Lowell	\$60,000
Event Barn Utilization	Heating for the event barn to allow continued community education opportunities in the winter.	Dairy Discovery	\$10,000
Fresh Market Project	Supporting the launch of a fresh market to increase access to locally grown food.	Flat River Outreach Ministries, Inc.	\$12,500
Lowell LaughFest 2021 Event	Underwriting support for LaughFest 2021 events in the Lowell community, which bring residents together in laughter-focused activities and engage them in dialogue about emotional health.	Gilda's LaughFest	\$5,000
Lowell Programming – Girl Scouts go to Camp Invention	To support Girl Scouts through the pandemic to maximize retention and success by focusing on virtual, interactive programming, like Camp Invention.	Girl Scouts of Michigan Shore to Shore	\$2,000
GRAAMA Master Plan (1st Stage)	To prepare a Master Plan for improvements at the Lowell Area Veen Observatory.	Grand Rapids Amateur Astronomical Association	\$7,500
2021 Lowell Showboat Sizzlin Summer Concerts	To provide funding for the 2021 Lowell Showboat Sizzlin Summer Concerts.	Greater Lowell Chamber Foundation	\$9,487
2021 Greater Lowell Community Calendar Kaleidoscope	To provide one year of funding to publish the Kaleidoscope ads, brochure and community-based website.	Greater Lowell Chamber Foundation	\$12,411
Ensuring Economic Education in Lowell	Work readiness, entrepreneurship, and financial literacy programming for Lowell Public Schools students during the 2020-2021 school year.	Junior Achievement of Michigan Great Lakes	\$4,000
Lowell Regional Greenspace Ongoing Land Acquisition	Acquisition of 122 acres of land in Lowell Township, supporting the goal of creating a regional park of 528 acres.	Kent County Parks Department	\$25,000
KCYF Dog Project Training Yard	Support for fencing for youth dog exhibitors, providing a safe and accessible training area.	Kent County Youth Agricultural Association	\$1,600
Replacement Fire Engine	Replace the 17 year old front line fire engine.	Lowell Area Fire & Emergency Services Authority	\$112,500
Lowell Museum Remote Field Trips	To create a series of online field trips to the Lowell Area Historical Museum.	Lowell Area Historical Museum	\$10,000
Final Phase of Rail Trail Connection	Additional leveraged support that will lead to \$3,474,000 in State and Local Government Grants to construct trailways and bridges.	Lowell Area Recreation Authority	\$450,000
Research Based Wellness Camp	To support the middle school Wellness Camp, a virtual after school program designed to prevent/reduce obesity rates and address specific health behaviors.	Lowell Area Schools	\$9,078
LEF 2020-2021 Support	To fund innovative projects that enhance and supplement the learning experience in Lowell Area Schools.	Lowell Area Schools Education Foundation	\$25,000
South Park Volley Ball Courts	Construction of an eight court beach volleyball venue that will be used for instructional clinics, regional tournaments and by the general public.	Lowell Charter Township	\$5,000
Lowell Community Wellness	To increase participation in low-cost community-based wellness activities and programs.	Lowell Community Wellness	\$25,500
LowellArts: Connecting Artists and Audiences	General Operating Support	LowellArts	\$25,000
Adventure Point Mobile STEM Day Event	Support to host an Outdoor Adventure and Science, Technology, Engineering, and Math Day for Lowell youth through the Adventure Point Mobile program.	President Ford Field Service, Michigan Crossroads Council	\$2,500
Covid-19 Fundraising Relief	To benefit Lowell area nonprofits and schools by providing enhanced learning and literacy development.	Rotary Club of Lowell Community Foundation	\$11,500
Scholarships	College scholarships awarded to Lowell Area residents.	Scholarships	\$55,000

TOTAL GRANTS \$1,030,576