

Gas station skimmer fraud



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Chain restaurant grand opening



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50¢



50-year-old Iron Men from Lowell competed again, in Wilmington, NC

by Tim McAllister
lead reporter

The three 1989 graduates of Lowell High School who have been competing in “Iron Man” triathlons - Michael Mull, Jeff Zillmer and Rick Stockreef - just finished another race in Wilmington, NC on Saturday, Oct. 23. This time the trio were accompanied by Michael’s brother Tom Mull, another LHS graduate.

“There were four of us this time,” said Michael Mull. “Three of us all graduated high school together back in 1989, and then the fourth one was my little brother Tom, and this was his first Iron Man. Everybody had a pretty good run. There were two personal records and the first time runner killed it, he did awesome.”

The Iron Man triathlon is a grueling event created by former US military athletes where competitors swim 2.4 miles, bicycle 112 miles and then run 26.22 miles, all in one day. There were 15 competitors in the first race in Oahu, HI on Feb. 18, 1978. Today there are Iron



Facebook photo

Michael Mull, Rick Stockreef, Jeff Zillmer and Tom Mull pictured immediately after the Iron Man event in Wilmington, NC on Oct. 23.

Man events in more than 36 locations around the world that each draw hundreds of participants.

“The world’s best professionals do it in just under four hours,” Mull said. “It takes the really

good ones five hours and the superstars about four. This past weekend Rick did it in five hours and four minutes,

my brother Tom did it in five hours and 39 minutes, I did
Iron Man, continued, page 1

Monday, Nov. 1 city council meeting report



The “line shack” building was sold to BGR Investments for \$100,000.

by Tim McAllister
lead reporter

Lowell city council had their latest regular meeting at 7 pm on Monday, Nov. 1. The meeting lasted approximately 44 minutes and there were no participants in public comment.

The council voted to sell the “line shack” building at 115 Riverside Dr., to BGR Investments for \$100,000,

pursuant to a quit claim deed. BGR Investments plans to demolish the existing building and put up a two story residential and commercial structure. The sale will be finalized at a future council meeting once the quit claim deed is ready.

The council voted to purchase three “Goulds 3410” pumps for the city

water system’s northwest pump station at a cost of \$46,988.40, to have RS Technical Services install and wire the SCADA [Supervisory Control and Data Acquisition] system and perform pump VFD upgrades at the northwest pump station at a cost of \$136,602.81 and to purchase a new Chevrolet Bolt EUV

ILT vehicle for use by water treatment plant employees. The car will cost \$31,791 and shall be purchased from Berger Chevrolet utilizing the state’s MiDeal program.

“The northwest pump station on Gee Dr. supplies water to Lowell Township,” said public works director Dan Czarnecki. “As the township has grown with new housing and commercial facilities, their water usage has grown as well, and today the existing pump station has difficulty keeping up with the high demands of the township during the summer months. Basically, with many property owners irrigating their lawns. The pump station is in need of upgrading two pumps to the larger size. The need for this upgrade started to come into focus during the summer of 2020 as the water plant was having difficulties pumping enough water through the station to the township to meet their maximum day water need. We have three pumps at the station, each

capable of producing 20 gallons per minute, with output of .864 million gallons a day with all three running. The township’s maximum day is .657. While we can meet that, EGLE requires us to meet it with only two pumps, with the third as a redundancy or a backup in case one were to fail. So with two pumps we don’t meet the requirements. Going into budgeting this year, we realized that, and we put it in our budget to get these replaced. Again, doubled in size from 200 gallons per minute each to 400, that would give us the capacity of 1.153 million gallons a day with two pumps, and that would meet the requirements for the township, for hopefully a while to come. Unfortunately, as you’re aware, in August the state, EGLE, sent us an administrative consent order addressing the pump situation, and they have

Council, continued, page 3

Lowell Light and Power announces the appointment of Charlie West to the Michigan Municipal Electric Association Board of Directors

Lowell Light and Power has announced the appointment of Charlie West, General Manager to the Michigan Municipal Electric Association (MMEA) Board of Directors. The appointment was made during the MMEA Fall Membership Meeting in Lansing, Michigan on October 7, 2021.

“Over the years, the MMEA has been well served by very capable community leaders who have stepped up to guide the Association,” said Kevin Cornish, incoming MMEA Board President, and Village Manager for the Village of Clinton, Michigan. “We are fortunate to have new leaders coming forward during this time of unprecedented change in the electric utility industry. The beneficiaries will be the residential and commercial rate payers in our public

power communities, and statewide.”

As a member of the MMEA Board of Directors, Charlie West will serve as a channel for communication between MMEA Members, and state and national lawmakers and utility industry regulators, help shape Association positions on state and national legislation and regulation and help facilitate the dissemination of knowledge and education to MMEA Members on issues such as worker safety, power system management, system reliability, and technological change.

“I am so pleased to have Mr. West on our Board of Directors,” said MMEA Executive Director, Katie Abraham. “Each and every Member of our board has accepted the challenge of leadership during the most dynamic time since the creation of the electric

utility industry. As the industry, government and the public work together to build a cleaner and more sustainable electric grid, I feel privileged to be working with Board Members such as Charlie West.”

West obtained his BA in Environmental Studies from Denison University and his MBA from Bethel University. He has been involved in Public Power since 2008, working directly in Public Power since 2012. West served as Vice President of Business and Strategic Development at the Paris Board of Public Utilities before moving to Lowell, MI in 2020 with his wife, Whitney, and their two little girls. He has served as the Commissioner for Michigan Public Power Agency and has a strong background in serving the local community.



Lowell Light & Power general manager Charlie West.

Gas station credit card skimmer fraud on the rise

by Tim McAllister
lead reporter

Law enforcement nationwide has reported that credit card skimming is again on the rise.

Experian, the multinational consumer credit reporting company,

defined skimming in an Aug. 7, 2019 article as “thieves attaching devices on gas pumps, ATMs and other machines that read and gather your card information.” The skimmer

reads the magnetic strip on the credit card, which contains the cardholder’s full name, the credit card number and the expiration date. This information is used to commit fraud, steal funds or steal the cardholder’s identity, or the information is sold on the dark web.

“We did get word that skimming is becoming popular again,” said Lowell police chief Christopher Hurst. “I have not heard of any skimming happening

in our immediate area, nor has the Lowell Police Department taken any complaints of this, an advantage of being in a small, close community. There was a report of skimming in Wyoming. The last Kent County chiefs’ meeting I went to reported it was happening between Lansing and Detroit, and as far west as Portage.”

Although it hasn’t been a problem in the Lowell area yet, that doesn’t mean

you shouldn’t be somewhat vigilant and superficially inspect a gas pump before swiping.

“Consumers should look at the security tape which acts a seal around the access door near the credit card slot to make sure it hasn’t been cut or tampered with,” Hurst said. “If they see this, report it to the merchant and local police and use a different pump. If they’ve used a pump that looks suspicious, report it to police, the merchant and the banking institution on the card immediately. The Michigan Department of Agriculture and Rural Development/Weights and Measures inspects the

pumps and puts the seals in place. The police or the merchant will notify these authorities to come out and re-inspect the equipment before it’s put back in use.”

Hurst said that a person caught using a credit card skimmer would be charged with “financial transaction device – unauthorized capture/transmission of personal identifying information,” a five year felony with a \$25,000 fine.

“[There could be] other charges for fraud and possession of another person’s financial information,” Hurst said. “If the Secret Service get involved, there may be federal charges as well.”



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Herbruck's concludes construction of solar array

Herbruck's Poultry Ranch celebrated sustainability at its ribbon-cutting event for the new solar array at its Green Meadow Organics facility on Tuesday, Oct. 26.

Herbruck's partners in the project, CMS Energy and EPC Partners, as well as public officials, company representatives and members of the public gathered at Green Meadow Organics today to learn more about the 1.8-megawatt array that will produce enough electricity to meet about a quarter of the power demand at Green Meadow Organics.

"Herbruck's has grown tremendously throughout our decades in the poultry industry, and a key to that growth is ensuring we are doing our part to take care of the environment around us," said Cody Herbruck, senior manager at Herbruck's. "Sustainability is central to everything we do at Herbruck's and the solar array at Green Meadow Organics is just one practice we use to protect our four key business



pillars: people, planet, products and prosperity."

Herbruck's launched Green Meadow Organics in 2008 to produce organic, cage-free eggs and all-natural fertilizers. The facility and the solar array are part of Herbruck's commitment to sustainability and protecting the environment.

Attendees also heard from executives on the project, who highlighted the example Herbruck's is setting for agriculture businesses to employ more sustainable practices in everyday operations.

"CMS Energy is proud to have worked alongside the incredible Herbruck's

team to bring this 1.8-megawatt solar array to life," said DV Rao, senior vice president of strategy at CMS Energy. "This is yet another project that will help protect our planet, support our customer's success, and strengthen our state as Michigan looks to lead the clean energy transformation."

Herbruck's Poultry Ranch is a fourth-generation family farm based in Saranac. Herbruck's is the largest egg producer in Michigan and has locations in Michigan, Indiana and Pennsylvania. For more information, visit herbrucks.com.

Jimmy John's opens in Lowell



The new Jimmy John's sandwich shop at 1279 W Main is now open and ready to serve sandwiches to the people of Lowell.

"Our team is excited to serve fresh, fast and tasty sandwiches to a new set of customers in the area," said owner Jerry Heath. "Whether it's in our new store, through contactless delivery or ordered through our 'Freaky Fast Rewards' loyalty program, our team is ready to serve even more

guests on their terms in a way that only Jimmy John's can deliver."

Heath says he plans to hire around 25 employees. Anyone interested in applying can call or stop by the store, open daily between 10 am and 10 pm, and fill out an application.

Founded in 1983, Jimmy John's has built its reputation on serving up fast and fresh sandwiches in communities across the



country and is one of the fastest growing franchises in the US with over 2,700 locations in 43 states.

The Jimmy John's in Lowell will deliver sandwiches right to your door if you are inside their delivery area, and it offers convenient catering for any occasion. Customers can stop by the new location, call the store at 616.457.8060 or order online at jimmyjohns.com or through the Jimmy John's mobile app.

Council, continued

given us until May 31 to submit a permit to modify the station, and then Nov. 30 to complete the upgrades. While the timeframe they gave us was generous and we appreciate it, unfortunately, we need to get this work done before summer of 2022 sets in so we can keep up

with the demand, and that's why we'd like to have all the work done by May 1."

Lowell city council's next regular meeting will take place at city hall at 7 pm on Monday, Nov. 15. They will also have a "Coffee with the Council" at the Lowell Area Chamber of Commerce

building on the Riverwalk from 8 am until 10 am on Saturday, Nov. 6.

To watch previous city council, board and commission meetings, look for the "City of Lowell" and "Lowell Light and Power" channels on YouTube or visit archive.org.



Screenshot of Lowell city council in discussion at their Monday, Nov. 1 meeting.

...

The patriot is proud of his country for what it does, and the nationalist is proud of his country no matter what it does.

The first attitude creates a feeling of responsibility, but the second a feeling of blind arrogance that leads to war.

~ Sydney J. Harris (1917-1986)

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Iron Man, continued



in six hours flat and our friend Jeff did it in six hours and two minutes. [...] My

friend Jeff has been doing them for a few years, and he's been one of my best



friends since high school. I've always said to myself, 'I'm gonna do one by the time I'm 30... I'm going to do one by the time I'm 40...

I'll do one by the time of 50...' A few years back we lost our baby brother Joe in a car accident. At that time I just said, 'No more telling myself that I'm gonna do it,' and I just started doing it."

Mull said he has "just always been running." He ran track at LHS and then at Grand Valley State University, then he coached cross country at LHS for several years.

"Myself and Rick Stockreef, we both were on the LHS track team," Mull said. "I was the sprinter guy and I was cross country and track guy, Rick was more of a pole vaulter and a shot put guy. My little brother was a track guy as well, and he's always been running road races. He has been winning races at 5K distances, and we just said, 'All right, you want to be a



Swimming, biking and running: Rick Stockreef in action at the Iron Man competition in North Carolina on Oct. 23. [Facebook photos]

real man? Do an Iron Man with us!' Then our friend Jeff Zillmer has been doing Iron Man races for maybe seven or eight years now, and we all just kind of found ourselves doing it together and motivate each other through text message. We give each other motivation by posting our workouts each day, 'Okay, this is what I did today!' And then the next day, 'That's what I did today!' We just kind of hold each other accountable in that way. Then COVID shut us down. We got back together a year later, and three of us did the Boulder Iron Man in August." They all have plans to participate in Iron Man events separately and are

working on finding another one they can all four do together, pending spousal approval.

"Rick is doing another one in Arizona in November, Jeff is going to Alaska next August to do one, my brother Tom and I are planning to do one here in Benton Harbor next June and then we'll pick one to do all four together again next year," Mull said. "We've just got to find one that works for all four of us. We're talking about maybe doing Puerto Rico, and there are a couple in Mexico. We're just trying to figure out where we can work in a family vacation and get a race involved in it, if the wives will let us do it!"

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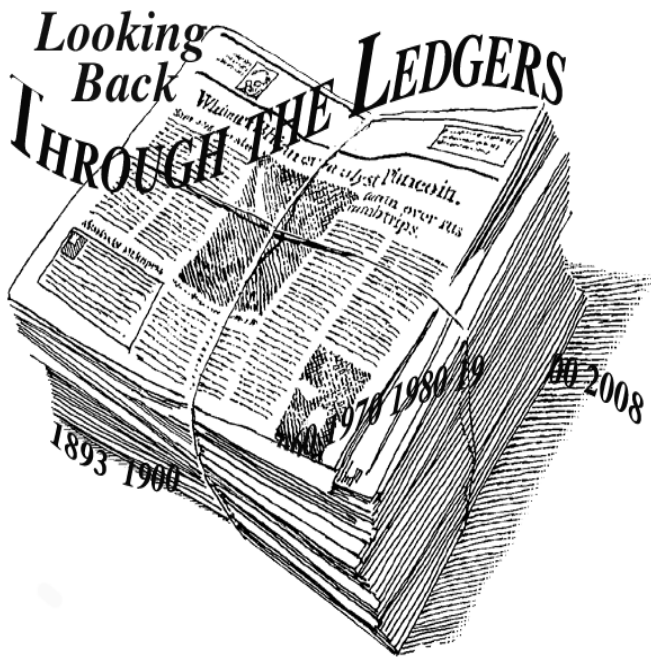
At approximately 7:30 on Tuesday evening, Kent County sheriff deputies responded to the area of 5 Mile Rd NE near Parnell on a report of a pedestrian struck by a vehicle. Deputies determined that 61-year-old Michael Lally of Grattan Township was walking his dog southbound and attempted to cross 5 Mile Road in an unlit portion of the roadway, when he was struck by an eastbound vehicle. Lally was transported



to Spectrum Butterworth by Rockford Ambulance, where he later died of his injuries. Grattan Fire Department also responded. Speed and alcohol do not

appear to be factors, and no citations were issued.

viewpoint



125 years ago Lowell Ledger November 6, 1896

This edition of the Lowell Ledger is missing.

100 years ago The Lowell Ledger November 10, 1921

Henry Ford wants to increase the salaries of United States Supreme Court judges to \$73,000 a year and thinks that an ordinary federal judge should be paid no less than \$25,000 per annum. Come to think of it, we guess Mr. Ford wouldn't do for senator. Don't believe we could afford him. Following up this big salary idea would make us a nation of plutocrats and paupers.

For the fourth consecutive fiscal year the Panama canal in 1921 showed a profit, according to official reports received at Washington. The excess in receipts over expenditures was \$2,712,000.

The Rev. J. Cr. Cook reported to the police that his home was robbed of \$200 in cash while he was away conducting church services the night before. Mr. Cook was preaching a sermon on law enforcement while the robbers removed a back window and entered his house.

75 years The Lowell Ledger November 7, 1946

So far as we know, Dave LeBarr, of Detroit, is the first traveling salesman to fly his own plane on his business trips around the state. Mr. LeBarr landed at Lowell airport Tuesday morning where he was met by R. G. Chrouch, his only customer here. We've come far since the horse and buggy days.

Such furbelows as delight women, as trimmings and frills on their ensembles, again become legal. Lifting the wartime ban on skirt fullness and length, pockets and ruffles, finds a welcome response from Lowell ladies. There will still be the market for slacks, overalls and blue jeans that made that style so popular during defense industry, but most women are happy to return to frivolous display. With the lifting of a war ban on so many items, this recent edict concerning women's apparel makes glad the feminine heart that hankers after furs and feathers.

Telephones have been installed in the homes of Tom Read, Harry Richmond, John Gauw and Ed Pottruff just lately and the line is built up to the Frank Biggs farm and they expect a telephone in soon.

50 years The Lowell Ledger November 11, 1971

A Community Center where under-privileged families can secure services not always available to them due to economic circumstances or they too often find them unattainable or neglected, has become a reality in the Lowell area with the establishment of the Lowell Community Center.

The first piece of legislation to be passed by the Senate during the fall session according to Representative Stanley Powell (89th District) was a House sponsored bill providing that merchants must accept returnable bottles of brands handled by their store whether they were purchased at that particular store or not.

Vandalism to two new trucks in the parking lot of Jackson Motors Sales in West Main Street is being investigated by the Lowell Police Department. A sharp object, used in the act of vandalism, scratched and defaced the trucks, incurring damages up to \$100 each. Also in the same area, Bruce Walter, of Walters Lumber Mart, 925 West Main, reported that one of his buildings has been broken into. Investigation showed that nothing was missing, but police are still looking into the matter.

25 years The Lowell Ledger November 6, 1996

A pocket of dissonance was met with a front line of accord at the second public hearing in three weeks to discuss the ordinance process of a historic district in Lowell. While a pocket of dissonance was heard at an Oct. 21 public hearing, a strong showing of support communicated a need for its establishment Monday night.

A Key Heights trailer was destroyed in an early Friday morning fire. Lowell area firefighters were called to the scene of Dennis McClure's at 1829 Fay at 9:16 am. The fire was first detected by McClure's neighbor Karen Kennedy and Eastgate resident Scott Treglia. Treglia was driving south on Cumberland when he detected smoke.

Every 15 minutes two Lowell students were "whited out" from their daily school routine. Eye contact and communication with friends stopped. By the end of the school day. There were approximately 50 students who ceased to exist. The black attired, white-faced students lined the school exit at day's end and handed out red ribbons to their classmates as a reminder of the dangers of alcohol.

At home or on the go: Social Security is online

When you retire, if you become disabled, or if someone you depend on dies, we are there when you need us. You can access your information, benefits, and important services from just about anywhere with your personal and *secure my Social Security* account. With your *my Social Security* account, you can:

- Compare future benefit estimates for different dates or ages when you may want to begin receiving benefits.
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 - Review your earnings history.
 - Request a replacement Social Security card (in most states).
- If you already receive benefits, you can also:
- Get a benefit verification or proof of income letter.
 - Set up or change your direct deposit.
 - Change your address.
 - Request

replacement Medicare card.

- Get a Social Security 1099 form (SSA-1099).

You can even use your *my Social Security* account to opt out of receiving certain notices by mail, including the annual cost-of-living adjustments notice and the income-related monthly adjustment amount notice. These notices are now available in your Message Center when you sign in to your account. We will send you an email that a new message is waiting for you, so you never miss an important update.

It's easy to sign up for a *my Social Security* account. Please let your friends and family know that they can create their own *my Social Security* account today at www.ssa.gov/myaccount.

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.

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.

**Letters can be emailed to the Ledger at ledger@lowellbuyersguide.com
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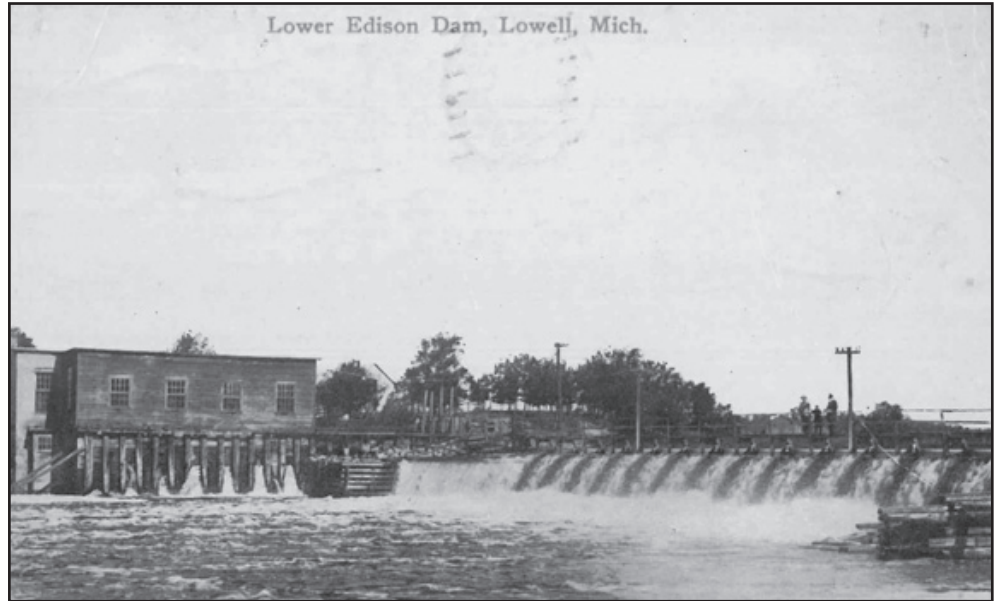
ABCs of Lowell history

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

D is for Dams

A dam was the foundational piece of many early communities. Dams and water wheels provided the necessary power for important businesses such as grist mills and sawmills. A dam over the Flat River in Lowell was built by Cyprian Hooker to power his gristmill; he ground his first wheat on July 4, 1847. A water turbine was first used in Grand Rapids in 1880 to power arc lighting. From then on, dams began to be widely used to provide energy.

In 1894, the people of Lowell were tired of high electric rates so some of the members of the Common Council thought it would be advantageous to own their own plant. The next year Lowell developed a municipality-owned utility company. Council members C. Bergin and Ed. Lee made many trips down the Flat River looking for a site. Finally the site was chosen, nearly 9 miles north of Lowell just upriver from White's Bridge. The dam was built and wires and poles were strung to Lowell. Council member Ed. Lee, "Father of the Lighting



Lowell Edison Dam, 1935

Plant" gave a great deal of his time and energy to the securing of flowage rights, the planning and erecting of the dam, and he served for eight years as chairman of the committee, where he successfully directed the plant through the emergencies of its early years.

In 1892 Anton Killinger, from Austria, traveled to America to attend the Colombian Exposition at Chicago in order to study the progress made in electricity and the carrying of electrical power over long distances. The high power line between Lowell and Grand Rapids was at that time the longest in the world. After the exposition Mr. Kallinger was hired by Lowell Light and Power Company to manage the plant. Later he also managed the dam and plant built by the Grand Rapids Edison Company a mile north of the Lowell Light Dam. He married a local girl, Rosetta Wittenbach and also farmed

on Vergennes Road.

The question of why was the municipal dam built so far north of Lowell may be partially answered based on a protest adopted by the Common Council in 1903, to the Grand Rapids Edison Company in response to the construction of the dam between Beckwith and Burroughs (called the Fallsburg Dam). "That inasmuch as the Grand Rapids Edison Company is about to construct a dam of large dimensions in Flat River, a short distance above the Village of Lowell, and that the lay of the land is such that should this dam ever give away the great quantity of water stored up would sweep through the village of Lowell, greatly endangering life and property, and further, that sudden rises of water in Flat River are common at certain seasons of the year, and that smaller dams in said Flat River have heretofore been washed away, causing the river to

leave its banks and doing great damage to the Village of Lowell. Therefore the said village of Lowell, by H.W. Hakes, its President for the Common Council of said Village, protest against the building of said dam in Flat River, and should such dam every go out or be washed away the Village of Lowell will hold the Grand Rapids Edison company liable for all damages arising or resulting from the same."

Natural disasters are a fact of life and provided huge obstacles for the Lowell Municipal Dam. In 1901 a flood devastated Lowell and communities along the rivers. As soon as the phone call came that the dam was wrecked, men and teams hurried to the Lowell Municipal Light Dam hoping to save it. In the end the flood had taken out the east bank. When it was replaced, a costly flood gate

ABCs of history, continued, page 12

- attention deficit disorder

Attention Deficit Disorder (ADD), also known as ADHD (Attention Deficit Hyperactive Disorder), is a condition that is common in both children and adults. The inattention and/or hyperactivity are worse and more frequent than what is considered normal among their peers.

People with ADD can present with a multitude of symptoms. Some key signs or symptoms include:

- Difficulty following instructions
- Inability to complete a task in one sitting
- Losing or misplacing things
- Disorganized
- Inattention to detail
- Forgetful

People with ADHD have some of the same

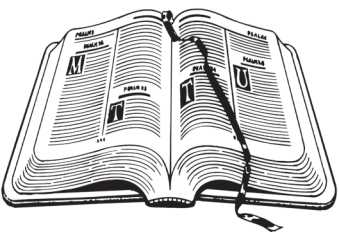
symptoms, but with added symptoms of:

- Fidgeting
- Interrupting
- Talking too much or too loudly
- Difficulty waiting their turn
- Running, jumping, climbing inappropriately

The most effective way to manage ADD/ADHD is with a team-based approach between a health care provider, behavioral health specialists and with children, including their parents and teachers. There are many behavioral strategies that can help the symptoms of ADD/ADHD, and medication is not always necessary. If a person chooses to start medication, they should work closely with their health care provider to discuss treatment options.



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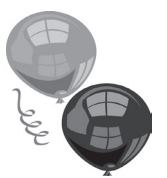
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happy birthday



NOVEMBER 3
 Connie Stencil,
 Jennifer Zoodsma, Denise Davidson, Christina Dixon,
 Becky Myers, Ken Kline.

NOVEMBER 4
 Ken VanDerWarf, Carol Hunt, Meghan Plutschouw,
 Laura Gildner, Joanna Barr.

NOVEMBER 5
 Holly Stouffer, Mart DeYoung.

NOVEMBER 6
 Cathy Kehoe, Becky Chamberlain,
 Kimberly Doyle, Matthew Yeiter.

NOVEMBER 7
 Keegan Geldersma,
 Charlene Butler, Kelsey Ligman, Carl Blough,
 Rachel Plotner.

NOVEMBER 8
 David Korte, Andrew Potter, Joshua Chamberlain,
 Anna Seddon, Nicholas Seddon.

NOVEMBER 9
 Roxanne Goff, Danielle Bundy, Katie Mendez,
 Carol Sue McGregor, Angie Briggs, Tom Mohr, Daryll Gildner.

Today: Wednesday, November 3, 2021

Wednesday, Nov. 3 is the 307th day of the year. There are 58 days remaining until the end of 2021.

Historic Events

1333: The River Arno floods, causing massive damage in Florence, Italy.
1468: Liège, Belgium is sacked by troops led by Charles I of Burgundy.
1492: Signing of the “Peace of Étapes” treaty between King Henry VII of England and King Charles VIII of France.
1493: Christopher Columbus first sights the island of Dominica in the Caribbean Sea.
1534: English Parliament passes the first Act of Supremacy, making King Henry VIII head of the Anglican Church, supplanting the pope and the Roman Catholic Church.
1783: The American Continental Army is officially disbanded.
1793: The playwright, journalist and feminist

Olympe de Gouges is guillotined for producing writing encouraging the reestablishment of the French monarchy.
1812: Napoleon’s armies are defeated at the Battle of Vyazma.
1848: A greatly revised Dutch constitution, which transfers much authority from the king to his parliament and ministers, is proclaimed.
1868: John Willis Menard (R-Louisiana) is the first African-American elected to US Congress. Because of an electoral challenge, he will never be seated.
1903: With the encouragement of the US, Panama separates from Colombia.
1908: William Howard Taft is elected the 27th President of the United States.

1911: Chevrolet officially enters the automobile market, founded by Louis and Arthur Chevrolet, William C. Durant, William Little, James H. Whiting and Dr. Edwin R. Campbell.
1918: The German Revolution of 1918-19 begins when 40,000 sailors take over the port in Kiel.
1936: Franklin D. Roosevelt is re-elected President of the United States.
1942: The Koli Point action begins during the Guadalcanal Campaign, it will end on Nov. 12.
1943: The US 8th Air Force sends 500 aircraft to devastate Wilhelmshaven harbor in Germany.
1944: Generals Ján Golian and Rudolf Viest, the two supreme commanders of the Slovak National Uprising, are captured, tortured and

later executed by Nazis.
1946: The Constitution of Japan is adopted.
1957: The Soviet Union launches Sputnik 2. On board is the first animal to enter orbit, a dog named Laika.
1960: The land that becomes the Great Swamp National Wildlife Refuge is established by an Act of Congress after a legal battle pitting local residents against Port Authority of New York and New Jersey officials who wanted to turn the area into a massive airport for use by jet aircraft.
1964: Lyndon B. Johnson is elected to a full term as president, winning 61 percent of the vote and 44 states. Washington DC residents were able to vote in a presidential election for the first time.

1969: President Richard Nixon addresses the nation on TV and radio, asking the “silent majority” to join him in solidarity on the Vietnam War effort and to support his policies in general.
1973: NASA launches the Mariner 10 toward Mercury. On March 29, 1974, it becomes the first space probe to reach that planet.
1978: Dominica gains its independence from the United Kingdom.
1979: Greensboro massacre: Five members of the Communist Workers Party are shot dead and seven others are wounded by a group of Klansmen and other Nazis during a “Death to the Klan” rally in Greensboro, NC.
1982: The Salang Tunnel fire in Afghanistan kills between 150 and 2000 people.

1986: The Lebanese magazine Ash-Shiraa reports that the US has been secretly selling weapons to Iran in order to secure the release of seven American hostages held by pro-Iranian groups in Lebanon. This becomes known as the “Iran-Contra Affair.”
1992: Arkansas Gov. Bill Clinton defeats President George H.W. Bush and independent candidate Ross Perot in the presidential election.
1997: The US imposes economic sanctions against Sudan in response to that country’s human rights abuses and its assistance to Islamic extremist groups.
2014: One World Trade Center officially opens.
2020: Former Vice President Joe Biden defeats President Donald Trump in the presidential election.

Wednesday at redistricting: death threat, closed session, early adjournment

The state redistricting commission invoked attorney-client privilege to go into closed session during its meeting Wednesday to discuss a pair of memos, and then unexpectedly adjourned the meeting early after coming out of the closed session.
 The early adjournment was attributed to the death threat the Independent Citizens Redistricting Commission discovered via email earlier that day that delayed the start of the meeting at the Michigan State University Union for two hours, according to Julianne Pastula, general counsel for the ICRC.
 But the closed session to discuss two confidential privileged memos - one about the Voting Rights Act and the other on “history of discrimination in the state of Michigan and its influence on voting” - drew bipartisan criticism against the ICRC that was founded on the principle of drawing new legislative maps openly and transparently.
 Pastula said attorney-client privilege regarding the memos was the justification for going into closed session. However, Pastula said

there’s no active litigation against the commission.
 Yet on Twitter Wednesday, attorney Steve Liedel said he questioned the “authority of the MICRC to discuss a legal memo or have any discussion with attorneys not related to specific litigation.”
 Voters Not Politicians said it hopes the ICRC “will provide additional information explaining its decision to hold a closed session” as it argues that “redistricting business includes deliberating issues arising under the Voting Rights Act.”
 The Michigan Democratic Party said Wednesday the move raised “serious concerns about transparency” and left the MDP “asking what was in the memo and what happened behind closed doors?”
 The Michigan Republican Party called it a clear violation of the constitution, as the amendment setting up the ICRC said the commission has to conduct all business during open meetings.
 Yet Pastula said no business was conducted in the closed session.
 Tony Daunt of FAIR

Maps said in response that “there is no reason, let alone statutory authority, that provides this Commission and their attorneys the ability to discuss one of the most important aspects of redistricting, the Voting Rights Act, behind closed doors. They should immediately cease this nonsense and produce the memos they are so desperately trying to hide.”
 Asked if she expected the ICRC to release the memos, Pastula said she did not expect that, although she said the commission holds the privilege to those memos.
 The ICRC’s compliance with the VRA, which is where the issue of majority-minority districts comes in, has been a hot topic, particularly for Detroiters in their reactions to the maps the ICRC drew in the Detroit area that critics believe dilutes the Black vote.
 The ICRC was scheduled to meet from 1 to 8 pm Wednesday for its first regular meeting after the

recent string of public hearings held on the commission’s first draft legislative maps.
 The meeting was delayed from starting on time due to a “death threat received through email” that caused the meeting to be “suspended until further notice,” although it did eventually resume around 3:20 pm.
 However, at that point, the ICRC voted to add the closed session item to its agenda. It then opted to change the public comment rules to make them 30 seconds long each instead of a minute.
 Once public comment was done, the ICRC went into closed session for almost two hours, and when it emerged, it almost immediately voted to adjourn.
 Asked about the sudden adjournment, Pastula said it was “the commission’s desire to adjourn the meeting early in order to [...] ensure their safety by not being in that room at that time.” ICRC spokesperson Edward Woods III added that some

commissioners wanted to reach their cars before it got dark.
 The Michigan Information & Research Service asked why the ICRC proceeded forward with public comments and the closed session if the threat caused the early adjournment later that day. Pastula replied that the ICRC had to take public comment if it was meeting and it wanted to complete the items it could before nightfall.
 There were photos taken by reporters outside the closed doors where the ICRC met with paper covering up the windows on the doors, which was also attributed to the threat from earlier, according to Woods.
 Woods said they don’t know who made the threat or where the person was at, but the threat was along the lines of the person saying “they wanted to kill the commission.”
 MSU Police spokesperson Chris Rozman confirmed

before 2 pm that an officer was dispatched to the MSU Union to respond to someone who had said they had received a threat. He said the union had not been evacuated.
 Rozman said in a statement later that police detectives were conducting a follow-up investigation. He said the email with the threatening message was sent Tuesday but opened and read by the recipient Wednesday.
 “We do not believe there is any safety concern for the community and we have not determined the threat to be credible at this time,” Rozman said Wednesday.
 VNP called for a “complete investigation to find whoever was responsible” for the threat lodged against the ICRC.
 The ICRC was scheduled to meet again Thursday in the same place, the MSU Union, and there were discussions to take extra precautions given the threat that was made.

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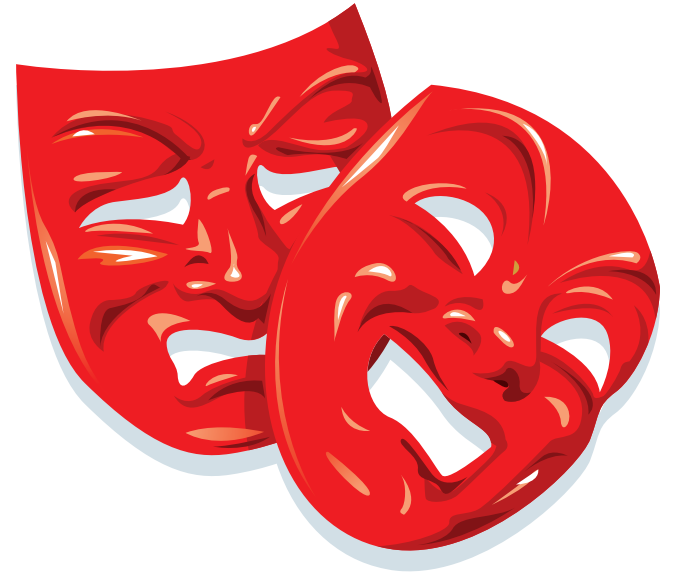
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LHS play takes place this weekend



Lexi Hofman, Brody Swift, Hayden Gough, Hope Kaminski, Jillian Fabis and Victor Preiss.



easier to understand for its audience and users.

“Not only have we put a lot of time into the play, but it’s got a little bit of everything. There’s romance, there’s comedy, all of these different emotions, and not to mention the fairytale setting. There are so many different aspects that I believe it’s, without a doubt, worthwhile,” said freshmen cast member

Aysha VandenBosch.

A Midsummer Night’s Dream will be performed at the Lowell High School Performing Arts Center. It opens on Friday, November 5 at 7:00 pm followed by Saturday, November 6 at 7:00 pm and Sunday, November 7 at 2:00 pm. Tickets can be bought online at showtix4u.com/events/lpac.

by Gabi Yeary
contributing writer

With the changing of seasons comes the Lowell High School’s first performance of the year: A Midsummer Night’s Dream by William Shakespeare. The Shakespearean classic follows four lovers into the forest only to get whisked into a world of magic when a mischievous fairy turns their lives upside down.

Following the events of COVID-19, the participation in the LHS theater department took a hit. Luckily, the abundance of incoming freshmen boosted these numbers. Ben Vonderheide, who plays Oberon the fairy king, says “I’ve been interested in acting and the performing arts for years, and I’ve always wanted to be involved in Lowell’s theatre program.”

A new and important element to the play this year is the costumes and makeup. All costumes this year have been met with the creative intelligence of

Lowell’s very own Jordyn Vriesman. Vriesman is a senior and is constantly creating, altering and improving the costumes that will soon go on stage. She says, “The hardest part of costuming is working within a time limit. I may have many great ideas, but I have to make sure that I have enough time to finish them along with the rest of the costumes.”

“My favorite part of the show is the growth. After getting used to the language the cast has grown confident in their parts and abilities,” says senior cast member Lexi Hoffman—who plays one of the lovers Helena.

Many of the students agree that learning the intensely outdated Shakespearean language was a barrier that had to be crossed. Thankfully, the directors of the play—Heidi Kolp, Laurie Summerfield, and Amanita Fahrni—helped the kids modernize the language to make it



Luci Foreman, Karina Peplinski, Louie Wasciuk, Kai Bredwell and Faith VanDuinen.



Hayden Gough, Brody Swift, Hope Kaminski and Ezekiel Flentje.

21st Annual Taste of Vegetarian

Sunday, November 14
4:00 - 6:00 PM

Riverside Fellowship
10300 Vergennes, Lowell
Corner of Vergennes & Parnell

featuring plant-based recipes with gluten-free Options

Please call 616.987.0567 to place a reservation or leave a message if you have any questions.

Sierra Cassidy is LowellArts featured artist for Nov.

by Tim McAllister
lead reporter

LowellArts has proclaimed 24-year-old Northern Michigan singer/songwriter Sierra Cassidy their featured artist for November.

“Well, obviously, I’m very excited, honored and grateful,” Cassidy said. “We had a gallery concert that ended up being canceled out of COVID concerns, but I really don’t have any prior connection to the community of Lowell, it’s a place that I haven’t yet ventured into, so I’m excited. This is a big first step as an introduction to Lowell!”

Cassidy performs solo as i.am.james and is also part of a “dark folk” duo called Evie. Her most recent single, “Grey Area,” was released to online music streaming services in September.

“I wish I had a more interesting story about the James moniker,” Cassidy said. “I had been performing local gigs for a few years in high school under my own name. Right around the time I was graduating high school and going to college, I decided that I wanted a different stage moniker that would be separate from my own name, just to have an artistic persona and to have a soft boundary between the two, publicly. I was looking for different names that I could perform under, and I was coming up with really weird, offbeat names that I felt like I would eventually outgrow in a few years. So I

the first release was a picture of me and my song! I had to immediately take it down. I was so surprised that I didn’t get a strongly-worded email or anything from their manager saying, ‘What the hell is this?’ But since I had already been promoting it under James, I didn’t want to just retract it and have a totally new moniker after I’d already promoted this. My mom actually came up with the ‘I-dot-am-dot-James,’ it just kind of stuck, and that’s history now. Evie is a project between my friend and colleague Emily Amber and I. A lot of band names are like ‘The Something Somethings,’ and we decided that we just wanted something more simple than that, preferably a one-word name, and we wanted something similar to James in that it wasn’t too out there. It’s somewhat familiar, but unique to us at the same time. We were actually looking through online baby name books together at my house in Nashville and came across Evie, and it stuck with us. I actually had a dream a few nights later that we were performing under the name Evie, so that’s how Evie came to be. We’re still working out exactly what the strong differences are between James and Evie. We’re just now getting started recording music together, which I think is adding some helpful direction in

folk. We’re excited.”

Cassidy said she’s been attracted to music since childhood. She participated in musical theater in her youth, eventually graduating from the Interlochen Arts Academy, then she attended the Berklee College of Music in both Boston, MA and Valencia, Spain.

“My musical influences are all over the map,” Cassidy said. “I was raised listening to a lot of folk-style singer/songwriters, bluegrass and roots music. There’s an abundance of that up here in Northern Michigan. I grew up in Leelanau County and, surprisingly for being such a small place, there’s a pretty thriving music scene up here - Michigan in general, but especially up here. My family always took me to the festival circuit in the summer up here, so that’s where my heart is with music. In my late teens and early 20s I started getting into more produced stuff and contemporary pop music. I have always been a creative person and I definitely dip my toes into different outlets. I grew up doing musical theater and dance, and then I found the singer/songwriter stuff when I was maybe 14 or 15 years old. Getting older, things felt a little bit more accessible in terms of breaking the fourth wall, so to speak - maybe writing music was something that I could pursue. Once I started writing music when



Sierra Cassidy

Elizabeth Landry - she formerly went as ‘E Minor’ - and Blake Elliott. They’re both still local performing musicians. They really took me under their wing, let me open shows for them or play set breaks and just showed me the ropes. I had some quick, small successes because of people taking me under their wing, probably because they had someone do that for them, or maybe they wanted someone to do that for them.”

Already a risky lifestyle, upcoming young artists were hit especially hard by the pandemic. Cassidy’s calendar is starting to expand, Evie currently has shows scheduled in Marquette, Zeeland, Lansing and Grand Rapids, as well as locations in Illinois, North Carolina, South Carolina, Georgia, Tennessee and Florida. Visit

iamjamesmusic.com or check social media for more details.

“I don’t even remember when the pandemic started, it feels like so long,” Cassidy said. “At the beginning, Emily and I were playing a lot of shows together in Nashville. We hadn’t officially formed a duo yet. We were talking about it, but we were just accompanying each other at shows with each of our bands. So the pandemic was right around the time we were starting to discuss having a weekend away from Nashville where we would hunker down in an Airbnb or something and get to work on how we could make this happen, both creatively and in terms of a business aspect. We both had day jobs in Nashville and were playing shows, so when the pandemic happened, both of those things immediately

disappeared for us. And the rent in Nashville is no joke, so I decided to move back up to Leelanau County, and I have basically been here since. I’m kind of back and forth between Nashville and Leelanau now, but the pandemic forced me to slow down a little bit and get back to the root of why I write songs and why I perform, which was really a good thing. I honestly don’t think I would have had that same kind of perspective had the pandemic not happened, or maybe it would have taken me getting to a more severe breaking point to go back to why I do this. So it forced some reflection, and I’ve been writing a lot, which is awesome, and I’ve had a lot of time to think about long-term goals. So there are definitely some silver linings for me, just trying to make the best out of it.”



Sierra Cassidy

decided to keep it simple and just perform under a name that already exists and is kind of old-fashioned, so to speak. I really liked the name James for a woman, so I decided that I was just going to be James with a period after it, stylized a little bit differently to set me apart. As I got ready to release my first single when I was 18, I had been promoting it under the name James. But I didn’t do my research, and apparently there was a rock band in the 90s in England called James. So on my release day when you went to their Spotify or Apple Music or iTunes page,

what differentiates us, but it essentially started as a powerhouse version of my stuff and Emily’s stuff. We have a really similar sound, we both play guitar on all of our songs together and, obviously, we’re really focused on vocal harmony. But right now I think both Emily and I are working more on our solo careers, more produced stuff and contemporary pop sounds. With Evie, we’re hoping to draw in more real instrumentation and create almost like a ‘dark folk’ sound. So less upbeat pop and more moody, unsettling

I was 14 or 15, I was just hooked, honestly. The ball kept rolling and I found several local opportunities to be a part of, and that fueled the fire and kept it going, and I’m more obsessed with it every day. It’s a healthy creative expression and it’s also what I think I’m best at, I don’t think I would be good at another job! When I was just dipping my toes into playing music as a hobby as a teenager, I was fortunate enough to have a couple mentors a little bit older than me who are local professional musicians. Two women, specifically:

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Red Arrow

- SCAMMERS

SPORTS

Scammers target high school sports fans

by Justin Scott
sports reporter

Not many things unify people as much as their disdain for intrusive calls telling us about our car's extended warranty or the countless emails that go to our spam. We've slowly become more aware of these tactics used by phishers, criminals, and con artists, and most of these attempts are laughed off. As scamming gets more sophisticated, the criminals behind such schemes are finding more creative ways to get money from us. For example, our love of high school sports.

Since streaming high school sporting events turned mainstream following the COVID-19 pandemic, scammers from both foreign and domestic sources have turned to Facebook to trick people into paying for "streaming websites" to watch their favorite high school teams.

Confused? It goes something like this.

The scammer sets up a page that portrays itself as a high school sports fan page across a wide variety of sports. An example being "High School Sports Action." They then post links claiming that if you sign up you can watch your specific team play, generally an upcoming or ongoing athletic event against another team. These scammers have found ways, likely using automated bots or through sheer numbers, to do this for every school

across the country.

Unfortunately, if people fall for this and put their credit card information in, they either get sent to a stream and don't realize what has happened, and their credit information was stolen or the link doesn't work at all. Either way their information is now in the hands of identity thieves.

Fortunately, most people familiar with online scams will see through the pages. These pages are typically poorly put together, fairly new, have less than 100 Facebook likes, use broken English and most obviously, the links appear suspicious. These pages have one common goal, which is to phish for your personal information.

The pages set up by these scammers cleverly get around Facebook's page transparency requirements that often reveal the page creators' location. This is done because the pages aren't running advertisements, merely organic posts spammed toward schools. A recent page who failed to get by Facebook's transparency that commented one of such spam links was tracked to Tanzania. Tanzania certainly isn't the only country these scammers originate from, however.

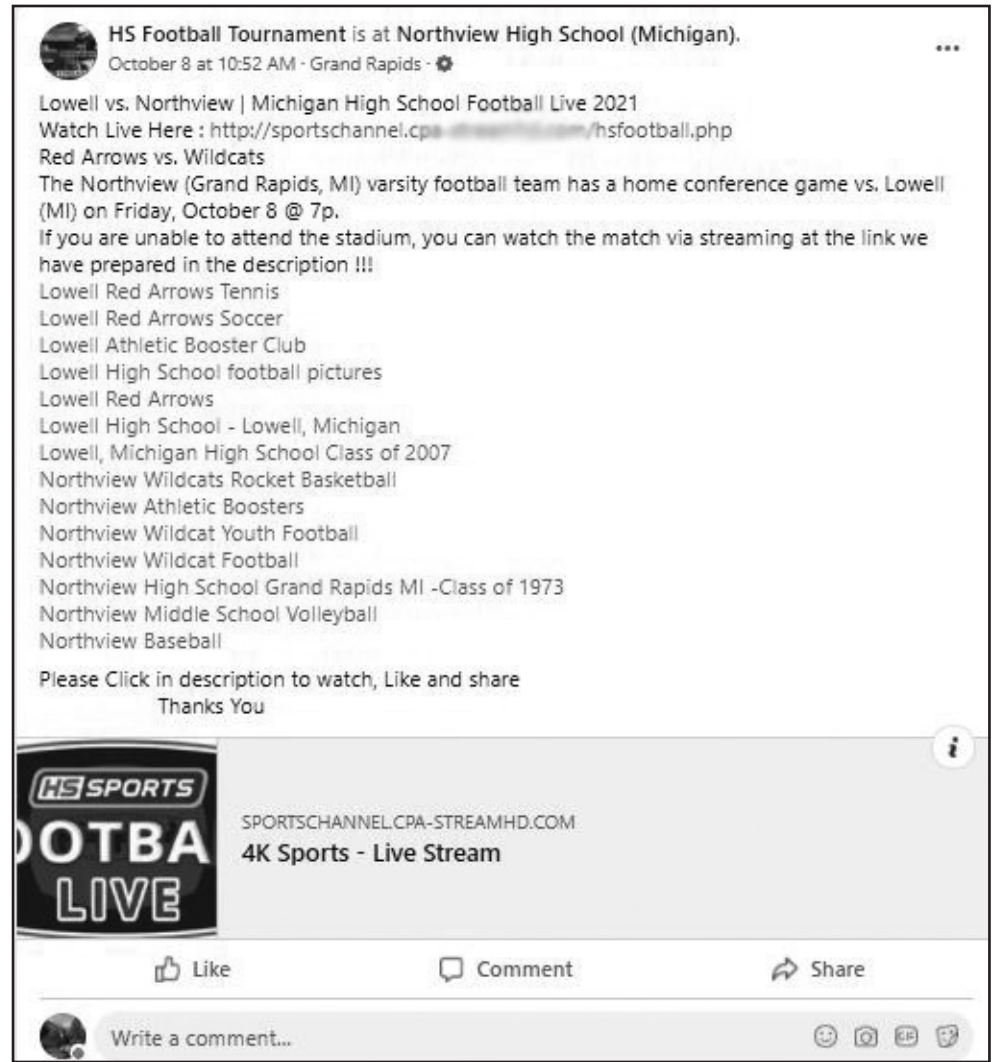
Countries that frequent studies into the origins of online fraud include Nigeria, Pakistan, Romania, Russia, India, China and South Africa.

The scheme has given school officials headaches, continuing to block sources of these schemes, untag Lowell's athletics accounts and delete comments. At present, the sheer number of these schemes is shielded from fans. That is because Lowell school officials have not interacted with these links outside of blocking and reporting them. At present, scammers are relying on schools to share their pages. While Lowell has not fallen for this, other schools nationally have fallen for the trick unknowingly exposing fans to scammers.

It is likely that scammers will begin using comment sections of school athletics pages to target fans. School officials administering the Lowell Red Arrows Football Facebook Page took down five such links to fake streaming websites that were commented on their most recent post during Saturday's game.

The only way for social media managers to limit these comments at this time is to continuously monitor their posts and delete such links, while banning and reporting those that use such tactics. Other measures that could become utilized include drastic spam reduction measures such as limiting pages to certain countries where only their fans reside, for Lowell this would be the United States.

The only websites where you can find live streams for high school sports that are safe and require payment are through



A scammer tries to lure unsuspecting sports fan into giving their personal information away through illegal streaming.

the MHSAA and the NFHS network.

Here's how you can stay safe online as a high school sports fan.

Analyze the URL. If the URL is excessively long and comes from a website you are not familiar with, be extremely careful clicking on the link.

Stick to trusted streaming sources. Yes, most people would like to be able to access athletic events for free online. The MHSAA and NFHS'

streams do have a pricetag, but they're the only allowed service that is allowed to stream high school games. Rare exceptions are made for TV channels in the United States, such as when Bally Sports Detroit aired the Lowell-East Grand Rapids game this year.

Look over the page that is posting the URL. Does the page look reputable? Is the page using English well? Does the page have less than 100 likes? If any of those answers is no, avoid

clicking on the links.

Stick to official Lowell pages. The Lowell High School social media pages have been around in some cases for over 10 years and have well-established audiences. These pages are carefully monitored by school officials, and links posted by the school pages will be trustworthy.

Double check with a friend. Let them look at the link or page and give you a sec

Lowell harriers advance to state

Eighteen years ago, the Lowell boys cross-country team qualified for the Division 2 State Finals at Michigan International Speedway. This year the boys team were able to replicate that by finishing third with 108 points and thus qualifying for the Division 1 State Finals next Saturday.

Winning the division was Grand Haven with 63 points followed by Rockford with 75 points. Medaling in the race was Cole Weston, sixth, with a time of 16.13. Sawyer

and Jackson Fowler took 19th and 20th with times of 16.43, a personal record for Jackson. Ben Bromley was Lowell's fourth man with a 31st place and a time of 16.56. Levi Mills completed Lowell's score with a personal record of 16.59, 32nd place. Keegan Cater and Alex Weber rounded out the varsity team with 40th and 60th place finishes and times of 17.24 and 18.06 respectively. The Red Arrows will race November 6 at 3:30 pm at MIS.

Lowell places fifth at regionals, send two to state

Ending a season by hitting both team and personal goals is the best way to do it and is exactly what the Lowell harriers did on Saturday at Allendale High School.

Earlier in the season, the runners wrote down a team and personal goal, a top-seven finish at regionals was the most common team goal. Saturday they made the goal happen with a fifth place finish just 12 points

behind neighboring Forest Hills Central.

In addition to the team success Lowell was able to crown a regional champion as Annika Sandman took control of the race at the 2000m mark to grab the gold medal and a new school record of 18:14. Katrina Sandman hung around in the top 15 for the entire race and also scored a medal and an invitation to the state meet with a 14th-place finish and a new personal record of

19:32. Keira Sandman was the next Arrow across the finish taking 22nd place in 19:53, and freshmen Claire O'Boyle and Megan Lillie closed out their freshmen campaigns taking 46th in a personal record 20:58 and 57th in 21:29 respectively. Completing the varsity lineup was Jamara Harper in 58th with a personal 21:33 and Kaylee Byrne in 85th with a time of 23:25.

The teams one to five average time of 20:01 was

the number three time on the Lowell record board.

The Individual qualifiers will race on Saturday at Michigan International Speedway located in Brooklyn MI.



Red Arrow

FOOTBALL

SPORTS

Football season comes to close in playoffs

by Justin Scott sports reporter

Two things were evident from Saturday's football playoff game in Muskegon. The first, those responsible for scheduling the game had no interest in the Michigan-Michigan State football game being held simultaneously. Two, it's hard to win a football game with seven turnovers.

Lowell's seven turnovers doomed them on Saturday. Despite that, they fought valiantly on the road at Muskegon in the district semifinal round of the MHSAA Division 3 football playoffs, but were unable to come away with a win.

Special teams plagued the Red Arrows early on as a muffed punt was recovered by Muskegon, who then capitalized to make it 7-0. The ensuing kickoff took a few weird hops settling

at the 25 yard line which Muskegon managed to recover. The Big Reds again took advantage to make it 14-0 in the first quarter.

It was Lowell, however, that held the ball and was able to maintain drives against the Big Reds. As turnovers hurt Lowell, it was penalties that hurt Muskegon. Canceling out touchdowns and big plays, Lowell showed grit in hanging with the athletic Big Reds offense that put on a show against defending state champions Mona Shores.

In the second half, Muskegon scored 14 to put the game to 28-0 early in the fourth quarter. Lowell responded with their only score of the game, a 1-yard touchdown run by Tacho Gonzales. Muskegon added a 74 yard touchdown run to close off the game 35-7.

That 74 yard touchdown run was decisive in the yards battle, as Muskegon outgained Lowell 271-172. The game being held on a Saturday was not abnormal. MHSAA playoff games featuring opponents with drives of an hour or more are often held the day prior. Ultimately, it is up to the hosts, in this case Muskegon, to decide the time of the game.

The Big Reds advance to the district finals where they will face Cedar Springs. Lowell ended their season at 4-6 and graduates 16 seniors from this year's team. Those seniors are Carter Blough, Cole Vandervest, Josh Rau,



Nate Cleaver, Eric Bryce, William Comptom, Bryson Ethan Willard, Ethan Post, Sam Kaminski, Dominick VanderMeulen, Tyler Brenden Duhr, and Bryce Ronchetti, Will Neeley, VanWagner, Ayden Knapp, Balabuch.

Gov. Whitmer calls for refund checks to every Michigander with auto insurance

Governor requests Michigan Catastrophic Claims Association to return more than \$5 billion surplus to Michiganders

Governor Gretchen Whitmer continued her fight to lower costs for Michigan families, calling on the Michigan Catastrophic Claims Association (MCCA) to deliver refund checks to every Michigander with auto insurance. This refund is possible in part because of the historic, bipartisan auto insurance reform signed into law by the governor in 2019 and would return money to every Michigander with auto insurance.

"The over \$5 billion surplus accumulated by the MCCA belongs to Michiganders and should be put in people's pockets immediately with a refund check," said Governor Gretchen Whitmer. "As we stay-laser focused on growing our economy and ushering in a new era of prosperity we need to use every resource we have to help people thrive. A refund check to working families will help us continue to put Michiganders first and drive down costs."

Auto Insurance Reform In May 2019, Governor Whitmer signed Senate

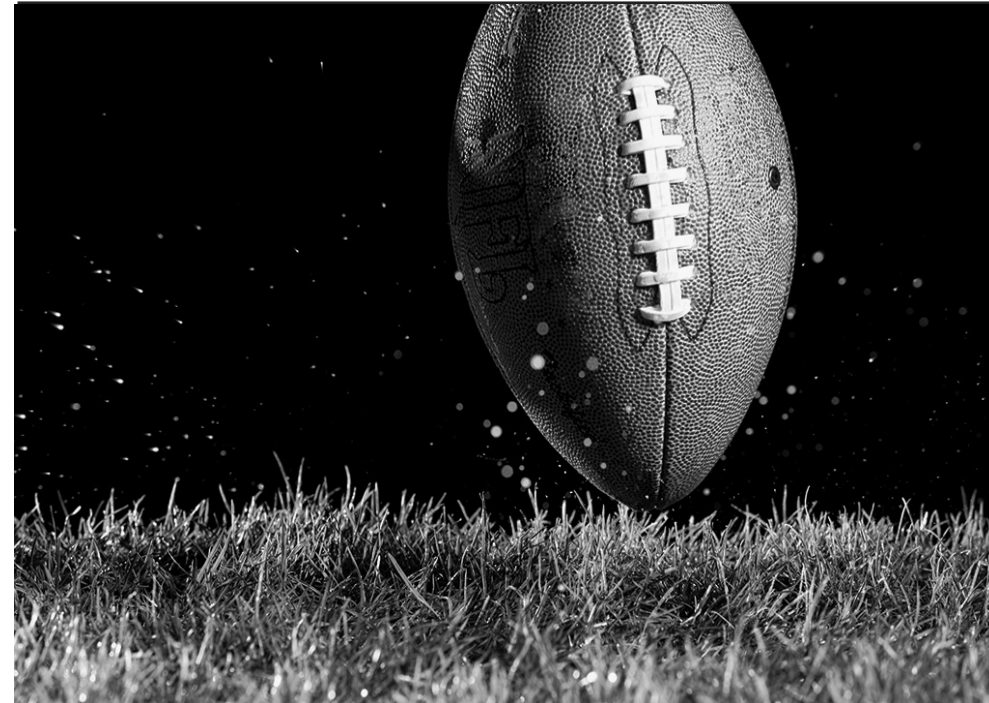
Bill 1 into law, instituting historic, bipartisan reforms to fix Michigan's broken auto insurance system. The bill saves drivers money by:

- Guaranteeing lower rates for drivers for eight years;
- Giving people choice to pick their own Personal Injury Protection (PIP) options with coinciding PIP rate reductions, offering unlimited coverage (at least 10% PIP reduction), \$500K coverage (at least 20% PIP reduction), \$250K coverage (at least 35% PIP reduction), \$50K coverage for Medicaid

eligible recipients (at least 45% PIP reduction), or a complete opt out for seniors or anyone with sufficient private insurance (100% PIP reduction).

- Increasing consumer protections by banning companies from using the following non-driving factors to set rates: ZIP code, credit score, gender, marital status, occupation, educational attainment, and homeownership.

Setting fee schedules for hospitals and providers to prevent overcharging for auto-related injuries.



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obituaries

ERICKSON

Harry Elof Erickson, age 85, a life-long resident of Alto, met his Lord on Tuesday, October 26, 2021. He was preceded in death by his wife, Patsey Erickson (2014);



parents, Elof and Anna Erickson; brothers, Arthur, Paul, and Norman Erickson; and sister, Helen McCaul. He is survived by daughters, Pam (Rick) Price, Barb Erickson, Brenda Erickson; grandchildren, Ryan (Darcie) Erickson, Andrea Price, Nathan (fiancé Kayla Martin) Price; four great-grandchildren; brothers, John Erickson, Alvin Erickson; sister, Esther

Erickson; sisters-in-law, Bertha Erickson, Tanzy Lawrence; brother-in-law, Richard Ford; and many nieces and nephews. Harry loved his Lord, family, and was a very faithful man. He was humorous, a storyteller, loved people, and was known as the "Alto Historian." Harry was always riding the roads to visit friends. Visitation was held 2-5 PM Sunday, October 31, 2021, at the Apostolic Hall, 7700 Wingeier Ave., Alto, MI 49302. Funeral services were at 1 PM Monday, November 1, 2021, at Apostolic Christian Church, 7157 Wingeier Ave., Alto, MI 49302 with visitation one hour prior. Interment Bowne Center Cemetery. Memorial contributions can be made to the Apostolic Church.



LALLY

Michael "Mike" Lally, age 61, of Ada, MI, entered his new life with Christ on October 26, 2021. He was born on July 24, 1960, in Greenville, MI, the youngest of three children to John "Jack" Lally and Aileen (née Dove) Lally. He grew up in the Belding area, where he graduated from Belding High School. After high school, he attended Grand Rapids Junior College and Michigan State University, where he finished his bachelor's degree in 1984. On November 28, 1992, he married the love of his life, Jane Gentry, and together they raised four children.



Mike is survived by his wife of nearly 29 years, Jane Lally; children, Alan Lally, Colleen Lally, Bridget Lally, and Brendan Lally; sisters, Maureen (Scott) Fleet and Kathleen Lally; countless nieces, nephews, and in-laws; his beloved college buddies from Michigan State University; and his beloved dog Daisy. Mike was preceded in death by his parents, John "Jack" and Aileen (née Dove) Lally; his mother-in-law, Jean Gentry; father-in-law, Robert "Bob" Gentry; and his other beloved dog, Sparty. Mike was a devoted husband, father, brother, uncle, and friend, who loved his Catholic faith, watching Michigan State sports, walking his dog, and playing trivia. He is best known for his appearances on his favorite TV game show, Jeopardy! and his favorite radio game show, NPR's Wait! Wait! Don't Tell Me!, where he won Carl Cassell's voice on his home answering machine. Visitation took place on Sunday, October 31, 2021, from 2-4 PM and 6-8 PM with a rosary at 7:30 PM at Roth-Gerst Chapel, 305 N. Hudson Street SE, Lowell, MI 49331. Mass of Christian Burial was held at 11 AM Monday, November 1, 2021, at St. Patrick Catholic Church, 4351 Parnell Ave NE, Ada, MI 49301. Presiding was Rev. Tom Cavera. Interment will immediately followed at St. Patrick Cemetery. In lieu of flowers, donations can be made to St. Patrick School, 4333 Parnell Ave NE, Ada, MI 49301, or the Humane Society of West Michigan, 3077 Wilson Dr NW, Grand Rapids, MI 49534.



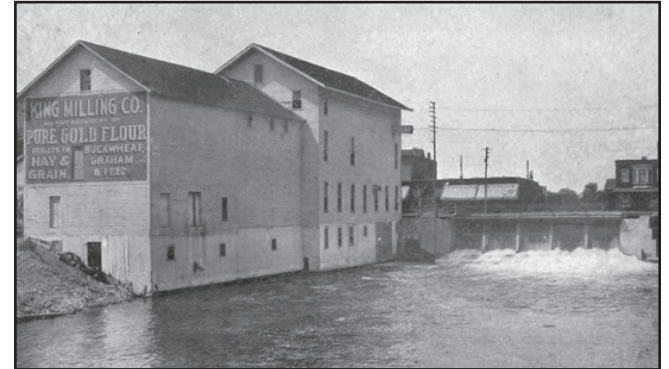
Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

~ Maya Angelou

ABCs of history, continued

was installed. In the 1905 flood, the top was taken off the dam. It was replaced and both banks were raised. Fire in 1916 created problems, but quicksand under the powerhouse in

powerhouse to a private party. Today this is owned by White's Bridge Hydro Company, and enough electricity to power over 300 homes is sold to Consumers Energy.



King Milling dam 1909.

1917 was devastating as the powerhouse completely fell into the river. A new powerhouse of brick was built and upgrades were completed including a new generator, waterwheel and governor.

Upgrades were paid from profits of the plant. Eventually, in 1970, the city sold the dam and

The Lowell Municipal Dam is no longer owned by Lowell and the Fallsburg Dam is not currently being used to provide energy. However, right here in Lowell, the dam over the Flat River continues to provide a portion of the power necessary to operate King Milling Company.



Coffer dam, 1901

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LEGAL NOTICE

PUBLICATION OF NOTICE OF HEARING STATE OF MICHIGAN The Probate Court for the County of Kent

In the matter of Diane Barnwell Guardianship File No. 20-207164-GA

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

Dated: October 28, 2021

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 401-7113

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

TO ALL INTERESTED PERSONS including her daughter, Ashley Martin and any other unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: A hearing will be held on December 22, at 1:30 P.M. at Kent Co. Probate Court, 180

LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 21-210003-DE

Estate of MARGARET M GRONDMAN, deceased. Date of birth: 09/03/1930.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Margaret M. Grondman, died 07/03/2021. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to William C. Grondman Jr.

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

October 27, 2021

Meredith Curless (P78235) 410 Bridge St NW Grand Rapids, MI 49504 616-458-3699

William Grondman 6753 Plainview St. Rockford, MI 49341

Scott Grondman 8828 Castle Hill Dr. NE Rockford, MI 49341

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classifieds

for sale

LAB PUPPIES - 1st shots & dewormed, very nice, \$350. Call 517-726-0706.

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

REACH OVER 100,000 AREA HOMES - with our Marketplace! One call & one payment, only \$40! Includes 20 words & 1 black & white photo. Only items for sale please. Perfect place to advertise a vehicle or camper for sale!

JACK RUSSELL MIXED PUPPIES - great lap dog, ready to go, \$300. Call 517-726-0706.

NEWSPAPER END ROLLS AVAILABLE AT THE BUYERS GUIDE - Many uses, table cover, art projects, packaging, etc. Usually \$4-\$8 each. Stop by & grab one today!

help wanted

INSERTING CREW MEMBER NEEDED - Part-time Wednesday, Thursday and Friday. Hours on Wed. & Thurs. are flexible after training, but Friday 8 am - noonish is required.

PART-TIME SALESPERSON NEEDED - to sell advertising in the greater Lowell area. Hours are flexible No Fridays or weekends!

NEWSPAPER REPORTER WANTED - The Lowell Ledger is looking for a news/feature reporter with strong writing skills and can meet a deadline.

wanted

REWARD - Hanging type beehives from tree limbs. Call 616-897-6133.

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

for rent

WE DO BUSINESS IN ACCORDANCE WITH THE FEDERAL FAIR HOUSING LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin.

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

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

misc.

TO THE GRANDMOTHER AND GRANDDAUGHTER - who received the collection of "Where's Waldo" books last summer - the Mum plant is beautiful!

PUBLIC SIGHT IN - Quake-Zik Sportsman's Club will host a supervised fall sight-in for deer rifles/shotguns at their range facility at 8731 West Riverside Dr., Saranac.

NEED AN AL-ANON MEETING? - Al-Anon is a fellowship of families and friends of alcoholics. Join us Sunday-Saturday at 10:30 AM and 7 PM on Zoom.

TOPS (TAKE OFF POUNDS SENSIBLY) WEEKLY MEETINGS - Tuesdays, 6:30 pm at Schneider Manor Community Room, 725 Bowes Rd., Lowell.

STOP LOSING YIELD to soybean white mold. Protection starts at less than \$4/acre with Heads Up® Seed Treatment.

services

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

SCANNING SERVICE - Do you need something scanned & emailed? The Buyers Guide/Lowell Ledger now offers this service!

TWO BROTHERS AUTO SERVICE - 5400 Ivan Rd., Saranac, 616-642-9180. 30 years experience, state certified, licensed & insured.

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

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

services

EMERGENCY ROAD SERVICE - Lowell & surrounding areas. On road repairs. Rob's Towing & Auto Salvage. "CHEAP HOOKER" 616-292-7649 or 616-295-8820.

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

FREE AD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE!

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PUZZLE SOLUTIONS

Grid of puzzle solutions with words like 'S L B M', 'E I R A', 'B R I M', etc.

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

Large grid of letters with words circled, including 'G R V W W M G C C', 'E S R U O C', 'N G R C', etc.



Live the Life You Want

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

The sleep - mental health connection

Sleep is critical for both our physical and mental health. A lack of sleep can affect our mental health just like having a mental health issue can affect sleep. Getting good restorative sleep helps reduce stress, anxiety, depression risk and improves cognitive functioning. Yet, the U.S. is a sleep deprived nation with about 10 percent - 18 percent of the population suffering from sleep problems and chronic sleep issues can affect up to 80 percent of those with mental health issues.

Restorative sleep, which we need for good mental and physical health, is when all the stages of sleep take place allowing the brain and body to be repaired, heal, and grow. So, it's important to correct sleep problems right away before they become a more serious issue.

Why sleep problems occur

Problems sleeping can come from a medical illness such as sleep apnea or a mental health condition like depression or anxiety. Sleep issues can be a condition found in some families or can also be a sign of an impending condition such as bipolar disorder.

Sleep issues can also be triggered by environmental or life factors such as stress. Cortisol, part of the stress response when elevated can shift the sleep-wake balance in the brain increasing sleep disturbances.

A change in daily activities can also contribute

to a disruption in sleep patterns. Many of us are spending more time watching television, playing games, or on our computer, cell phone, or tablet which can increase sleep issues. Studies show the blue light from these screens tells the brain to stop producing the sleep hormone melatonin increasing sleep disturbances. Another issue is getting less bright light in the fall-winter months which can shift the sleep-wake balance. These are just a few examples of how a sleep problem may develop.

How the lack of sleep affects mental health

Those experiencing sleep problems may not be getting enough restorative sleep, have problems falling or staying asleep, not feel rested or just don't sleep well. These issues can lead to difficulties functioning during the day and cause issues with school, work, or with social and family life. Sleep problems can make it hard to focus, stay alert and control anxiety. It may even cause mood changes. Sleep problems can increase symptoms associated with mental health issues.

How mental health issues affect sleep

Sleep issues affect our psychological state and mental health. Sleep problems are particularly common in those with anxiety, depression, ADHD, and bipolar disorder.

About 50 percent of insomnia cases are related to depression, anxiety or psychological stress. Early morning wakefulness or

sleeping much more than normal can be signs of depression. While needing much less sleep could be a sign of mania, anxiety or ADHD.

Those with obsessive-compulsive disorder (OCD) often have poor sleep as do people with panic attacks. Often individuals with PTSD have sleep disturbances due to nightmares. Alcohol and some drugs can also cause sleep problems. These are just a few examples of how mental health issues affect sleep. Research shows that good restorative sleep is a must for not just prevention but recovery of mental health issues.

Improving restorative sleep

You have probably seen similar lists before. Following the below suggestions can help you start to take control of your sleep.

Keep a regular sleep-wake schedule. If your schedule is really off and you are having insomnia or sleep disruptions set an alarm and start getting up at the same time every day even if you don't have to be to work or school. Shortly after getting up, try to get 15-30 minutes of bright light exposure to help reset your circadian rhythm. If you are a nighttime worker, you can use a light for Seasonal Affective Disorder (SAD). If you can't sleep don't stay in bed because you will become frustrated and the brain will start to create a negative association with sleep and the bedroom.

Have a comfortable sleep area. Make sure your bedroom is relaxing and comfortable. A comfortable bed, bedding, and environment are all important for good sleep. Also, for some a cluttered room can actually trigger a stress or anxiety type response in the body causing sleep issues. So, you may

want to declutter. If there are noise issues that you can't eliminate try using a sound machine. If there are lights disturbing you try black out curtains, tape over LED lights or put a towel in front of them etc.

Be aware of how your daily activities affect your sleep. Limit caffeine and try to drink caffeinated products only during the hours shortly after you wake. Try to avoid napping during the day as this will increase the sleep disruptions. Limit negative or stress causing situations, when possible, including television or social media.

Exercise daily. Even a walk can help promote better sleep. Just avoid it too close to bedtime as it may cause sleep issues.

Set your phone to "do not disturb" (DND). Then incoming texts, calendar reminders, and emails don't wake you. You can specify settings in DND so certain individuals can still get through and you can still use your phones alarm.

Try relaxation techniques. Before going to bed try breathing techniques such as 4/7/8 breathing, progressive muscle relaxation, or meditation to help prepare and calm the body and brain for sleep.

Avoid screen time an hour before bedtime. Unless you have a blue light blocker on your device, avoid screen time (televisions, cell phones, tablets, games etc.) and bright light at least an hour before bed.

Limit the use of alcohol. Even though it has a sedative effect, it has been shown to cause wakefulness during the night which disturbs restorative sleep.

Try natural remedies. Only do this with the approval from your doctor to make sure one of these remedies don't cause problems with any medications you're currently taking. Try one of the teas associated with relaxation such as chamomile. Melatonin,

GABA, and valerian root are also supposed to help with sleep. However, these are not meant to take for long periods of time and to my knowledge have not been approved by the FDA. Some find that acupuncture works.

If after trying these suggestions for a few weeks the sleep problems continue and are interfering with your daily activities or relationships it may be time to contact a professional. Consider cognitive behavioral therapy for insomnia (CBTI), which is a technique for treating insomnia without medications. A counselor can work with you to restore your natural sleep cycle. If all these methods don't work then it may be time to talk with your doctor about prescription medications.

Try to focus on the positive of each day. Focus on what you can do and not what you can't. This article is not intended to diagnose or treat.



Financial Focus

With Christopher C. Godbold

Edward Jones

Serving Individuals Investors Since 1871

Build your 'cash' account before retiring

If you're going to retire in the next few years, you'll want to start thinking about making some changes to your investment portfolio. And one area you may want to look at is whatever type of cash account you might have - because, when you're retired, the amount of cash you have readily available may be even more important than when you were working.

Your cash management account could pay a slightly higher rate than a typical savings account, as well as

serving as a holding place for funds that may eventually be transferred to other investments. Furthermore, it can provide you with these benefits:

You can pay for emergency expenses. You might be retired, but life goes on - and life is full of unexpected expenses, such as a new furnace or a costly auto repair. It's a good idea for retirees to keep at least three months of living expenses in a separate cash account, which can help pay for emergencies without forcing you to dip into your longer-term investments.

You can save for a short-term goal. You may have several short-term goals, such as a long vacation or a kitchen remodeling project. If you are trying to reach this type of goal within a year or two, you may want to start moving funds into your cash management account. For goals with longer time frames, you may want to consider using other types of investments appropriate for the specific goal and your risk tolerance.

You can protect some money from market volatility. When you're a long way from retirement, you may not be particularly bothered when the financial markets drop, leading to a decline in the value of your investment portfolio. However, once you're retired, those downturns might not be quite so

tolerable. As a retiree, you may want to maintain one year of expenses (adjusted for outside income sources such as Social Security) in a cash management account for spending purposes. Knowing you have this cash set aside may help you feel more comfortable when markets are volatile. Nevertheless, holding too much cash has risks of its own. Retirement can last for more than 30 years, so you'll want to be invested in enough equities and fixed-income vehicles to provide your portfolio with the balance and growth potential necessary to help you avoid outliving your money.

As you can see, building your cash management account can be helpful in several ways. So, in the years preceding your retirement, look for opportunities to add to this account. For example, you could use some of the money from a tax refund or a bonus at work. And, if you haven't already done so, you might direct your bank to move a certain amount each month from your checking or savings account into your cash management. When you're retired, do what you can to replenish your cash account as much as possible.

Your cash management account is important at every point in your life, but it may take on even greater meaning when you're retired - so do whatever you can to keep it in good shape.

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

Edward Jones, Member SIPC

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FUN PAGE

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

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

Puzzle solutions on page 13

PILOT TALK WORD SEARCH

AIRSPEED ALTIMETER AVIATION

COURSE DESCENT DIRECTION

LANDING NOSE PLANE

ACCELERATION ADVERSE YAW AERONAUTICAL AILERON

CABIN CARGO CEILING COMMUTER

DRAG GRAVITY GROUND INDICATOR

PROPELLERS ROUTE STALL

Guess Who?

I am an actor born in New York on November 4, 1961. I debuted in TV commercials and transitioned to movies in 1980. My breakout role came in 1984 when I played a novice karate student. I've recently resumed the character in a popular TV series.

Answer: *Ralph Macchio*

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to aviation.

A T S S E

--	--	--	--	--

Answer: *Seats*

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

CLUES ACROSS

- Nuclear undersea weapon
- President of Syria al-__
- Partner to flows
- "Snow" in Welsh
- Famed Mexican painter
- Song
- ticks outward from the crown
- Doddering
- Resist authority (slang)
- Antsy
- Wrath
- Spills the beans
- Past
- The woman
- One has 24 hours
- Talk
- It can sting
- Astronomy unit
- Halfway
- Chinese dynasty
- Australian river
- Software to transfer audio (abbr.)
- Fabric
- Crucifix
- Defunct European economic group
- "Hotel California" rockers
- Michael Knight's car
- Actress Ryan
- A digital tape recording of

CLUES DOWN

- sound
- Insecticide
- Scientific instrument
- Golden-__ corn
- Israeli city __ Aviv
- Sword
- Ottoman military title
- Aromatic plants
- Cold wind
- Large, semiaquatic reptile (slang)
- Political unit
- Indiscreetly reveal secrets
- Comfort food dish
- Actress Zellweger
- Romanian city
- One point east of southeast
- Italian monetary unit
- Warship prison
- Tropical American tree
- Alias
- Normal or sound powers of mind
- English county
- Not compatible with
- Female deer
- Not late
- La __ Tar Pits, Hollywood
- "Jupiter's Legacy" actress Leslie
- Impudence

- Advices
- Founder of Babism
- A baglike structure in a plant or animal
- Male parent
- A type of plug
- Capital of Vietnam
- Fungal disease
- Shelter
- Finished
- Unhappy
- Partner to cheese
- Coffee receptacle
- Spend time dully
- Makes full
- Snakelike fish
- Take in solid food
- __ student, learns healing
- A way to take away
- Impart a lesson to
- "Transformers" actress Fox
- Spiritual leader
- Every one of two or more things
- Indian city
- 17th stars
- Weapon
- Amounts of time
- Isodor __, American Nobel physicist
- Soviet Socialist Republic
- Witness

County health department urges residents to get vaccinated for COVID

To date, 70 percent of Kent County adults have had at least one shot of a COVID-19 vaccine. This is a significant achievement, however, this milestone should be seen as the floor, rather than a ceiling, as the highly-contagious delta variant continues to spread throughout our community.

The Kent County Health Department is taking appointments for booster shots at all three of its clinic locations. Clinic locations and hours can be found at accesskent.com/Health/health_clinics.htm.

Appointments can also be made by calling 616-632-7200.

The Centers for Disease Control and Prevention now recommends a booster shot of all three COVID-19 vaccines available in certain populations and for those in high-risk occupational and institutional settings. 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:

People 65 years and older, Residents in long-term care settings aged 18 years or older, or

People aged 50-64 years with underlying medical conditions.

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.

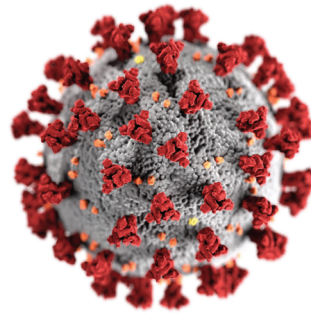
The use of a single booster dose of the J&J COVID-19 vaccine may be administered at least two months after completion of the single-dose primary regimen to individuals 18 years of age and older.

Additionally, the CDC recommends the following groups may receive a booster based on their individual benefits and risks:

People aged 18-49 years of age with underlying medical conditions, or

People aged 18-64 years of age who are at increased risk for COVID-19 exposure and transmission because of their occupational or institutional (residential) setting.

These groups include adults aged 18-64 years of age who work or reside



in settings such as health care, schools, congregant care facilities, correctional facilities, or homeless shelters. Additionally, it includes front-line essential workers such as first responders (firefighters, police, and EMS), food and agriculture workers, manufacturing workers, US Postal Service workers, public transit workers, and grocery store workers.

Starting on Oct. 27, booster shots will be available at all of the KCHD clinics.

The US Food and Drug Administration and the CDC approved medical providers to boost individuals with a different vaccine from what they initially received. Specifically, the FDA's action amends the emergency use authorization for the use of a single booster as follows:

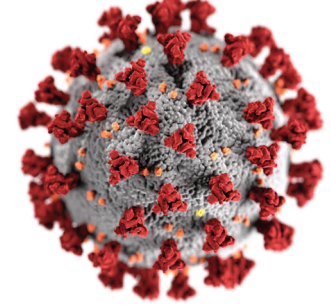
Use of a single booster

dose of the Moderna COVID-19 vaccine that may be administered at least six months after completion of the primary series to individuals:

65 years of age and older, 18 through 64 years of age at high risk of severe COVID-19, or

18 through 64 years of age with frequent institutional or occupational exposure to the coronavirus.

Use of a single booster dose of the Pfizer-BioNTech COVID-19 vaccine may be administered at least six months after completion of the primary series to individuals 18 through 64 years of age with frequent institutional or occupational exposure to coronavirus.

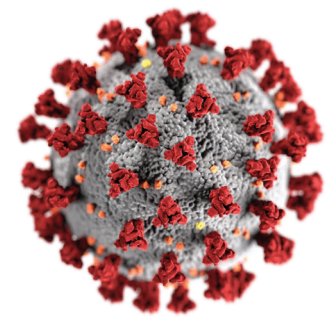


Use of a single booster dose of the Johnson & Johnson COVID-19 vaccine may be administered at least two months after completion of the single-dose primary regimen to individuals 18 years of age and older.

Use of each of the available COVID-19 vaccines as a "mix and match" (heterologous) booster dose for eligible individuals following completion of primary vaccination with a different available COVID-19 vaccine.

Ten children's hospitals in Michigan, including Spectrum Health Helen DeVos Children's Hospital, issued a plea to the public asking people to do their part to curb the spread of respiratory illnesses to protect children.

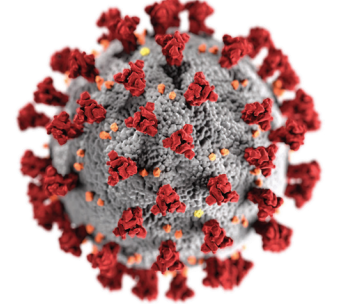
The plea, published by the Michigan Health & Hospital Association, asks people to get vaccinated for COVID-19 as soon as possible, get up to date on



all other vaccinations, wear a mask, and encourage children to do the same. The letter also asks people to adhere to "proven safe health practices of social distancing and handwashing." The authors of the letter say that

300 children under the age of 10 are being diagnosed with COVID-19 in Michigan daily. The steady rise in COVID cases comes amid "extremely high rates" of Respiratory Syncytial Virus. While RSV is a common virus that usually causes cold-like symptoms, it can become dangerous for infants and some young children. The group warns that the number of patients is outweighing hospitals resources and is straining the healthcare workforce at unprecedented levels.

The White House recently announced its plans to roll out COVID-19 vaccines for kids ages 5 to 11 if the Pfizer-BioNTech vaccine for that age group is authorized by the FDA and recommended by the CDC. On Tuesday, the FDA Advisory Committee granted emergency approval for the Pfizer COVID-19 vaccine for use in children 5 to 11. The application is now headed to the CDC's Advisory Committee on Immunization Practices for final review and approval.



The Biden administration has bought enough doses for all 28 million children in that age group and will provide it in smaller packages with essential supplies like smaller needles to make it easier to get to physicians, pediatricians, and community health centers. The Michigan Department of Health & Human Services pre-ordered approximately 287,700 doses of the Pfizer vaccine to be ready for the eventual federal approvals.

National and local public health officials are urging you to start making plans to get your flu shot as they anticipate a significant rise in flu cases compared to last year. The number of flu cases diagnosed dropped dramatically in 2020, largely because of COVID-19 control measures. Since many of those restrictions have been lifted, there is growing concern that there will be a rise in flu cases this year. Since the flu vaccine takes a couple of weeks to build flu immunity, it is important to get vaccinated before the spread of influenza is present in the community. Appointments for flu vaccines can be made at any of KCHD's clinic locations or by calling 616-632-7200.

★ 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.

NOTICE

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

★
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

