

### Keith W. Avery: cowboy artist



pages 8-9

### Bridge replica on display



page 2

### Lowell's water wins state award



page 3



### LHS sports

page 11

50¢



## Bruce Doll resigns from KCYF, new board members elected

by Tim McAllister  
lead reporter

The board of directors of the Kent County Youth Fair held their most recent board meeting at the King building, 225 S. Hudson, at 6:30 pm on Wednesday, Nov. 10.

During public comment, KCYF entertainment coordinator Bruce Doll read aloud a letter of resignation.

“Over the past two years there have been some things that have bothered me at the fair,” Doll said. “Continued lack of help before, during and after the fair, a lack of support for the public part from the fair, the secrecy and behind the scenes planning, being bullied - and we’ve heard that before with other people - lack of transparency - especially about the new grounds - being targeted for being friends with Jessica [Marks, the former KCYF manager who resigned a couple weeks ago], Thompson’s choice in regard to the elections, concerns ignored, talking behind one’s back and not keeping the Kent County Youth Fair first. This is my opinion. The new grounds should have been designed for the fair first and the grand second. That way we have everything you need to have the fair, and then there’s tons



Newly-elected KCYF board vice president Jennifer Wilber, president Bill Zaske, secretary John Schut and treasurer Kendra Diekevers.

and tons of room for the grand. The non-agricultural part of the grounds did not have to be huge. Enough space for the carnival, food booths, commercial

exhibits, performing arts, entertainment and still exhibits. Through the process, the space for the fair was made smaller and smaller. During the design

process, there were a lot of changes made, and I know some of it’s gone back, but they were never presented to the board and then all of a sudden at one meeting we

have the layout, and that was a shocker. I believe that the new grounds can be and will be amazing, and be able to

KCYF, continued, page 3

## Monday, Nov. 15 city council meeting report



Screenshot of Lowell city council in discussion on Monday, Nov. 15.

by Tim McAllister  
lead reporter

Lowell city council had their latest regular meeting at 7 pm on Monday, Nov. 15. The meeting lasted approximately 40 minutes and there were two participants in public comment.

First, Michael Bachmann addressed the council about

three new hydroelectric dams he plans to install. The council and the city manager advised Bachmann that he should consult with EGLE, the Michigan Department of Environment, Great Lakes and Energy, before going ahead with any construction.

The second person, Patty

O’Haire-Mogor, proposed the city collect leaves and other refuse by having residents push the debris into the street for a truck to collect, then the material would be composted.

The meeting had two agenda items. The first was the official adoption of a

conflict of interest policy.

“As part of our application for the United States Department of Agriculture rural development loan for the Monroe and Washington project, we must certify to the United States Department of Agriculture the city has a conflict of interest policy,” said city manager Michael Burns. “Upon review of the council’s rules of procedure, there is a mere reference towards addressing conflicts of interest, but would not be considered a formalized policy, which would be approved by the USDA.”

“We’ve always opted out or abstained from voting on things that directly affected us,” said mayor Michael DeVore. “Greg [Canfield, former city councilor] used to do it all the time. I always just thought there was a policy.”

“We’ve been doing it, but we need a formal policy,”

Burns said.

Next, the council discussed proposed improvements to the Lowell skate park, and voted to approve the group’s work on the project. A group of volunteers led by Bob Rogers intends to replace the existing skate ramps with new concrete structures, which will last longer and be quieter.

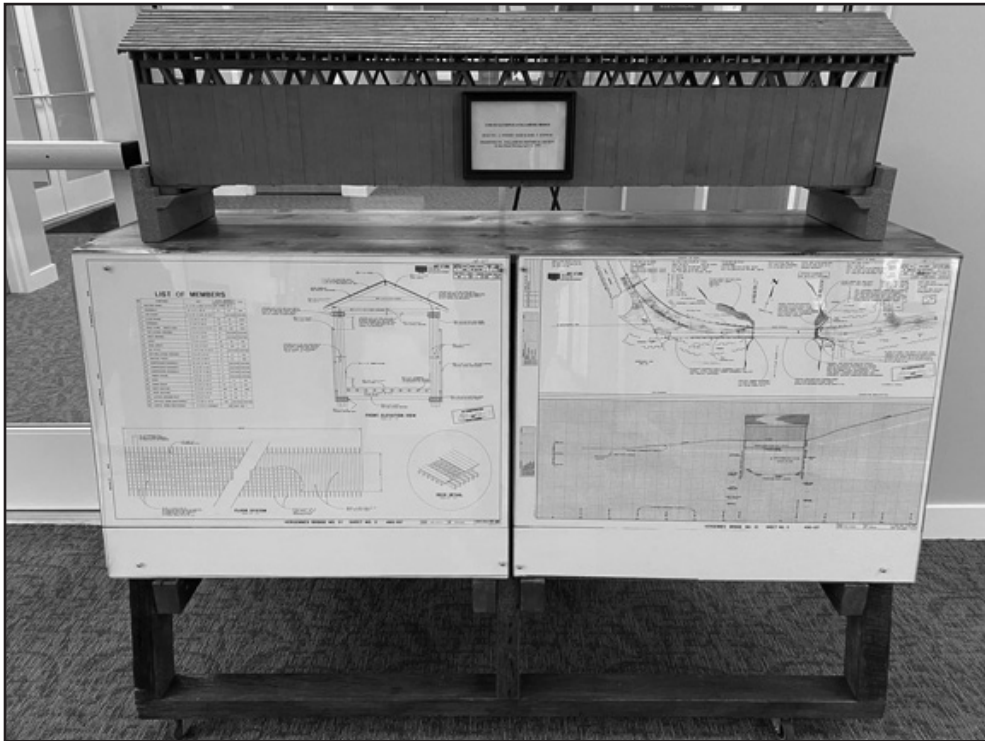
“I think it would be a huge benefit to the city,” said councilor Leah Groves.

Lowell city council’s next regular meeting will take place at city hall at 7 pm on Monday, Dec. 6. 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, Dec. 4.

To watch previous city council, board and commission meetings, look for the “City of Lowell” channel on YouTube.



# Fallasburg Bridge replica on display at the Vergennes Township Hall and Municipal Offices



Representatives of the Fallasburg Historical Society placed an important piece of history at the Vergennes Township Hall. David and Tina Cadwallader and Craig Fonger delivered this 1/25th scale replica of the Fallasburg Covered Bridge. It was built in 1994 by Dwight Nash with some of the wood reclaimed from the 1994 bridge renovation. The stand was recently built by David Cadwallader of reclaimed wood from the Fallasburg Village along with large pieces from bridge renovations mounted on one side and architectural drawings on the other. The large pieces of bridge and the architectural drawings are gifts from the Kent County Road Commission. The display is on permanent loan from the Fallasburg Historical Society to Vergennes Township and will be viewable at the township hall during business hours.

# Students evacuated, dismissed early after bathroom fire at Lowell Middle School

by Tim McAllister  
lead reporter

There was a fire in a girls restroom on the east side of Lowell Middle School just after 12:30 pm on Tuesday, Nov. 9. The east wing is

the home of the seventh grade. Several fire trucks, ambulances and police cars responded and all students and staff were evacuated.

“One student was overcome by anxiety and received treatment on the scene,” said Lowell Area Schools superintendent Nate Fowler. “No one was transported to the hospital.”

The decision was made to dismiss early that day, and the school remained closed on Wednesday, Nov. 10 for cleanup.

“There was extensive cleanup in the seventh grade classrooms and hallways,” Fowler said. “That included wiping down all surfaces and cleaning carpets and tile flooring. The air ducts in the seventh grade hallway were cleaned and all filters in the heating and cooling system were replaced. When students returned to school on Nov. 11, the bathroom



where the fire occurred was still closed, but the rest of the building looked great. [...] The damage came from smoke. Most of it was contained to the girls bathroom in the seventh grade wing. We will have to replace ceiling tiles and some

of the plastic items in the bathrooms, like toilet paper dispensers that retained an odor from the smoke.” Fowler would not comment on the cause of the fire and referred questions on that subject to the Lowell Police Department, who

also refused to comment or provide documents about the fire because “the incident is still open and under investigation. Releasing this information before it is finalized would jeopardize the case.”



## NOTICE VERGENNES TOWNSHIP

### Seeking Applications for Board and Commission Appointments

Vergennes Township is accepting applications for the following Board and Commission positions; Board of Review (alternates), Planning Commission, Zoning Board of Appeals, and Construction Board of Appeals.

Application forms and a summary of job descriptions may be obtained on the township website [www.vergennestwp.org](http://www.vergennestwp.org), by emailing the clerk at [clerk@vergennestwp.org](mailto:clerk@vergennestwp.org), or at the township offices located at 69 Lincoln Lake Ave NE, Lowell, MI 49331.

Deadline for application submission is Thursday, December 16 @ 12 p.m. Applicants will be considered at the December 20, 2021 meeting of the Vergennes Township Board.

Shantell Ford  
Vergennes Township Clerk

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

SAVE 10% OFF WITH THIS COUPON

897-7300 [allweathersealinc.com](http://allweathersealinc.com)

319 E. Main Lowell

**All-Weather Seal**

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

## the lowell ledger

(USPS 453-830)

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

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

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

(616) 897-9261

email: [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)

Second Class Postage Paid at Lowell, MI

Published every Wednesday

POSTMASTER: Send address change to:

The Lowell Ledger

PO Box 128 • Lowell, MI 49331

[www.thelowellledger.com](http://www.thelowellledger.com)



# Lowell Police Department reminds drivers about winter on-street parking

A reminder to all city of Lowell residents that per ordinance 21-67, on-street parking between 2 am and 6 am is not allowed. This ordinance is in effect from Nov. 1 through March 31.

• Sec. 21-67. - Parking prohibited on city streets between 2:00 am and 6:00 am; exception.

No vehicle shall be parked, except as provided herein, on any street within the city between the hours of 2:00 am and 6:00 am annually from Nov. 1 through March 31. The chief of police is hereby authorized to establish a parking permit system which system shall set forth a procedure by which a person may apply for a permit to park on city streets between the hours of 2:00 am and

6:00 am annually from Nov. 1 through March 31 when as determined solely by the chief of police to be absolutely necessary. The fee for such permit shall be established from time to time by the city council.

(Ord. of 3-10-77, § 17-31; Ord. No. 16-04 , § 1, 9-19-16)

Lowell officers have been directed to enforce this ordinance, especially in the event of inclement weather where snow and/or ice is expected.

The purpose for this ordinance is to keep our streets clear so that our DPW employees have room to clear the streets with plows or salt trucks, which makes for safe travel for everyone.

Overnight parking permits

can be granted by the Chief of Police or his designee based upon a specific hardship and will be granted for limited time only. No overnight parking permits will be issued for the months of December through March except for extreme hardships situations.

During the winter months, vehicle owners are expected to find an alternative to parking on the street overnight (pulling into the yard area, parking in a neighbors drive, receiving permission to park in a nearby business lot, etc.)

Anyone wishing to apply for a permit must come to the police department and fill out the application. Permits will be granted on a case-by-case basis if the applicant



can show an immediate need. Cost of the permit is \$25.00 (if granted).

Please have available upon application a specific reason the permit is needed

and a plan to resolve your parking issue.

# Lowell among 89 Michigan water systems to earn national fluoridation quality award

The Michigan Department of Health and Human Services announced this week that 89 water systems have been awarded a Water Fluoridation Quality Award from the US Centers for Disease Control and Prevention, including Lowell's water system.

Fluoridation is the

adjustment of fluoride in the water to a level that is optimal for preventing tooth decay. It has been recognized by CDC as one of 10 great public health achievements of the 20th century. CDC recommends water fluoridation as a safe, effective, and inexpensive method of preventing decay.

According to the CDC, savings for communities ranged from \$1.10 to \$135 for every \$1 invested.

The award recognizes those communities that maintained a consistent level of optimally fluoridated water throughout calendar year 2020. A total of 1,292 water systems in 28

states received the award including the following Michigan systems: Lowell, Adrian, Jonesville, Albion, K I Sawyer, Alpena, Kalamazoo, Baraga, Lake Bella Vista, Battle Creek - Verona System, Lake Odessa, Bay Area Water System, Linden, Belding, Benton Harbor, Ludington, Benton Township, Manchester, Big Rapids, Manistique, Blissfield, Marshall, Bridgman, Mason, Brighton, Menominee Water Department, Brooklyn, MHOG Sewer & Water Authority, Buchanan, Michigan State University, Carson City, Midland, Cassopolis, Milford, Charlotte, Monroe, Clare, Mt. Pleasant, Dexter, Munising, East Lansing, Meridian Township Water Authority, Muskegon Heights, East Jordan, Negaunee-Ishpeming Authority, Eaton Rapids, New Buffalo, Elk Rapids,

Niles, Escanaba Water Department, Northwest Ottawa Water Treatment Plant, Fenton, Norway, Fremont, Otsego, Genesee County Water System, Parchment, Gladstone Water Department, Plainfield Township, Grand Ledge, Plainwell, Grand Rapids, Saginaw, Gratiot Area Water Authority, Sault Ste Marie, Grayling, South Lyon, Great Lakes Water Authority, Sparta, Greenville, St. Ignace, Grosse Pointe Farms, St. Johns, Harbor Springs, St. Joseph, Hartford, Standish, Hastings, Summit Township, Hillsdale, Tecumseh, Holland Board of Public Works, Traverse City, Howell, Wakefield, Huron Shore Regional Utility Authority, Wayland, Ionia, Wyoming and Jackson.



2030 target of 77.1 percent of the population on a fluoridated public water supply," said Dr. Alexis Travis, senior deputy director for MDHHS Public Health Administration. "These awards from the CDC recognize Michigan's commitment to community water fluoridation, which is the most cost effective and efficient way of preventing tooth decay throughout one's lifetime and benefits all residents."

For more information about community water fluorination, visit the CDC website.

## KCYF, continued

provide space for the fair and the grand. I believe that with Dave Hildenbrand [a former state legislator, currently working as a lobbyist] directing this whole project and on board with it, it will happen. I trust Dave. But there needs to be major changes. There has to be far better communication and transparency when it comes to the design and process, and the board has to sometimes stop

acting like middle school kids. I've dedicated my life to fair for almost 20 years, tens of thousands of hours and emails and thousands of phone calls. During 2021, we again pleaded with the board and superintendents for help. Very few answered our plea. But I came back year after year, burned out year after year, and I did it for the kids. Right now, I will be stepping away from the duties of the fair."

The board also elected four new members during the meeting. Bill Zasko was voted president, Jennifer Wilber was voted vice president, John Schut was voted secretary and Kendra Diekevers was voted treasurer.

The KCYF board meets at the King building on the second Wednesday of every month. Visit [kcyf.org/kcyaa-board](http://kcyf.org/kcyaa-board) for more information.

### ARE YOU HIDING YOUR SMILE? WE CAN HELP.

Family Dentistry of Lowell



147 N. Center St.  
Lowell  
616-897-4835



Call for an appointment or contact us on our website at [www.familydentistryoflowell.com](http://www.familydentistryoflowell.com)

CHRISTMAS IS COMING!

Sign up for FROM's  
Christmas Toy Store  
&  
Christmas Food Basket

Open to those living in the Lowell Area School District and are in need of food and/or assistance in providing Christmas gifts to their children.

REGISTER NOV. 1 - DEC. 1

ONLINE: scan the QR Code or visit [fromlowell.org/christmas-distribution](http://fromlowell.org/christmas-distribution)

OR

BY PHONE: 616-897-8260





# Superintendent calls for \$300-\$500 million to address 'critical' teacher shortage

State superintendent Mike Rice called for a five-year, \$300 million to \$500 million investment in recruiting and retaining K-12 teachers as dwindling instructor numbers becomes the most "urgent challenge" facing public schools.

In addressing the State Board of Education on Tuesday, Nov. 9, Rice said, "There is no longer any denial." Legislators on both sides of the aisle now agree the lack of high-quality teachers is a statewide issue

that is going to take years to tackle.

"Some of us didn't think we'd get to a day when we didn't have a wide range of candidates from which to choose at the elementary school level. Gone are those days when we did," Rice said.

Rice's plea comes as the education advocacy group Launch Michigan is promoting a \$350 million fellowship program that would pay tuition costs for

teachers in training as long as they stayed on the job for at least five years.

Funding is a large part of the issue, Rice said. Michigan ranks 50th out of 50 states in total education revenue growth from 1990 to 2015.

News of the cuts in teacher benefits, mandated annual evaluations based on pupil performance and tight conditions in the classroom has trickled down to the college ranks. In 2013-14, Michigan had 23,203 people

enrolled in a teacher prep program. Recently, Rice said it was down to 9,500.

"We all know the profession has been chipped away at," Rice said. "It will take time to rebuild this profession. It's not simply in terms of dollars, but it's also conditions around teaching."

Brandy Murphy, a Jackson County teacher and mother of three, told the Board of Education during public comments the "nightmare" created by COVID has

driven teachers out of the profession.

Unmasked, sick children are being allowed by their parents to come to school, sneezing on herself and other children. Teachers are limited in what they can do. Requiring masks ignites parents who browbeat teachers and administrators to the point where they're mentally exhausted.

"I'm home with a sick child right now," Murphy said. "My entire classroom was shut down... An increase

in salaries won't be enough. We're stressed-out way too much."

The Department of Education sent thousands of postcards to educators with expired certificates this past spring, in the hopes of bringing back former teachers to the profession.

Rice is suggesting tuition and expense reimbursement for college students exploring teaching, loan repayment programs for current teachers, scholarships, child care and other incentives.

# Michigan surpasses 70% vaccinated milestone

The Michigan Department of Health and Human Services announced this week that Michigan has reached the state's 70 percent goal of eligible residents age 16 and over receiving at least one dose of the safe and effective COVID-19 vaccine. To date, nearly 5.7 million Michiganders have

received at least one of the safe and effective COVID-19 vaccines since the first doses became available less than a year ago.

"We know the safe and effective COVID-19 vaccines are our way out of the pandemic," said Dr. Natasha Bagdasarian, chief medical executive at

MDHHS. "Vaccines are how we prevent infectious variants from spreading and threatening our ability to contain the pandemic. It's important to take a moment to celebrate the hard work of those who have developed these vaccines, as well as those who have administered vaccines these past many

months. We also thank Michiganders who have done their part to keep their families and communities safe by getting vaccinated."

The state's objective remains to get as many Michiganders vaccinated as possible, as the vaccine is the best defense against the virus. From January to October, unvaccinated Michiganders accounted for 93.1 percent of COVID cases, 90.7 percent of hospitalizations and 90.5 percent of deaths. As more individuals are vaccinated, it is less likely that the virus will circulate and mutate, avoiding the development of more transmissible and vaccine-resistant variants in the future.

"This is great news and we have been looking forward to surpassing this milestone since the vaccines became available," said MDHHS

director Elizabeth Hertel. "We urge Michiganders who are eligible to get vaccinated as soon as possible and to continue practices we know help stop the spread of COVID-19, including wearing masks and social distancing. The vaccine continues to be how we will return to normalcy in the state, and we thank all of those who have done their part to end this pandemic."

Last month, Gov. Gretchen Whitmer issued an executive directive to state departments and agencies to expedite the ordering and distribution of the Pfizer-BioNTech pediatric coronavirus vaccinations to protect younger Michiganders between the ages of 5 to 11 years old and ensure that students could continue in-person learning in a safe environment this year.

Evidence suggests that immunity from the vaccine can wane over time, which is why there are recommendations for booster doses to maintain the protective effect of the primary vaccine series.

Under similar executive orders signed by Gov. Whitmer, the state of Michigan has prioritized booster doses for residents in long-term care facilities, including nursing homes and adult foster care, and has been working to expedite delivery of third doses of the Pfizer and Moderna COVID-19 vaccines to residents who have compromised immune systems.

To learn more about the COVID-19 vaccine and where to find a vaccination site, visit [Michigan.gov/COVIDVaccine](http://Michigan.gov/COVIDVaccine) and [VaccineFinder.org](http://VaccineFinder.org).

# business directory

**FRY DADDY'S**  
608 West Main Street  
Lowell, MI 49331  
**897-FISH**  
Fish, Shrimp, Wing Dings, Chicken Strips  
**Friday Special Lake Perch**  
Hours: Tues - Sat 2-8 pm  
Closed Sunday & Monday



897-4123  
**Arctic Inc.**  
Heating & Cooling  
• Heating & air-conditioning • Wall hung boilers & water heaters  
• Geo Thermal systems • Radiant floor heat • Snow melt systems  
• Whole house generators • Duct work • Humidifiers  
SALES, SERVICE AND INSTALLATION, UPGRADES, NEW HOMES  
www.HeatingCoolingOnline.com



**Rich's Service Co.**  
In-Home Appliance Repair  
Dryer Vent Cleaning  
INSURED • 20+ YEARS EXPERIENCE  
Washers • Dryers • Refrigerators  
Garbage Disposals • Stoves  
• Dishwashers  
**RICH CURTIS • 897-5686**  
209 E. Main St., Lowell



**BILL WHEELER**  
Certified Public Accountant  
W.J. WHEELER  
103 Riverside Dr.  
Lowell, MI 49331  
**897-7711**



**RISNER'S ROOFING & HOME IMPROVEMENT**  
**SHANE RISNER • 616-897-1080**  
email: [risonersroofing@gmail.com](mailto:risonersroofing@gmail.com)  
website: [risonersroofing.com](http://risonersroofing.com)



**JERRY'S LAWN MAINTENANCE & SNOWPLOWING**  
• Snowplow Service  
• Winterizing of Sprinkling Systems  
• Fall Cleanup  
• Spring Clean-Up  
• Lawn Maintenance  
• Fertilizing & Bark  
Over 25 years of experience, insured, referrals upon request  
**PHONE 616-822-4168**



## Oasis Community of West Michigan seeking donations for community builder

Oasis Community of West Michigan is a group of parents of disabled adults who have been working together since 2008 to create opportunities in the community that didn't previously exist for their kids.

They have been challenged to find safe, affordable, inclusive, sustainable housing alternatives that will provide their disabled young adults with greater independence, social connections and the chance to lead purpose-filled, enjoyable lives.

The organization's primary goal is to establish housing in neighborhoods throughout West Michigan. Oasis Community also promotes social networking and provides learning opportunities on issues related to independent living.

The former Eastern Elementary School in Grand Rapids was recently renovated into the "Emerald Flats" apartments, and the Oasis Community of West Michigan was a general partner in this project with the Inner City Christian Federation.


The rehabilitation was completed last summer, and this historic four-story building now includes 50 apartment units from studios to three bedroom suites, and it serves families with low to moderate incomes, including those who earn 40-120 percent of the area's median income.

A limited number of these apartments were set aside for Oasis Community members who have completed their training and were ready to transition to a more independent living situation.

Oasis is in urgent need of funding for a "community builder," an individual they will hire who will provide social and individual support and "big brother" style mentoring for these young adults who, until now, have only dreamed of living independently.

For more information or for instructions how to donate, visit [oasiscommunity.info](http://oasiscommunity.info)

**THIS AD FOR SALE!**  
More than 50% of adults have a positive perception of ads in print newspapers.\*  
Want to be next to trusted content? Place your ad in this newspaper and a network of newspapers in the state!  
Call this paper or 800-227-7636  
www.cnaads.com \*Ranttar Millward Brown, Feb. 2018





# viewpoint



**125 years ago  
Lowell Ledger  
November 20, 1896**

This edition of the Lowell Ledger is missing.

**100 years ago  
The Lowell Ledger  
November 24, 1921**

When his touring car was rammed by a county road commission truck near Ada Friday morning, City Commissioner William Oltman was injured about the head, his wife suffered internal injuries, and his daughter-in-law, Mrs. H. Fred Oltman, sustained a broken collar bone. The latter was taken to Blodgett Memorial hospital.

Latest news from Washington indicates that the Ford-Newberry senatorial contest will be an issue in Michigan through Senator Townsend's campaign for re-election; as the latter is to definitely align himself for Newberry, and Henry Ford is quoted as stating that he will use all his power to defeat for re-election and senator who votes to seat Mr. Newberry. So, if there is any one in Michigan who had now had his fill of this political battle. His prospects of being satisfied are ample. As for the best interests of the state and nation, it is clear that they would have been conserved by the re-election of Senator William Alden Smith.

Firing a rifle at prowlers near his home Sunday night, Ed Rykert, residing near the Ada road, five miles from the city, was surprised to find himself the subject of a shotgun barrage. No one was injured and the men disappeared. Rykert called the sheriff's office and Deputies Boyd and Johnson investigated.

**75 years  
The Lowell Ledger  
November 21, 1946**

More Michigan farmers than ever before use the telephone as an important aid in the management of their farms. For the first time in the history of the Michigan Bell Telephone Company, more than half of the established rural areas served by the company have telephone service.

Bruce McMahon, who came within an ace of being electrocuted while helping unload water mains on Elizabeth street last Thursday, is back on the job, although he felt pretty groggy for a few days. And no wonder for 2400 volts passed through his body when the crane which was being used became entangled in the high-voltage wiring.

The coal strike, which at this writing threatens to wreak havoc with the nation, finds Lowell fuel dealers with only a limited supply of coal on hand. And the same may be said of all other coal dealers throughout the country. Government orders limit deliveries only to those homes that have less than a 10 day supply on hand.

**50 years  
The Lowell Ledger  
November 25, 1971**

Lowell funeral director, civic leader and Rotarian Herbert M. Reynolds, 54, was killed about 3:50 am Sunday when he lost control of his car on M-21, about two miles west of Lowell.

Richard G. VanderWarf was advanced to the rank of Navy Petty Officer Third Class, while serving aboard the aircraft carrier USS Midway, operating with the Seventh Fleet in the Western Pacific. He was congratulated upon advancement by the Midway's Commanding Officer, Captain William L. Harris, Jr.

A search resumed early Monday for a 75-year-old Lowell man missing since Saturday while deer hunting in Dickinson County in the Upper Peninsula. State Police reported that Oscar Sterzick was hunting with his nephew, Gordon Sterzick of Alto, when the older man walked into a wooded area and did not return.

**25 years  
The Lowell Ledger  
November 20, 1996**

Raising the graduation requirement bar on high school students will not be treated as if one is throwing another log on the fire – at least not at Lowell High School and if Principal Scott Vashaw has anything to do with it. LHS students are currently required to earn 22 credits, plus one seminar credit to graduate. It had been nearly an hour since Nathan Phillips dropped his first buck. The euphoria that comes with that sacred hunting event was still visible on Phillips' face when he stopped at the Ledger office Friday morning with the "first buck."

Trees add aesthetically to property...provided they are not dead. With that in mind, Dave Austin coaxed the city into paying \$2,300 to Poortenga Tree Service to have three Chinese elms removed.



**WHY NOT SHOP HERE!**

## to the editor

Dear Editor:

Sixty-seven years ago, in 1954, Lowell children were among 650,000 participants in nationwide testing of the newly developed Salk polio vaccine.

Fifty years later, my mother Lila Thaler (1914-2011) wrote about those anxious but hopeful times for local parents:

"Actually, I don't recall being frightened about polio, in spite of the fact that the daughters of two of our friends became part of the 1950's epidemic.

"One was left with a withered left arm and the other was paralyzed in her legs and was saddled with heavy braces and crutches that she needed to wear for the rest of her life.

"Because of that, we were very interested in helping with the Polio Pioneer project to test the vaccine. It was sponsored by the Lowell Child Study Club, of which I was an active member.

"So we allowed our daughter Sue to become one of the pioneers, along with thousands of other second graders across the country.

"Sue remembers lining up to get the shots, some of which would be the real vaccine, the others water, but no one knew which was which.

"Later we were told that she got the water, so she had to go through the whole series again when it was determined that the vaccine was definitely effective.

"She also remembered the Dime Folders with slots that held dimes collected from family and friends, turned in to the school and sent on to the March of Dimes. And every January I was a part of the Mothers March on Polio, also sponsored by our Child Study Club.

"So, all in all, our experience with polio vaccine was a very positive one, although we did know parents who kept their children away from the beach, the movies and all public gatherings, because of their fear."

Parental courage on behalf of vaccines for their children is nothing new. We have been there before.

*Bob Thaler  
LHS Class of 1960  
Bay City, MI*

Eat. Shop. Explore.  
**LOCAL**

### We love to hear from you!

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

The requirements are:

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



# HEALTH

## M METRO HEALTH

UNIVERSITY OF MICHIGAN HEALTH

Johnathan G. Meier, D.O.    Laura E. Kass, PA-C  
 Wayne A. Christenson, D.O.    Kaili M. Walker, PA-C  
 Tracy L. Lixie, D.O.    Alexandria Clum, PA-C  
    Catherine S. Smith, NP-C

### - urinary incontinence

Urinary incontinence is twice as common in women than in men, and occurs more frequently with increasing age. It affects at least one in every three women after menopause. If left untreated, it can interfere with daily activities and result in a decreased quality of life. In most cases, it can be treated successfully.

Your health care provider can help clarify the type based on the symptoms you are having. During normal urination the bladder muscles contract and the sphincter muscles around the urethra relax allowing the flow of urine and the bladder to empty. Incontinence happens when the bladder muscles suddenly contract or when the sphincter muscles become weakened with age. There are three main types of urinary incontinence: Stress urinary incontinence, urgency incontinence and mixed.

Stress incontinence occurs in increased times of stress on your body. This can include lifting objects, laughing, coughing or sneezing. This type of incontinence is usually due to weak sphincter muscles. Childbirth can be a cause of damage to the pelvic floor which could result in more weak sphincter muscles. Low estrogen levels after menopause can also cause the sphincter muscles to weaken. This

is why this tends to occur more frequently in women, especially after menopause.

Urge incontinence is when you experience leakage when you have the urge to urinate and your bladder is full. This is a result of not being able to stop the bladder muscles from contracting when the bladder is full. It may often feel like you can not get to the bathroom fast enough when you feel you have to urinate.

If you are experiencing symptoms of incontinence, you should see a health care provider. A physical exam will be performed along with a urinalysis. A urinary tract infection can cause incontinence and it is important to rule that out as a contributing factor. A urologist can measure the pressure within the bladder and the bladder's capacity to fully empty with urodynamic testing.

Treatment of urinary incontinence varies depending of the type of incontinence. Treatment can consist of bladder retraining by urinating at certain intervals and learning to strengthen the pelvic floor muscles with kegal exercises. If these options fail, then other things are considered for treatment such as medications, estrogen, biofeedback, vaginal pressure or surgical options.

# 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.

### F is for Flat River

The Odawa people called the river 'Quabahquasha' which is said to mean 'flat like wampum' or 'winding stream.' It begins from the outflow of First Lake, the last in a chain of lakes known as 'Six Lakes' in Montcalm County. It flows approximately 70 miles through Montcalm, Ionia and finally Kent County, where it joins the Grand River. It is one of only 16 rivers in Michigan given the 'Natural River' designation. It even has a song named after it: 'Flat River Girl' also known as 'The Sad Ballad of Jack Haggerty' is the story of a heart broken lumberjack.

The Odawa used the river for travel, fishing and built villages along its shores. When the fur trade began, the Flat River was a major trade route. Some of the best examples of ermine could be found along its banks. Ermine furs were



rare and therefore very valuable. They were used by royalty in Europe. Fur traders established posts at or near the river. Early settlers depended on the river. They harnessed the water to power their mills. Lumbermen used the river to float logs down to a saw mill built in the middle of the river just north of Main Street. Later, dams were built up and down the river to harness electricity.

The islands south of the dam were given to the Village of Lowell in the 1880's by builder and businessman J. C. Train, and beautiful island park started an era of fun and

celebration on the Flat River.

In the 1930s, local businessmen built the first Showboat in an effort to create an event that would bring people to Lowell and lift the town's spirits during the heart of the Great Depression. The Showboat became an annual show on the Flat River.

In 1933, a concentrated effort was made to beautify the river area. The Lowell Ledger urged people, "put Lowell on the map! Make the Village of Lowell a mecca for tourists and seekers of scenic beauty. We have the location, the rivers, the hills, trees, everything if we just furnish the necessary aid to nature to tidy up and improve upon that which has been already given to us."

Later that year, Frank T. King, president of the

King Milling Company, presented to the Village of Lowell the islands in the Flat River north of the Main Street bridge. Some envisioned foot bridges and parks, but it never came to be.

Today the river is used for recreation and enjoyed by many. The Riverwalk, kayak boat launch and pontoon boats testify to this. Thursday night summer concerts still bring back the magic of the river, the showboat, crowds and fun. Residents and visitors listen from bleachers, chairs and pontoons.

There are two remaining covered bridges over the Flat, the historic Fallasburg Bridge in Vergennes Township, and the rebuilt White's Bridge in Keene Township. Both draw many tourists, picnickers, kayakers and river floats.



# area churches



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

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

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

**GOOD SHEPHERD LUTHERAN CHURCH**  
 10305 Bluewater Highway  
 (Missouri Synod)  
 Halfway between Lowell & Saranac on M-21

**Sunday Services - 10:30 am**  
 www.gslc.church

Joseph Fremer, Pastor **897-8307**  
 All facilities are wheelchair accessible

**FIRST BAPTIST CHURCH OF LOWELL**  
 CHRIST-CENTERED, KINGDOM-FOCUSED HOMES

**2275 West Main Street - (Barrier Free)**  
 897-7168 • www.fbc Lowell.org  
 Pastor Jon Pickens • Lead Pastor  
 Pastor Andrew Bolkom • Pastor of Discipleship  
 Christi Swain • Director of Children's Ministries

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

**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
 897-7060  
 Pastor Ryan Landt  
 1151 West Main Street, Lowell, MI  
 Website: calvarylowell.org

Morning Worship..... 10:00 AM  
 Weekly Prayer Meeting - Mondays ....7 PM  
 Barrier-Free

**St. Mary Catholic Church**  
 402 Amity Street • 616-897-9820  
 Website: www.stmarylowell.com

Weekend Masses: Sat 5 pm; Sun 10:30 am  
 Confession: Saturdays 3-4:30 pm

Prayer & Adoration: Wednesdays 8 am to 7 pm  
 RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

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

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

# happy birthday



**NOVEMBER 17**  
 Scott MacNaughton,  
 Cory DuBridge, Tyler  
 Shindorf, Mary Schutts,  
 Anastasia Barnes, Ali  
 Wernet.

**NOVEMBER 18**  
 Brent Noskey, Lindsey  
 Sherman.

**NOVEMBER 21**  
 Michael Hewitt,  
 Tammy Gildner.

**NOVEMBER 22**  
 Lu Green, Carla Briggs,  
 Andrea Richmond, Karrie  
 Burt, Joshua Gerard, Dylan  
 Olin, Arlene Sytsma.

**NOVEMBER 19**  
 Ken Mulder, Jamie  
 Zoodsma, Marlene Nash,  
 Lewis Powell, Betsy Maki.

**NOVEMBER 20**  
 Brian Brown, John  
 Butler Sr., Michelle Wernet.

**NOVEMBER 23**  
 Trisha Propst, Sherri  
 Vezino, Gregory Duiven,  
 Mike Harding, McKinsie  
 Rice, Dave Thompson.



# MDHHS issues RFP for opioid recovery support services

The Michigan Department of Health and Human Services has issued a Request for Proposals for registered Recovery Community Organizations to provide recovery support services.

The purpose of the Recovery Support Services competitive 2022 program is to expand recovery support

center services or recovery community center services at RCOs for individuals seeking long-term recovery from substance use disorders. RCOs are independent, non-profit organizations led and governed by representatives of local communities of recovery. To be eligible to apply for this funding, applicant agencies must

be registered with the Association of Recovery Community Organizations at Faces and Voices of Recovery.

The RFP seeks competitive plans for local projects that will expand services as described above: prioritizing recovery support navigation, recovery outreach education and recovery activities and

events.

Funded applicants will receive ongoing technical assistance from the MDHHS project coordinator which include help with program start-up, reporting requirements and barriers to program implementation.

The eight-month award period begins Feb. 1, 2022, and ends Sept. 30, 2022.

MDHHS expects to award approximately \$1,200,000, with a maximum of \$150,000 for a single applicant.

Grant applications must be submitted electronically through the EGrAMS program by 3 pm on Dec. 12, 2021.

For more information or to apply, visit the EGrAMS website and select "About

EGrAMS" link in the left panel to access the "Competitive Application Instructions" training manual. The complete RFP can be accessed under the 'Current Grants' section under the "Behavioral Hlth and Dev Dis Adm Standard" link and selecting the "RSSC-2022" grant program.

## Report: Secure MI Vote eliminates 20% of polling locations

Roughly 20 percent of the state's polling locations would be eliminated under a Republican-backed ballot initiative designed to tighten security around the election process, according to a Progress Michigan report.

A deep dive into the language of the Secure MI Vote citizens initiative forbids donations to run elections, including "in-kind contributions." The language was designed to prevent donations from outside sources like Mark Zuckerberg of Facebook in 2020. Conservatives, in particular, are concerned that one side of the political spectrum will use financial donations to put their thumb on the scale.

In doing so, the petition appears to eliminate the ability for communities to use churches free of charge as polling locations. While this may be an unintended consequence of the petition, Delta Township clerk Mary Clark said on Wednesday, Nov. 10 that it's a consequence, nonetheless.

"If this were to pass, I don't know what I would do," said Clark, president of the Michigan Association of Municipal Clerks. "This is the type of policy that causes me to lay awake at night because it will cause so much confusion amongst voters and put clerks in impossible situations."

Five counties use churches for more than 40 percent

of their polling locations. Another 15 counties use churches as more than 20 percent of their polling places. In Ottawa County 61 percent of its polling locations are religious spaces.

Secure MI Vote spokesperson Jamie Roe said Progress Michigan's reading of the initiative may be correct but questioned why a church shouldn't be compensated for the use of its property.

"If they're so worried about it, why doesn't [Secretary of State] Jocelyn Benson forgo that ridiculous absentee ballot application mailing that was based on an outdated, wildly inaccurate list and use the money to

pay communities to pay churches for the use of their property?" Roe said.

Clark said county clerks are barely making it by and don't have the budget to pay these churches. Roe suggested using some of the billions of money President Joe Biden is sending to the state in COVID relief dollars.

Roe also said he finds it "rich" that Gov. Whitmer vetoed legislation that would have allowed community clubhouses to be used as polling locations because it was tied to bills she claimed were based off "The Big Lie," that the 2020 election results were rigged.

"Now they're all concerned about polling

locations?" Roe said. "They want this argument to be

the silver bullet to kill this initiative and it's not."

### Today: Wednesday, November 17, 2021

Wednesday, Nov. 17 is the 321st day of the year. There are 44 days remaining until the end of 2021.

#### Historic Events

1558: Queen Mary I of England dies and is succeeded by her half-sister Elizabeth I.

1777: The Articles of Confederation are submitted to the states.

1800: US Congress holds its first session in Washington DC.

1869: Inauguration of the Suez Canal, linking the Mediterranean Sea

with the Red Sea.

1968: Viewers of the Raiders/Jets football game are denied the opportunity to watch the end of the game when NBC starts broadcasting "Heidi."

1970: Lt. William Calley goes on trial for his role in the My Lai massacre.

1973: President Richard Nixon tells 400 Associated Press managing editors, "I am not a crook."

## Nonprofit sues over FOIA denial for RFP on Enbridge's proposed tunnel

A national non-profit conservation watchdog of Line 5 wants the court to order the state to turn over the request for proposal for Enbridge Energy's proposed tunnel in the Straits of Mackinac.

The Reston, Virginia-National Wildlife Federation's Great Lakes Regional Center in Ann Arbor filed a Freedom of Information Act request seeking the RFP for the design and construction of the tunnel after another watchdog organization, Oil & Water Don't Mix, informed them the approved draft was not submitted to the Mackinac Straits Corridor Authority.

NWF believes Enbridge Energy or one of its agents "maintains the digital file

[...] on a private server."

A message seeking comment from Enbridge was not immediately returned on Wednesday, Nov. 10.

The FOIA sought the draft or final reports authored by or for Enbridge on the proposed Mackinac Straits tunnel from March 1, 2020, through July 31. NWF also requested emails, texts, notes or other messages from smartphone apps, voicemails, letters, or other forms of correspondence.

However, the Michigan Department of Transportation denied that request in September because "neither the Authority nor any of its agents have the ability to copy, access or reproduce the draft RFP document."

Enbridge and the state are

fighting it out in court after Gov. Gretchen Whitmer told the Canadian company the state was revoking the 1953 easement agreement that allows for the operation of Line 5.

A White House

spokesperson confirmed Monday that the Biden administration is reviewing the impact of replacing Line 5.

The suit was filed in the Court of Claims and names MDOT as the defendant.



**Oak Meadow**  
TREE SERVICE INC.

**Your Local Tree Care Experts**

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

**Call Today!**  
**616-890-2348**

MEMBER  
T.C.I.A.  
VOICE OF TREE CARE

MEMBER  
ISA



### Family Dentistry Since 1994

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



*"Gentle & Painless  
Dentistry Is Our Goal"*

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

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

## VERGENNES TOWNSHIP ZONING BOARD OF APPEALS PUBLIC NOTICE

There will be a meeting of the Vergennes Township Zoning Board of Appeals on **December 6, 2021 at 5:00 p.m.** at the Vergennes Township Hall located at 69 Lincoln Lake Ave NE (Lowell) to hear the following business:

A variance application has been received from Bob Hults to place an accessory building/pole barn in the front yard of their property addressed as 10571 Foreman St, Lowell, MI 49331 and known as permanent parcel #41-16-32-300-058. The requested use variance is with respect to zoning ordinances sections 201.402 and 201.704.

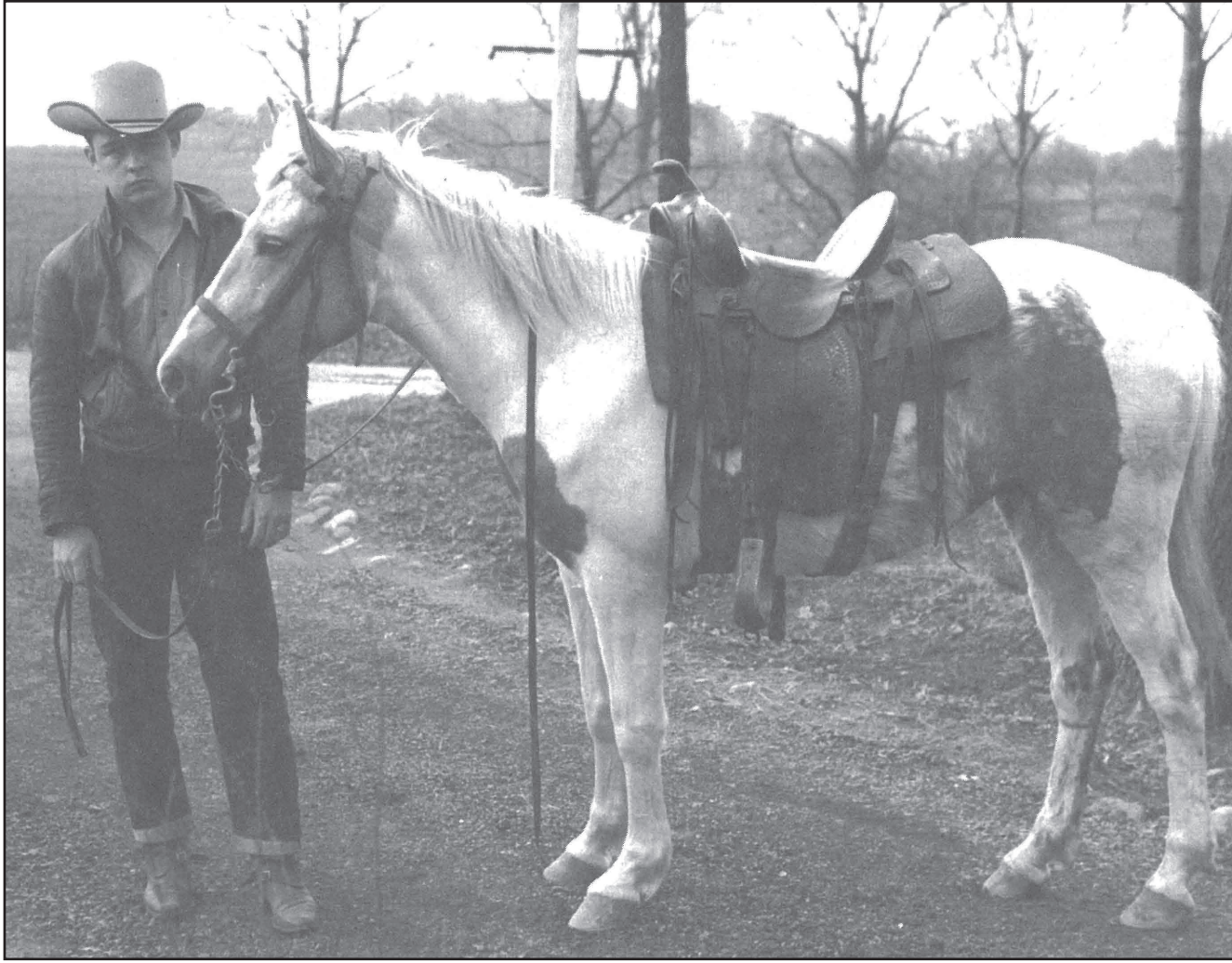
The complete variance application can be reviewed at the Vergennes Township Hall from 9 a.m. to 3 p.m. on Mondays and Wednesdays and from 9 a.m. to noon on Thursdays or on the website at [www.vergennestwp.org](http://www.vergennestwp.org). Public comment will be heard at the meeting and comments received by mail, email, in person or in the Township drop box will be considered if received at the Township office prior to 6:00 p.m. on the day of the meeting. Comments may be emailed to: [zoning@vergennestwp.org](mailto:zoning@vergennestwp.org)

To view the application on the website, click on "Departments", then "Zoning Board of Appeals", then "Pending Applications."

Ryan Carrigan  
Zoning and Planning Administrator  
Vergennes Township



# Cowboy artist and poet Keith Willette Avery had Lowell connections



Cowboy in training, 1938.



Keith Avery in 1987.

by Tim McAllister  
lead reporter

Keith Willette Avery was born in Lansing on Dec. 2, 1921. He had a remarkably varied career, spending time as a cowboy, a rancher, a Lowell High School teacher, sales manager for C.H. Runciman, a poet and a painter, and he also served in the military during World War II.

His father, Norton Louis Avery, was born in Lowell in 1894. Norton was one of the inventors of color photography and contributed to the invention of the Argus camera. His mother, Ruby Willette, was a schoolteacher.

Avery grew up in a rural area outside of Lansing and

graduated from Lansing's Central High School in 1939. As a child, he spent a lot of time in the outdoors, a lot of time drawing, and was fascinated by the traveling cowboy shows that used to come around back in those days. Immediately after graduation, Avery headed west to Grand Junction, CO where he punched cows for the Landini and Shendel Cattle Company at Piñon Mesa.

"We lived in an unchinked aspen log shack with a dirt floor," Avery is quoted saying in the biography "Trails of a Wanderer: The Keith W. Avery Story" by

Rhonda Sedgwick Stearns. "The small hole in the wall was a window, the big one was a door. The furnishings consisted of a wood-burning stove and three old-fashioned iron beds. Each morning we'd take turns, one fishing for trout, one wrangling horses and one cooking breakfast. We sure ate lots of keen fish, and I learned to drink black coffee plumb quick. Those two waddies [According to True West Magazine, Dec. 23, 2015, a waddie is "a lower-class hired hand on horseback"] would poke a hole in a can of Pet milk and dump some in their coffee, then stick a

matchstick in the hole until the next meal. I never cared for canned milk anyhow, and

I liked it less after seeing the flies swarm around the sticky opening between meals!"

When summer was over, he started working at the nearby Hiawatha Sportsman's Club,

leading tours on horseback. Meanwhile, he continued to study fine art and painting, including a stint at the Chicago Professional School of Art.

Avery was drafted when the US became involved in World War II. In the Air Force, he did top secret work in radio operations, codes, mechanics, schematics and cutaway drawings.

While serving in Florida, Avery won a "bronc ridin'" competition. The local American Legion commander asked Avery's base commander if he would consider allowing Avery to continue riding in rodeos. It was arranged that Avery would work a 6 pm to midnight shift in order to be available for rodeos, a situation that continued until the end of the war.

"I figured they considered me a fine target and needed someone to get shot by the enemy in a hurry, but I was wrong," Avery said in the Stearns book. "What they critically needed were individuals with ability to learn tough, technical kinds of information in a hurry, under pressure."

Avery met his wife Carol Joyce Haddan in January 1946. They were married at Snow Methodist Church on Oct. 10, 1946 and eventually had three children: Carlton Louis Avery was born Sept. 23, 1951, David Keith Avery was born Dec. 29, 1954 and Jane Ellen Avery was born June 26, 1956.

"At the reception [held at Snow Community Hall] A.B. [Johnson, owner of Spring



**IT'S INSURANCE MADE SIMPLE.**

Get more insurance choices by going independent.

Call Dave Emmett at 616-361-3400 or visit [gma-insurance.com](http://gma-insurance.com).

**GLENN MORRIS & ASSOCIATES**  
Insurance Services



Products not available in all states.

spread  
christmas joy

Help Flat River Outreach Ministries spread Christmas joy this season by donating new toys and gifts for our free Christmas Toy Store event.

Please deliver by December 8 to:  
FROM Main Office  
11535 Fulton St  
E Lowell, MI 49331

Questions? Call: 616-897-8260

Continued, page 9

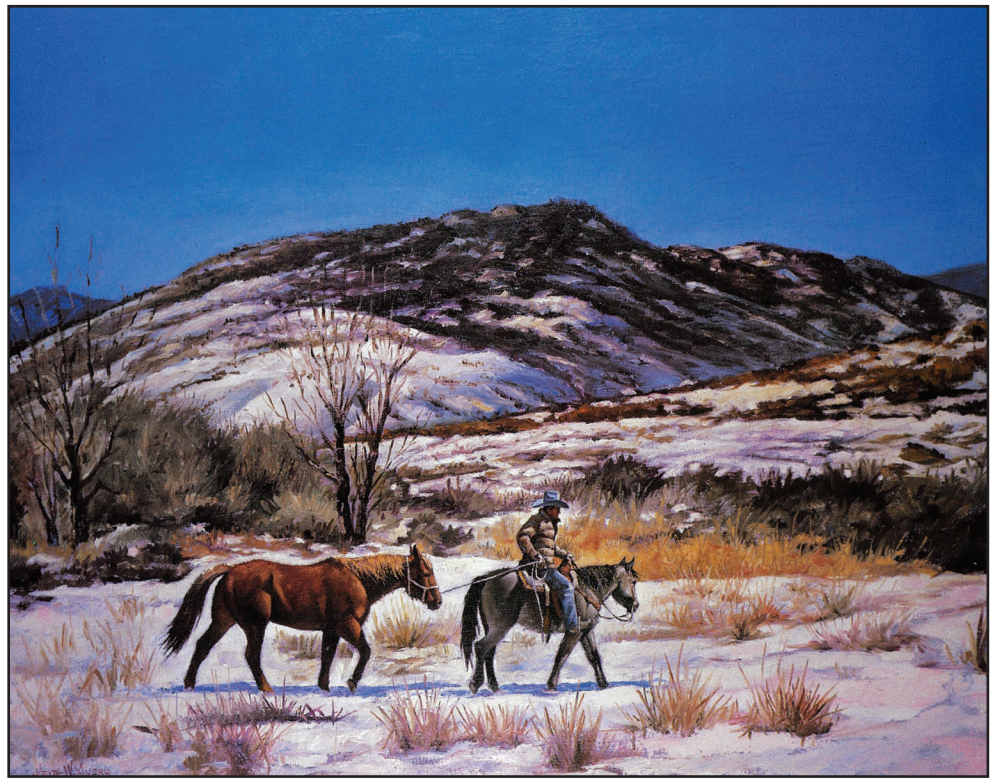


# Avery, continued

We've sure been around--  
 Where ever life jumps--  
 Some cryin'--some laughin'--  
 While gettin' our lumps.  
 But the thing we've collected  
 Through the twists and the bends  
 Is a tally-book loaded  
 With a list of good friends.  
 With the forked end down  
 We're still astraddle--  
 So we salute all our friends  
 Who sit tall in the saddle.



Poem and artwork by Keith W. Avery.



"Cimarron Winter"

ranch in Sprenger, NM, near Roswell. During retirement, Avery poured himself into art, winning dozens of awards and competitions. He went blind from macular degeneration by the mid-90s, so he turned his creativity to

poetry, continuing to win awards and publish work until he passed away in 2005. Carol passed way on Dec. 25, 2011. Today, Avery is remembered for his cowboy-themed paintings and

poetry. He had hundreds of paintings and illustrations published, including many periodicals and books, and his work is featured in museums, galleries and private collections around the world.

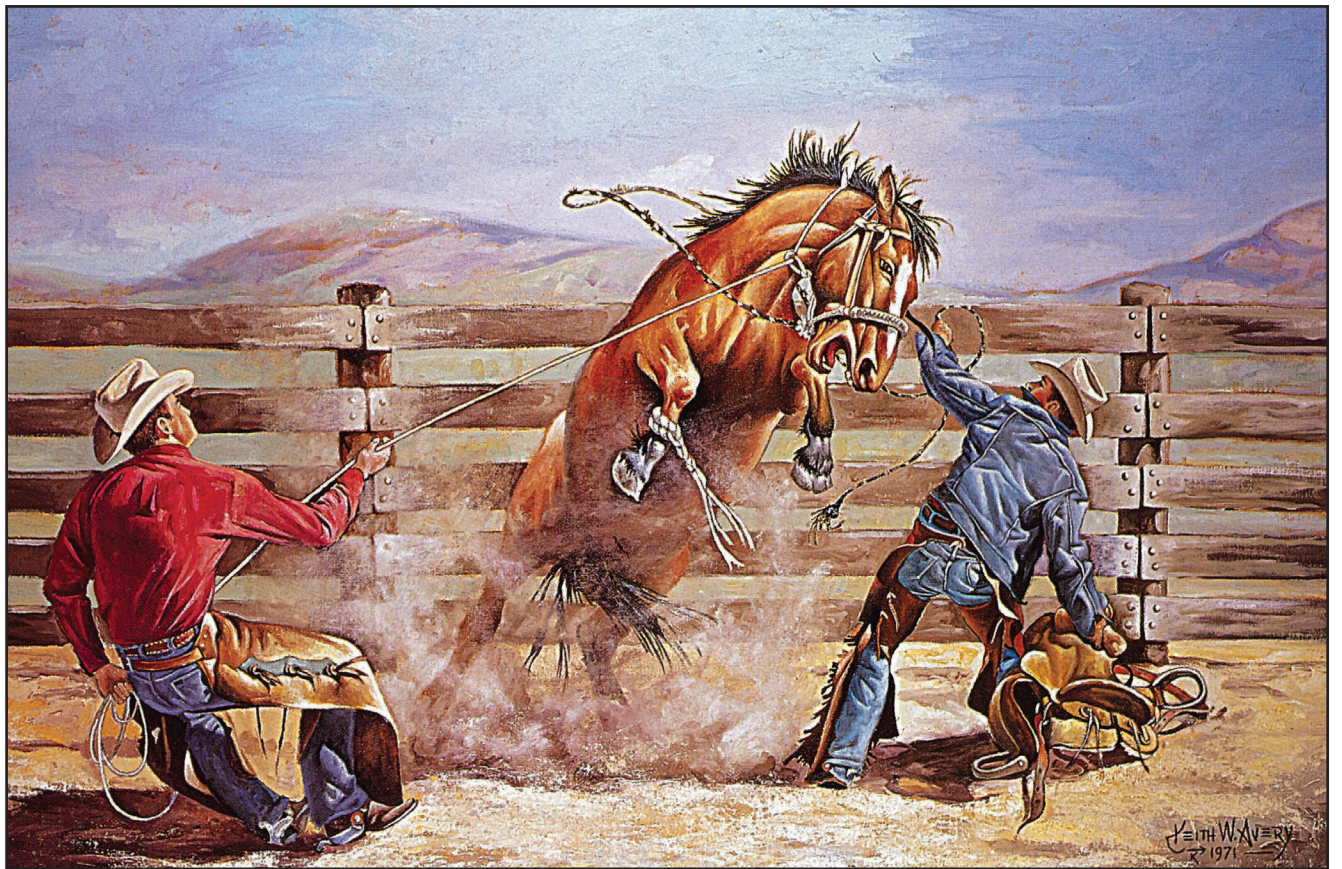
Valley Ranch, Avery's employer at the time] slipped me a \$100 bill as he'd done many other times, and we took off for Laramie," Avery said in the Stearns book.

Avery worked many different jobs after the war, meanwhile continuing to compete in rodeos. In either 1949 or 1950, he was hired to be the foreman and the trainer on a ranch north of Carrizozo, and Carol was hired as the cook and housekeeper. In 1951, Avery was hired as an artist for the Extension Service at New Mexico State University. He started college there, and graduated in 1955, and one of his paintings won the Santa Fe Art Show in 1955.

Once he earned his degree from NMSU - dual BS degrees in agricultural

education and biological science and a minor in English - Avery moved to the Orm Ranch at Verde Valley, AZ. He taught agriculture at the Judson School in Scottsdale from 1955 to 1959, then he worked briefly at NMSU.

Avery moved back to Michigan in the early 1960s. The family settled in Saranac, and Avery took a job teaching vocational agriculture, science math and English at Lowell High School in 1961, and he retired in 1974. Carol was also an English teacher at LHS. Every year when school let out for the summer, the Averys headed west with all of the cowboy-themed paintings he produced during the school year. At some point, they bought a



"Busted Hobbles"

## Great Gift Idea!

**Local News - Sports delivered to their mailbox!**

Just fill out the form below and mail it with payment to the Ledger office OR we can take your information over the phone - place it on your credit card and we'll start the subscription the next week!

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Name of person sending the gift \_\_\_\_\_  
 We'll send a card announcing your gift!

To start your subscription - mail payment with order form to:  
 The Lowell Ledger • PO Box 128 • Lowell, MI 49331

\$25 (in Kent County)  
 \$36 (out of county)

or call **616.897.9261**







## The Restless Viking

The World Less Traveled

With Chuck & Martha Hayden

www.restless-viking.com

### ~ Mackinac Island History

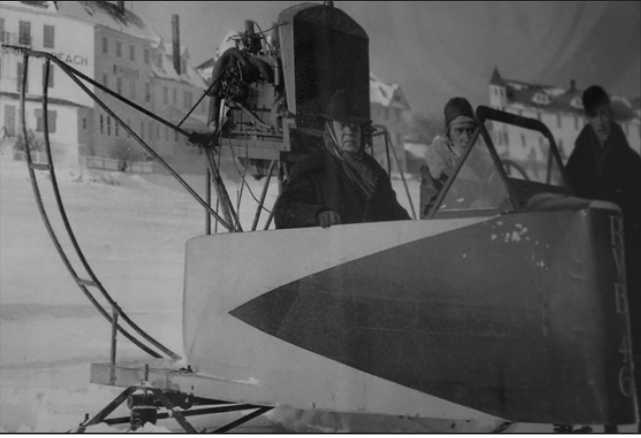
by Martha Hayden

In preparing for our winter escapade to Mackinac Island, I researched the fascinating history of the area. This is the first in a series of articles about the island and the people who have called it home.

The Anishnaabek (also known as the Odawa, Ojibway and Potawatomi) tribes inhabited the Mackinac Island area for thousands of years. They hold the beginning of the story to the island. With its central location, Mackinac Island had served as a meeting place for tribal groups from the area. Round Island, Bois Blanc Island as well as Mackinac Island each have been sites for ceremonial burials and are considered sacred.

Mackinac means “Great Turtle” so “Turtle Island” is a nickname that remains today. The Anishnaabek tribes tell the story of how Mackinac Island was the first land on Earth. Seeing how tired his friends were, a turtle allowed several of his cohorts to try to retrieve soil from the bottom of the lake to place on his back, creating land. Finally a muskrat was able to accomplish the task building a space for the creatures to rest. From a distance Mackinac Island resembles the shape of a turtle.

Why are there so many different spellings of the tribal names? Well, the European settlers struggled to label and



One of the first “snowmobiles” on Mackinac Island. *Photo Credit: Doud's Market*

categorize the names they heard. It was recorded as Ojibwe to Jibwe, to Chipwe, Chippeway, Chippewa. Today most natives prefer to be called Anishnaabek.

There are three main tribes which inhabited the northern area of Michigan: Potawatomi (Bodawotomi), Chippewa (Ojibwe) and Ottawa (Odawa). They form the “Three Fires Council.” There are some differences among these similar tribes.

The Potawatomi encouraged political unity among the northern Michigan tribes. When this didn't work out well and they were seeking a more mild climate, the Potawatomi relocated to the Kalamazoo/St. Joseph area. With the rivers providing sustaining fish, they had a more stable food supply thus were able to be sedentary. The Potawatomi tribe was known for their refined use of medicinal herb gardens in addition to growing squash, beans, and corn.

The Chippewa people occupied most of the Upper Peninsula and the eastern half of the lower peninsula. Following their food sources of fish and game, they relocated their villages throughout the seasons.

The Chippewa were masters at using plants and herbs as medicine. After trading furs with the French, they took up arms against the English in the colonial conflicts.

The Ottawa tribe was nomadic in the western half of lower Michigan. They were highly skilled and known for their birch bark canoes. Their animal traps could catch moose, caribou and deer as well as smaller game. Their fish nets were successful, too. Tribe members collected wild rice as another food source. Although they were talented in the fur trading economy, the Ottawa did not side with either of the European settlers. Rather, they preferred to clash with their



**Fort Michilimackinac (looking northeast) is at the northern tip of the lower peninsula. Photo Credit: Military History of the Upper Great Lakes**

native counterparts for territory in northern Michigan.

I have great admiration for these people who were able to survive using natural resources. It makes me appreciate the ease and conveniences we have these days.



French explorers set foot on Mackinac Island in 1634 calling the northern Great Lakes region, “New France.” Father Marquette, a French-Canadian Jesuit priest and Catholic missionary, moved to Mackinac Island in 1669. He continued exploring and mapping the northern region of Michigan and Wisconsin, as well as the Mississippi River. He followed the river south for hundreds of miles. Father Marquette left a firm impression on the settlers who have named parks, a river and a city for him.

In 1715 Fort Michilimackinac, on the mainland (in Mackinaw City), was built by the French to protect the vigorous fur trade. The fur trade economy continued to be profitable into the 19th century. Michilimackinac is a native word meaning “great snapping turtle.”

The French and Indian War from 1754 -1763 resulted in the British gaining control of the Fort Michilimackinac. The battles were vicious. The French had encouraged the Chippewa (Ojibwe) Tribe to fight against the British. “Pontiac's Rebellion” was a movement where the Chippewa fought against the British troops at forts across the Northern Michigan region.

One noted battle was on June 2, 1763. The British troops watched tribe members play baaga'adowe (similar to lacrosse) just outside the gates of Fort Michilimackinac as they often did. (The fort was on the mainland where Mackinaw City is today.) However, this game was designed as a diversion. The ball went over the fence and landed inside the fort. The British opened the gates so the Chippewa (Ojibwe) men could retrieve their ball. The Native women who were also spectators swiftly handed their men hatchets and spears which they had concealed under their shawls. This attack on the British was known as the Massacre of Michilimackinac.

Today actors portray life as it had been under British colonial rule allowing tourists to experience the past. Soldiers are dressed in “red coats” and fire cannons at appointed times throughout the day.

In 1780 the British built Fort Mackinac on Mackinac Island (northwest of Fort Michilimackinac) to more thoroughly defend the waterways which was a vital supply route and shipping channel.

The British felt vulnerable along the back side of the fort, so they constructed Fort George up on the hill behind Fort Mackinac.

This provided a strategic lookout over the Straits of Mackinaw. With easier sightings of enemies approaching, the British could launch more effective defense maneuvers.

Years following the Revolutionary War, the British still lived at Fort Mackinac until 1796 when they were forced to leave by decree of the Jay Treaty. The Americans took control.

Dick Posthumus helped to clarify the timeline of events in an email, “In one of the first land war actions of the War of 1812, the British landed on the opposite side of the island (from the fort) at night and moved to the highest point (what became Fort George and Fort Holmes later) and established cannons to gun down on Fort Mackinac. The Americans surrendered the fort and the island to the British which they held until the end of the War of 1812. It was after they captured the island that

they built the new fort (George and then Holmes) in 1814 at the high point. The British were then forced to return the

fort to the Americans under the Treaty of Ghent ending the War of 1812.”

This island fortress was officially named Fort Holmes in 1820 honoring the U.S. Army Major Andrew Hunter Holmes who had been killed there in 1814.

In the Treaty of Washington in 1836 the native tribes relinquished their hold of the northern lower peninsula and the eastern upper peninsula regions. The Odawa and Ojibway were then threatened by the government to be removed from the land that had been theirs for generations. The tribes managed to stay through the 1900's but sadly have had to continue to fight for their rights ever since.

Around the mid 1800's the fur trade began to decline while tourism began to grow. Investors wanted to make Mackinac Island an enticing place for travelers. In the 1880's railroad companies built 1,400 expansive hotels to encourage people to visit the wilderness areas. The Grand Hotel was one of these built in 1887 making Mackinac Island a desired destination.



**This is the view from the top of Fort Mackinac on Mackinac Island.**



**In 1814 Fort George was built by the British at the highest point on Mackinac Island, honoring King George III. The inner structure allowed for a wide-scope view of the straits. Funds to rebuild this structure for its bicentennial were appropriated in 2014.**

Automobiles, which were excitingly new at the time, were banned from the island in 1898 keeping the Victorian nostalgia of horse drawn carriages and bicycles as modes of transportation.

Fudge shops developed ceiling fans to send their fudgy fragrances out into the street. This enticed the crowds to seek the tasty treat and to witness the making of fudge in shops on large marble slabs.

According to 2010 U.S. Census figures, about 20 percent of Mackinac Island's population are year round residents. “We get stuck in the 1800s and left it there,” Hemenway, a native historian, stated. “The Ojibwa and the Odawa are still living in the Straits until this very day.” (Mar 7, 2017)

What is life like today for the 500 year round residents on the island? Well, we were curious and have interviewed a few people including Amy Peterson who is the Superintendent/ Principal/ Athletic Director for the Kindergarten through 12th grade school serving the island community. Please stay tuned to [www.restless-viking.com](http://www.restless-viking.com) for upcoming articles and a video.

#### Resources:

[www.mackinacisland.org](http://www.mackinacisland.org)  
 Dick Posthumus – email  
<https://www.threadless.com/shop/@RavenFeather/design/anishinaabebthunderbird-dark-logo/accessories/notebook>  
[www.mackinacparks.com](http://www.mackinacparks.com)  
[www.michigan.gov](http://www.michigan.gov)  
<https://ss.sites.mtu.edu/mhugl/2015/10/11/pontiacs-rebellion-at-fort-michilimackinaw>  
[www.lansingstatejournal.com](http://www.lansingstatejournal.com)  
[www.cmich.edu](http://www.cmich.edu)  
[ss.sites.mtu.edu](http://ss.sites.mtu.edu)



Red Arrow

- SANDMAN FAMILY

# SPORTS

## First set of quadruplets compete for Lowell athletics

by Justin Scott  
sports reporter

Lowell Ledger readers may have come across a common name during this year's coverage of the Lowell cross-country teams. That name was "Sandman". Why the frequency in the name? Well that's because there's five Sandmans participating with LHS cross-country in 2021. Four of them; Keira, Rhys, Annika and Katrina Sandman are quadruplets competing with the Lowell cross-country team, along

States as a team, a feat last accomplished in 2001-2002. The team placed fifth this season, their best placement since 2003-2004. The Sandman girls, who will be seniors next year, will be at the forefront of that opportunity. Annika Sandman became the LHS school record holder for cross country this season, outpacing Hilari Kirsch's record of 19:02 set in 1990. She now holds the 1-mile, 2-mile and girls cross-

conflicting schedules.

"Katrina and Annika are accomplished hunter-jumper riders and Annika won the equestrian state jumping event her freshman year when she did equestrian. Katrina has given up riding for running, Annika still rides daily, she would probably do equestrian if the shows did not conflict with the cross-country meets. She is really committed to running," Melissa Sandman, the quadruplets mother told the Ledger.

The path to running was one of parental love. The quadruplets came to Lowell from East Grand Rapids in 2014. Swimmers growing up, the four had to move on to new sporting interests. The Caledonia-Lowell cop swim program did not start until the 2016-2017 school year.

"They started running because there was no other sport that did not require try-outs or previous experience. I told them their freshman year they had to do something, so they were signed up by myself for cross country," Sandman said. Like many freshmen in high school, the idea of training for organized sports was not something they looked forward to.

"Their freshman year, fall 2019, I told them they were not coming home from school and playing on



The Sandman quadruplets pose for a picture.



Annika, Katrina, and Keira Sandman after a cross-country race.

with their ninth grade brother Corey.

In the history of the Lowell athletics program, dating back to 1900, the Sandman quadruplets are the only set of quadruplets to actively have participated with Lowell athletics. Lowell has beaten the odds by having a set of quadruplets competing with only about a 3.4 percent chance of it happening based on the number of families that have come through Lowell High School over the years. 20,000 individual student-athletes have participated in Lowell athletics over the past 121 years. The odds of having quadruplets is 1 in 580,000 approximately.

The Sandman quadruplets have been a part of a breakthrough season for the boys and girls programs. Annika, Keira and Katrina as a part of the girls team. Rhys, the only boy of the quadruplets joined his ninth grade brother Corey as a part of the boys program that advanced to State this year for the first time since the 2004-2005 season.

Next year the Lowell girls program will be looking to advance to

country records at LHS. Additionally, she finished as regional champion this season.

While Annika has been making the headlines, she has been joined in success by her sisters. At the Allendale Invitational, both Katrina and Keira joined Annika as medalists and all three finished top of the girls team. Keira fought off a summer injury during the season that hindered a potential state qualification for her as well. Katrina competed alongside at the MHSAA state finals as individuals representing the girls cross-country team as well as in the All-Conference team. At the state meet, Annika placed 18th, Katrina placed 73rd, and both finished with academic All-State honors. Rhys has had a strong season of personal growth on the boys team earning several personal records.

As with many high schoolers, balancing different interests has made for difficult choices. Having to choose between equestrian and cross-country was one of those choices Katrina and Annika had to make. Both of which are fall sports with

electronics. They needed to do something so I signed them up and told them to try it for a few weeks. One time during the first few weeks two of them took the bus home and I drove them back to the track and made them run the practice. I am not sure they all loved it the first season. They started very late August and really had never run long distances before so they had shin splints and were miserable at times."

Over time though, the four grew to enjoy the sport and returned for the 2020 cross-country season after an unexpectant event cut off the 2020 spring sports season.

The three girls enjoyed lacrosse, and during their freshman year were interested in joining the Lowell lacrosse teams. The ongoing COVID-19 pandemic which struck high school sports in the spring of 2020, has had a major effect on athletes cancelling the spring sport season that year. While the seniors experienced the most substantial of the effects, the Sandman freshmen certainly felt the frustration of missing out on the lacrosse season.

After the 2020 cross-country season, when it came time to decide on a spring sport their experience in the cross-country season

was a positive one. "After doing cross country their sophomore year they surprised us by saying they wanted to do track instead of lacrosse in the spring. They always loved lacrosse so this was a big surprise. Now they all run and never complain about practice," said Sandman.

The choice paid off in the end, as the four have been achieving success within the sports of both cross-country and track. The quadruplets don't just get the job done on the course, but also in the classroom, each with a GPA above a 4.0.

"They have an amazing group of friends and it has been a great experience," Sandman concluded.

## Girls varsity soccer has a new coach

Joe Woodruff has recently been named the new girls varsity soccer coach at Lowell High School.

Coach Woodruff graduated from Grand Blanc High School and continued his soccer career at Aquinas College.

"Coach Woodruff is excited to grow the game of soccer in the Lowell community and lead the high school girls soccer program for our Red Arrows. He brings a very strong knowledge of the game through his numerous experiences in his playing and coaching career," said Dee Crowley, Athletic Director.

Since his graduation from Aquinas College, Coach Woodruff has been

coaching soccer at different area soccer clubs and at the high school level. He currently holds a D license from the United States Soccer Federation. From 2004-2009, he was the assistant varsity girls and boys soccer coach and JV head coach at Forest Hills Central and helped coach four MHSAA State Championship teams. Coach Woodruff served as the head coach in the 2008 girls State Championship game. Since 2018, he has been assisting the varsity girls and boys teams at Lowell.

"I am honored and grateful to be given the opportunity to lead the girls soccer program at Lowell High School. I have always admired the Lowell



New LHS varsity girls soccer coach, Joe Woodruff.

student-athletes who are hard working and tough. I look forward to teaching life lessons through the game of soccer and enriching a culture of success on and off

the field," says Joe Woodruff. Coach Woodruff and his wife, Rochel, and daughter, Fallon have been members of the Lowell community for four years.



# obituaries

## THEBO

Derek Warner Thebo, age 32 of Lowell, passed away September 1, 2021. He was preceded in death by his son, Dylan Walter Thebo; grandparents, Delbert E. Thebo Jr., Don L. Demorest; uncles, Kenney Thebo, Jack Gaskill; cousin, Walt E. Thebo. Derek is survived by his wife, Katlyn Hall Thebo; stepdaughter, Alaina Hall; parents, Walter & Elisabeth Thebo; grandparents,



Leona Thebo, Roger & Anajayne (Demorest) Feller; sister, Skye E. (Matt) Lemmen; aunts & uncles, Del (Pam) Thebo, Diana Gaskill, Keith (Jackie) Thebo, Ace (Amy) Thebo, Bonnie Waterman, Becky Demorest, Brenda Demorest, Melinda Feller; father and mother-in-law; Brian & Brenda Hall;

special friends, Rusty Schlenk, Bry Johnson, Ty Morrison, and Chris Walker. At age 19, Derek moved to Wyoming and worked at The Honor Farm with the Dept. of Corrections while attending the University of Wyoming. He later graduated with a bachelor's degree in Criminal Justice. Derek went on to work for the Michigan Department of Corrections at IMAX in Ionia for 7 years. He started racing at the age of 13, when he drove his #21 Ford Mustang at Winston Speedway. Derek progressed to modified and then on to his #21 late model. He loved racing on many different dirt tracks and was motivated by a challenge. Derek loved his family and wanted nothing more than to live a life of fulfilling hopes, dreams, and aspirations. His quick wit, integrity, personable demeanor will be missed by those who knew him best. Our regret will always be not having our grandson here to watch him grow and our son who gave up hope to find happiness in this world. A celebration of life will be held in the Spring of 2022.



## ARTHUR

Abigail Ann Arthur, formerly of Alto, went to be with the Lord, Thursday, November 11, 2021. She was preceded in death by her parents, Bob & Renee Arthur. Abby is



survived by her adoptive parents, Jerry & Jennifer Fuss; brothers, Dalton Fuss, Wyatt Fuss; sister, Sophia Fuss; aunts, uncles, grandparents, cousins, and many loving friends. She loved Jesus and was very faithful to the Lord. Abby had a huge heart for others. She had a passion for animals and enjoyed traveling to new places. Abby was

also a fan of Elvis. She was a dedicated employee for over 35 years at Taco Bell and Hope Network. Funeral services will be held at 11AM on Thursday, November 18, 2021, at Elmdale Church of the Nazarene, 11830 Drew, Alto, Michigan, 49302, with visitation one hour prior. Pastor Nathan Gray officiating. Interment South Boston Township Cemetery. Memorial contributions can be directed to Hope Network Foundation, P.O. Box 890 Grand Rapids, MI 49518-0890, or Elmdale Church of the Nazarene.



## FORD

Edna V. Ford went home to the Lord on November 12, 2021, at the age of 99. Edna was born on March 30, 1922, in Lebanon Junction, KY. In 1943, she and Oren married and were together until Oren's death in 1999. They had two children; Karon and Mary (Mike); five grandchildren,



Stephanie (Mark), Stephen (Michele), Stefan, David (Anja), and Jennifer (Jason); and eight great grandchildren. Edna was a woman of faith who loved the Lord, her family, friends, and church. She instilled in all those around her the importance of a

day to day walk with Jesus. Her example and love will be greatly missed. Edna is preceded in death by her husband, Oren; sister, Kate; son, Karon; and grandson, Stefan. Funeral services were held at 11AM on Tuesday, November 16, 2021, at Roth-Gerst Chapel, 305 N Hudson St., Lowell, MI 49331, with visitation one hour prior. Pastor Ken Ford officiated. Interment Alton Cemetery. In lieu of flowers, please consider a donation in Edna's name to her church home, Alton Bible Church, 2780 Lincoln Lake Ave N, Lowell, MI 49331. Philippians 2:10 "that at the name of Jesus every knee should bow, in heaven and on earth and under the earth"



# Social Security can help you start or return to work

If you rely on Supplemental Security Income (SSI) payments or Social Security Disability Insurance (SSDI) benefits and want to start or return to work, we can help.

Ticket to Work (Ticket) is a program that supports career development for SSDI beneficiaries and SSI recipients who want to work and progress toward financial independence. The Ticket program is free and voluntary. Learn more about the Ticket to Work program at [www.ssa.gov/work](http://www.ssa.gov/work) or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET.

In addition to the Ticket to Work program, the Plan for Achieving Self-Support (PASS) program also helps people with disabilities return to work. A PASS allows you to set aside resources and other income besides your SSI for a specified period. With a PASS you can pursue a work goal that will reduce or eliminate your need for SSI or SSDI benefits.

How does a PASS help someone return to work?

- We base SSI eligibility and payment amounts on income and resources (items of value that the person owns).
- PASS lets a person with a disability set aside money and items they own

to pay for items or services needed to achieve a specific work goal.

- The objective of the PASS is to help people with disabilities find employment that reduces or eliminates the need for SSI or SSDI benefits.

You can read all about the PASS program at [www.ssa.gov/pubs/EN-05-11017.pdf](http://www.ssa.gov/pubs/EN-05-11017.pdf).

The PASS must be in writing and we must approve the plan. To start, contact your local PASS Cadre or local Social Security office for an application (Form SSA-545-BK). You can also access the form at [www.ssa.gov/forms/ssa-545.html](http://www.ssa.gov/forms/ssa-545.html). Ticket to Work service providers, vocational counselors, or a representative or relative can help you write a PASS.

For more information about PASS, read The Red Book - A Guide to Work Incentives at [www.ssa.gov/redbook](http://www.ssa.gov/redbook).

Your job isn't just a source of income — it can be a vehicle to independence or the beginning step to fulfilling your dreams. Let our Ticket to Work program or PASS program help you achieve your goals.

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

...  
The goal of retirement is to live off your assets-not on them.

~ Frank Eberhart

**WE SHIP UPS**

**Don't Trust Your Package to Just Anyone!**



We've been shipping UPS for over 27 years!

Daily Pickup at 3 pm

**Our Rates Are Great! Don't Get Stuck Paying a High Service Fee or Any Other Fee - SHIP WITH US!**

We can give you a price quote right over the phone...when calling we will need the weight of the package, the dimensions and the zip code to where it is being shipped.

the lowell ledger

105 N. Broadway, Lowell  
Phone 897-9261

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





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

classifieds

for sale

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

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!

NEWSPAPER END ROLLS AVAILABLE AT THE BUYERS GUIDE - Many uses, table cover, art projects, packaging, etc. Usually \$5-\$10 each. Stop by & grab one today! 105 N. Broadway.

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. Hours vary depending on how many inserts we have. Duties include: stuffing inserts into the Buyers Guide. You will be standing for long periods of time & lifting upto 25 lbs. frequently. Must be at least 18 years old. Stop by the Buyers Guide office to fill out an application. 105 N. Broadway, Lowell.

PART-TIME SALESPERSON NEEDED - to sell advertising in the greater Lowell area. Hours are flexible No Fridays or weekends! Apply at the Buyers Guide, 105 N. Broadway, Lowell or email your resume to: displayads@lowellbuyersguide.com

wanted

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

UPS SHIPPING COPY SERVICE, (black & white & color!) FAX SERVICE, SCANNING SERVICE

PRINTING BANNERS POSTERS & MUCH MORE AVAILABLE AT THE LOWELL LEDGER BUYERS GUIDE 105 N. Broadway HOURS M-Th. 8-5 p.m. Ph. 897-9261 email: ledger@lowellbuyersguide.com

for rent

WE DO BUSINESS IN ACCORDANCE WITH THE FEDERAL FAIR HOUSING LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin.. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

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

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

misc.

VOLUNTEERS NEEDED - to be tax preparers for the free tax site in Lowell. If interested, call Flat River Outreach Ministries 616-897-8260.

NEED AN AL-ANON MEETING? - Al-Anon is a fellowship of families and friends of alcoholics. Join us Sunday-Saturday at 10:30 AM and 7 PM on Zoom. Come learn the Steps, Traditions & Concepts of living and coping, in Serenity, with alcoholism. There are no dues or fees for Al-Anon. For Zoom meeting ID & Password, please call Joy at 616-901-7779.

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

STOP LOSING YIELD to soybean white mold. Protection starts at less than \$4/acre with Heads Up®Seed Treatment. Proven results at HeadsUpST.com/fall21 Call Gary 517/930-5370

WE MAKE COLOR COPIES Buyers Guide 105 N. Broadway Phone 897-9555

services

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

EARLY THANKSGIVING DEADLINE - The deadline for the Nov. 28 edition of the Buyers Guide is Wed., Nov. 24 at noon. For the week of Nov. 22 our office will be open Mon. - Wed., 8 am - 5 pm. Closed Thursday & Friday. Happy Thanksgiving to you and yours!

TWO BROTHERS AUTO SERVICE - 5400 Ivan Rd., Saranac, 616-642-9180. 30 years experience, state certified, licensed & insured. Hours Monday - Friday 8 am - 5 pm. Dave Traver head mechanic.

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

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

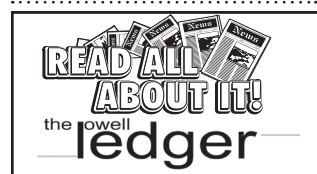
services

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! You must mention the special in order to receive this offer. Valid only with new classified ads, and must be paid for when ad is placed. Call 897-9555.

CARPENTER WANTS JOBS, JOBS, JOBS - New homes, remodeling, additions, flooring, siding, decks, kitchens, baths, plans drawn. Licensed since 1967. References. Mel Cooke, 676-9239. No Sunday calls please.



Show Local Businesses Some Love!

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

PUZZLE SOLUTIONS

Grid of puzzle solutions with words filled in.

Grid of puzzle solutions with numbers filled in.

Large grid of puzzle solutions with words circled and highlighted.





# Live the Life You Want

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

## Suffering in silence - men and mental health

Are we doing our male population harm with messages like “toughen up,” “stop being a cry baby,” “stop acting like a girl,” “quit being a wimp” and similar statements that are supposed to make them into “men”?

Yes, these messages are harmful. Why? Because instead of learning how to deal with their emotions in a healthy way they learn to disconnect from their feelings, stuff down their pain and suffer in silence. So, when they really need help with mental health issues many just ignore them and suffer alone because of the stigma that real men don’t get counseling.

Sadly, for many this results in a life full of pain and suffering in silence. If the pain becomes too much to handle on their own, they may look to suicide

as an answer to stop what feels like endless pain and misery. It’s time for this cycle to stop.

### The statistics

Below are some eye-opening statistics about men’s mental health that we all need to be aware of.

Suicide and depression are the leading cause of death in men. Sadly, they are less likely to get mental health help than women.

One in 10 men experience anxiety and depression.

49 percent of men say they feel more depressed than they will admit to those in their life.

Around six out of 10 men experience a trauma at some point in their life.

Mental Health America cites that six-million U.S. men are affected by depression every year.

The American

Foundation for Suicide Prevention states that men die by suicide at a rate of 3.54 percent higher than women in 2017. Meaning that 78 percent of people who die by suicide are male.

The National Institute on Alcohol Abuse and Alcoholism cites that the annual number of men dying due to alcohol-related causes is 62,000, compared to women at 26,000. Also, men are two times more likely to binge drink than women. Alcohol abuse is linked to emotional pain.

Men are also two to three times more likely to abuse drugs than women. Drug abuse is linked to emotional pain.

According to NAMI, annual treatment rates among U.S. men is 36.8 percent compared to 49.7 percent of women who seek professional help.

According to the CDC, 26 percent of men have not had an appointment with a health care provider of any kind in the last twelve months.

### Men’s mental health symptoms can be different

While women and men may be diagnosed with the

same types of mental health issues, they can have very different symptoms. Men’s symptoms include:

Anger, irritability or aggressiveness

Noticeable changes in mood, energy level or appetite

Difficulty sleeping or sleeping too much

Difficulty concentrating, feeling restless or on edge

Increased worry or feeling stressed

Misuse of alcohol and/or drugs

Sadness or hopelessness

Suicidal thoughts

Feeling numb or having trouble feeling positive emotions

Engaging in high-risk activities

Aches, headaches, digestive problems without a clear cause

Obsessive thinking or compulsive behavior

Thoughts or behaviors that interfere with work, family or social life

Unusual thinking or behaviors

The most common symptoms specifically related to depression in men include:

Anger, irritability or aggressiveness, loss of sense-of-humor, road rage, aggression or short temper. This can potentially also lead to abusive or controlling behavior.

Drinking more alcohol than usual

Noticeable changes in mood, energy level or appetite

They may start working more

They have pain like backache or headaches for which normal treatments don’t work.

Difficulty sleeping or sleeping too much

They may engage in risky activities or behaviors such as driving too fast, having unprotected sex, abusing drugs or gambling

### Mental Health Hotlines, Text Chats, or Online Chat Resources

If in crisis call 911  
National Suicide Prevention line 1-800-273-TALK/1-800-273-8255 available 24/7

National Suicide Prevention Lifeline for Deaf and Hard of Hearing Hotline

For TTY users: Use your preferred relay service or dial 7-1-1 and then 1-800-

273-8255  
Visit: [suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/](http://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/)  
AMI Helpline 1-800-950-6264 M-F, 10 a.m. – 10 p.m., ET

Text “NAMI” to 741741 for 24/7, confidential, free crisis counseling

Michigan Crisis Text Line: text the keyword RESTORE to 741741 Open 24/7

Michigan Warmline: 1-888-PEER-753 (888-733-7753). Available every day from 10 am to 2 am to talk with someone for non-crisis serious mental illness or substance use challenges

United Way’s 211 can assist with mental health resources/assistance

The first step toward getting help is recognizing the mental health warning signs that you or someone you care about is exhibiting. The sooner treatment begins, the more effective it can be. If you experience a mental health crisis, be sure to call 911. This article is not intended to provide advice, diagnose, or treat in any way. It is for informational purposes only.



# Financial Focus

With Christopher C. Godbold  
Edward Jones  
Serving Individuals Investors Since 1871

## Work with life partner to achieve mutual goals

When you and your life partner work together to achieve your important long-term goals, such as a comfortable retirement lifestyle, the experience can be greatly rewarding. However, your success will

require commitment and discipline. So, what steps should you take along the way?

One key move is to decide early in your relationship how you will handle money. Many

couples merge their finances and make joint decisions on major purchases. But some couples like to keep at least part of their finances distinct, perhaps by maintaining separate checking or savings accounts. There’s really no one correct solution for everyone, but whatever you decide, you’ll want to be assured that all the bills will be paid and that neither one of you feels the pressure of an unfair financial burden.

Here’s another suggestion: Try to avoid keeping financial secrets from your partner. That means disclosing your

debts, hidden funds or uncommon investments. These types of surprises can lead to difficulties and mistrust. Even if you’re entering the relationship carrying something like a heavy student loan, it’s best to get it out in the open right away so, together, you can strive to gradually eliminate it.

Of course, there’s also a practical side to not keeping secrets. Your large student loan could affect your credit rating – an issue that may arise when you and your partner are

seeking a mortgage or some other type of loan. Clearly, you both should be aware of this potential stumbling block before you begin the application process.

Now, let’s consider your investments. You each may have your own IRA and 401(k) or similar employer-sponsored retirement plan, but you might also share a joint investment account. However, you might not share the same risk tolerance – perhaps one of you tends to be more aggressive, willing to take more risks in exchange for potentially higher returns, while the other is more conservative, preferring to keep down the risk level of a portfolio, even if it means lesser capacity for growth.

Again, neither you nor your partner is necessarily “right” or “wrong” in your views on investing – and nobody’s feelings about risk should be ignored. But once you’ve clearly identified your retirement goals and estimated their cost, you may find that compromise

is possible. In other words, perhaps the conservative partner will realize that a too-cautious approach could hinder progress toward the desired retirement goal, while the partner who focuses on maximum growth will learn that a somewhat less aggressive approach can still yield the desired results. This type of compromise may affect the investment choices you make in your individual accounts as well as your joint accounts. And the way you choose your investments may even change over time, especially if your financial goals evolve.

Ultimately, communication is the key. As long as you’re talking to each other and openly expressing your wishes and concerns, you and your partner can find a way to keep moving toward your mutual goals.

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

Local Newspapers are **IMPORTANT** Any Way You Look At It

We keep you informed on Community Events, Lowell Area Schools, Sports, Local Government, Local Businesses and Much More!

Support Your Local News Source - The Lowell Ledger

the lowell ledger

Call To Begin Your Subscription Today!

105 N. Broadway • 897-9261 • ledger@lowellbuyersguide.com





# FUN PAGE

## SUDOKU

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

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!

Puzzle solutions on page 13

## Guess Who?

I am an actor born in New Jersey on November 17, 1944. I worked as a cosmetician after college. Over my long career, I have won an Emmy and a Golden Globe.

Answer: *Danny DeVito*

# AUTUMN WORD SEARCH

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

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

### AUTUMN WORD SEARCH

- APPLE
- AUTUMN
- CHILLY
- CINNAMON

### CLOVES COLOR

- FALL
- FALLING
- FIREPLACE
- FOLIAGE
- JACKET

### LEAVES NOVEMBER

- ORANGE
- PUMPKIN
- PURPLE
- RAKING
- RED

### SPICE THANKFUL

- TURKEY
- WIND
- WINTERIZE
- YELLOW

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to autumn.

**S H N K T A**

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

Answer: *Thanks*

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		

### CLUES ACROSS

- German philosopher
- A type of stock trading (abbr.)
- Cincinnati ballplayers
- Deerlike water buffaloes
- Island
- Jewish calendar month
- Round Dutch cheese
- Unstressed syllable of a metrical foot
- A restaurant needs one
- Decent behaviors
- Groans
- Works hard
- Upset
- A sound made in speech
- One point east of due south
- Boxing's GOAT
- Whittles
- Tailless amphibian
- Surrounded
- Doesn't stay still
- Copycat
- Four-door car
- Morally correct behavior
- Something that is owed
- Pasta needs it
- Ant-Man's last name
- Bravo! Bravo! Bravo!
- Small period of time (abbr.)

### CLUES DOWN

- Woman (French)
- On or around
- Fencing swords
- Fonts
- A command in the name of the court
- Sprays with an irritant
- Georgetown athlete
- Dry or withered
- Sign of injury
- Tracts of land (abbr.)
- 365 days
- Physique
- Icelandic poems
- Mexican beverage
- Patti Hearst's captors
- Jacobs and Summers are two
- Disfigure
- Scientists' tool (abbr.)
- Ill-mannered person
- Overhang
- Famed rat catcher
- Passover feast and ceremony
- Equal to 10 meters
- Central processing unit
- Chinese native religion
- Unfermented juices
- "To the \_\_\_ degree"
- Frozen water
- Medieval circuit courts
- 1,000 cubic feet (abbr.)
- Gossipy
- Shopping is one type
- Palmlike plant
- Partner to "oohed"
- Welsh name meaning "snow"
- Popular Mexican dish
- It helps power devices
- Reddish-brown wildcat
- Impertinence
- Legal financial term (abbr.)
- Atomic #52



# Lowell residents in a pickle

by Bill Lee  
contributing reporter

Many have seen them behind the Walgreens and Corner Stop Ice Cream on the corner of Fulton and Bowes in Lowell. Each morning and even under the lights at night, the pickleballers are there in droves, playing for hours.

In charge of it all, seemingly, is Fred Johnson, fondly referred to as “The Mayor” by his pickleball brethren.

“I take charge of the people here,” said Johnson. “Some people would not come out on the court, and I help them get on. Some people will try to sneak in.”

Johnson, 79, has been playing pickleball for fifteen years, has won 15 trophies and two gold, and has been “Mayor” of the Lowell courts since they opened

three years ago.

“I probably should have had my knee replaced three years ago,” Johnson said. “I play for three or four hours and then can’t get up from the couch at home.”

Pickleball, usually associated as an activity for retired folks, has expanded its reach to younger players over the last few years. That is clearly the case at the Lowell courts where the age ranges seem to be from 20 to those of the Mayor’s age. According to a March 2021 BBC News article, “the number of Americans who have started the sport increased by 21.3 percent in 2020 [...] more than double where it was 18 months [earlier].”

Kelly DeYoung, another player at the Lowell courts,

is a bit of a newbie to the sport and started playing during the pandemic.

“I went down to play tennis and there were pickleball courts next to it,” said DeYoung. “There were like a million people there and no one on the tennis courts. I said, ‘I want to try this.’ It’s way easier on the body. Probably easier to pick up if you have a paddle sport background.”

Barry Hobrla, who has been playing for five years, agreed with DeYoung.

“I would say as a former tennis coach, this would be a great lead-in sport, playing pickleball and then go to tennis,” said Hobrla. “It’s kind of a cross between tennis and ping pong. It teaches the ball skills without stressing your

joints.”

The Mayor disagreed.

“I never liked tennis,” Johnson said. “It’s totally different.”

According to the USA Pickleball website, Pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, WA by Joel Pritchard, Bill Bell and Barney McCallum - three dads whose kids were bored with their usual summertime activities. Pickleball has evolved from the original handmade equipment and simple rules into a popular sport throughout the US and Canada. Courts are smaller than tennis but the lines are similar. The ball has to be hit within the lines, games go to 11 and players/teams must win by two and on a serve. Games usually last about fifteen minutes. Sometimes players get into pickles, which are fast and lengthy exchanges at the net.

“As people get better it becomes more of a net play game,” said Hobrla. “At first it becomes a bangers game but then turns into a net game, a touch game. It’s kind of a combination of power and touch.”

Players can be rated from ranges 1 to 5.5 with 5.5 being the highest level of skill. There are about six



Fred “The Mayor” Johnson and Barry Hobrla at the Lowell courts

tournaments each year in Lowell where players can play against others with similar skill levels but in most cases, the courts have many “open pickle” hours where players from anywhere and any skill can come and play. Some have come all the way from Lansing to play here in Lowell.

“One thing about these courts is we’ll have people come from all over,”

said Hobrla. “Greenville, Rockford, and it’s not unusual at all for them to come here on a daily basis. It’s a good complex, a lot of courts, lots of players and good competition.”

And competition is what people come for. The games are fun, fast and full of spirited banter.

“Yeah, I’d be the father of that,” said Johnson. “Everybody does it. I like to have fun. It’s not live or die if you don’t win. Is it Ed (yelling at a player on the court)? You can see by how some of the players play. [...] There’s only a few people who I’ve seen who should just stay home and knit or do yard work but most of them improve quite a lot.”

Chris, a female player who has been playing in Lowell since the courts opened, loves how the game has created a strong community.

“I think it’s the nice people who show up and bring other good people,” said Chris. “It’s for all ages, all levels and it’s great for families. It’s something that brings them together.”

It is not uncommon for players to do a few things together outside of the pickleball courts, like going to a bar for a drink or to Ball’s Ice Cream on a hot day. Pickleball in Lowell is open to all skill levels, all you need is a paddle and some courage.

“We try to divide it up to have all people play together,” Johnson said. “A lot of people come here because I guess they like it and get treated pretty good.”

*If you know of someone in Lowell who has a story that should be told, please email the Ledger office at [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)*



Kelly DeYoung (far left) in a pickle during a game.

# WE MAKE SHIPPING A BREEZE

## We offer UPS

Drop off your prepaid packages here as well!

Need a shipping quote? Call us with the weight, dimensions & zip code

Buyer's  
Guide and News

105 N. Broadway, Lowell • 897-9555

