

Kari Lynch featured by LowellArts



pages 8-9

Lowell city council meeting



page 2

The Cold Weather Warriors of Lowell

by Bill Lee
contributing reporter

Lowell residents who were here five years ago may remember a story about the Lowell Police Department pulling over residents for a traffic stop, speaking with them about what their kids needed for Christmas, then actually delivering the presents to the families as they were still pulled over. If you didn't, the scene was captured on Facebook and received over 30 million views at the time.

"There was a television station called Up TV that wanted to do something different with a police department," said Detective Gordy Lauren, who recalled the events. "We set up a traffic stop, got into a conversation with them and asked them what they wanted for Christmas. The officer had a microphone on and there were people at Meijer who could hear

what was going on. Those people would buy the gift, wrap it, then bring it to the traffic stop."

The clip has been recently reposted on the Lowell Police Department Facebook page for those interested in seeing it. The clip generated so much buzz in the community and beyond, that the police department began to receive many donations and phone calls from more people who wanted to help. Since the Up TV production was a one and done thing, the department wanted to continue to help the Lowell community in a different way. The Cold Weather Warriors program was created.

"We decided that this was kind of a jump start to maybe do something else for the community," said

Warriors, continued, page 3



Leslie Heffron and Theresa Mundt of the Lowell PD with some new winter coats and boots. [Lowell PD Facebook page]

Jason Cupp, owner of J&K Roadside Service, awarded Order of Towman

by Tim McAllister
lead reporter

American Towman magazine, a trade publication aimed at the roadside assistance industry, recently announced that Jason Cupp of J&K Roadside Service received their "Order of

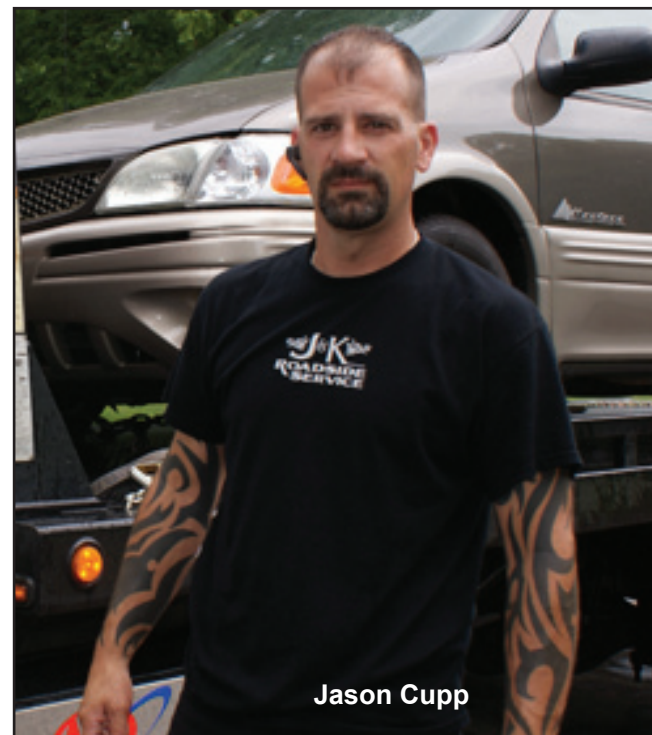
Towman" award in a special ceremony at the American Towman Exposition in Baltimore, MD on Nov. 13.

"The cross of the order, a Maltese cross with a unique towing icon sculpted inside,

is awarded to a towing professional for his or her dedication to the towing trade and for servicing the community," read a Dec. 3 announcement from American Towman. "Cupp was recognized for his dedicated service to his community. In the ceremony, he took an oath to continue that dedication and support of the town. Much of the work these towmen perform are accident-related tows dispatched by town police or fire departments."

Cupp was nominated for the award by Lowell police chief Christopher Hurst.

"The Lowell Police Department relies on local towing services for clearing car crashes, impounding hazardous vehicles, collecting vehicles used as evidence and assisting officers and stranded motorists with vehicle problems or simply stuck in the snow," Hurst said. "J&K Roadside Service is one of those services we rely upon to assist us in our duties. J&K has never failed to be there when we need them,



Jason Cupp

is willing to do whatever it takes to complete the job and is very helpful assisting our officers. J&K has become a trusted partner in our efforts to better serve the Lowell community."

J&K Roadside Service was founded six years ago, but Cupp said he has been in the towing industry "forever." He said he didn't get into towing for awards and recognition,

and instead credits his roster of employees for the company's success: Jason Cupp II, Devin Cupp, Walter Dukes and Kierra Ashton, plus Steve Eickhoff, who worked there for six years and has been indispensable during the pandemic.

"I love my job, I love what I do," Cupp said. "If anybody should get that recognition, it should be the people who are working for me."

LHS honor roll



page 14



LHS sports

page 11

November LPD statistics report

Lowell Police Department made four arrests during the month of November. These arrests included one for driving with a suspended license, two for outstanding warrants and one that is described in the police department's monthly statistics sheet as "other arrests." There have been a total of 128 arrests made by the LPD so far this year.

LPD also responded to plenty of misdemeanors during November. There were three disorderly conduct calls, one breaking and entering, six larceny calls, three dog/animal complaints, two

malicious destructions and seven assaults. Lowell police issued 19 citations and notified four residents about ordinance violations.

Out of 87 traffic stops in November, they let 62 drivers go with a warning.

Lowell police were called to assist other law enforcement agencies 14 times and called other agencies for assistance one time in November. They were also called for assistance by citizens 130 times and motorists 11 times.

Lowell police were dispatched to 11 accidents during November, none involving injuries.

50¢



Council discusses audit, unassigned fund balance, more at Dec. 20 meeting

by Tim McAllister
lead reporter

Lowell city council had their latest regular meeting at 7 pm on Monday, Dec. 20. The meeting lasted approximately 52 minutes

First, accountant Peter Haefner of the Grand Rapids accounting firm Vredeveld Haefner presented the results of the most recent audit of city finances: “a clean opinion.”

“We didn’t identify any significant deficiencies or material weaknesses with your system of internal controls over financial reporting, which is positive,” Haefner said.

The council approved \$18,098.24 to purchase and install a key card security system for the fire station from Allied Universal. It’s the same system used by Lowell’s police, city hall, Showboat and public works building. The \$18,098.24 for this would come from the unassigned fund balance discussed in the meeting’s next agenda item.

“The fire department is becoming a BLS [basic life support] agency instead of an MFR [medical first responder], so they’ll be able to do a little bit more medically before the ambulance gets there,” said Lowell mayor Michael DeVore. “There’s going to be drugs [like] Narcan [and] glucose. With a keycard system, you can tell who went in, when they left, supplies and stuff like that, restocking the trucks, checking them out. It’s just an accountability thing.

Plus they’ll have access to city hall for fire alarms or the DPW building for whatever they need.”

The next agenda item was a discussion of how to spend the city’s “unassigned fund balance,” money in the general fund that has not been assigned to any specific purpose.

“The last fiscal year we got approximately \$200,000 in fund balance added to the general fund, giving us approximately \$1.2 million dollars in reserves,” said Lowell city manager Michael Burns.

“This was at the end of the 2019-2020 fiscal year. At the time we were 33 percent funded. We had a million dollars prior to these funds being added to the reserve. Last year, we took \$75,000 of that \$200,000 and applied it towards the fire truck purchase, and the remaining \$125,000 to make a payment towards the unfunded pension liability. As the final amounts were tallied this year, it appears these payments never needed to be made from the fund reserve, but were from our 2020-2021 revenues. If you recall, that when preparing the prior year’s budget for 2020 and 2021, we significantly reduced revenues from revenue sharing and the Lowell Light & Power PILOT. In actuality, we received approximately \$140,000 more from these than budgeted. We also saw an additional \$12,000 more



YouTube screenshot of Lowell city council in discussion at their Monday, Dec. 20 meeting.

than budgeted in personal property. Additionally, we received approximately \$220,000 in funds through the CARES Act and we also accounted the \$28,000 from marijuana excise tax before transferring it to the local streets as general fund revenue. When I reviewed expenses, it appeared some actual expenditures for personnel costs were significantly less than budgeted, which reduced overall expenditures. I believe this is due to eliminating a full-time position and the fact we had two budgeted positions that we didn’t fill until the last eight months of the fiscal year. It also has something to do with how the DPW members charge for their time. As a result of this, we have an audited, unassigned fund reserve, or fund balance, of \$1,401,465, or 38.3 percent of this year’s projected general fund capture. This is now \$401,465 more than what I had recommended to keep in fund balance last

year. Our financial policy requires to keep 15 percent of our general fund capture in reserve annually. If you recall, the city has worked very hard to build the fund balance to an acceptable level. About 10 years ago, the city was in a very dangerous predicament where there was only an unassigned fund balance of approximately \$20,000. If we make prudent expenditures to address needs and priorities of the city with the unassigned fund balance and keep a million dollars in reserve, we would still have a 27.4 percent unassigned fund balance. I’d like the city council to consider the following expenditures from the additional unassigned fund balance: \$141,683.38 for a surplus payment towards the city’s unfunded pension liability. I would recommend making this payment prior to Dec. 31, 2021, as this is the end of the actuarial year for our pension account and will positively impact our

funding level. Another \$141,683.38 transfer to the local street fund. This would be in addition to the \$250,000 from projected general funds and marijuana excise tax revenue we have already budgeted to this account this fiscal year. This will assist us in ensuring the street products we are planning to complete the next few years will be funded. This current fiscal year, we are budgeting from this fund to repair Heffron, Roberta Jayne and Faith Street. We still plan to move forward with these projects, most likely next July. We are planning to budget and repair all cross streets between Washington and Lafayette, along with Lafayette, in the 2022-2023 and 2023-2024 fiscal years. These funds would help ensure we have financial means to address these needs. \$100,000 to be set aside to address additional testing we will need to complete next fiscal year at Ware Road [the old dump]. Renee Pewitt will be at the Jan. 3, 2022 city

council meeting to provide an update on the current status of this and steps we will need to address next fiscal year at the site. And then \$18,098.24 to install a keycard system at the fire station at the request of the Lowell Area Fire Department, as I explained earlier.”

The council voted to approve a partnership with Kent County Community Action, who has \$1.7 million available for low income household water and wastewater assistance. The funds are allocated as direct payments to municipal utilities for households who are at risk of shutoff for nonpayment, and the program is in place until Sept. 30, 2023.

Lowell city council’s next regular meeting is scheduled to take place at city hall at 7 pm on Monday, Jan. 3. To watch previous city council, board and commission meetings, look for the “City of Lowell” and “Lowell Light and Power” channels on YouTube or visit archive.org.

PUBLIC NOTICE

The Lowell Cable TV (LCTV) Endowment Fund Board is now accepting grant applications for 2022. Application forms and instructions are available at Lowell City Hall, Lowell Charter Township Hall, Vergennes Township Hall, Englehardt Public Library, Lowell Area Schools Administration Building and online on the City and Township websites. The LCTV Endowment Fund is a nonprofit fund established in late 2007 from the sale of the assets of Lowell Cable Television and is invested and administered by the Grand Rapids Community Fund. The LCTV Endowment Fund supports and promotes projects that benefit a broad segment of the Lowell area community, enhances the quality of life in the area, encourages cooperation among the communities and qualifies as a one-time capital improvement.

2022 grant applications should be submitted to the Lowell City Clerk’s office, 301 E. Main Street, Lowell, Michigan 49331. The deadline for submitting 2022 applications is 5:00 p.m. on Friday, February 4, 2022. Questions should be directed to Susan Ullery, City Clerk.

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Warriors, continued

Detective Lauren. “So we set it up for people to give us gift cards from Meijer since Meijer is a local store, and we would go pick up any winter weather gear that would be needed for kids in the Lowell school district. Hats, boots, or anything that had to do with winter gear, we would provide that for them through the funding of the community.”

The clothing children receive is brand new and custom fit as the LPD made a decision a few years ago that they would not give out used clothes.

“Some of these kids have never had a new coat or boots [...] because they might get something from their big brother or sister,” said Lauren.

Typically, the way the program has worked is that people will donate money or gift cards from Meijer and bring those to the LPD. From there, the department reaches out to the local schools to see if some children need the gear and then buys clothes to custom-fit the children and brings the clothes to the school.

“We really don’t do much,” said Lauren. “All we’re doing is being the middleman. The community is providing the money and we’re just going to the store and buying it for them.”

The amount of donations has increased over the years so this year the department has extended the program past the holidays so any child in need could get help. Some businesses have donated up to 500 dollars each year, and one particular business, that gives a few hundred dollars each year, has no connection to the City of Lowell whatsoever.

“It’s amazing,” said Lauren, who said he is thankful for working in such a supportive community. “There are always people willing to help in the city of Lowell. The community members definitely step up and help each other out. We’re glad to be a part of that, and for the community to allow us to be a part of that. We’re just trying to connect the two sides together and make sure our kids are warm in the winter.”

Generally, each year the Lowell Police Department helps to outfit 25-50 families with winter clothing. Sometimes the schools will call them about some students who need some gear. If that happens, the LPD takes down the sizes and buys it at Meijer and delivers it to the school. In most cases, the LPD never sees the families who receive the gear.

“Every once in a while we’ll get to meet the kids,” said Lauren. “But really it’s not about where it is coming from. The important part is that the kids are getting it. The whole point of all this is that they are set up with what they need.”

The Cold Weather Warriors of Lowell are everywhere. You’ll probably never meet them, but they are out there helping their local community in many ways. If you are interested in donating to or hearing more about the program, please contact the Lowell Police Department.



Sgt. Van Solkema pictured with some new winter coats. [Lowell PD Facebook page]

Michiganders urged to get vaccinated, boosted and start the New Year on the right track to fight COVID-19

The Michigan Department of Health and Human Services is reminding Michiganders to get their booster dose of the COVID-19 vaccine. Booster doses are available six months after the primary Pfizer or Moderna series, and two months after the Johnson & Johnson vaccine.

Getting the COVID-19 vaccines and receiving a booster dose gives protection against severe illness and hospitalization from COVID-19. Just one

year after the first vaccine was given, Michigan and the United States remains deeply impacted by the virus, but now those who are unvaccinated continue to contract and spread the virus at disproportionate rates. In the last 30 days of complete Michigan data (Oct 21 – Nov 19), 97,310 (71 percent) of 137,472 cases, 1,134 (72 percent) of 1,584 hospitalized cases, and 588 (76 percent) of 772 deaths were among individuals not fully vaccinated.

“We have the tool to get out of the pandemic, but people are choosing not to use it and are continuing to spread a virus that we have the capability to manage at this point,” said Dr. Natasha Bagdasarian, MDHHS chief medical executive. “Vaccines are our best defense against the virus, along with continuing to wear masks in indoor public settings and getting tested before any unmasked gatherings. Now is the time to protect yourself, your

loved ones and your community. Get vaccinated and boosted as soon as you are eligible. We need you to take responsibility and do your part to end this pandemic.”

Michiganders age 16 and 17 are eligible to receive a Pfizer booster, and those over 18 can choose which booster they prefer. It takes about two weeks to receive full protection after the booster dose – meaning critical extra protection will be available before Dec. 31.

The COVID-19 booster dose may be given with other vaccines, including the flu vaccine, at the same time.

Michiganders should bring their COVID-19 vaccine card or immunization record with them when getting their booster dose, which are available at any vaccine provider. Downloadable immunization records are accessible free of charge at the Michigan Immunization Portal. Visit Michigan.gov/MiImmsportal and upload a valid government issued

photo ID such as a driver’s license, state ID or passport. If you do not have records in the portal, contact your health care provider or local health department.

Find a booster at VaccineFinder.org.

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

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

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Gilda's Club's "Tough Stuff" program helping fifth graders handle difficult times

by Tim McAllister
lead reporter

Growing up is never easy, but kids growing up in today's world are facing challenges and situations that would have been inconceivable only a few years ago.

Julie Petrie was a high school guidance counselor for 37 years until she retired a decade ago. Since then, she has worked as "program staff" for Gilda's Club of Grand Rapids. A large part of this time has been spent working on their Tough Stuff program in area fifth grade classrooms.

"I've been with Gilda's for 11 years, and before that I was a high school guidance counselor for a million years," Petrie said. "So I've worked with a lot of kids over many years, to say the least! The Tough Stuff program was in existence at Gilda's before I started there, but I have tweaked it a lot over the years. Basically,

it's a program that teaches kids that everybody has tough stuff in their lives. We help them be able to verbalize what some of those 'tough stuff' things are as a classroom, then we help them talk about strategies to get through the tough stuff. The idea is identifying the tough stuff and then using positive strategies to get through it. The program could be tweaked to fit any level, from first grade up to high school, but we have kind of focused on the fifth grade and I've been doing all of the fifth grades in Lowell schools, at Murray Lake, Alto and Cherry Creek. I visit each fifth grade class four times: four weeks in a row for one hour."

"In week one, I teach the kids what Gilda's Club is and what Gilda's club does," Petrie said. "I teach them that we support families who are impacted by cancer and

grief, we work with all ages from little kids up to well beyond senior citizens, and the whole family comes to Gilda's, not just the person who has cancer. Every week that the families come to Gilda's, they are in a support group based on their age. So teens are in a group, little kids are in a group, tweens are in a group and adults are in a group. I teach them all about that, and then we spend a lot of time talking about that word, grief, and what it is, what it entails. Oftentimes, kids have not heard that word or they don't quite know what it is. A lot of them are looking semi-interested, some not so much, so I ask if any of them have experienced cancer or grief and would they be willing to share what's going on with them? So every hand goes up! And they all want to tell you about who has cancer that they know, or



Lowell Program

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their fears, what scares them. And then the fourth and fifth fingers they talk about what are their strengths. We get them to understand that when they're going through tough stuff, they have to call on all those things, so they have to be able to understand what's strong about them. Then we make a bracelet. I have a stretch string with colored beads, and I give them a little piece of paper with a lot of different 'tough stuff' written on it. For example, the green bead represents pets dying, the blue bead represents someone that they love dying, the red one is a friend moves, the purple one is their parents divorce. We go through all of those tough things and they place the beads on their bracelets, and they leave that day with this bracelet. During that time, I grab somebody's bracelet and I go, 'Look at this! You guys are only in fifth grade, and look at all of the things that you have already had happen in your lives. Everybody has tough stuff, no matter how young or old, rich or poor, the color of your skin, where you go to school, where you go to church, everybody has tough stuff.' I've never yet had a student say to me, 'None of these things have happened to me.' So I get them to see how normal this is. This is life! And then I'll say, 'I wish I could say to you that after fifth grade no more tough stuff happens, but we all know that's not true.'"

"Week three, I start out with a big glass jar, like a vase, filled with water, and

Tough Stuff, continued, page 7

who has died in their lives, and they share their stories. Oftentimes, pets come into that discussion, because kids can really relate to grief around their pets, they know what that feels like. Unless they've had a much closer death. Then we go into talking about our uniqueness and how everybody has tough stuff but everybody's tough stuff is unique. We get into divorce, we get into pets dying, we get into friends moving, we get into how hard school work can be, families changing, bullying, we just talk in general about those kinds of things. We make a thumb print out of clay and they decorate it, and that shows their own

personal uniqueness." "Then, in the second week, we do a project called a mandala," Petrie said. "They trace their hand on a big piece of paper, and in each finger they start out by writing how they would describe themselves. I tell them to think about how might your parents describe you or how might your teacher describe you, that kind of thing. And then in the second finger, they talk about the changes that they've faced. I give them an easy example, like you have a new teacher, a new baby in your family, you may have had a grandma who died, or you've moved to a new house. Next, they talk about

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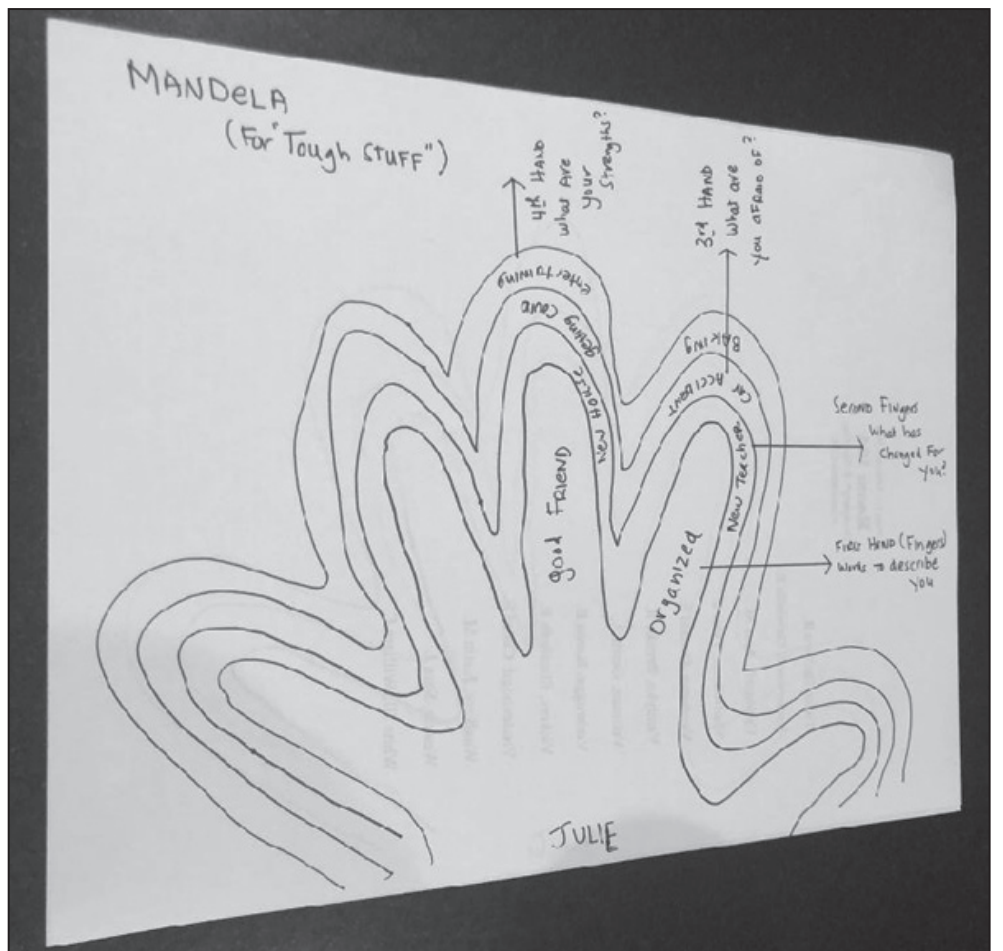
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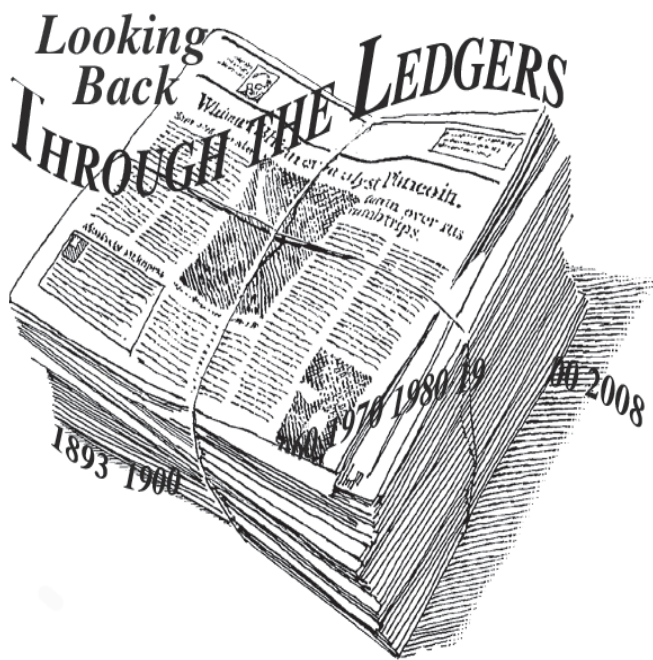
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Example of a mandala.

viewpoint



125 years ago Lowell Ledger December 25, 1896

This edition of the Lowell Ledger is missing.

100 years ago The Lowell Ledger December 29, 1921

J. Gowlowsky, a Vergennes township farmer, paid a fine of \$25 in justice court when he admitted disturbing a district school while in session. Miss Catherine Howler, the teacher, says he used abusive language and threatened to throw her out of a window of the school house.

"You are sentenced to go to church at least once each Sunday for two years," said Judge John Wanderwerp in circuit court here to George Tousey, 16, who pleaded guilty to a charge of forgery in circuit court. Besides the church provision of his probation period, Tousey was ordered to keep out of billiard rooms and to report to the probation officer regularly on his church attendance.

President Harding has yielded to pressure and granted a pardon to Eugene Debs, who was convicted of sedition during the war and sentenced to ten years imprisonment. We doubt very much that this will prove one of the popular acts of this administration. Increasing criminality and executive clemency seemingly go hand in hand.

75 years The Lowell Ledger December 26, 1946

Harold Simpson, well-known farmer, living northeast of Lowell in Keene township, who nearly severed his leg in a buzzsaw accident last Friday, was reported better Monday at Ionia hospital, after being in critical condition. Mr. Simpson slipped on icy ground while feeding wood through the saw. The cut was very ragged and care is being taken to avoid infection. Mr. Simpson lost an arm in a corn shredder accident eight years ago.

Chocolate bars have already gone up in price, but they may go much higher in the next few months, because the price of cocoa beans has jumped approximately 180 per cent in the past two months, trade sources say.

The King Milling Company received national publicity in the December issue of "The American Miller

and Processor." Features of the publicity included an interior view hearing these words: "the newest mill in the United States--the King Milling Company at Lowell, Mich."

50 years The Lowell Ledger December 30, 1971

Kyan James O'Connor was issued a citation for reckless driving and violation of the basic speed law, when the car he was driving struck another vehicle in the rear, hospitalizing two occupants. Lowell Police were called to the M-21 accident, .3 of a mile west of Valley Vista Drive on Christmas Eve. The O'Connor car, being chased into town by a Kent County Deputy, reached speeds of 81 miles per hour before the impact occurred.

Roomie Moore, new Executive Director of the Lowell Branch of the YMCA officially took over his duties on December 15. He was introduced to the Lowell areas last Thursday by Terry Bambrick, who resigned from the position being fulfilled by Moore.

Representative Gerald R. Ford has received the Sixth Biennial Distinguished Service Award presented by Americans for Constitutional Action (ACA). ACA bestowed the award on Ford for his cumulative and continuing voting record in support of legislation which strengthens the principles of the Constitution of the United States.

25 years The Lowell Ledger December 25, 1996

A visit from Mr. and Mrs. Santa Claus was a welcomed sight for the 30 children (six 10-year-olds) at the Jimmy's Grill Christmas Party. The party was to help assure that the spirit of Christmas reached the less fortunate children of the area.

Vergennes Township has joined forces with its surrounding neighbors to determine if a community swimming pool is needed in the area. The township has allocated \$500 toward a feasibility study that will determine the need of a pool and, if so, where it should be located.

After several years of serving on Keene Township's board and planning commission, David Pedley will provide his experience to the Vergennes Township Planning Commission. Pedley, 40, replaces Walt Stevens on the commission and will serve a two-year term.

outdoors

hardwater

Dave Stegehuis

Now may be the time to make plans to fish on the ice just in case it gets cold enough for area lakes to freeze up enough to allow foot traffic. Keep in mind there is no such thing as safe ice. Shanty holes, springs, and currents can weaken ice in isolated areas, so caution is always required.

Productive ice fishing can be done with a minimum of equipment. A short rod with a spool or spinning reel to hold light line with a hook or jig tied to the end will do the job if there are a few abandoned open holes in the area. One can add more equipment for convenience, comfort, and to gain more advantage over the fish if ice fishing becomes your thing.

There are hand augers, gas augers, and electric augers for drilling holes in search of schooling fish. A clip-on depth finder weight will find bottom and then work from there. Portable sonar units can identify the presence of fish under ice and underwater cameras record the activity. I sit on a box I made from a drawer out of a military surplus desk back in the day.

Others may find a heated portable shelter more accommodating.

For those new to ice fishing, a beginning strategy might be to cruise area lakes and find a concentration of fishermen. This could indicate that there is adequate ice and the possibility of fish that bite. Serious ice fishermen tend to be a stubborn and determined bunch, so don't always assume they are catching fish. Most fishermen are friendly and helpful and willing to share advice.

If one is in the right place at the right time, ice fishing can be exciting and productive. A mess of winter caught bluegills, specks, or perch make a great meal. Just as important is getting out in the fresh air for some exercise while taking advantage of one of the many winter outdoor activities we have in Michigan.

It doesn't take much to get started, so take a little time to explore the possibility and try to include a youngster on your adventure.

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.
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Kaili M. Walker, PA-C
Alexandria Clum, PA-C
Catherine S. Smith, NP-C

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.

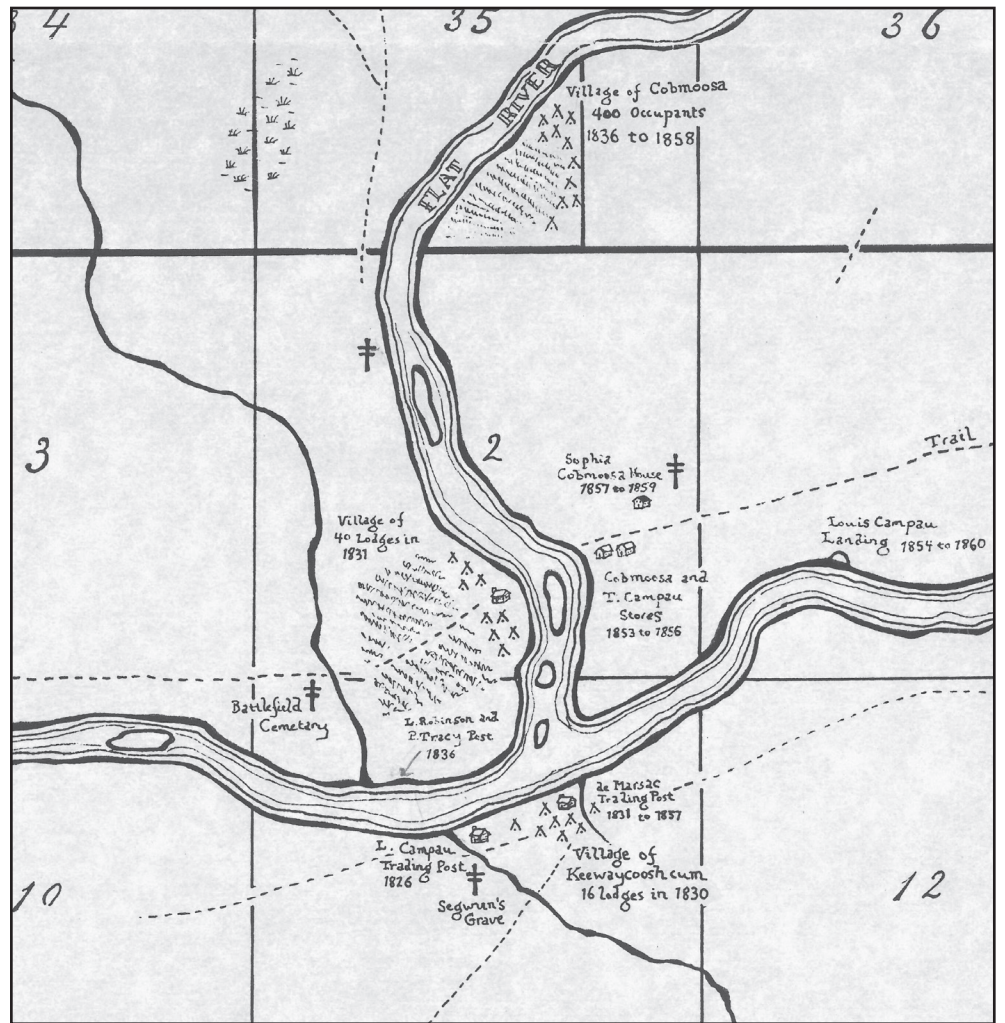
K is for Ke Way Coosh Cum

- Kewayooshcum
- Kawiquashcum
- Kewiquashcum -
- Keewacoosheum -
- Keweyooshcum.

Though his name is spelled in many ways by the traders, enumerators, treaty negotiators and writers, it means one thing - Long Nose. It was said he didn't just have a long nose, it was a distinct and noticeable feature.

He is documented as living around the state, from today's Little Traverse Bay, to Grand Rapids, south on the Thornapple River and Lowell. He was known in the early history books as a Principal Chief, Head Chief, Chief of the Flat River clans; all references to him portray an important headman or leader.

Ke Way Coosh Cum was a signer of the Treaty of Chicago in 1821, which ceded all lands in Michigan Territory south of the Grand River to the United States. He was murdered c. 1839, later in his life by another Odawa, Wasogenaw, for signing the treaty. Both men had gone to Grand Rapids to receive their annual treaty payment when a dispute



Map showing the location of Ke Way Coosh Cum at the confluence of the Flat and Grand Rivers. Map by Kevin Finney

broke out.

Lucas Robinson, early settler of Lowell and brother of fur trader Rix Robinson recounted the story told by a young Odawa boy who witnessed the dispute.

"I sat in the stern of the canoe, tied to the bank of Grand River near the mouth of Coldbrook. (north side of Grand Rapids near Leonard Street) I had a knife in my hand paring a turnip. The two old men, Wasogenaw and Kawiquashcum, sat on the bank by the fire. I heard Wasogenaw say, 'You old fool, did you not know better than to sell this whole

territory and impoverish your nation? I am going to take your life.'

The old man became very furious and raging about went to the bank of the river and pulled out a maple club about two feet long, with a knot on the end...Then rushing up to Kawiquashcum and ...struck him on the head.

...I jumped out of the canoe and ran toward the village. Wasogenaw called to me to stop. I ran faster, he following. Jumping across Coldbrook I got into the mud and fell down.

All the men then went to the camp and found Kawiquashcum dead. They put him in the canoe and carried him to Plainfield."

There was a burial ground in Plainfield which

overlooked the Grand River and was used by the Odawa. The story tells that Kewagooshcum was buried there, near where the body of Chief Wabasis would later be buried. Wabasis also signed a Chicago Treaty and was supposed to bring the payment money back to his tribe. But they thought that there should be more money and so accused Wabasis of hiding some of it. Unknown to them, the government had changed the method of payment and Wabasis could not bring back everyone's money but only his own family's. As punishment, the tribal council banished him (and his family) to live within a prescribed distance

ABCs, continued, page 12

- subconjunctival hemorrhage

Subconjunctival hemorrhage occurs when the blood vessels of the eye break in between your sclera and your conjunctiva. This often is a result of injury or an abrupt spike in blood pressure, such as from sneezing, coughing, vomiting, straining with bowel movements, rubbing the eye, etc.

It causes the appearance of bright red blood on the white of the eye. It is not painful.

No treatment is needed as it goes away as the body reabsorbs the blood, which can take anywhere from 1-3 weeks.

However, if there are recurrent issues with subconjunctival hemorrhages, eye pain, vision change, or headache, this should be evaluated by a health care provider.



At Your Local Library

Kent District Library programs at Englehardt Branch, 200 N. Monroe St. For additional information call 616-784-2007.

FOR ALL AGES

Countdown to Happy Noon Year! - Fri., Dec. 31 at 11 am. We're giving kids an exciting way to ring in the new year with a countdown, noisemakers, crafts and fun - at an hour that won't keep them up way past their bedtimes.

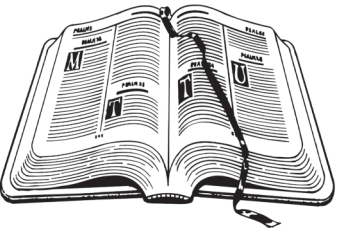
Family Yoga - Jan. 8 - Feb. 26, 10:30 am to 11 am. Space is limited; first come, first served. Doors open 15 minutes before the program begins. Family yoga is an all-ages activity with a focus on

the benefits of mindfulness. Together we will engage in fun poses, learn how to breathe, be creative with yoga activities/games and relax.

FOR AGES 5-10

KDL Lab Experience - Tues., Dec. 28 at 1 pm. Allow children to think creatively, tinker, explore and collaborate while engaging in facilitated, hands-on activities based on STEM concepts.

area churches



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www.gslc.church

Joseph Fremer, Pastor 897-8307
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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
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Website: calvarylowell.org

Morning Worship.....10:00 AM
Weekly Prayer Meeting - Mondays7 PM
Barrier-Free

St. Mary Catholic Church

402 Amity Street • 616-897-9820

Website: www.stmarylowell.com

Weekend Masses: Sat 5 pm; Sun 10:30 am
Confession: Saturdays 3-4:30 pm
Prayer & Adoration: Wednesdays 8 am to 7 pm
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897-5938
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WORSHIP
Traditional Service: 9 am
Contemporary Service: 10:30 am
Sr. Pastor - Brad Brillhart

happy birthday



DECEMBER 22

Jason Seeley, Cody Soyka.

DECEMBER 24

Jeffrey Pfaller.

DECEMBER 25

Scott Shindorf, Chris Woolfenden, Chris Treglia, Jeni Clouser, Peggy Hayes, Star Daverman.

DECEMBER 26

Margaret Gasper, Shay Hacker, Stephanie Peel, Butch Landman, Kaitlyn Callihan.

DECEMBER 27

Mark Nyp, Jay Clark, Foster Skoog.

DECEMBER 28

Lisa Stormzand, C.J. Sokolowski, Matt Francisco, Randy L. Smith.

Tough Stuff, continued

I begin to talk about those things that represented the beads last week," Petrie said. "Does anybody remember one of the beads?" The hands will go up and somebody will say, "Yeah, I remember one," and they'll name moving or divorce or something. Then we'll talk about some of the feelings they had when that happened, and they'll say something like, "Well, I was really sad." I have food coloring, and I start putting drops of food coloring into the big jar of water. Then we'll talk about another one, a friend moving or whatever. "How did you feel about that?" "Well, I was really lonely." So we throw some 'lonely' in there and pretty soon, as we go through all of the examples and I add the food coloring, what was a nice, clear jar of water has become really muddy, dark and ugly. So I'll say, "Wow, look at this! Have any of you ever felt like this person

must feel right now?" And of course they kind of look around like, "Should I raise my hand?" So I raise my hand and I say, "I'll tell you right now, I have had days like this!" We talk about how we've all been in that dark hole where we felt like we couldn't get out, then we start talking about how we got through it and what you do when you're feeling like that. Somebody will say, "Well, I hug my dog." Pets can really help. So I throw a little bleach in there. They don't know what it is, I tell them it's my magic potion. Then somebody else says, "I like to go outside," so I throw a little more bleach in. Somebody will say, "I like to do art," so we throw a little more in, and pretty soon the jar clears up. They begin to understand that they can clear up those those dark times by using positive strategies. And then that day we make sand bottles. I have

jars of sand, different colors representing the strategies that kids can use. We have faith and religion, art and music, reading and learning, exercise, friends, trusted adults and a safe place, all of these different strategies, and they go away with this glass bottle filled with their sand all layered, and they're really cool looking. Then I suggest to them to put these in your room somewhere where you can always remember, when you're having a bad day, that there are things that you can do, and I give them a little sheet of paper that represents the different strategies. The idea I hope they'll remember is that you never have to be in a place like that for long, there are answers to that."

"In week four, we try to remember those strategies," Petrie said. "Usually every class can come up with them. Then we focus on the safe place one. I say, 'Who would like to describe where

their safe place is? Where do you feel safe, relaxed and comforted?' So the hands go up, and a lot of them are, 'In my bedroom.' So I say, 'Well, describe it. What are you doing in your room? Are you laying on your bed? Are you under the covers?' Some will say, 'My pet dog is in my bed with me, and I'm just hugging them,' 'I like to be outdoors' or 'I climb up a tree.' Unfortunately, some will say, 'I play video games.' I'm tired of hearing that one! So they describe their safe place, I have the teacher describe his or hers, then I describe mine and we talk about that, and then we move to the other strategy of trusted adult. I explain to them that friends are wonderful, but we all need an adult in our lives that we can turn to when when we need to. I say that it doesn't necessarily have to be a family member, it could be somebody here at school,

a coach someone in your church, your violin teacher... I explain that sometimes our problems are bigger than a fifth grader can handle, that we do need an adult. I use the example of, your friend tells you they're running away, and that's where you would really need to get an adult involved. Then they talk about who their trusted adult is. Someone might say, 'My grandma, she always understands me,' or somebody else might raise their hand and say, 'My mom.' And I'll say, 'Well, why your mom? What is it about her?' 'Well, she just always is able to cheer me up.' And I'll say, 'Good, that's what we want!' We want someone who can cheer us up when we're in a place like that. We want someone in our lives who gets us. Maybe somebody else to say to you, 'I used to feel that way too when I

was your age.' Then we talk about the resources available in the school, the teachers, and they have a counselor in all the elementary schools now. Maybe your teacher from last year was someone that you really connected with. Then every kid gets strips of paper, and I have a sheet that asks them to write a comment on each of them. One is something unique about me, what strategy would I use, feeling words, who is your trusted adult, where is your safe place? Then they take those strips of paper and form a chain of their own, then the whole class connects all of their chains together so there's one huge, long chain at the end that the teachers usually hang up around the room or something like that."

For more information about Gilda's Club, visit gildasclubgr.org/find-support/lowell-clubhouse.

Michigan expands neighborhood testing sites to offer COVID-19 vaccine to children ages 5 through 11

To provide greater access to more Michigan residents, the Michigan Department of Health and Human Services is expanding COVID-19 vaccinations at its neighborhood testing sites to also offer the vaccine to children ages five through 11 years. To date, vaccines have only been offered at these sites to adults and children ages 12 years and older.

"We're proud of the progress that's been made vaccinating more Michigan residents, but there is still work to be done," said MDHHS director Elizabeth Hertel. "Expanding access at our neighborhood testing sites make it easier for families to vaccinate their children by bringing vaccine clinics to where people are in our communities, including rural and other areas that are harder to reach. Vaccination

remains the best protection against COVID-19, and we urge everyone to get vaccinated and boosted as soon as possible."

More than 5.4 million Michiganders 16 and older, or 72.3 percent, have received at least their first dose of the safe and effective COVID-19 vaccine.

On Nov 2., Pfizer-BioNTech's COVID-19 pediatric vaccine, which had received emergency use authorization for children ages five through 11 years from the US Food and Drug Administration, was recommended by the US Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices. MDHHS is recommending that parents vaccinate their children ages five through 11 years as soon as possible.

Data from the CDC demonstrate that children in the five through 11 age group account for approximately 10.6 percent of COVID-19 cases in the US. COVID-19 has infected 1.9 million children ages five through 11 years nationwide and resulted in the hospitalization of 8,300 children. About one-third of hospitalized children

required treatment in the ICU. At least 94 COVID-19-associated deaths occurred in children aged five through 11 years. Over 5,200 have developed Multisystem Inflammatory Disorder, 187 in Michigan.

To help raise awareness of upcoming local community COVID-19 vaccination clinics and testing sites,

the MDHHS is releasing a weekly list of clinics for publication through media outlets.

Michigan residents seeking more information about the COVID-19

vaccine can visit Michigan.gov/COVIDvaccine.

The latest information is available at Michigan.gov/Coronavirus and CDC.gov/Coronavirus.

LEGAL NOTICE

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

In the matter of Nancy MacWhirter Guardianship File No. 21-210439-GA

TO ALL INTERESTED PERSONS including her children, Terry Dillon, Billy Dillon, and Tom Dillon and any other unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: A hearing will be held on February 2, 2022, at 1:30 P.M. at Kent Co. Probate Court, 180

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

Dated: December 15, 2021

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 401-6081

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

CITY OF LOWELL PUBLIC NOTICE

Please take notice that the Lowell Planning Citizens Advisory Commission will hold a public hearing on Monday, January 10, 2021 at 7:00 pm., in the City Hall at 301 East Main Street, Lowell, Michigan. The subject of the hearing will be:

Proposed rezoning of 211 North Pleasant Street from R-3 Multiple Family Residential to C3 General Commercial

749 W Main Street LLC (Bryan Betten) has submitted an application to rezone 211 North Pleasant Street the R-3 Multiple Family Residential district to the C-3 General Commercial district.

Copies of documentation on the special land use request and the City's Zoning Ordinance are available for public viewing during regular business hours at Lowell City Hall, 301 East Main Street, Lowell, Michigan. Written Comments will be received until the night of the hearing.

If you are planning to attend this hearing and are handicapped requiring any special assistance, please notify the City Clerk by calling at (616) 897-8457 as soon as possible.



Respectfully,
Susan Ullery
City Clerk

CITY OF LOWELL

PUBLIC NOTICE

Please take notice that the Lowell Planning Citizens Advisory Commission will hold a public hearing on Monday, January 10, 2021 at 7:00 pm., in the City Hall at 301 East Main Street, Lowell, Michigan. The subject of the hearing will be:

Proposed Adult Use Marihuana Establishment at 2125 Bowes Road

An application has been submitted by Trinity Holdings Michigan LLC, represented by Broc Crider, for an adult use marihuana establishment (a Class C cultivation facility) at 2125 Bowes Road. Adult use marihuana establishments are permitted in the I - General Industrial zoning district only with special land use approval from the Planning Commission.

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

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



Respectfully,
Susan Ullery
Lowell City Clerk

Kari Lynch named LowellArts featured artist for December

by Tim McAllister
lead reporter

LowellArts has declared country/rock singer/songwriter Kari Lynch to be their featured artist this month. Lynch has put out two full length albums and several singles, and has opened shows for artists such as Kacey Musgraves, Miranda Lambert, Little Big Town, Dierks Bentley, Alabama, the Charlie Daniels Band and Don Felder of the Eagles.

“It is just such a cool thing,” Lynch said. “I think anytime you leave home, to know you have that sort of support back home, it always feels really nice. It’s like saying, ‘We’re still paying attention, we’re still rooting for you out there in the big world doing your thing.’ It’s just a nice feeling. So I felt really encouraged and supported when I heard that they wanted to do that. What a cool thing!”

Lynch, a native of Clare, MI, a small town about 15 miles north of Mount Pleasant, now lives in Nashville, TN. She has been writing and performing since childhood, and many of those performances were in and around Lowell.

“I’ve been doing this since I was little, and there has never been a shortage of feeling super supported by the communities I’ve been a part of,” Lynch said. “My hometown of Clare has always been crazy

supportive, Lowell has always been an important part of my story and the Grand Rapids music scene has treated me really well. I attended church at Impact when I lived in Grand Rapids, and I’ve spent a great deal of time in Lowell. Ryder Jones, the former lead guitarist for the Kari Lynch Band for a long time, is from Lowell and currently lives there. The town of Lowell has definitely been a special part of my story as a musician. When the Kari Lynch Band was first starting out, we got invited to do a lot of things in Lowell, and that was awesome because it helped us get our name out there and helped us build a community. We still have a lot of fans in that area and people still come out to shows who have been coming out for 10 or 11 years. It’s really cool. We’ve played the Lowell Showboat a number of times, that was a big one, and we’ve gotten to play the Kent County Youth Fair a good handful of times. We played it last summer, their last time in that space, which was cool. The last solo album I released, I ended up doing my album release party at Impact Church, and it was cool because we got to have the Lowell community that supported us for so long come out to it, and people



Kari Lynch Band performing at the Kent County Youth Fair in 2015.

from Grand Rapids.”

Lynch spent her childhood immersed in creativity - her own and some of the all-time greats.

“Fortunately, I had parents who let me have full reign of creative outlets, so I grew up on a steady mix of pretty much whatever I wanted, which was awesome,” Lynch said. “Literally anything from Alanis Morissette to AC/DC to Dr. Dre - whatever I was interested in listening to I got to listen to. I still listen to all of these artists all the time. Sheryl Crow and Alanis Morissette are two of my biggest influences. I’ve

loved their music since I was little, their albums have always spoken to me. I’m not the first person to say this, obviously, but ‘Jagged Little Pill’ was a huge album for me when I was little. I was probably too young to be listening to it! Patsy Cline is a huge one for me. I mean, Patsy Cline was the voice that I heard when I was like six years old that made me want to be a singer, hands down. I remember as a little kid being like, ‘I want to sing like that!’ And then, as far as musicians and songwriters, Tom Petty’s been another huge one for me my whole life,

I think you’re probably hard-pressed to find a lot of songwriters who don’t name him as a huge influence. Garth Brooks has always been huge for me, ever since I was little. He’s such a phenomenal artist all-around. I learned a lot watching him perform, how to interact with crowds and the performance element of it all.”

In addition to songwriting, Lynch also writes short stories and has been working on one particular book for the past 18 years. She has a writing degree from Grand Valley State University and has been writing since childhood.

“I’ve always loved writing, it’s always been my creative outlet,” Lynch said. “Honestly, I wish I had a good answer for why, but I just don’t. I remember, as a kid, writing everything down. I’ve always been a person who is kind of quiet and observes, and I think, as a kid, I probably was that even more. I remember being really little, around the time I started loving music, six or seven years old, and telling my mom, ‘I need a journal, I need somewhere to write my thoughts.’ She took me down to the dime store and got me this crappy little journal, and I remember writing in it every day, just random stuff. I think that’s how the songwriting eventually happened, because I was writing all the time and it slowly sort of turned into I guess what

you would call poems. I would go back and realize that there was sort of a flow to it, and finally I was like, ‘Oh, I think I’m writing songs!’ To be quite honest, I think that it was just my outlet to deal with life, the outlet to release whatever was going on - my feelings and thoughts. I was a really heavy feeler, a weird kid, and it was a way to get all of that out. So it’s always been a coping mechanism. As I’ve grown older I’ve realized that writing is my way to take in the experiences around me and make sense of them. Fortunately for me, I get to do it as a songwriter! I’m glad I have an outlet for all that stuff, because it’s sometimes hard for me to make sense of situations in real time, but when I can go back and sit down and write about them, that’s usually when I learn about how I actually feel about it, learn about myself, learn about the situation, and make sense of life in general.”

Lynch currently lives in Nashville, where she is among those trying to get noticed in that city’s ultra-competitive country music scene.

“Ever since I was little I knew that Nashville was a city I wanted to live in and be a part of at some point in my life,” Lynch said. “My mom had gone several times when I was little, and she always came back with all these stories. I loved country music, so it was always so exciting

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LOWELL LIGHT & POWER Job Posting

UTILITY GROUND WORKER

Currently Lowell Light & Power (LL&P) is seeking a full-time Utility Ground Worker to work in the operation, maintenance and construction of electric distribution, transmission, and associated equipment of the LL&P electric system. A detailed job description, minimum qualifications, and a job application can be found at <http://www.lowell-light.org>. Competitive benefits package includes: health, dental, life, STD and LTD insurance, a defined contribution retirement plan, a 457 deferred compensation plan, and a generous PTO plan. Starting wage is based on qualifications. Must possess or obtain a CDL B within six (6) months of hire.

Please submit resume, cover letter, and employment application no later than January 7, 2022 to:
Lowell Light & Power; Human Resources;
PO Box 229;
Lowell, MI 49331
or via email to customerservice@lowell-light.org.



Kari Lynch, continued



Kari Lynch performing on the Lowell Showboat (undated).

for me when she would go visit Nashville. The first time I actually got to visit Nashville and spend my own time there, I was 17 or 18, and it's just one of those places, you know? You go a place sometimes and you feel at home. Even if it's a place you've never been before, you sort of feel a sense of belonging there,

you feel really comfortable there. And I think that's what Nashville was to me. I grew up watching movies about Nashville and movies based in Nashville, and I loved watching all the award shows and everything, so it sort of immediately felt like home. And yeah, you get the message when you

are a musician that there are the big cities: there's L.A., there's New York and there's Nashville. And if you want to be a small fish in a big sea, if you want to go and test the waters and try to make it, you know you've got to go to one of those places. So that was part of it. But for me, personally, it was always

a place that I wanted to spend some amount of time in my life. I think, as a musician and as a songwriter, it's absolutely helped me become better at those things. Just going out there and doing it, putting yourself out there, surrounding yourself with like-minded people, surrounding yourself with people who, frankly, you know are better than you at what you do, just so you can learn from them, learn from watching them and collaborate with them. It's a matter of putting yourself in positions of being able to get better at your craft. I never wanted to feel like I had reached a point where I wasn't going to go any further. I knew if I wanted to get better, if I wanted to learn more, if I wanted to further my craft and further my career, I was going to have to go somewhere else where I could do that and have some new experiences."

The pandemic has been incredibly difficult for musicians, whose primary source of income is dependent on live audiences. Lynch's promising Nashville career came to a screeching halt in March 2020, and Lynch did

not handle it well at first. "I had been touring full time for like 11 years at that point," Lynch said. "I think anyone who's in the zone, doing one thing, you get to a point where you're just going through the motions so hard all the time. There's not time to stop and think about anything else, because if you're not moving, you're going to lose momentum. Then everything came to a full halt, and I'll be completely honest, the first couple months of that were really weird and hard for me because I did not know how to exist in that space. I did not know how to exist as a person who's not home for four days and then going back out on the road, or just constantly moving. It was strange, weird and uncomfortable, and I spent a very long amount of time feeling numb, literally laying on my floor, like, 'Is this it? Is it all done now?' And then I got over myself! And I realized that the slowdown was apparently something I really, really needed, and that I didn't know I needed until it was forced upon me. Then it was like the floodgates opened and all I wanted to do was create,

so I'm thankful for that. I was writing all the time, so it was beneficial in that way. I liked being able to wake up, go straight to my writing room and work without having to worry about answering emails or where I was supposed to be in two days. I wrote a ton of songs, I released two of them in October with more to come, and there is a full album to come at some point in the new year. All the songs were written during the pandemic, so it's a lot of songs about coming to those realizations and coping."

There is another article about Lynch on the LowellArts website, and for even more information, visit karilynchband.com or find her on social media. She has no live shows on the calendar right now, but plans to do some performing next year.

"We're going to be playing some more shows again," Lynch said. "We're kind of taking a little break through the winter so we can figure out how we want to move forward next, but we'll be playing shows again. I'll do solo shows as Kari Lynch and we'll do Kari Lynch Band shows."

Thank You

The Alto Lions Club would like to thank the following businesses and individuals for their donations to the 2021 Children's Christmas Party.



- | | | |
|-----------------------------|-----------------------------------|-------------------------------|
| Alto Automotive | Sons of American Legion | |
| Alto DDA | Mary Benedict, Attorney | |
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LMS announces Students of the Trimester

Lowell Middle School has announced the students of the first trimester. Each trimester teachers choose a student from their classes that are outstanding in the categories of academics, citizenship and attitude.

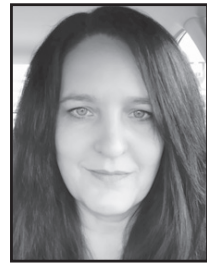


8th Grade: First row: Jack Hughes, Vincent Risk, Morgan Saylor, Alysse Harper, Corbyn Kessel; second row: Griffin Ponchaud, Keagan Clark, Pistachio Gonzales, Maddyson DeWitt, Oliver Sobie, Kaitlin Hettinga, Lily Collins, Mia Kinney, Sophie Richmond, Lorilei Fonner, Claire Allen, Lily Franks. Not pictured: Mayah Schuch, Abigail Tuuri, Saphyre Knowlton.

6th Grade: First row: Kirsten Donovan, Katelyn Glupker, Wyatt Zook, Brendan Onan; second row: Audraya Wieland, Carley Schilling, Annalynne Judge, Keira Royer, Parker Roudabush, Lyle O'Boyle; third row: Cade Tucker, Arianna Royer, Lily Eveland, Lorissa Reynolds, Cody Boyd, Kaleb Block, Braam Maatman. Not Pictured: Peyton Atwood.



7th Grade: First row: Isabella Cherpes, Camden Cardinel, Evan Langebach, Liberty deBruin, Eston Brown, Sophia Bergsma, Evelyn Uzarski; second row: Angelo Posati, Nathan Grasman, Mikena Ismail, Mia Vonderheide, Marshall Huhn; third row: Adelaide Plank, Elijah VanGroningen, Isaac Sanderson, Emily Kushion, Lindsey Plumley, Madelyn Hayes, Cailey Bush. Not pictured: Bradyen Marchal, Max Munger.



Live the Life You Want

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

Working Through Holiday Sadness

For some this is not “the most wonderful time of the year”. The holidays may increase not just stress but also feelings of loneliness, grief due to loss, sadness and even increase depressive symptoms. When symptoms are high it’s time to stop, take a deep breath, regroup and give yourself some TLC.

Tips to Help You Deal with Holiday Sadness

It’s better to deal with these feelings and symptoms before you get to the point of overwhelm and end up shutting down. So, below

are some ideas you can use to help deal with these feelings before they become disabling.

Acknowledge your feelings. If you have lost someone close to you for any reason or you have had a life altering change it’s normal to have occasional feelings of sadness, loneliness or even regret. But if you don’t deal with these feelings and work through them, problems can happen. If you keep stuffing down these feelings when they rise to the surface and don’t acknowledge, feel and work through them, they will continue to surface more and more until you do. It’s okay to take time to cry, vent or talk through your feelings and it needs to be done for resolution. You don’t have to be happy all the time and honestly, no one is. But you can only stuff down these feelings for so long before you end up having to deal with them. So, acknowledge them, feel them and work to let them go.

Don’t isolate yourself. Feelings of sadness, grief and loneliness tend to be worse when you’re alone. Even though you may not feel like it, reach out to those close to you that are supportive, caring and lift you up. Avoid spending time with people that are negative, only talk about sad topics, drain you emotionally, or have drama-filled lives as they will just make you feel worse. If you don’t have someone that

you can go to try the next suggestion.

Seek support. Find events or groups in your community through the library, chamber of commerce, church, non-profit organizations, or local support groups. If you can’t find something you’re interested in attending or a support group then search online. The internet may have more options in terms of support groups, social media clubs, or areas of interests. If this isn’t an option or you or you can’t find something that is a good fit try one of the other suggestions listed below.

Volunteer. There are a lot of organizations that need volunteers. Feeling the warm fuzzies that go along with helping others can really help decrease feelings of loneliness, grief, sadness and even some depressive symptoms. There are always groups needing volunteers.

Random Acts of Kindness. If some of the above suggestions are not for you try a random act of kindness. It can be a small act or something monetary based. This category is as endless as your imagination. The bottom line is that it is as much for you as the person receiving the random act of kindness because it helps ease feelings of sadness and loss.

Make time for yourself. Even if you have a huge “to-do” list or don’t feel “up to it”, it’s crucial to take time for you. Eat healthy, get good sleep, meditate, take a long bath, take a nap, read a book, or exercise. The point is to take the time and do something you enjoy and that’s just for you. Pamper yourself, you deserve it!

Live the Life, continued, page 12

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Red Arrow

- WRESTLING

SPORTS

Wrestlers working their way through early season competition

by Justin Scott
sports reporter

Both groups from Lowell wrestling were on the road last week in very different places. The Lowell wrestling A team made the long trek to Indiana, the other made the short trip down M6 to East Kentwood for the Kent County Wrestling Championship.

The Lowell B team placed third at the Kent County Wrestling Championships. Twenty-four teams competed against East Kentwood, and the B team fielded by Lowell placed third. A frightening reality to the other programs in Kent County.

In the end, Rockford outbattled Middleville Thornapple Kellogg in the finals round for first place. Byron Center and Forest Hills Northern rounded out the top five.

Despite the name of the tournament, some schools from outside of Kent County participated. Wayland (Allegan County), Holland

West Ottawa (Ottawa County), Middleville TK (Barry County), Allendale (Ottawa) and Reed City (Osceola County) also participated. Three of these schools would participate with their girls teams only.

Kiara Hulbert represented Lowell in the girls portion of the competition, placing second in the girls E bracket. Girls wrestling is enjoying its first year as an MHSAA sport.

On the boys side, some familiar names put in a good showing for Lowell. Landon Musgrave placed first at 112, Landon Miller placed second at 140. At 145, a pair of younger brothers of former Lowell wrestlers competed with Jared Boone placing first and Nate Mohr placing fifth. Case Huisman finished in third at 160. Top performers were rounded out by second and third place finishes by Braddock King and Christopher Rogers respectively at 103.

Across the border, Lowell A faced some of the nation's best teams in

Indiana. Familiar names in the top 50 nationally such as St. Paris Graham, Elyria, and Brownsburg. Lowell was the only Michigan team in the field, and finished a strong fifth in the 15-team field. Host Crown Point won the tournament edging out Brownsburg and St. Paris Graham.

Despite no champions, Lowell placed all 10 wrestlers at the competition, with each wrestler being in the top six of their weight class.

Freshman Owen Segorski made the headlines, earning his way to a championship bout at 120 and a runner-up finish. Placing third was Carter Blough, Ramsy Mutschler, and Jackson Blum. Carter Cichocki bounced back from a quarterfinal loss with three straight pins to finish fifth.

The Red Arrows started the season ranked number one in Division 2, with familiar faces in Gaylord, Goodrich, Stevensville Lakeshore and Whitehall



Lowell's Braddock King duels with Rockford's Braylenn in the 103 lb championship match at East Kentwood on Saturday.

rounding out the top five. Bay City John Glenn, coached by former Lowell assistant Matt Bishop broke into Michigan Grappler's top ten at number nine. Other area teams ranked include Division 1's Rockford at

No. 8 and Grandville also in division one at No. 7. Middleville TK ranked No. 7 in Division 2. On the individual side Carson Crace is ranked No. 1 in his weight class, Blum, a new face for Lowell wrestling fans is

No. 1 in his weight class and ranked 10th nationally (Matscouts).



Basketball teams in pre-conference schedule

by Justin Scott
sports reporter

Young. Underclassmen. Youthful. Green. With a team full of young players, Lowell will prove to be a headscratcher for opponents all season. Looking at the roster there's a lot of sophomores on this team. Which in most instances, means the team will be rebuilding. Not this Lowell team, though. They're young, but they're winning. Not only are they winning, they're winning comfortably.

It's been a good start for the Lady Arrows sitting at 3-0, following up a win over the OK Red's Caledonia last week with a victory over Forest Hills Eastern. It was those youngsters leading the charge in the win over FHE 63-35. Braxcynn Baker had 23 points, Piper Risdon had 22 points and Emma Bruwer had 10. The team travels to Jenison next Tuesday before their holiday break.

The boys basketball team is in a rebuilding year of their own, starting off the

season 0-3. One bright spot is the play of CJ Steinebach who had a 12-point first half in a 62-53 loss at Grandville. Steinebach also led in scoring in a 53-41 loss to Forest Hills Eastern last week. The Red Arrows looked to bounce back against Jenison this week, that game was played at home on Tuesday.

Red Arrow Winter SPORTS SCHEDULES

Can be viewed on LAS website page - under athletics
www.lowellschools.com

Catch Up On Lowell High School Sports

Go Red Arrows!

the lowell ledger



obituaries

BULTHUIS

Brue E. Bulthuis, age 80, of Lowell, passed away December 13, 2021. He was born April 17, 1941. He served in the United States Marines as a Special Radio Operator from 1959 to 1963. He is survived by his wife, Dianna; his sons, Charles, Greg, Teddy and David; his stepchildren, Walt (Delani), Sharon, Rodney, Mark (Erica); and many grandchildren and great-grandchildren. A private memorial service will be held December 23, 2021 at Fort Custer in Augusta, MI.



GOFF

Vernie Goff, of Grand Rapids, formerly of Saranac and Lowell, passed away on December 9, 2021 at the age of 86. She was preceded in death by her husband, Kenneth Goff; her son, James Goff; parents, Grace and Cornelius Bouwens; sister, Ruth Hollinshead; and brothers, Frank Bouwens and Seymour Bouwens.

Vernie is survived by sons, Gary (Roxanne) Goff and Ron (Renee) Goff; grandchildren, Jen Lepley, Tricia (Tom) Mutschler, Jamie (Destini) Goff, Abbey (Ryan) Mix, and Jeremy (Lissett) Goff; 12 great-grandchildren, great-great-grandchildren; sister, Jean Fahmi; and her nieces and nephews. In the

1960's, Vernie was active in the Saranac Garden Club and was a den mother for the Cub Scouts. She worked for many years at the Chrysler Plant in Lyons, Michigan as an upholstery seamstress. Vernie enjoyed taking care of her perennial flowerbeds, redecorating their homes, and hosting family gatherings. She will be missed by all that knew her and loved her. A memorial will take place at a later date.



...

That's what people do who love you. They put their arms around you and love you when you're not so lovable.
~ Deb Caletti

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
KENT COUNTY

NOTICE TO CREDITORS
Decedent's Estate

CASE NO. and JUDGE:
David M. Murkowski

Estate of DORIS MARIE
CANFIELD. Date of birth:
August 2, 1919.

TO ALL CREDITORS:

NOTICE TO CREDITORS:
The decedent, Doris Marie Canfield, died October 18, 2020. Creditors of the decedent are notified that all claims against the estate will be forever

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

December 16, 2021

Mary L. Benedict (P45285)
4519 Cascade Rd SE
Ste. 14
Grand Rapids, MI 49546
616-942-0020

Anthony Myers
120 S. Division
Lowell, MI 49331
616-421-5274

ROTH

William John ("Bill") Roth, M.D., a resident of Grand Rapids, Michigan and formerly of Lowell, Michigan, Alma, Michigan, and Green Valley, Arizona, passed peacefully surrounded by his loving wife and family on December 11, 2021. He was 87. Through Bill's long life, he endured the passing of many family members, most notably that of his first wife and mother of his three children Marion Elizabeth (Wieland) Roth, sister Edith (Roth) Czapek and more recently, his mother-in-law Betty Nye Rasmussen. He is survived by his wife of almost twenty-five years, Bonnie (Nye) Roth; daughter, Pam (Marty) Buschle; their children, Kristina (Derek) Parker, Anna (Chris) Blair, and Billy Buschle; daughter, Gina Roth; son, Mike (Betty) Roth, their children, Michael Jr., Emily, and Caroline Roth; Bonnie's daughters, Nicole (Patrick) Sandro and Kristie Hollingsworth, her



children Megan and Macy Hollingsworth and their father, Jim Hollingsworth; sister-in-law, Sandra (John) Perkins; and his lifelong friend whom he loved as a brother, Dennie Howe. The son of John F. and H. Marie (Perry) Roth, Bill was born in Grand Rapids and raised in Lowell. He excelled academically and athletically, finishing high school as class valedictorian while garnering twelve varsity letters. He graduated from the University of Michigan Medical School in 1959 and completed his medical residency at Butterworth Hospital in obstetrics and gynecology. His medical practice brought him to Alma, the community he adored, adopted as his own and proudly served for over thirty years. The first OB/GYN to serve Gratiot Community Hospital, he delivered approximately ten thousand babies until his retirement in the early 1990's. After retirement, he split time between Grand Rapids and Green Valley, always sure to maximize his time golfing and attending Michigan football games. Bill loved sports. Watching his grandchildren compete athletically brought him great joy. He unconditionally supported his family. A man of few words, those he uttered were of consequence. When asked, he would offer clear advice lovingly and efficiently. He was generous, compassionate, loyal and respected. He had an unwavering moral compass; the Golden Rule guided his words and deeds. His was a life well-lived. In lieu of flowers, memorial contributions can be directed to the University of Michigan Health System MidMichigan Health--Gratiot at <https://midmichigan.thankyou4caring.org/donation-page-gratiot>.

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THOMAS

Darrell W. Thomas, age 75, of Lowell, MI, went to be with his Savior on December 14, 2021. He was preceded in death by his parents. He is survived by his wife of 57 years, Diane Thomas; children, Brenda Thomas-Bergy, Brett (Karen) Thomas, Tate (Melissa) Thomas; 17 grandchildren, including three great-grandchildren; stepfathers, Ralph VanderHeide and Donald Snider; siblings, Cheryl (Jerry) Smith, Tim (Sharon) Thomas, Larry (Brenda) Thomas; several nieces and nephews; sisters-in-law, Ellen Bader, Donna (Denny) Johnston, Roxanne (Jay) McCreadie; brother-in-law, Dale Hancock; and his fur babies, Pumpkin, Spice, and Zoe. Darrell graduated from Godwin Heights class of 1964. He was the owner of Vanguard-Fire and Security Systems, LLC. Darrell enjoyed playing handball, racquetball, fishing, hunting, speedboats, sports cars, and a good game of golf. He loved most of all, time spent with his family and friends. A celebration of life will be held at a later date. Memorial contributions may be made to, Paws With A Cause, 4646 S. Division, Wayland, MI 49348, or Spectrum Health Hospice, 750 Fuller Ave NE-MC 164, Grand Rapids, MI 49503.



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ABCs continued

of "Wabasis Lake." If he ever left, he could be killed. After many years, he was persuaded to go to the corn dance and feast in Plainfield. He was killed with a fire brand from the fire and buried there.

The lives of Ke Way Coosh Cum and Wabasis were lived in a time of great societal change in the Grand River Valley. Individuals and villages were adapting to the arrival of settlers and treaties that forced the Odawa to give up land they had occupied for generations. Responses to these changes were as varied as the people experiencing them.

The Odawa had a deep desire to stay on their lands in Michigan and avoid removal to Kansas and Oklahoma. They knew the only way to do this was to agree to a treaty.

On December 5, 1835 Augustin Hamlin, head Odawa interpreter for treaty negotiations of the 1836 Treaty of Washington wrote to Lewis Cass, Secretary of War under President Andrew Jackson: "The principal objects of our visit here, are these: we would make some arrangement with the government remaining in the Territory of Michigan in the quiet possession of our lands, and to transmit

the same safety to our posterity. We do not wish to sell all the lands claimed by us and consequently not to remove to west of the Mississippi.

It is a heart-rending thought to our simple feelings to think of leaving our native country forever, and which has been bought with the price of, their native blood, and which has been thus safely transmitted to us. It is, we say, a heart-rending thought to us to think so; there are many local endearments which make the soul shrink with horror at the idea of rejecting our country forever-the mortal remains of our deceased parent, relations and friends, cry out to us as it were, for our compassion, our sympathy and our love."


The Odawa eventually agreed to the treaty. It ceded almost 16 million acres of Michigan's lower and upper peninsulas. Reservations were established in those ceded lands along with hunting and fishing rights. Up against insurmountable odds, the Odawa carved out a small piece of their homeland and avoided complete removal while giving up so much.

Live the Life, continued

Create a plan. Map out your days but also plan in time for fun activities and connecting with friends and family.

After trying these suggestions, if you find yourself still struggling with holiday sadness, loneliness, or increased

depressive symptoms it may be time to get help from a counselor. I hope you find this information helpful but it is not intended to diagnose or treat. I hope everyone stays safe, healthy and has wonderful holiday season and Happy New Year!



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misc.

help wanted

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Word search grid with words circled: KROW, TRAVEL, FLOW, GOLF, YACHT, SORROW, DARE, TLEW, CIVIL, FNEV, SVLPH, IRI, TOY, AFO, GTB, HANT, PMO, YUD, BEG, REEN, PKP, CBUR, VYS, YLS, OSP, PMG, ITA, MBP, MFS, MB, CMW, ESUS, IHL, UNBU, DFR, EEM, JNH, OOD, ITB, IIC, KAO, EUN, LKK, AVB, BST, DLP, CCF, DNF, WV, ILD, UMR, UY, KR, JIC, SYEK, BNU, EMG, AI, UU, FAITH, BS, JAY, FN, S, R, E, P, R, A, A, S

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1st trimester Lowell High School Honor Roll

Lowell High School has announced the Honor Roll for the 1st trimester – 2021-22 school year. 1st trimester term GPA must be a 3.000 or higher to qualify based on final grades

9th Grade
 Ella Acheson
 James Albert
 Lillyan Andrews
 Sienna Arnett
 Benjamin Atkins
 Benjamin Bannan
 Eghan Bellinger
 Lily Bergeron
 Nicholas Binns
 Logan Bledsoe
 Tyler Boersen
 Lily Boland
 Brady Boonstra
 Ava Boruta
 Natalie Bray
 Leah Bryce
 Paige Bunting
 Kiah Burgess
 Grace Cadwell
 Conner Casarez
 Julie Celori
 Lucas Charboneau
 Noah Chipman
 Carter Cichocki
 Claire Comeaux
 Nolan Compton
 Caden Cone
 Olivia Cooley
 Brylee Craycraft
 Benjamin Cross
 Sydney Darling
 Lauren Deeds
 Owen Dennings
 Madison DeSmyter
 Cadence DeWit
 Eyan Dial
 Jaidyn Dutkiewicz
 Rylie Elsie
 Kaylee Elve
 Casey Engle
 Jillian Fabis
 Anika Ferrill
 Erin Fife
 Ania Fleszar
 Hannah Flickinger
 Alina Forester
 Anna Forney
 Clara Frederickson
 Ariana Fredricks
 Marcus Christopher
 French
 Maya Fritzsche
 Mercie Fuentes
 Brianna Fullerton
 Colin Garrison
 Gracie Gasper
 Abigail Geelhoed
 Isabel German
 Alison Gonzalez
 Ezequiel Gonzalez
 Kailyn Gustin
 Josephine Hackett
 Ava Halfmann
 Gracyn Hamilton
 Jason Harden
 Sarah Harper
 Thomas Hayes
 Brady Hays
 Austin Heydenburg
 Elizabeth Hoffman
 Kaitlyn Hofman
 Brandon Hofmann
 Patrick Hoke
 Emma Jenks
 Peyton Kahn
 Zaiden Keith
 Braddock King
 Samuel Konyndyk
 Sophia Konyndyk
 Franklin Kraft
 Leah Krieger
 Autumn LaKous
 Jackson Lamoreaux
 Tyler Lamoreaux
 Molly Landgren
 Megan Lillie
 Ivy Marsh
 Quinn Massey
 Jordyn McClymont
 Julia Meier
 Alyse Miles
 Marisa Miller
 Brianna Berg
 Jacob Mitchell
 Quinn Mitchell
 William Mrozinski
 Allison Munson
 Joset Nelson
 Owen Newland
 Claire O'Boyle
 Kristin Olson
 Norah Orth
 Spencer Orth
 Elizabeth Plank
 Dylan Polczak
 Harper Postema
 Grady Proctor
 Jonathan Rapelje
 Carter Ray
 Anna Reedy
 Wyatt Remar
 Kaci Reynolds
 Titus Rhodes
 Ashlyn Richards
 Lilian Richards
 Mya Richmond
 Elsie Ries
 Allye Risner
 Jackson Roudabush
 Alexander Rowe
 Kaylee Royer
 Alexandria Roys
 Graham Rutz
 Jackson Sage
 Parker Salgat
 Rabina Sandhu
 Corey Sandman
 Maya Schilling
 Taylor Schray
 Lauren Seevers
 Olivia Seevers
 Owen Segorski
 John Seif
 Gabriel Selover
 Makenzie Simkins
 Blake Sitzer
 Romynd Slagell
 Rileigh Sloma
 Gabrielle Sluss
 Braelyn Spivey
 Kira Steffens
 Isabelle Sternisha
 Gavin Stewart
 Tori Stewart
 Mason Stiegemeier
 Anderson Stoner
 Ethan Swanson
 Madison
 Tarachanowicz
 Eliana Thompson
 Brantley Tiede
 Claire Uzarski
 Aysha VandenBosch
 Natalie VanLaan
 Zachary Vaughn
 Hayden Videan
 Emmitt Visscher
 Benjamin
 Vonderheide
 Reese Wagamon
 Layna Waselewsky
 Noah Wattenhofer
 Addison Weed
 Alanna Wester
 Kayla Wever
 Tucker Wilk
 Rowan Williams
 Mason Wilterink
 Ava Winter
 Allie Wirth
 Landon
 Wolfe-Pearce
 Ean Wolters
 Canon Zaske
 Emily Zou

10th Grade

Logan Acheson
 Irene Albelda
 Zorraquino
 Sutton Alexander
 Jesus Aragoncillo
 Bassy
 Ava Bacon
 Jack Bacon
 Braxcynn Baker
 Gavin Barber
 Grace Barnett
 Alaina Belleville
 Brianna Berg
 Kiera Bishop
 Zachary Boehr
 Jared Boone
 Graham Boonstra

Emma Boston
 Evan Bray
 Teige Bredin
 Alice Bredwell
 Tyson Bruinekool
 Emma Bruwer
 Landon Burgess
 Mara Carbines
 Reese Carpenter
 Antonio Casarez
 Norah Orth
 Francesca Castello
 Kelsey Catrell
 Nichole Chrisman
 Alexis Clark
 Olive Compton
 Ainsley Cooper
 Ella Curtis
 Cloey DeGlopper
 Caden Dennie
 Kyle Dietz
 Jace Dixon
 Matthew Doyle
 Paulina Duczek
 Wyatt Duimstra
 Daniela Dujat
 Des Allimes Diez
 Grady Eickhoff
 Hiyori Eldred
 Avery Elmhirst
 Sophie Fenn
 Lynsi Fetterhoff
 Logan Foss
 Jadynd Franciscotty
 Jayden Franks
 Skylar Frazee
 Micheal Andrew
 French
 Mason Fuentes
 Gavin Gahan
 Emily Garcia
 Isabella Garcia
 Benjamin Gaskin
 Antony Gieske
 Weston Godbold
 Jailizza
 Gomez-Tellez
 Tacho Gonzales
 Hayden Gough
 Jacob Graham
 Ethan Gray
 Anne Greenfield
 Mille Groenlund
 Kieryn Gruizenga
 Maris Guppy
 Morgan Hale
 Emmah Handlon
 Lili Hare
 Jacob Hasapis
 Eli Hawk
 Samantha Hayes
 Jacob Hofman
 Gwendolyn Hoke
 Timothy Hollern
 Brayden Holst
 Lincoln Homolka
 Carly Hornbrook
 Kiara Hulbert
 Braylon Iakiri
 Taryn Jackson
 Elle Jenks
 Rosalia Jimenez
 Hannah Johnson
 Charlotte Jones
 Oliver Jones
 Hope Kaminski
 Gwynneth Kelly
 Maya Kemp
 Ellen Keravec
 Kenneth Kinyon
 Jacob Kooi
 Joseph Korcek
 Marta Kowalska
 Isabella Kuntz
 Brena Lacey
 Noah LaMore
 Jacquelyn Landman
 Owen LaRose
 Nichole Larsen
 Aubree Lee
 Jackson Liley
 Liam Lincolnhol
 Nicholas Lothian
 Nolan Lowrie
 OwenMacNaughton
 Ava MacPherson
 Lauren Malone
 Tru Marsh
 Alexis Martin
 Clayton Martin
 Kyra Martino
 Breanna Mason
 Abigail McDonald
 Megan McDonald
 Ari McFarland

Trevor Mead
 Anders Melby
 Carter Melnik
 Cole Meyer
 Carmen Mika
 Lance Miller
 Daniel Mitchell
 Nathan Mohr
 Madilynne
 Morgensen
 Jacob Morrell
 Maia Moser
 Noah Moser
 Kayleigh Nanninga
 Claire Nead
 Diego Nevarez
 Robert Nichols
 McKenna Nietupski
 Rayane Nour
 Ellery Ostrander
 Vaughn Outman
 Austin Parcheta
 Todd Parcheta
 Mya Pender
 Brycen Peters
 Josiah Peters
 Elly Phillips
 Claire Pohl
 Leianna Posati
 Ashley Powell
 Victor Preiss
 Claudia Radamonti
 Jacob Rapelje
 Joseph Rapelje
 Kelsey Rasch
 Taylor Rasch
 Skylar Redumski
 Jackson Reisbig
 Alexander Repp
 Austin Riemer
 Natalie Robinson
 Andrew Rogers
 Katie Rogers
 Reed Sarniak
 Jackson Schaedig
 Jake Schmidt
 Silvia Scuriatti
 Grace Simkins
 Andrew Smith
 Jacob Spaulding
 Kelsey Staley
 Denton
 Starkweather II
 Haleigh Stickney
 Kailen Stokely
 Melanie Swanson
 Brady Swift
 Mayson Swift
 Mitchell Swint
 Bryce Thompson
 Ella Todd
 Joseph Tuuri
 Tristan Tyler
 Faith VanDuinen
 Spencer VanVeelen
 Matilyn Vogel
 Melanie Wade
 Molly Wade
 Evan Wasciuk
 Naomi Wattenhofer
 Drew Weber
 Chase Wilder
 Nicholas Williams
 Leah Wills
 Alexander Winter
 Jaydon Wolbers
 Nathaniel Worsley
 Jadynd Young
 Xavier Young

11th Grade

Alyssa Aguilar
 Emily Ake
 Jordan Alcalá
 Colin Baas
 Ryan Baker
 Gracie Bassett
 Landon Battle
 Haylie Beers
 Olivia Berg
 Ian Berrington
 Alexander Binns
 Jace Blakely
 Collin Blattner
 Evan Blazo
 Vivianne Bledsoe
 Dylan Bomia
 Brenden Brandt
 Benjamin Bromley
 Alonzo Bruinekool
 Logan Buckingham
 Tristan Bulthuis
 Joclynn Burkholder

Colton Byrne
 Katie Camphouse
 Samantha Cazier
 Zachary Chambers
 Alaina Clark
 Eleanora Clark
 Taylor Clark
 Samantha Conrad
 Carson Crace
 Riley Curnow
 Jacob Davidson
 Leah Davidson
 Patrick de Voest
 Emma DeGlopper
 Josalyn Deible
 Aidan Dennings
 Maeve Dougherty
 Dawson Douma
 Gage Dutkiewicz
 Reid Eldred
 Drew Ferrill
 Isabelle Field
 Aidan Fitzpatrick
 Ezekiel Flentje
 Sophia Flickinger
 Isabela Force
 Lucinda Foreman
 Kyleigh Foss
 Aidan Foster
 David Foster
 Hannah Fontaine
 Grant Gasper
 Lillian Geelhoed
 Ian George
 Abigail German
 Audrie Gessler
 Jadelynn Ginsberg
 Ryan Goggins
 Isaac Graham
 Rebecca Gray
 Kaden Gruizenga
 Tate Hare
 Landon Hart
 Summer Havey
 Anthony Havlik
 Mason Hesche
 Abigail Hewitt
 Lily Hornik
 Grace Hough
 Alexis Howell
 Dawson Huhn
 Case Huisman
 Delaney Huizinga
 Nolan Jannenga
 Rylee Jannenga
 Daniel Johnson
 William Johnston
 Chloe Jones
 Krista Jungblut
 Ashlyn Karp
 Gwendolyn Kinney
 Josiah Kissinger
 Jonah Kniss
 William Kolp
 Jason Korzen
 Ethan Krieger
 Makayla Kyes
 Jaylin LaForce
 Alexis Lamoreaux
 Autumn Lamoreaux
 Grace Larson
 Rhyann LeBarre
 Connor Lixie
 Elly Looman
 Easton Lyons
 Murphy Malcolm
 Ava Mallindine
 Samuel Martin
 Kaidance Martino
 Gavin Mazarka
 Emma McCormick
 Augustus McDonald
 Ivy McDonald
 Luke McMillan
 Janessa Mead
 Jack Meier
 Kaylee Meyer
 Zoey Mierendorf
 Avery Miles
 Fayth Miller
 Landon Miller
 Hayden Mitchell
 Halie Morgan
 McKenzie Munson
 Bristol Nash
 Gunnar Nelson
 Aubrieh Oswald
 Caroline Peal
 Lauren Pearson
 Ayden Pellerito
 Karina Peplinski
 Elisha Peters
 Jonah Phillips
 Ramsey Ponchard

Emma Proctor
 Savannah Redumski
 Ilana Rhodes
 Easton Rich
 Aidan Richardson
 Dustin Richardson
 Grace Richmond
 Jack Rickert
 Logan Rittersdorf
 Hope Rummelt
 Emma Sage
 Annika Sandman
 Katrina Sandman
 Keira Sandman
 Rhys Sandman
 Jenna Scott
 Anna Seddon
 Nicholas Seddon
 Alanee Selover
 Odin Sever
 Julian Shafer
 Dannon Simmet
 Nolan Simmons
 Steven Skinner
 Ava Skoog
 Cameron Sluss
 Connor Smith
 David Smith
 Kaitlyn Smith
 Logan Smith
 Andrew Snell
 Kalea Sobie
 Makayla Socall
 Alyssa Spanbauer
 Stephanie Spinella
 Olivia Staley
 Hunter Stepanovich
 Noah Sternisha
 Trevor Stewart
 Brady Strouse
 Celso Tapia
 Peyton Teachworth
 Jacob Thomas
 Wyatt Thompson
 Kadence Tiede
 Brooke Tindall
 Kevin Topolinski
 Kiera Troost
 Brady VanAlstine
 Laney VanAssen
 Kira VanGorp
 Noah VanLaan
 Andrew Veldman
 Lauren Visscher
 Henry Vredevelt
 Mason Wade
 Emmaline Wasciuk
 Tyler Weller
 Hannah Witherell
 Courtney Witten
 Alyssa Woern
 Luke Wolters
 Gabrielle Yeary
 Gavin Yonker

12th Grade

Mitchell Anderson
 Ocean Angelo
 Amber Backing
 Kira
 Bailey-Waldron
 Norah Baker
 Bryce Balabuch
 Olivia Barber
 Emma Barnhart
 Paige Barnhart
 January Basinger
 Blake Bennett
 Samantha Bennett
 Kendra Berg
 Alexis Berrington
 Carter Blough
 Sedona Bonter
 Madison Borrelli
 Elyse Bosscher
 Travis Boyd
 Mariah Bracey
 Eric Bryce
 Hayden Burt
 Beckett Butler
 Kaylee Byrne
 Cailey Calhoun
 Owen Carpenter
 McKenna Carr
 Keegan Cater
 Tatum Chambers-Lawrence
 Elise Charron
 Nathan Cleaver
 William Compton
 Liberty Cook
 Chloe Coon
 Samuel Cooper

Carra Couturier
 Madison Coviak
 Jazlynn Cowling
 Kalel Creasy
 Emma Cross
 Evan Cross
 Ella Cusack
 Thomas Danaher
 Emma Dawson
 Ella DeRuiter
 Hanna DeVries
 Aiden Dial
 Anna Doyle
 Brenden Duhr
 Brendan Duursma
 Wyatt Ebmeyer
 Jared Elliott
 Mackenzie Elve
 Savannah Escobedo
 Joshua Fabis
 Lani Fetterhoff
 Connor Fitzpatrick
 Evelyn Fleszar
 Aden Folk
 Greta Forward
 Jackson Fowler
 Sawyer Fowler
 Carson Gaines
 Winton Garrelts
 Malia Garrison
 Brooklyn Gavitt
 Emily German
 Jerald Gieske
 Rosemary Goodwin
 Shea Goodwin
 Carter Goostrey
 Danton Goulet
 Joseph Graham
 Grace Griffin
 Samantha Guinn
 Spencer Guppy
 Aaron Gutowski
 Leah Halstead
 Lancelton Hamilton
 Anjel Hare
 Jamara Harper
 Caleb Hasapis
 Dethan Hawk
 Zachary Hayes
 Robert Hays
 Cole Herring
 Ty Hilton
 Alexis Hofmann
 Taylor Holdridge
 Alyvia Hopkins
 Dallas Hornik
 Macyen Huver
 Brynn Jackson
 Franklin
 Jean-Marcoux
 Gabriel Jimenez
 Brett Johnson
 Jaymie Johnson
 David Kaczanowski
 Samuel Kaminski
 Delaney Kelley
 Kayla Kermeen
 Evan Klein
 Brooke Knottnerus
 Ty Knottnerus
 Amber Koepsell
 Lillian Kooistra
 Brianna Laux
 David Lay
 Madison Liley
 James Link
 Hayden Lowrie
 Ella Luers
 Charlotte Lyman
 Logan MacLachlan
 Jackson
 MacNaughton
 John McCarthy
 Canaan McKinney
 Kaylee McLarty
 Aidan McWayne
 Mason Meadows
 Benjamin Mika
 Abigail Milley
 Joshua Momany
 Nicholas Momany
 William Neeley
 Branch Nietling
 Morgan North
 Kaden Northup
 Lundy Olesko
 Cole Opperman
 Tyler Peterson
 Ethan Post
 Noah Proctor
 Eliot Raimier
 Aubrey Rasch
 Joshua Rau
 Caleb Ray

Roman Riccobono
 Colton Ritchie
 Carlee Rogers
 Kadience Rogers
 Dominick Ronchetti
 Alexis Royer
 Chloe Sandborn
 Dana Sanders
 Jadan Sanders
 Cierra Sayer
 Emma Schmidt
 Isabella Schmidt
 Eryn Schneider
 Emma Schulte
 Evan Schulte
 Noelle Schwarz
 Jillian Schwierking
 Andrew Serne
 Emily Shay
 Kaleb Siebert
 Kaitlyn Slezak
 Lucas Sloma
 Evan Smith
 Gage Snarski
 Jeselyn Spaulding
 Kyler Spike
 Savannah Steffen
 Lara Steffens
 Kelsey Stephens
 Zachary Stevens
 Haleigh Strouse
 Emily Struckmeyer
 Adam Swanson
 Joseph Swanson
 Brody Swift
 Avery Szymanski
 Jenna Taber
 Leonardo Tavarone
 Mia Tavarone
 Moira Thayer
 Kaitlynn Thompson
 Olivia Torline
 Justin Troost
 Jennie Underwood
 Samuel VandenHout
 Bryson
 VanderMeulen
 Cole Vandervest
 Haley VanGorp
 Jordyn Vriesman
 Kennedi Weed
 Sterling Weeks
 Jonah Wegschaidler
 Amelia Wells
 Cole Weston
 Marissa Wever
 Hunter Wieland
 Shelby Wilcox
 Ethan Willard
 Lillianna Williams
 Julia Wilterink
 Aaron Young
 Michelle Zou

FUN PAGE

SUDOKU

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

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

KWANZAA WORD SEARCH

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

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

KWANZAA WORD SEARCH

AFRICAN
ARTWORK
BLACK
CANDLESTICKS

COMMUNAL COMMUNITY CORN

CREATIVITY
CROPS
CULTURAL
DETERMINATION

FAITH FEAST GIFTS

GREEN
HERITAGE
HOLIDAY
JOYOUS

PRINCIPLES PURPOSE RED

RESPONSIBILITY
SYMBOLS
UNITY

Guess Who?

I am a doctor born in New York on December 24, 1940. I graduated from Cornell University Medical College. I am best known as the director of the National Institute of Allergy and Infectious Diseases.

Answer: Anthony Fauci

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Kwanzaa.

C A N A I F R

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

Answer: African

			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					

CLUES ACROSS

- Chinese Muslim group
- Alternative name
- Resounds
- Supporter
- Furnishes anew
- Beloved Hollywood alien
- Supervises flying
- Ballplayer's tool
- Coarse edible red seaweed
- Former CIA
- Basketball player
- Travel necessities
- Honey producer
- Military analysis (abbr.)
- Diego, Francisco, Anselmo
- Mental sharpness and inventiveness
- Popular Easter meal
- Man (Spanish)
- ___ de la ___
- Counterweights
- Made a harsh, grating noise
- Monetary unit
- Commercials
- Cool!
- Partner to cheese
- Expression of creative skill
- Unit of angle
- Transported

- N. American people of Kansas
- Computer game character Max
- Moved swiftly
- Everyone has one
- Tin
- A mole is one
- Nocturnal hooved animals
- Oppositional to
- Monetary units
- Not on time

CLUES DOWN

- Hogshead (abbr.)
- Misery resulting from affliction
- Defunction European group
- Line on a map
- Becomes less intense
- Back muscle
- Frosted
- Ethiopian town
- Midway between south and east
- Wipe from the record
- In a continuous way
- Breathe
- Cleaning device
- Male organ
- Tab on a key ring
- Criminals
- Taxi
- Cheer of encouragement
- War-time American escort carrier
- Polish river
- Current unit
- Life form
- Painful contractions
- Glowing
- Press against lightly
- Melancholic
- Something you can be under
- Of the mind
- E. Indian cereal grass
- Couple
- Sharpshoot
- A baglike structure in a plant or animal
- ___ Blyton, children's author
- Human gene
- Data mining methodology (abbr.)
- Examines animals
- Mineral
- Cools your home

Christmas festivities on the Lowell Showboat



Enola Vaire, Charlotte Vaire and Lainey Vaire with Santa Claus on Friday, Dec. 17. As photographer Bruce Doll reported, "We had 222 children visit last night with over 800 pictures taken."

Buyer's Guide and News the lowell ledger

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Lowell Litho & Printing



Mrs. Claus

