

School board recall attempt fails to gather sufficient number of signatures

Tess Chapman and "Rebel"



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by Tim McAllister
lead reporter

Lowell Kids 1st, the group attempting to recall three members of the Lowell Area Schools Board of Education, was not successful.

"We stopped counting after 1,000 because it was obvious we weren't going to have enough signatures to trigger a recall election, due to the board playing dirty with their appeal and only having two weeks to collect," said Lowell Kids 1st co-founder Stefanie Boone.

Boone revealed more about this in a post on the

Lowell Kids 1st Facebook page: "Normally, a recall petition signature drive is allowed 60 days to collect signatures. The board members waited until the last day possible to file an appeal to the petition language, and because we never were awarded a court date (by design), that appeal served to successfully stall our efforts by 40 days. After the 40 days, the 60 days starts over, however because the signatures for these members were due on December 31 and we couldn't start collecting



Lowell Area Schools board of education treasurer Gary Blough, trustee Jessica Curtis and secretary Pat Nugent were the subjects of a failed recall.

until December 18 due to the appeal, it left us with just two weeks to collect over 3,000 signatures."

Boone said the group has

not yet decided whether or not to pursue future recalls, but they reserve the option.

"We now have the option to collect signatures to

recall the remaining [four] board members, should we deem it necessary," Boone's Facebook post continued.

Learning from Scratch donates flags to Boy Scouts

The Restless Viking



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Betsey Hamm of Learning from Scratch (right) turning US flags over to Clay Vanderwerf of Lowell Boy Scout Troop 102 (left). After Veterans Day this year, Learning from Scratch volunteers spent hours at the Chapel Hill cemetery in Grand Rapids picking through piles of graveyard waste to collect all of the discarded US flags, which they handed off to the Boy Scouts to be properly retired. (photo by Eric Stacey)

Letters to the editor



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Charges dropped against former LPD officer Diaz



Criminal charges against former Lowell Police Department officer Jason Diaz were dropped on Thursday, Dec. 9.

A motion to dismiss the case was heard by the judge, Hon. Suzanne Hoseth-Kreeger, who determined that Diaz' actions were justified and dismissed the case.

After a high-speed chase through Kent and Ionia counties on Aug. 29, 2020, Diaz fired his weapon at the fleeing vehicle and struck a passenger in the head, causing injury. Diaz was charged with one count of assault with intent to do great bodily harm less than murder, one count of misconduct in office by a public official and one count of weapons, careless discharge causing injury.

Community leaders and newsmakers reflect on 2021 and prognosticate about 2022

Every December, the Ledger asks a random selection of local newsmakers to comment on the events that happened during the previous year, share some of their highlights and reveal a few of their plans and hopes for next year.

Charlie West, general manager, Lowell Light & Power

2021 was another challenging and rewarding year for Lowell Light & Power. Throughout another challenging year, the LL&P staff has remained committed to providing the

Lowell area community with safe, reliable, cost-effective electric service. Unfortunately, the situation surrounding COVID has persisted and presented LL&P with a new set of challenges. The LL&P staff has taken the new challenges in stride and everyone pulled

together to make 2021 another great year. Adapting, adjusting and overcoming the impacts of COVID, while continuing to provide a high-quality service to our customers, represents a

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Reflections and predictions, continued

tremendous accomplishment for LL&P.

During 2021, LL&P welcomed Lisa Pape, LL&P's utility services specialist, and Emily Mackie, LL&P's marketing and communications specialist. We also wished Sharon Morris a happy retirement when she retired in July after over ten years of service to LL&P and the Lowell community. LL&P saw some changes at the board table with Jeff Dickerman unable to seek reappointment due to moving out of Lowell. LL&P thanks Jeff for his years of service on the LL&P board. Craig Fonger joined the LL&P board in July and brings a commitment and enthusiasm for serving the Lowell community.

Throughout 2021, LL&P has taken on many projects and continued to put our customers and the community as our top priority. LL&P completed multiple installations for new businesses coming to Lowell, as well as completed system expansion projects to serve new residential developments in our service area. In addition to the new installations, crews focused on system improvement projects to continue our focus on investing back into our electric system. In December, we also launched our new and enhanced online customer portal. Customers can expect to see more on the updated customer portal in 2022.

As we look toward 2022, we continue to hope for more normalcy and continued opportunities to engage with our customers and our community. We look forward to our continued service to the Lowell area community, which LL&P has done for over 125 years. We remain committed to providing safe, reliable, cost-effective electric service to our community, even with the continued uncertainty of the pandemic. If the past

two years have taught us anything, it is that LL&P will take whatever 2022 throws at us, continue to adapt and remain a pillar of this great community.



Dave Powell, owner/CEO, Enwork

My thoughts for 2021 center around the pandemic. I am very thankful for the medical professionals, mental health professionals and vaccine scientists around the world. They are not honored enough. There should be a national holiday and parade in their honor someday.

Our company Enwork survived and actually thrived a second straight year during a pandemic which is exciting to me. From our Lowell location we found many great new clients, including Amazon, Pfizer, SpaceX and the White House. Additionally, we finished a major facility addition so that we could consolidate four other facilities into our Lowell facility. That said, with the effect of the pandemic on our team and our families, we celebrate

with subdued enthusiasm.

On a personal note, I got to root my daughter Sophie and the Lowell girls volleyball team on to another Division 1 championship game at the beginning of the year, with them finishing as runner-ups.

I am hoping for more medical breakthroughs and fewer victims this year. I hope and pray for good leadership at the national and state level where we can get to solutions that are win-win for everyone.

On a personal level, I want to be a positive influence in my community, a good husband and good father. And get a hole-in-one!



Brian Doyle, president, King Milling

2021 was a good year due to people. An incredible team of people are the backbone of the success here at the King Milling Company.

The team includes the people employed here that come to work each day and offer their knowledge, friendship and dedication to make a safe and wholesome food product. Since the beginning of the pandemic, our employees maintained their normal work schedules and even worked additional overtime to keep bakeries and cereal companies supplied and in turn, Americans nourished. Demand for food has been high and we have all witnessed empty grocery store shelves at one time or another. Our team has stepped up at every opportunity and we are proud of them.

The team includes the wonderful citizens of the community we have been proud to call home for 131 years. A community second to none. From the hard-working city and chamber to the friendly greeting of people on the street, we cherish this area.

The team includes suppliers that are dedicated to grow safe and quality grain that we can turn into wheat flour for many types of products. Last, but not least, it includes customers and consumers that bake and enjoy the products our flour goes into.

In 2021 we had mixed emotions seeing two very long-term employees retire. We were happy to see them begin well-deserved retirements but saddened that we'll no longer see them each day. Greg Ball, the company's milling superintendent, and Ed Loughlin, a truck driver, had a combined service to the company of 80+ years. They spent their entire careers with the company, something that is becoming very rare. We are grateful for their hard work and dedication as we are for so many other retirees and current employees.

We are excited for 2022. Our new office should be completed on Main Street sometime during the summer. We were happy to preserve this historic structure and bring it back to its original look. Our current office space was severely limited, and we had people housed in many buildings. This Main Street office will allow us to have one central location to call home.

King Milling continues to be blessed by strong demand for its wheat flours and we are once again studying the possibility of expanding our milling capacity. No matter where this process leads, 2022 is shaping up to be a very busy year with old and new customers and new opportunities.

We offered great day camp experiences for youth in our community to grow, learn and play throughout the summer. Students benefited from Tae Kwon Do and yoga. Our seniors came together at the Y to enjoy equipment, time together, and our Fit for Life class. Community members from throughout the area joined us for the Winter Waggle and Turkey Trot to put some miles in while supporting great missions. Make plans to join us for these experiences and programs in 2022.

The biggest news for our YMCA in the Lowell community the past year was in the success of the fundraising campaign for the Lighthouse Family YMCA. In May, we announced the naming gift from Lighthouse and the launch of the community phase of the campaign. We were grateful to build on the conversations we had virtually during 2020 and early 2021 by spending 2021 connecting with businesses and community members throughout the area and seeing supporters come together for this incredible project. We shared progress and invited you to join in the campaign at the Pink Arrow Community Day, the Kent County Youth Fair, and events with the Lowell Chamber of Commerce. Because of your gifts, the Lighthouse Family YMCA will begin renovations in early 2022 with a target completion date of the end of 2022. Visit grymca.org/Lowell and grymca.org to learn more.



Rep. Thomas Albert Highlights for 2021

I have the honor of representing the 86th District in the Michigan House, and in January 2021 I also became chair of the House Appropriations Committee. My focus is to ensure we have a state budget that is fiscally responsible and sustainable while supporting the important public services our families and communities rely upon. We largely accomplished that goal in 2021.

Our current state budget fulfills a mission first established by Michigan voters with the approval of Proposal A in 1994. We finally and fully closed the per-student funding gap between the state's public school districts - while providing more resources for all of them. Suburban, rural and city districts all are receiving \$8,700 per student

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Cecily McCabe, communications director, YMCA

For the YMCA, 2021 was a year of collaboration, exciting conversations and building momentum for the next chapter of our story of service to the community. Throughout the year, we welcomed members back into our facility with excitement and enthusiasm, for we certainly missed them during the state-mandated closures in 2020. We supported Y members as they began rebuilding strength and endurance alongside fellow members.

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Reflections and predictions, continued

in the current budget with a record-high investment in K-12 education.

Locally, the state budget includes support for several Kent County projects supporting transportation and the economy. In Lowell, \$5.2 million will assist the Kent County Youth Fair as it transitions to a permanent new home. Another \$150,000 supports Lowell's new YMCA facility.

The state budget also includes \$1.4 billion in additional statewide funds for child care, \$100 million for workforce development and \$150 million to stabilize the unemployment trust fund – all essential to helping job providers and their workers. The budget also provided more money for local roads and bridges, clean water projects and contamination cleanup.

We approved a \$500 million deposit in the state's rainy day fund to have on hand in case of continued inflationary pressures or other possible consequences of federal government spending policy. We helped ensure Secretary of State and unemployment offices remain open. We also prohibited state government from mandating vaccines for employees or requiring vaccines as a condition of receiving state services.

Late in the year, the Michigan House approved its latest plan for fighting the pandemic. It provides funds to expand access to monoclonal antibodies and other promising early treatments to help more COVID-positive patients recover more quickly and completely. It also provides support for short-staffed health care providers to hire and train more workers, and provides more resources for COVID testing in schools to help keep students in classrooms. This plan has a lot of momentum and I am hopeful it will continue advancing in the Legislature in the coming weeks.

Plans for 2022

One of the biggest challenges we have for 2022 is also a great opportunity. We will be deciding how to invest billions of dollars in one-time federal and state revenue that is already available to Michigan because of COVID-19 relief and smart planning in previous budget cycles.

I am a firm believer that this money must be invested in ways that will benefit Michigan for years to come -- without creating ongoing costs that would be difficult to maintain in future budgets. Work already has begun in the Legislature on important initiatives to improve public safety, health care, infrastructure and other important areas.

This is a chance to significantly improve our state without raising taxes or creating ongoing costs, and it will be a primary focus of mine in 2022.

Roger MacNaughton, musician

I spent much of 2021 'hunkered down' in my home studio, happily spending my time creating music. Working on projects makes the 'hours go by like minutes' (Don Henley lyrics) especially when the muse is in alignment.



Roger MacNaughton

I suppose the biggest highlight came in July of '21 when our band "Soul ACCESS," featuring Tami Hjelm, performed at Lowell's Sizzlin' Summer Concert Series. We played jazz, blues, R&B and soul covers, along with several original compositions that went over quite well, given that no one had ever heard them before. Large crowd, lots of dancers. Fun evening.

I received good news concerning my "Mackinac, I've Come Home" CD release. One of my goals was to make the CDs available for purchase in the Mackinac Island gift shops, and I'm happy to report that they now are. Also, the album was accepted by Kent District Library's 'Vibes' program, which is a free streaming service dedicated to showcasing various West

Michigan musical artists.

In '21, I composed several songs with lyrics, added many performance videos to my YouTube channel and Facebook music page, and composed and notated several new piano pieces that were added to my website, both in audio and sheet music forms. The pandemic also gave me plenty of opportunities to stay home and practice the piano.

New this year, I began to write my memoirs of my childhood growing up in

the city of Lowell, mostly adventures with my artistic, creative, slightly crazy (in a good way) cousin Larry.

As far as plans and/or hopes go for 2022, I'd like to finish the 'Tami Project.' She and I have at least 14 blues and soul songs written, and Tami has recorded vocals on most of them. A few are mixed and completed, and the others are in various stages of production. There may be a CD in the works.

There are also fun side projects that keep on going with violinist Susan Mora and saxophonist Jon Montgomery. And who knows what other musical projects will spring up along the way.

And I'd like to finish the memoir or at least get it near completion. Happy New Year everyone!

Liz Baker, executive director, Lowell Area Chamber of Commerce

The Chamber board of directors' goal for 2021 was to safely help our community navigate back towards normal while organizing as many of our traditional Chamber events as possible. The Chamber held many of the traditional events. We recreated some of the events, such as Expo on the Riverwalk, which was held in June, rather than March. We are looking

forward to 2022, hoping that it continues to bring back a sense of normalcy in the community! We currently are planning to return our events to its regular calendar, starting the New Year with Pub Poker Run Jan. 13. We are also extremely excited to bring back the Lowell Community Expo on March 26 at Lowell High School. As always, check our website at discoverlowell.org for more information or give us a call at 616-897-9161.



Ken Tamke, Fallasburg Historical Society president

Although the Fallasburg Schoolhouse entertained many Sunday afternoon visitors in small groups

during our "Open Sundays, 2 - 4 pm" program this summer and fall, the Fallasburg Historical Society's "Christmas in Fallasburg" party in the Fallasburg School was derailed by COVID in 2020. It unfortunately, suffered the same fate in 2021 with a little help from one of the windiest days in memory, Dec. 11, that would most certainly have wreaked havoc on our beloved bonfire in Fallas Field after the party. So too did COVID scuttle our other signature events, the Covered Bridge Bike Tour in July, and the Fallasburg Village Ghost Walk, co-hosted in collaboration with the West Michigan Paranormal Society, held in October. Just when it seemed a light at the end of the tunnel appeared and it was safe to gather, another COVID surge renewed extra caution.

In spite of COVID and its restrictions, indoors, drive-by and walk-by traffic through Fallasburg Village in 2021 has been surprising and unanticipated. With more time to spare, our volunteers have been able to tackle smaller fix-up projects, painting here, carpentry there. The Village has never looked better. John Wesley Fallas built it, the Fallasburg Historical Society with your help has preserved it, and you have come.

Previous regular visitors, Murray Lake Elementary School first grade classes, whom their teachers told us were chomping at the bit to

do something fun, came out for a walking tour in June after a two year absence. Hats off to Lowell Area Schools, superintendent Nate Fowler, Murray Lake teachers and bus drivers. The precautions you took kept us safe and provided a much-needed good time for the kids, with a bit of a local history lesson thrown in.

A group of multiple families looking to get out of their houses and do something different scheduled a walking tour through the Village as well, which we offer by appointment year-round. And, our new "stay at home but go for long walks" culture to ward off cabin fever has produced a steady stream of strollers too.

An all-encompassing cataloging project for Fallasburg Historical Society artifacts, documents and pictures begun in 2017 has made steady progress. Not only did these memorabilia need to be captured in a digital format, which continues, but the actual pieces needed a secure, weather proof, climate controlled, archival storage environment in which to reside. It started with the exteriors of buildings, roofs, painting, windows, and some spit and polish to make them shine. You'll see that's done when you come. We're focused on interiors now. Excessive heat, cold, direct sunlight, humidity, mold and lack of air circulation

Reflections and predictions continued on page 4

NOTICE VERGENNES TOWNSHIP 2022 MEETING SCHEDULE

All meetings are held at the
NEW Vergennes Township Hall Board Room,
located at
69 Lincoln Lake Ave NE., Lowell, Michigan
at 7 pm.

For further information, phone 616-897-5671
or visit the township website at
www.vergennestwp.org.

The Vergennes Township Regular Board Meetings for 2022 are scheduled as follows:
January 17, February 21, March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19

Planning Commission Meetings:
January 10, May 2, July 11 and September 12

Annual Meeting of the Vergennes Township Residents:
March 21st at 6:30 p.m.

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MAKING PATIENTS FEEL LIKE FAMILY

Reflections and predictions, continued

are the enemy. They can lead to deterioration of our treasures. The treasures themselves, how and where they're displayed, is being reimagined. All new for 22! The Fallasburg Historical Society sincerely hopes you'll be able to visit inside and out in the coming year.

Most notably, 2021 marked a major milestone. Our iconic Fallasburg Covered Bridge celebrated her 150th anniversary. This covered version was built in 1871. The Fallasburg Historical Society was joined by the Kent County Road Commission at the Fallasburg Fall Festival of the Arts to share pictures, artifacts and information about the monumental bridge rebuilding in the 1990s. Literally the nuts and bolts that are necessary to keep the bridge open to automobile traffic to this day. With much TLC from the Kent County Road Commission over the years, our bridge is in great shape.

To commemorate her sesquicentennial

anniversary, the Fallasburg Historical Society reprinted the "Fallasburg Centennial Cookbook" and newly minted a "Fallasburg Covered Bridge Centennial" coin, both dating back to the Fallasburg Covered Bridge Centennial Celebration in 1971. The coin and the cookbook were introduced in conjunction with the placement of a bronze marker from the State of Michigan Historic Preservation Program indicating the bridge's inclusion in the State and National Register of Historic Places.

The Fallasburg Historical Society hopes, like everyone, that some sense of normalcy will return in 2022 and we can all start getting back together. We want to be able to open up and show off Fallasburg Village from top to bottom, reinstate our events and continue collaborations reduced sadly to Zoom meetings. That's the plan.

A wonderful synergy already exists and has for a long time in the Lowell area,

between fellow non-profits, municipalities and the community at large. It's been strengthened as we all try figure out how to move ahead. In particular, the Lowell Area Historical Museum, LowellArts, the Lowell Area Chamber of Commerce, the city of Lowell, Vergennes Township, Addorio Technologies and the Lowell Ledger, without whose unwavering support we rely on, we say thank you. "All for one, and one for all."

LOWELL LEDGER

Melissa Spino MA LPC CDMS, mental health therapist, Life Transitions Therapy LLC

Reflecting back on 2021, it didn't surprise me at how many individuals contacted my office. While people are resilient, it has still been a difficult couple of years for many. I'm seeing an increase in individuals and couples feeling overly stressed or

having increased anxiety or depressive symptoms. Some are feeling like life is out of control.

I've also seen positive changes like people reconnecting, spending more quality time with loved-ones and finding time for self-care. I hope these positive changes continue in 2022 as people work to normalize life again. Every day is new and you can rewrite your life story.

What I hope for 2022 is that each of you realize that you truly matter. Your voice matters, your feelings matter and your life matters. I hope you spend time on activities and with people that lift you up and bring you joy and peace. We can all adopt an attitude of respect and kindness towards others and let our dreams soar in the new year!

LOWELL LEDGER

US Rep. Peter Meijer

Now that 2021 has come to a close, I'd like to take this opportunity to share some of the important work we've been able to accomplish together this year, but first and foremost, I extend my sincere thanks to each and every West Michigander who entrusted me with this job. Serving our wonderful communities is the privilege of a lifetime, and I want you to know that I don't take a single vote I cast for granted.

My first year in Congress was a busy one. From introducing impactful legislation to help veterans, reclaim congressional authority over war powers, and combat human trafficking to visiting our southern border and holding the Biden Administration accountable for our botched Afghanistan withdrawal, my staff and I have been hard at work for the people of West Michigan.

As a veteran myself, I came to Congress looking for ways to help the men and women who served our country in uniform. One of my top priorities is advocating for policies that support America's veteran population, which is why I introduced the Supporting Every at-Risk Veteran in Critical Emergencies (SERVICE) Act to better assist veterans in crisis. Nearly twenty percent of US law enforcement has military background, and we know that veterans in crisis respond best to other veterans. This bill would create a pilot program through the US Department of Justice that would provide grants to law enforcement agencies to develop local veteran response teams. In



Deputy Fire Chief Cory Velzen and Marshall the Safety Pup.

addition to the SERVICE Act, I also helped introduce the Combating Veteran Homelessness Act with my colleague Representative Ritchie Torres, and the Veterans Improved Access to Care Act with my colleague Representative Jason Crow. The latter aims to address the staffing issues within the VA by streamlining the hiring process. Back in April, I introduced the Veterans Burn Pits Exposure Recognition Act with Michigan Representative Elissa Slotkin to address the specific needs of veterans exposed to open-air toxic burn pits while serving in the Armed Forces. We have an urgent moral obligation to take care of the men and women who have served and sacrificed to defend our nation, and I will continue to spearhead efforts to improve circumstances for our veterans.

During my campaign, I promised that, if elected, I would use this seat in Congress to repeal outdated Authorizations for Use of Military Force (AUMFs). In March, I introduced a bipartisan bill to end the 1957, 1991 and 2002 AUMFs, formally ceasing congressional authorization for the Gulf and Iraq Wars, as well as an open-ended Cold War-era authorization of force in the Middle East. Allowing decades-old AUMFs to remain on the books for wars we are no longer fighting is a disservice to our service members and the American people and represents a dereliction of congressional responsibilities. Removing these outdated authorizations is a necessary first step towards reclaiming Congress's constitutional war powers and ending America's forever wars. I am very passionate about this

issue and will continue to use my position on the House Foreign Affairs Committee to work on it.

Another piece of legislation I'm extremely proud of is H.R. 2795, the Department of Homeland Security Blue Campaign Enhancement Act. This bill increases awareness of human trafficking indicators, prevents cases from being overlooked by law enforcement and the public, and strengthens law enforcement and the public's ability to recognize and respond to signs of human trafficking. These heinous crimes are vastly underreported and improving our ability to spot the signs will save lives. We must utilize every available tool to put an end to human trafficking, and this bill is a critical step towards that goal. H.R. 2795 passed in the House in July and was included in the Fiscal Year 2022 National Defense Authorization Act (NDAA). The NDAA passed the House and Senate with overwhelming bipartisan support and was signed into law last week, making H.R. 2795 my first bill signed into law – a very exciting milestone.

Outside of sponsoring and supporting legislation, members of Congress play a crucial role in protecting our system of checks and balances by providing government oversight – a responsibility I take very seriously. That's why, back in April, I visited the US-Mexico border with other members of the House Committee on Homeland Security. While there, I saw dozens of children as young as two years old who had spent weeks in holding.

Reflections and predictions continued on page 7

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viewpoint

to the editor

To the editor,
Keynesian economics demonstrate that investment in the future, such as the "Louisiana Purchase", the "New Deal", the "United Nations", the "Marshall Plan", the "Interstate Highway System" build a positive future for our country, even at the cost of deficit spending. It is that practice by successive administrations that helped build our country into the strongest economic leader in the world ("I am now a Keynesian in economics"

Richard Nixon, August 15, 1971).
That investment was dramatically reduced in 1981 when "supply side economics", also identified as "voodoo economics" by George H.W. Bush in 1980, replaced it with the argument that "government was the problem". It is that fallacious attitude regarding our nation that drove the insurrection in Washington D.C. on January 6, 2021.
It is time to return to the economic policies that allowed our citizens

to enjoy the meritocracy of capitalism with more opportunities of a future based on intelligence and hard work leading to an enhanced level of wealth and happiness for all! That is what President Biden is attempting to do.

*Jack Misner
Vergennes Township*

Dear Editor,

I am writing to respond to the letter to the editor, December 26, 2021 "cut off your nose to spite your face", by Jeanne Boss. Aside from the name calling of those who choose not to vaccinate with an experimental drug, it's painfully obvious where she's getting her information.

We were called out as being "anti-science", yet

the people crying "follow the science" drop the ball and start name calling when presented with actual science. For instance, science proves only two genders, yet the "woke" crowd now identifies at least 4. Her statement regarding the unvaccinated as the cause for mutations and variants is questionable. I can direct you to a February 9, 2021 NPR interview with Dr. Paul Bieniasz, PhD in virology, where he states that vaccines could drive the evolution of more COVID-19 mutations. That is also science! Finally, Dr. Robert Malone, another PhD in virology and key contributor to mRNA technology, also believes the vaccinated are causing the mutations and variants. His Twitter account

was suspended for this knowledge.

Science also points to natural immunity for those who may have already had COVID and have been asymptomatic. There are many reports supporting this. Darn that science again! Boss failed to address the many treatments that don't require hospitalization. I point you to a December 23, 2021 Harvard Medical School article that outlines numerous treatments for COVID, including a couple of FDA authorized antiviral pills. This is in addition to Hydroxychloroquine and Monoclonal antibodies.

Boss also called the unvaccinated "anti-life." I would daresay that most anti-vaxxers are actually pro-life, beginning with abortion. Whoops, I said it.

Abortion is actually "anti-life", isn't it? Yet the left calls it pro-choice. Now the shoe is on the other foot, pro-choice goes out the window and we're called "anti-life". It can't be both, can it?

Finally, Boss referred to the unvaccinated as "anti-patriotic." I'm not sure how one's making a medical decision for them is unpatriotic. What IS unpatriotic is our government mandating experimental drugs upon its constituents. What IS unpatriotic is our government weaponizing OSHA to do this. What IS unpatriotic is calling another American unpatriotic for standing by their beliefs.

*Nancy Stroosnyder
Lowell Township*



125 years ago Lowell Ledger January 8, 1897

The new year opened with one of the bloodiest assaults in which the police have figured for many years. It grew out of the crusade which the police have been waging against saloonkeepers for keeping open on Sundays and holidays. Officers Vieregiver and Harrington visited the saloon of Sommers & Tradewell and found the back door open and the place full of men drinking. When the officers entered they were recognized, and as if at a concerted signal, the crowd attacked them with clubs, beer bottles, glasses, etc. Vieregiver was struck on the head with a heavy club and went to the floor like a log. Harrington managed to pull his revolver while the crowd was belaboring him, and shot Tradewell, one of the proprietors of the saloon, through the lung inflicting a fatal wound.

Charlie Bills of Segwun met with a misfortune, Tuesday evening—the burning of his barn, together with its contents. Five buggies, a wagon and a fanning mill were included in the loss. The fire is supposed to have been started by tramps.

The Rev. Cyrus Medenhail, chaplain of the state house of correction and reformatory, has filed his report to the committee of fifty of the national organization of

charities and reforms, showing the "relation of liquor to crime." The report is made on the basis of 500 prisoners, and shows 269 born in Michigan, 143 in other states, 74 foreigners, 14 unknown. Crime against property, 435; against person, 65; possessed of good homes, 376; neglected, 123; more or less educated, 467; illiterate, 33; habitual drunkards 123; moderate drinkers, 139; temperate, 238.

100 years ago The Lowell Ledger January 12, 1922

Judge M. I. Dunham in superior court yesterday permitted the release under bond of \$1,000 of Paul Husted, who confessed to Sheriff Vieregiver recently that he has burglarized a number of homes in the eastern part of the city.

W. H. Chase, who entered the furniture field in Grand Rapids in 1812 and who has recently been rumored as out of business is very much in the business and going strong. Not only that, but he has started a second factory and is turning out tables and selling them every day in the week and sometimes more than once a day.

Here's a jar for you: After all the howl about whiskey and beer for the sick, along come the Michigan physicians, and by a large majority vote that neither beer nor whiskey has much value in medicine.

75 years The Lowell Ledger January 9, 1947

The Michigan Bell Telephone Company cites 1946 as the busiest year in its history. Despite critical material shortages, the company put through a \$39,000,000 construction program, reduced the list of those waiting for service from 113,000 to 70,000 and installed 400,000 telephones—100,000 more than in any previous year.

The tool house belonging to the Gould and Gross Construction Company was broken into on Friday night and a power saw valued at \$400 and axes were stolen. The construction company is building the new water main northwest of the village. Deputy Frank Stephens is investigating the burglary.

Four Lowell high school girls, with Sue Krum as spokesman, appeared before the Common Council on Monday night and requested a skating rink for Lowell. The Council has had an agreement with Bert Purchase to have a skating rink built on his farm on South Hudson street but pipe needed to provide water failed to arrive until this week. The Council members told the girls that the rink would be provided as soon as possible.

50 years The Lowell Ledger January 13, 1972

Aching backs, head colds, pneumonia, and other virus symptoms were heralded in with the New Year, with area doctor's offices flooded, and high absenteeism hitting the schools. There are local indication that an influenza-type flu has put a good number of people to bed, and caused many to be absent from work as well.

A near tragedy was averted Monday night, when

Looking back, continued, page 12

We love to hear from you!

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

The requirements are:

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

HEALTH

M METRO HEALTH

UNIVERSITY OF MICHIGAN HEALTH

Johnathan G. Meier, D.O.
Wayne A. Christenson, D.O.
Tracy L. Lixie, D.O.

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

- cold sores

Cold sores are caused by the herpes simplex virus. Cold sores are very common. They present as a cluster of small, painful blisters that commonly occur around the mouth, face, or nose. The blisters then become sores, but crust over and form a scab before they go away. Sometimes the virus causes redness and swelling of the gums, fever, muscle aches, a generally ill feeling, and swollen neck glands.

Typically, the rash resolves on its own within 1-2 weeks. However, when the rash goes away, the virus is still dormant in the body. It will often recur when the body is under stress or when the immune system is down with other infections,

sunburns, menstrual periods, etc. When the virus reactivates or returns, it can cause tingling and numbness around the mouth before blisters appear again.

To prevent spread, avoid sharing drinks or utensils, touching or contacting the lesions, and wash your hands well.

For treatment, cool compresses, topical gels over the counter, and Tylenol or Ibuprofen can be helpful for pain relief. There are prescription antivirals that can be taken if treated within the first 48-72 hours that shorten the duration of the cold sores and minimize the symptoms.

outdoors

resolutions

Dave Stegehuis

Making resolutions is a tradition associated with the coming of each new year. Popular resolutions include making improvements in diet, exercise, and finances which are typically abandoned by the next new year. These are worthwhile objectives and good luck to those who try.

We may also want to think about those things that we may have overlooked or left undone. In the hustle and bustle of our daily lives this is easy to do. Now is a good time to pause and

reflect on what we feel is really important and valuable in our lives.

Volunteering for non-profit organizations of all kinds has been a positive trend in our rapidly evolving culture. Folks who have left the work force have a way to stay socially engaged while meeting the needs of others. Conservation organizations address environmental issues as well as tending to the welfare of wildlife through hands-on projects.

Finding a new sport or outdoor activity can satisfy

a number of new year goals such as getting healthy exercise and focusing our thoughts and attention on fun and enjoyable pastimes. In Michigan, most of us have the opportunity to camp, fish, hike, hunt, ride or paddle. One day soon I hope we are all able to take advantage of these opportunities.

Just traveling around to new places can be fun and interesting. Michigan has a rich history which has been well documented and presented through parks, festivals, and local museums. Lighthouses, waterfalls, mines, farms, and miles of beaches are

strung out across the state and are accessible to the traveler. My wife, Gwen and I were each raised in a fishing family as were our children. Vacations were non-stop trips to the lake and back. Soon after retirement we made it a point to visit the longtime popular tourist spots we passed by on our childhood fishing trips. You probably know the places.

Take time to pull off the well-traveled highway and think about finding some new roads to explore going into the new year. Have a great New Year.



At Your Local Library

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

Let It Snow reading program - Jan. 3 to Mar. 31, for adults and teens. Read a minimum of six books between January 3 and March 31 to receive the 2022 Let It Snow ceramic 15 oz. mug. Participants who finish an additional four titles are entered into a drawing to win an iPad, and experience of other prizes. Participate online at kdl.org/snow or pick up a printed form at any KDL branch when the program begins. For teens and adults.

Toddler Time - Tues., Jan. 4 - Feb. 22, 6:30 pm. Nurture your toddler's love of books through music, movement and stories while helping to develop their language, motor and social skills. For young children (ages 0-5).

Night Owls Book Discussion - Wed., Jan. 5 at 6:30 pm. Join in on fun, informal discussions of great books. *Untamed* by Glennon Doyle. For adults 18+.

Family Storytime - Thurs., Jan. 6 - Feb. 24, 10 am. Read and sing together as a family. Enjoy stories, music, movement and rhymes that develop early literacy skills. For young children (ages 0-5).

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 all ages.

Bookworms Book Discussion - Tues., Jan. 11 at 10 am. Join in on fun, informal discussions of great books. *The All-girl Filling Station's Last Reunion* by Fannie Flagg. For adults 18+.

Chronic Stress & Management - Wed., Jan. 12 at 6:30 pm. Topics covered will include what stress is and how it impacts our bodies, emotions and behaviors. In addition, strategies for stress management and prevention will be discussed. For adults 18+.

Winter Wonder Stories - Thurs., Jan. 20 at 10 am. Get cozy while listening to seasonal stories then crate fun, winter-themed crafts. For all ages.

Lights! Camera! Action! - Deadline for film submission is Fri., Jan. 21. All Kent County teens, grades 6-12, are invited to enter Kent District Library's 12th annual Teen Filmmaking Contest. Selected films will be screened at Celebration Cinema GR North, 2121 Celebration Dr. NE, Grand Rapids. Sat., Feb. 26, 10:30 am to 2 pm. For grades 6-12

Cookbook Club - Mon., Jan. 24 at 6:30 pm. Join in on fun, informal discussions of great books. *Magnolia Table* by Joanna Gaines. For adults 18+.

business matters

Greenridge Realty announced that Ryan Hesche received Realtor of the Month in December.

This award recognizes Hesche for his outstanding success and achievements.



area churches

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL

897-7060

Pastor Ryan Landt

1151 West Main Street, Lowell, MI

Website: calvarylowell.org

Morning Worship..... 10:00 AM

Weekly Prayer Meeting - Mondays 7 PM
Barrier-Free

GOOD SHEPHERD LUTHERAN CHURCH

10305 Bluewater Highway

(Missouri Synod)

Halfway between Lowell & Saranac on M-21

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

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

St. Mary Catholic Church

402 Amity Street • 616-897-9820

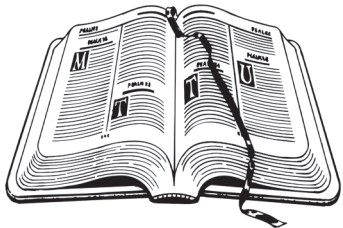
Website: www.stmarylowell.com

Weekend Masses: Sat 5 pm; Sun 10:30 am

Confession: Saturdays 3-4:30 pm

Prayer & Adoration: Wednesdays 8 am to 7 pm

RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS



FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST

865 Lincoln Lake SE • lowellucc.org

Pastor Alyssa Anten

Worship Service - Sundays 10 AM

Open Table (No-cost meal) - Thursdays 5 - 6 PM

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

FIRST BAPTIST CHURCH OF LOWELL

CHRIST-CENTERED, KINGDOM-FOCUSED HOMES

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897-7168 • www.fbc Lowell.org

Pastor Jon Pickens • Lead Pastor

Pastor Andrew Bolcom • 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

LOWELL UNITED METHODIST CHURCH

discover. grow. share

621 E. Main Street

897-5938

www.lowellumc.com • Barrier Free Entrance

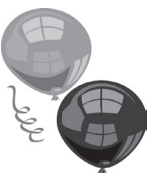
WORSHIP

Traditional Service: 9 am

Contemporary Service: 10:30 am

Sr. Pastor - Brad Brillhart

happy birthday



JANUARY 5

Ryan Sauber,
Craig Carpenter, Genie
Southwick, Jody Ann
Young.

JANUARY 9

Jordan Potter, Helena
Guastavino, Zvonko
Andelkovic.

JANUARY 6

Don Green, Bob
Kinsley, Bobbi Jo Young,
Terri Stuckey, Norann
DeLoof.

JANUARY 10

Mary Jo Vezino, Jared
Felling, Mike Barnes,
Logan M. Eidenier, Chase
Anderson, Gage Soyka.

JANUARY 7

Lois Seese, Bob
Leyman, Karen Cummings,
Troy Dilly.

JANUARY 11

Katie Plutschow,
Ian Blodger, Marian
Guastavino.

JANUARY 8

Ron Stanford, Cheryl
Emmette.

Reflections and predictions, continued



The Lowell Area Fire Department. Front row: Ashely Putney, Paige Frazer, Mandie Jones, Chris Tomic, Dustin Hendryx, Jordan Lambert. Middle row: Nigel Hefty, Tim Hill, Dan Rybiski, Brenda Herron, Jim Oswald, Bob Hulst, Chuck Putney, Zach Jahnke and Brad Root. Back row: Kevin Jones, Chuck Johnson, Justin Soyka, Cory Velzen, Shannon Witherell, Sean Donahue, Erik Kelley, James Weiler, James Bolan, Matt Harrison and John North. [photo by Bruce Doll]

Many were brought over by cartel traffickers to increase the odds of adults being let in the country. On numerous occasions, the Biden Administration has misled us about the severity of the situation at our border. Seeing it with my own eyes confirmed that we have a full-blown crisis at our southern border. Since this visit, I have supported legislation and signed on to multiple letters that hold government officials accountable for the crisis and aim to reform our current policies.

As I reflect on the events of the past year, our horrendously botched withdrawal from Afghanistan is one of the first things that comes to mind. Months before the disastrous events unfolded, I sent a letter to President Biden, and I spoke with Secretary Blinken about the need for urgency in evacuating Afghan allies and American personnel. Unfortunately, the Administration failed to act with the urgency needed, and American citizens, US lawful residents, and countless SIV applicants were left behind. Since the withdrawal, I have attended

committee hearings with Secretary Blinken and Brian McKeon, Deputy Secretary for Management and Resources at the Department of State. I questioned them about the Administration's missteps and demanded to know their plans for rescuing those still stranded in Afghanistan. We will be discussing this disaster for generations to come, and my heart remains with those who are devastated by the way this withdrawal was executed.

These are just a handful of priorities I've been able to work on during my first year holding this seat in Congress, and more work remains to be done this year. These achievements would not have been possible without the people who live and work in Michigan's Third District, and I am grateful for the opportunity to work on your behalf.



Shannon Witherell, chief, Lowell Area Fire Department

2021 was a trying, yet rewarding year for the LAFD. We were fortunate to have brought on 11 new paid on-call members to the department, with a wide background of experiences. We promoted seven members to new officer positions in January.

We broke several records with regards to calls for service. November was a record month, with over 100 calls for service, and as of 9 am on Dec. 31 we have received 1,047 requests for service. That is an increase of 228 in calls for service over 2020 and 100 over 2019.

We were able to finalize our purchase of Engine 1 with a planned delivery date of late July or early August of 2022. This truck is a joint purchase

between the Fire Authority and the Kent County Fire Commission. This truck will serve our area for the next 20 years. Much like our other engines, Engine 1 will be an all-purpose truck, equipped to respond to fires, medicals and car crashes.

Our open house/trick or treat event was a great event, with over 2,500 people coming through the department. We have already started planning for the 2022 event.

We had the opportunity to congratulate firefighter Nicole Witherell on her retirement from the department after 15 years and more the 25 years in EMS. We also announced our 2021 Firefighter of the Year Tim Hill, Rookie of the Year Brenda Herron,

and Chief's Service Award recipient John North at our department's banquet and Christmas party.

In 2022 we are looking forward to making the move from Medical First Responder to EMT. This transition will offer our citizens a higher level of care and service on medical calls. We will be moving forward with additional trainings for our leadership and members to advance the skills we offer. We are looking to expand our public education programs and continue to grow our smoke detector and CO alarm installation programs.

We will be doing a number of multi-agency trainings at the Middle School this summer before the demolition of the old part of the building. We are hoping to expand our fire inspection and fire pre-planning program. We are also looking forward to continuing to build on our community programs.

Michael DeVore, Lowell mayor

Our biggest successes this year were the progress made on the city street plan and repairs. Repairs are getting moved up and we're seeing progress faster than we originally thought. I'd say the same about the progress in unfunded pension liability progress. Credit to city manager Mike Burns on both of those accomplishments.

We've got plenty of plans for 2022. Continuing the street plan, deciding on the future use of Recreation Park (the Fairgrounds), working with Lowell Township on water and sewer expansion. The Fire Department and Authority will also be welcoming a new engine in the summer. There will be plenty going on to keep us moving forward.

Reflections and predictions continued on page 8

BOWNE TOWNSHIP BOARD OF TRUSTEES

On Monday, January 17, 2022 the Board of Trustees for Bowne Township will hear public comments related to the following requests. The public hearing will be held at 7:00 P.M. at the Historic Township Hall, located at 8240 Alden Nash SE, Alto concerning the following:

1. ADOPTION TO THE BOWNE TOWNSHIP – ALTO DDA PLAN UPDATE

The Bowne Township – Alto Downtown Development Authority has updated its Downtown Development Plan and Tax Increment Financing Plan for an additional ten years. A public hearing will be held at the Bowne Township Hall on Monday January 17, 2022 to hear all comments regarding this document. The proposed development area in this plan update was established in 1986 in the original DDA plan and is not being expanded. The Bowne Township - Alto DDA generally consists of the area south of 60th Street, east of Timpson Avenue, north of 64th Street and 1/2 Mile east of Alden Nash Avenue (M-50). It includes the majority of the Alto area, an unincorporated area and its surroundings. The C & O Railroad runs east and west through the DDA. The official boundaries and the legal description can be viewed by the public during office hours at the Bowne Township Hall, 8240 Alden Nash SE, Alto, Michigan 49302. The plan update will not remove or relocate any existing families or individuals within the development area. The full document can be found and examined in person at Bowne Township Hall prior to the public hearing.

The Downtown Development Authority Plan Update and Tax Increment Financing Plan is available for review and written comments will be received until 4:00 P.M. Monday, January 17, 2022 at Bowne Township Hall, 8240 Alden Nash SE, Alto, Michigan 49302. All interested parties will be heard at the meeting.

Bradley S. Kotrba
Planning & Zoning Administrator
(616) 988-3526

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.



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MarkJohnsonAgency.com
6151 28th St. SE, Ste. 10,
Grand Rapids



Reflections and predictions, continued

LOWELL LEDGER

Lorain Smalligan,
LowellArts, Fallasburg
Festival

The highlight was that we were able to bring it back after the virtual one in 2020. This festival serves as a big fundraiser event for LowellArts as well as the other supporting organizations for the food booths and Lowell wrestling team with parking support. It also serves the over 100 visual artists at the festival to give them a venue to sell their art creations and the musicians a chance to perform after 1.5 years off. It is a homecoming for people to have an outdoor place to safely gather. This year we didn't do the hands-on children's art activities and instead did a festival scavenger hunt that the kids loved along with being able to take a pumpkin home to

John Wenger,
LowellArts, music

Our big successes in the music department for 2021 were the introduction of our "LowellArts Featured Artist of the Month" program and the return of the Lowell Showboat Sizzlin' Summer Concerts.

The media partnerships we developed for the featured artist program help us get our message out to a much larger audience. It's doing a great job of introducing people to both the fantastic local original musicians we cover and LowellArts as an organization that supports local music. Our featured musicians are covered in print, online, on the air and in various follow up interviews through our media partners.

It was great to be able to gather on the Riverwalk for some great concerts this year! And we didn't cancel a single show due to rain. This is in part due to the new stage which allows us to go ahead with

exploration of the many ways that visual artists and writers are inspired by their respective art forms and how that inspiration can lead to collaboration in the creation of visual and literary works. In August we began preparing for "WordView" with a series of events to promote artist collaboration across genres, inspire collaborative artistic and literary projects and inspire the creative process through the showcasing of artists and writers. These events ran beginning in August through October. The fruits of this exploration will be an exhibition of original works consisting of both visual and textual components created by individual artists or by artists and writers in collaboration. "WordView" will be on exhibit between Jan. 8 to Feb. 19 during regular gallery hours.

"WordView" and its events have been funded through a grant from



On Christmas day, many service people have leave time to travel home, as was the case of Brady Chambers, Army PFC Infantry, 11 Bravo from Fort Hood, TX visiting Evergreen Church on Sunday Dec. 26. I am to his right, to the left of Brady is the youngest Army vet, Afghanistan vet Jason Chew, and our oldest, Glenn Marks WWII Army, age 96 young. [Herman Weststrate, Jr.]



decorate. Hopes for 2022 are to be able to bring back larger gatherings at the beautiful LowellArts building including gallery concerts, artists receptions at our gallery exhibitions, fun gatherings of friends at events and fundraisers at LowellArts and in the back parking lot behind the building. Also to expand our art classes offerings, where both art instructors and students can feel safe gathering.

Our facility rentals program was built up and just launched when COVID pandemic hit. LowellArts is a beautiful venue for gatherings and parties for up to 100 people. We hope people will check it out. We have what they need!

shows during light rain.

Our hopes for 2022 include being able to return to hosting live music concerts in the gallery. We're calling on everyone to please get vaccinated to help us steer things back towards intimate live music events. We're hoping for even bigger and better Showboat concerts. To sign up enough sponsors to continue the featured artist program. And the big news is we are making plans to open a music store in the gallery on Main Street featuring local original music!

Gary Eldridge,
LowellArts, art

LowellArts was pleased to present a number of exciting and inspirational gallery exhibitions while continuing to plan and prepare for 2022. One of our 2021 plans included "WordView," an

Michigan Humanities, an affiliate of the National Endowment for Humanities and is presented in partnership with the International Society of Experimental Artists and the Poetry Society of Michigan.

For more information regarding our gallery schedule please visit lowellartsmi.org.

Laurie Kuna, Lowell
Arts, theater

The biggest 2021 highlight for the theater division of LowellArts was the return to live theater. Despite the challenges of COVID 19, LowellArts produced three live events. The children's show "The Trial of Goldilocks" was performed in the high school LPAC in the spring. In order to accommodate those who couldn't attend live, the show was also streamed, a first for LowellArts.

LowellArts hit another first in the summer when GEM Theatrics brought in the original play "My Dearest Friend." Based on the letters between John and Abigail Adams, the two-actor play was performed in the LowellArts gallery by Gary Mitchell and Marybeth Quillen.

The final production of the season, also performed in the gallery, was "Don't Touch That Dial," which used two original radio shows from the 1930s - an episode of The Shadow and an episode of Fibber McGee and Molly - along with two live singing acts and a performance of the Abbott and Costello classic "Who's on First" to make up a 90-minute live event. The audience was taken inside a radio studio to see the actors and singers perform much as they would have during the golden age of radio.

We were thrilled to have been able to again bring live theater to Lowell [and] We look forward to at least three live events at the gallery in 2022.

LOWELL LEDGER

Herman Weststrate, Jr.,
Lowell VFW Post 8303
commander

By January, COVID-19 hit all of us. The Lowell VFW Post 8303 received a large donation from the estate of a USN Vietnam veteran Larry Jerrils, age 73, from Alto, who passed on June 15, 2019.

In January Bonnie and my grandson-in-law from Kalamazoo, an Army officer and combat engineer, was deployed to Kuwait in the Middle East.

In March 2021 many Americans were getting the COVID-19 virus shot.

In April 2021 the Lowell VFW Post 8303 and American Legion Post 152 had two WWII War veterans in their membership, both attending Evergreen Church at 10501 Settlewood Dr. SE in Lowell. USN Pacific vet John Schrouder and Army Europe vet Glenn Marks, both age 95. Sunday, April 18 was the anniversary of the Doolittle Raid on Tokyo, Japan in 1942, four months after the attack on the US Pacific fleet at Pearl Harbor, Hawaii. Schrouder and Marks were both age 18 at entry into the military. The special event was the presentation of the Ruptured Duck that afternoon at Evergreen Church. Vietnam

Navy vet Eric Nelson was the presenter to John, and retired Iraq vet Michigan National Guard Breyond Haywood was the presenter to Glenn.

On April 20, Vietnam Navy vet Larry Mikulski passed away, age 76. He served on the USS Fox Light Cruiser in the South China Sea supporting fire ground forces in South Vietnam at Dixie Station and trading fire with North Vietnam guns at Yankee Station. Larry Mikulski became very active in the Lowell community and was a member of VFW Post 8303. Attending the funeral at Lowell St. Mary Catholic Church in uniform were Legion Post 152 Commander Vickisue Condon, a USN vet with the Kent County Honor Guard, the Lowell Veterans Honor Guard in uniform, Korean War POW Army vet John Ericson, USN retired Iraq vet David Maltman, National Guard Iraq vet Breyond Haywood and Jr. Army Vietnam & National Guard vet Herman Weststrate.

On May 26, John Schrouder, WWII USN, turned 96.

Monday, May 31's Decoration/Memorial Day

Reflections and predictions
continued on page 9

Reflections and predictions, continued



Herm Weststrate Jr., Breyond Haywood, David Maltman, John Ericson and Jim Breen at the funeral for US Navy veteran Larry Mikulski on April 23. [Herman Weststrate, Jr.]

did not occur due to errors in communication between the city of Lowell, Legion Post 152 and VFW Post 8303. No parade was allowed so, keeping respectful, 15 veterans in military uniform with six rifles and two flags walked the city sidewalk from the US Post Office down Main Street to Monroe Avenue, north to Oakwood Cemetery, where members of the American Legion Post 152 were waiting for our traditional Memorial Day ceremony, including the names of veterans who passed away during the last

12 months, three volley rifle salute with taps. The speaker was Legion member retired Army Colonel Bruce Whitman, who was introduced by Dirk Ritzema, National Guard, Legion Master of Ceremonies. June 6 was the 77th anniversary of the D-Day invasion in Europe by Allied Armed Forces. On July 4, we celebrated the 245th Independence Day. On July 27, WWII Army veteran Glenn Marks celebrated his 96th birthday. Aug. 8 at the 4 H Youth Fair's Sunday afternoon opening ceremony the VFW

Veterans Honor Guard was on hand for the flag raising ceremony. Legion and VFW members manned the veterans table inside the exhibition building through Saturday, Aug. 14. Incidentally, Aug. 14, 1944 was VJ Day.

On Aug. 6, WWII USN veteran John Schrouder passed, age 96. He was a Navy Lt. Commander and Chief Petty Officer, and was a veteran of the 1944-45 Philippine Liberation and Dutch Indonesia Liberation aboard a LST. The funeral was Aug. 21 at Evergreen Church. The Kent County Honor Guard was on hand performing military honors, along with the Lowell Veterans Honor Guard. Also one of John's sons with the Patriot Guard attended.

On Aug. 15 1,000 soldiers were sent to Qatar to reinforce the evacuation of Kabul airport in Afghanistan. My grandson-in-law, a combat engineer Army officer, was transferred from Kuwait to Qatar. On Aug. 26, 13 were killed in action at Kabul airport in Afghanistan, and on Aug. 30 the Kabul airport evacuation ended.

Oct. 10, the second Sunday of the month, was the veterans potluck at 2 pm. Any vet family was welcome.

Oct. 13 we celebrated 246 years of the US Navy, established in 1775.

On Monday, Oct. 18 Gen. Colin Powell passed away, age 84. The Lowell Veterans Center flag remained half mast for the remainder of the week until his burial. I wrote an article for the Lowell Ledger that week about his two tours in Vietnam with many decorations for bravery under fire. In my study of those days before his second tour in 1968, I found that he went through Ranger training at Fort Benning, GA in 1967, the third phase of Ranger training was "Jungle Warfare and Counterterrorism" at Elgin AFB, Florida Aux. Field # 5, west of the main base. That was also my duty station from April to Nov. 1967, as cadre Infantry School 3rd Ranger Battalion HQ Company watched all the trainees marching out to train.

Half of October and through the first week of November the Lowell Veterans Center went through \$10,000 worth of renovations. Sunday, Nov. 7 at 2 pm, the Legion Post 152 had the



Promo photo of D Avenue, David and Pam Jones, circa 1985.

annual Veterans Day dinner for 58 attending, catered by Cannonsburg Honey Creek Inn. VFW Post 8303 wrote a check. Later that week the check was returned. Please thank the owner, Don, for his generous donation. At the meal a hat was passed and \$250 was collected for Flat River Outreach Ministries on M-21 west of Lowell.

On Nov. 26 John Erickson, a Korean War POW Army vet, turned 92 and that was posted in the Lowell Ledger with a picture. Also in November, Lowell businessman Richard Rozell, a USMC Legion member, is renting the Lowell Veterans Center Wednesdays and Thursdays for the Flat River Cornhole.

On Saturday, Dec. 4, Lowell had an evening Santa parade. The Lowell Veterans Honor Guard, four of us, showed up to show the colors. There must have been 2,000 people in downtown Lowell. I carried a rifle to the right of Joel Frueh, USMC Iraq veteran, who carried the colors. To the left was Breyond Haywood, Iraq National Guard vet. The fourth member, for the first time marching in many years, was the new Legion commander USAF retired also attends. The new Evergreen Church pastor was only yards from us. Seeing two of his congregants marching down Main Street in Lowell, one with a rifle, was a first for him.

On Dec. 5, Bob Dole passed, age 98. Dole was a WWII Combat Infantry soldier wounded in Italy, later becoming a US Congressman. Again the Lowell Veterans Center flag was at half mast for two weeks.

Dec. 7 was the 80th anniversary of Pearl Harbor Day.

On Dec. 21 the Lowell Veterans Center had a rental to a conservative policy action group. There was a food truck on site. We rent to anyone for weddings, parties,

etc. I heard secondhand of threatening calls made. On our answering machine a polite lady gave her name, saying she supported veterans but stated we should cancel the rental.



John Schut, Kent County Youth Fair

The KCYF was able to have most of the traditional events that have produced a quality community event in 2021. When the fair worked through the challenges presented in 2020, many families were excited to be able to be a part of a more normal event that offered youth events, carnival and entertainment. The 2021 fair was well attended by the community and many partners supported the annual livestock auction. The new grounds project moved forward with additional support coming off a year where COVID-19 severely impacted the project's capital campaign.

As the organization plans for the 2022 fair, anticipation for another family-focused fair is at the forefront of youth competitions and community engagement. Many youth work year-round on projects in livestock, performing arts and still exhibits that culminated with the 2022 Kent County Youth Fair. The educational opportunity that the fair presents to youth helps build the community through leadership and personal development. In addition, the fair plans to provide recreational activities and entertainment this year. The new grounds project is moving forward with project plans and initial site work.

David Jones, Lowell musician

While on vacation in Florida last April, Pam and I got an email from Fervor records, writing with the exciting news that our song, 'Ledger Of Love,' was going to be in episode 409 of the FX series "Snowfall."

Fervor Records is a vintage music publisher that had only recently purchased the rights to "Ledger of Love," an original recording from 1985 by D Avenue. To have one of our songs placed in a primetime network series was an exciting surprise for us. We called Mitch McMahon right away, as he had written a lot of the lyrics. He was pumped! What a great way to start our vacation!

I entered one of my songs, "I Want To See The Day," in ArtPrize last September. I was lucky enough to have the talents of Jon Weidyk (co-writer, lyrics, video producer), Rusty Benmark (audio engineer, mixer) and my son Ryder Jones (guitar), as they contributed greatly to creating this song. At the Grand Rapids venue Peppino's Downtown, we did a live show promoting "I Want To See The Day" with Tom Pickel joining us on drums.

For 2022, I will be offering an LP of my ArtPrize entries from the past few years. I'm also going to continue to write and record music of my own, and I've recently been helping other songwriters do the same.



Charlie Jeffrey, director of operations, Betten Baker GMC

Betten Baker GMC added the Buick franchise in June of 2021 and broke ground a new facility in September, with expected completion in late Spring 2022. Despite the limited inventories of new cars, both Betten Baker GMC/Buick and Betten Baker CDJR set new sales records for 2021.

2022 will bring the completion and grand opening of the new dealership, plus the remodel of the current facility to a used car center and larger body shop. The current body shop will be removed and will become additional display area for the new facility. We are hopeful that the chip-related delays will improve to allow for additional production and more new cars and trucks on the lots. We also will be making improvements to both stores to prepare for additional electric automobiles that will be hitting the lots in the near future.



Installation at the Lowell Veterans Center on June 28 of new Legion Commander Richard Thomas, USAF retired Vietnam era, replacing Vickisue Condon, USN Vietnam era. [Herman Weststrate, Jr.]



The Restless Viking

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

~ Mackinac Island - Horses

by Martha Hayden

Where do all the Mackinac Island horses go in the winter? Chuck thought they relaxed by sitting at a bar drinking while wearing derby caps. I adore his imagination. Sometimes I have to roll my eyes, though. We were curious and started our research.

After digging deeper, we found several farms in the upper peninsula and several phone numbers. With Chuck's detective skills, I called the ranch that looked as if it had the widest space for a large herd. I planned to ask for an interview and photos of the horses for the following

husband, but I was rather doubtful.

Jodi graciously called me back later and said she still had to check with Dale. That was so sweet of her to keep me in the loop. I was honored that Jodi had taken the time to reach out to me again. The following morning she called to confirm our appointment. My excitement grew. I used to ride green horses (new, rarely ridden) western-style in my high school days. I loved barrel racing! Meeting these carriage horses would be a bucket list dream for me.



tractor to the new selection of hay. One pushed his way between two others to find the prized nibbles. Another gracefully galloped in front of the group. These displays were entertaining to me as I recalled the various eminence of the horses I once rode. Chuck's video captures these moments well.

Dale joined us after the hay was laid. "This is my grandfather's land. See, I graduated from Cedarville High School (several miles south). When my dad died young (1976) we sold our house in Cedarville and had a trailer house on this land until we built the modular home." Dale's gaze would follow the horses and then return to us.

"I live on the island all summer. I come home to mow the lawn and such on a day off. See, we have Jack's Livery, Cindy's Stables and Gough Livery." Chuck had asked where Dale would like to go on vacation. Dale gave a straight forward answer, "Well, when our kids were little we'd go on trips. But now," he shrugged, "we're happy to be here." Dale's devotion to the horses and his family business is impenetrable. He is completely content.

Dale has worked with Mackinac Island horses since he was five years old. It all started in 1952 with Taylor Gough, Dale's grandfather, and his three horses: Babe (a gray mare), Pete (a bay gelding) and King (a black gelding). Taylor would rent his three horses out to tourists so they

could traverse the island.

In 1953 Taylor's sons, Jack and Burton, established Jack's Livery on Mahoney Street. (These are the green buildings pictured above.) With the passing of their fathers in the 1970's Jack's sons, Reginald and William (Cindy), along with Dale, Burton's son, took over the family business.

William's wife Cindy had worked at the Gough

northwest of Main Street 7745 Mahoney and Cindy's Stable is one block north of Main Street 7447 Market Street. It will be well worth your time to seek them out.

The Chambers Family

Napping on a Mackinac Island carriage was commonplace for the Chambers children. Sara, their mother, knew that a

carriages have been built by his brother, Bud, using the same methods as their great-grandfather Thomas Chambers had used. Thomas left Ireland due to the potato famine and settled on Mackinac Island in 1830.

Thomas built a white clapboard home and stable on the corner of Market Street and Cadotte Avenue. The 170-year-old structure holds many memories. Bill



Dale Gough feeding his herd of 64 on this area of his property. He has another string of 30 horses to the east.

stables. In 1965 she had been elected the Lilac Island Queen. She and William were married on December 20, 1969. On their anniversary in 1974, William opened Cindy's Stable on Market Street to honor his wife. They had thirty saddle horses available for daily excursions.

Dale's three children Veronica, Burton and Kristi along with Teddy, William and Cindy's son, have been working as the fourth generation in the Gough Family Livery business.

At the stable and livery a Gough family member or a worker will gauge the visitor's comfort level with horses. They allow travelers to rent individual horses or even carriages for self guided tours of the island. If you'd like, you may hire a guide or driver as well. Jack's Livery is two blocks

ride would lull a grumpy toddler to sleep. Their father, Arthur, was the third generation owner of Mackinac Island Carriage Tours. These carriages consist of the red and yellow sixteen-seat carts and the large green and white transports that take a team of three horses to pull.

Bill, now the fourth generation owner of the Mackinac Island Carriage Tours, recalls being a fussy youngster and his mother hoisting him onto a carriage where his dad was sitting. She had said, "Here. Take this kid." Bill reports that he still gets groggy when riding in one of their nearly a hundred carriages in the family owned fleet. "The first time they put us in a car, we all spit up." Bill laughed.

Most of these centuries-old-styled

and Bud's sister, Sally, lives there now.

The Chambers family along with their dear friend, Buck Sharrow, care for their 300 horses as well as their fleet of "Brewster" style carriages. Most of their herd consists of Hackney horses. This tawny breed is known for its working strength and being highly spirited. They are 'driving horses.'

Pulling the large green taxis are teams of three gentle giants, Percherons. These 2,000 pound majestic, clomping stallions and mares have tenacity unlike most breeds.

Caring for these creatures is a labor-intensive love as the profit margins are slim. The Chambers family devotion is admirable! The horses are fed highly nutritious meals three times

Continued next page



Bill Chambers is the owner of Mackinac Island Carriage Tours located at 7396 Market Street. Photo Courtesy of www.mict.com/history

Saturday. I would never just show up without permission.

When Jodi answered she was wondering how I found their number. I explained with timid confidence, trying to not let my apprehension show. I silently berated myself, "maybe I really overstepped and this family wants to be left alone. After all, it had been difficult to locate their contact information."

Jodi kindly explained that she'd have to ask her husband. "He usually feeds them between 9:00 and 10:00 in the morning." she offered and shared that she didn't want her picture taken or to be interviewed. BINGO! I had found the correct location. I held hope that we could secure an interview with Jodi's

Dale and Jodi Gough

That Saturday morning we stopped at their house as Jodi requested. I held out a gift bag containing Restless Viking coffee mugs but she shook her head, "That's not necessary." Pointing, she directed us down the two track flanked by snow laden pine trees. "I'll call Dale and let him know you're here." she nodded and shut her door against the frigid air.

With a quick scan I counted around sixty in the string. A string is a group of horses with a single owner.

Individual horses revealed their personalities/horse-alties, if you will. The brown horse pawed the ground and nudged his nose into the hay looking for the best parts to eat. The black mare trotted toward the



The Chamber's Family Stables.

Restless Viking, continued

a day. They need a farrier to put on horseshoes. These must be checked daily as the stallions and mares are groomed.

As one of the few breeders of the hackney breed, Bill's love for them shines through. "Every move you make on a colt makes an impression on them," Bill explained, "When they're born, even before their mother licks them off, we put our fingers in their ears, nose and mouth. That way they won't mind being bridled later."

Bill came back to the island in 1972 when his father passed away. He gladly rejoined the family business. Bill had earned

now wear "fly coats." These braided ropes hang over the horse from a thick band along their spine. These braids swish naturally to divert the pesty insects. Horses quickly learn to shimmy and shake to activate movement in the braids.

Why aren't automobiles allowed on Mackinac Island?

In 1896 a few "horseless carriages" came across on the ferry boats. Their loud, disruptive manner sliced into the quiet charm of the island. The horses became skittish. The carriagemen worried that their livelihood would be in jeopardy.

The carriagemen united, led by Thomas Chambers.



Dale and Jodi Gough's well cared for carriage and riding horses.



The Gough residence and livery, 1503 Cadotte Avenue.

his veterinarian degree from MSU. He served in the United States Army as a veterinarian during the Korean War. Bill had been residing in Minneapolis when he received the call about his father's illness.

With newer regulations about pesticides, the horses

In 1898 the group petitioned the Mackinac Village Council to ban the use of these "dangerous horseless carriages" from the island.

Pandemonium arose daily as eighty carriages would crowd near the ferry dock. There would be

dickering and bickering as the carriagemen enticed travelers disembarking from the ferry boats. In 1924 the Mackinac State Park Commission stepped in to mediate and set consistent carriage fares.

In 1947, as tourism was booming, liability

insurance and the cost of caring for the horses rose steeply. Carriagemen could earn shares of stock in the company if they could provide a team of horses and a sturdy carriage. This was big step toward giving the workers a voice in the company. This created a framework for future unions to follow.

With more visitors to the island, larger carriages were needed. Bud went to work designing and building the red and yellow 16-seat taxis that are still used today.

The fifth generation, Bill's sons, are both involved in the family business. Brad lives on Mackinac Island and is the treasurer. Jeff is a cardiologist in Minneapolis. Bill wonders how long it will be until Jeff joins them

on the island. With a raised eyebrow Bill pondered, "He calls every day to check in on things."

A few draft horses remain on the island during the winter months. They are used to haul construction materials as businesses and homeowners renovated and update. They are used for the twice weekly deliveries to the oldest store in Michigan, Doud's Market. Draft horses are also known by the English term Dray or Draught.

Most of the Chamber's three hundred herkneys are loaded on ferry boats starting in August and through the month of October. The Chamber's horses are brought to three farms in the upper peninsula. Their herds enjoy 900 tons of hay, 4,000 bushels of grain and 120 tons of "Master Mix." Bill

Chambers developed these energy pellets for his team.

Dale and Jodi Gough's string of horses also reside on three plots of land. These teams are well cared for during their off-season vacation. When I asked Dale if he had a favorite horse, he said, "Nope." Each horse is special.

Resources:
Dale Gough, interview www.mict.com/history
Chambers Family
Lansing State Journal and Detroit Free Press
by Louise Knott Ahern
November 5, 2014
Hayley Barrett, interview

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the lowell ledger

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33% of Michigan adults prefer receiving coupons from direct mail.²

Michiganians depend on newspapers for advertising inserts³

Michigan consumers prefer to receive advertising inserts in printed newspapers – higher than those who prefer to receive them through direct mail.¹

Michigan adults make more purchases as the result of newspaper ads than direct mail.²

79%

Eight in 10 newspaper readers took action as a result of reading a newspaper ad in the past 30 days⁴

17.2%

of adults made a purchase in the past 90 days as the result of a direct mail flyer⁵

Direct mail lacks the effective reach of newspaper advertising.

86%

of adults look at newspaper inserts to get the best deals³

72%

of Michigan adults never bought anything as the result of a direct mail piece²

50%

of Michigan adults did not buy anything as the result of a direct mail piece in the past year²

Sources: ¹2K17 Valassis Coupon Intelligence Report; ²2017 Release 2 Nielsen Scarborough Report. Copyright 2018 Scarborough Research. All rights reserved; ³Triad/Coda Ventures Insert Study; ⁴NAA; ⁵Pulse of America 2018

obituaries

THOMAS

Darrell W. Thomas, age 75, of Lowell, 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) McCreddie; brother-in-law, Dale Hancock; and his fur babies, Pumpkin, Spice, and Zoe. Darrell graduated from Godwin Heights class of 1964. Darrell enjoyed playing handball, racquet ball, fishing, hunting, speedboats, sports cars, and a good game of golf. He loved most of all, time spent with his family and friends. Please join us for a celebration of life to remember Darrell Wayne Thomas, proud owner of Vanguard Fire and Security, LLC, from 2 pm - 5 pm on Saturday, January 15, 2022 at Noto's Old World Italian Dining, 6600 28th St., Grand Rapids, MI 49546. 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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~ Roy T. Bennett, The Light in the Heart

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WHITMAN

Marlene Anne Whitman, age 77 of Lowell, passed away on December 29, 2021. She was preceded in death by her parents, William and Lotti Piszarszewski; brother, Leonard Piszarszewski; and sister, Christine Franks. Marlene is survived by her husband of 57 years, Bruce



Whitman; children, Bentley (Kristy) Whitman, Austin (Theresa) Whitman, Jason Whitman; grandchildren, Abigail, Conrad, Lily, Taylor; nephew, Paul (Lil) Franks; and nieces, Debra (Don) Sieloff, and Cindy Franks. Marlene succumbed to complications of Covid-19 after a month long fight. She was an army wife during the Vietnam War era, and was a loving wife, mother, and grandmother. Marlene was an avid quilter and a master gardener. A celebration of life will be held at a later date.

Whitman; children, Bentley (Kristy) Whitman, Austin (Theresa) Whitman, Jason Whitman; grandchildren, Abigail, Conrad, Lily, Taylor; nephew, Paul (Lil) Franks; and nieces, Debra (Don) Sieloff, and Cindy Franks. Marlene succumbed to complications of Covid-19 after a

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Looking Back, continued

alert citizens came to the rescue of two boys who had fallen through the ice of the Flat River. Strolling home from work, down Riverside Drive, Phil Johnson saw the two boys edging their way out on the ice. His next glance caught the boys as they fell through the thin sheet.

Mrs. Bert H. (Laura) Shepard, City Clerk of Lowell since 1955, stated today she would be retiring by July 1 of this year. She wishes to publicly express her appreciation to all her friends and supporters who elected her for five years consecutively when Lowell was still a village. She publicly thanks the Councils who continued her as City Clerk when Lowell incorporated as a Home Rule City in 1960. At that time Mrs. Shepard was appointed City Clerk, was named City Treasurer the following year.

**25 years
The Lowell Ledger
January 8, 1997**

Due to the extraordinary response Wyoming's Fire Safety House got last summer conducting fire safety demonstrations for Bushnell Elementary students and the Lowell Wesleyan Church, the Lowell Area Fire Department decided to seek funds for its own unit. The response was every bit as remarkable.

If heart could have saved the Lee's Landing building, Jim Reagan could have prevented its demolition. Reagan spent nearly a month gathering information and numbers on the deteriorating building.

As Jack Misner's seventh-grade students stand on their tables, they view what's around them (their world) with the perspective of 12-year-olds. The social studies teacher uses this activity to show them that the picture (perspective) they currently hold of the classroom and world will grow larger with education and experience.

How to get your new baby's Social Security number

Welcoming a baby to your family is an exciting time. Doing paperwork, even for something as important as a Social Security number for your newborn, is probably one of the last things you want to do. We've made it easy. If your child is born in a hospital, the most convenient way to apply for a Social Security number is at that hospital before you leave.

When you give information for your child's birth certificate

number to claim your child as a dependent on your income tax return. You may also need a number for your child if you plan to do the following for your child:

- Open a bank account.
- Buy savings bonds.
- Get medical coverage.
- Apply for government services.

You can find more information by reading *Social Security Numbers for Children* at www.ssa.gov/pubs/EN-05-10023.pdf.



at the hospital, you'll be asked whether you want to apply for a Social Security number for your child. If you answer "yes," you will be asked to provide both parents' Social Security numbers. Even if you don't know both parents' Social Security numbers, you can still apply for a number for your child.

There are many reasons why your child should have a Social Security number. You need a Social Security

Please share this information with people who are having a baby. Applying for a Social Security number at the hospital will save them time and let them focus on their new bundle of joy.

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

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WHISTLE STOP MINI STORAGE - 12661 Vergennes, N. of Lowell. 5x10; 10x10; 10x20; 10x30; 12x40. Fenced lighted, key code entry. Call for more information, 897-8872.

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

misc.

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

TOPS (TAKE OFF POUNDS SENSIBLY) WEEKLY MEETINGS - Tuesdays, 6:30 pm at Schneider Manor Community Room, 725 Bowes Rd., Lowell. Cost \$37 per year and \$5 per month... start losing weight TODAY

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

The Difference between Mental Health and Mental Illness

People often ask me the difference between mental health and mental illness? In this article, I want to discuss each of these areas, define them, and show the differences between the two.

Mental health

Mental health is our overall foundation of emotions, social interactions, and psychological wellbeing.

It's how we feel, communicate, learn, think, and act (respond).

It's our ability to adapt to change and handle difficulties. It's how we handle life and make our daily choices.

It's healthy relationships and communication.

It involves effective functioning at school, work, in caregiving and contributing to one's community.

Our mental health can be negatively or positively impacted by many factors including:

Breakups

Trauma

Grief – death of someone close, loss of someone close (moved away, ended relationship, etc.), job loss, becoming an empty nester, etc.

Stress in life, work, family, school, relationships, etc.

Accidents

Physical illnesses

Mental illnesses

Family problems

Abuse

Anger

Self esteem

Mental illness, also known as mental health disorders

Mental illness can be defined as a set of symptoms that causes problems. It causes changes in thinking, behavior, or emotions or a combination of the three. When someone has a mental illness, they are in distress and having problems functioning in one or more life areas.

Mental illness is actually fairly common as is shown by the statistics below.

Annually:

About 1 in 5 or 19 percent of U.S. adults experience some type of mental illness.

1 in 24 or about four percent has a serious mental illness.

1 in 12 or about 8.5 percent has a substance use disorder.

Sadly, there is still a lot of stigmas around mental illness but it's usually treatable. Mental illness can affect anyone of any age, gender, location, social standing, race, religion, background or income. While mental illness can occur at any age, three-quarters of all mental illness begins by the age of 24.

Mental illnesses can be mild to severe. Most people with mental illness continue to function in their daily lives but some with severe illnesses may need to be hospitalized.

The most common mental illness are anxiety disorders, depression, eating disorders, mood disorders, schizophrenia and substance use disorders.

Symptoms of mental illness can vary greatly, depending on the disorder and other factors. Some symptoms and signs include:

Feeling sad or down
Extreme mood changes (highs and lows)

Extreme tiredness, problems sleeping, or lack of energy

Excessive fears or worries (catastrophizing)

Extreme feelings of guilt or shame

Withdrawing from friends, family and things you enjoy doing

Detachment from reality (delusions), paranoia or hallucinations

Being unable to cope with daily problems or stress

Difficulty understanding and relating to situations and people

Major changes in eating habits

Sex drive changes

Excessive anger, hostility, rage or violence

Confused thinking or problems being able to concentrate

Problems with alcohol or drug use

Suicidal thinking

Mental illness symptoms can also show up as physical issues. I often have clients complain of stomach aches and/or headaches when their anxiety is high. So be aware if there is an increase in physical issues such as aches, pains, back pain, neck pain, stomach aches and headaches.

Many people have mental health issues from time to time. But when a mental health issue turns into a mental illness and the symptoms begin having a negative effect on your life or you are having problems functioning, it's time to get help. Most mental health issues that have crossed over to mental illnesses don't improve on their own. When left untreated, they will most likely get worse and cause serious problems. So, don't wait until things feel out of control before getting help.

If you have suicidal thoughts

Suicidal thoughts and think you may hurt yourself or attempt suicide, get help right away:

Call 911 or your local emergency number immediately.

Call a suicide hotline number. In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use its webchat on suicidepreventionlifeline.org/chat.

Reach out to a close friend or loved one.

Suicidal thinking rarely improves on its own, so get help. Please don't use a permanent solution to a temporary problem that can be treated.

This article is not intended to provide advice, diagnose, or treat in any way. It is for informational purposes only. I hope everyone stays healthy and has a wonderful 2022!

Financial Focus



With Christopher C. Godbold

Edward Jones

Serving Individuals Investors Since 1871

What should you know about investment risk?

When you invest, you incur risk – there's no avoiding it. But the concept of "risk" may be more expansive than you realized. And by understanding the different types of investment risk and how these risks can be addressed, you can improve your skills as an investor.

The most common perception of investment risk is simply the risk of losing money. When you invest in stocks and stock-based vehicles, such as mutual funds, there are no guarantees that your

principal – your initial investment amount – will be preserved. Generally speaking, if you hold stocks or mutual funds over a period of years, and even decades, you can reduce the likelihood of sustaining losses that could send your investments' value to zero. Hopefully, the value of your investments will rise over time. And it's worth noting that, since the Great Depression, U.S. stocks have averaged 9.59% annual returns, according to Morningstar Direct, an investment research

service. However, past performance can't guarantee future results.

In any case, this type of risk is real, and it's a factor to consider when making your investment decisions. But you can't avoid all risk by avoiding stocks and putting your money into other types of investments. Consider bonds, for example. When you purchase a bond, you typically receive regular interest payments and you get back your initial investment when the bond matures, provided the issuer doesn't default. But if interest rates go up and you want to sell your bond before it matures, you'll have to offer it at a "discount," because no one will pay the full price for your bond when they can buy new ones at a higher rate.

You can help manage this type of interest rate risk by owning a variety of bonds with different maturities. When interest rates are rising, you can reinvest your short-term bonds at the new, higher rates. And in a falling-rate environment, you can still benefit from your longer-term bonds, which typically pay higher interest rates.

Foreign or international investments also contain specific risks. When you purchase foreign stocks, you'll find that fluctuations in the value of currencies relative to the U.S. dollar can affect your returns. Also, international investments may carry political risk, since

some foreign governments and political systems may change in ways that work against businesses in those countries. To contain these types of risk, you'll want to maintain an appropriate allocation of international holdings and diversify across regions.

Ultimately, your most broad-based defense against all types of risk is to build a diversified portfolio containing U.S. stocks, international stocks, corporate bonds, mutual funds, government securities and other investments. Diversification works because it helps reduce the impact that market volatility can have on your portfolio if you only own one type of asset, such as domestic stocks. (However, diversification can't guarantee profits or protect against all losses.) And you'll also want your portfolio to reflect your individual tolerance for risk.

By being aware of the different types of risk, and taking steps to mitigate them, you can create a strategy that offers the potential to help you achieve your important goals, such as a comfortable retirement. And by doing so, you'll avoid the greatest risk of all: not investing for your future.

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

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FUN PAGE

BLOOD DONATION WORD SEARCH

SUDOKU

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

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!

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

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

Puzzle solutions on page 23

BLOOD DONATION WORD SEARCH

ANTIGLOBULIN BANK BLOOD CALIBRATION CELLS CODOMINANT CROSSMATCH

DISEASE DONATION DONOR DOSAGE ENDOTHELIAL ENZYMES GENETIC

GROUP HEALTH STEM SYRINGE THERAPY TYPE

Guess Who?

I am an actor born in California on January 7, 1971. I was nominated for an Academy Award for Best Actor for a role as a military sergeant. Later, I went on to play a key role in Marvel's Avengers movies.

Answer: Jeremy Renner

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to blood donations.

S V L I A

--	--	--	--	--

Answer: Vials

	1	2	3	4	5		6	7	8	9	10	11	
12						13	14						15
16			17										18
19			20			21			22				23
24		25			26			27		28	29		
	30			31			32		33		34		
		35	36					37		38			
	39								40				
41					42			43					
44				45		46		47				48	49
50			51		52		53				54		55
56			57	58		59				60			61
62			63		64					65			66
67		68										69	
	70											71	

CLUES ACROSS

- Struck firmly
- Shirt part
- Nevertheless
- Article
- Adornment
- Educator's helper
- Healthcare pro
- Atomic number 28
- Extinct flightless bird
- Mystic syllable
- College sports decision maker (abbr.)
- Edible mushrooms
- Venerable English monk
- Surrounded by
- Forming fractional numbers from 4 onwards
- Eastern France river
- Short cry or yelp
- Brew
- Ornamental box
- In a way, surfaced
- Attired
- Peculation
- Netted
- It shows you paid (abbr.)
- Payroll firm
- Antidiuretic hormone
- Japanese classical theater
- The first two
- Ancient burial chamber

- Type of card
- Expression of sorrow or pity
- Hectoliter
- Morning
- NYC subway dweller
- Law enforcement
- Sodium
- Elevated subway
- Facility where wild animals are kept
- Integrated circuit
- Seaman's tool
- Drink to
- Small group
- Poem
- Everest is one (abbr.)
- Olympic legend Jesse
- Portable tent
- When you hope to get there
- Unwavering
- Back muscle
- Within
- Excessive fluid accumulation in tissues
- Six
- Involved as a necessary part
- 2002 Liotta, Patric film
- Living thing

- Type of gin
- Moved around in pursuit of fun
- Makes light bulbs
- Story of one's life
- Small island in a river
- A type of bliss
- Genus of large herons
- A way to make dry
- One's grandmother
- Vocal style
- Pronunciation mark
- American Indian chief or leader
- Insecticide
- Go bad
- Capital of Zimbabwe
- Polish river
- Cast out
- People of India and Sri Lanka
- Cleaning fabrics
- Very skilled
- Pouches
- Restaurant must-have
- Native Americans from Arizona
- Remaining after all deductions
- Fleece
- Dorm official
- It cools your home

Tess Chapman active in barrel racing at age 78



submitted by Michelle Jastifer

Tess Chapman was 78 years young on Tuesday, Jan. 4, and her favorite equine companion "Rebel" is 32. Chapman has owned Rebel since he was two years old. No one would have guessed 30 years ago that the slender, awkward, pokey little gelding would

have turned out to be the champion he is today. She made the decision back then to purchase the horse with advice from her husband that he just "saw something great" in the little gelding. At the time, no one would have dreamed they would still be running at the top of their competition 30 years

later. Fast forward and Chapman and Rebel still enjoy the thrill of competition and winning to this day. The duo is still young at heart and are both tough as nails when it comes to barrel racing! Chapman and Rebel have been competing at

numerous arenas in the lower Michigan area over the years. Their favorite arena to compete at is Arena Solana. She not only barrel races here, but also helps set up and judge the events at each horse show every other Sunday all summer with her longtime friend/ Arena owner Carol Mogdis. The pair have earned various titles and prizes over the years competing in either open or adult women's classes to include: a trophy saddle, various belt buckles, trophy jackets, horse blankets, hundreds of trophies and thousands of ribbons, along with numerous other monetary prizes and gifts.

Chapman and Rebel have ridden many miles of trails in their efforts to raise money for Kent Special Riding Program to provide funding for special needs children to have equine therapy programs available to them. After many great years of competition, Chapman



made the decision to retire Rebel after the 2021 season as he has more than earned his keep and deserves to enjoy the rest of his days fat

will also include instilling the same love and passion for equine and competition into Chapman's great-granddaughter Hazel



and happy in the pasture. Jastifer, who is only two years old. During the summer of 2021, Rebel



helped train and mold four generations of riders in the Chapman family. Rebel's retirement plans navigated Jastifer through two competitions and has ignited her love of horses and barrel racing.



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