

## Opioids conversation at Impact Church



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LHS sports  
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## Featured artist Kaitlin Rose



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# Dorla West retires from Keiser's Kitchen after more than 40 years of service

by Tim McAllister  
lead reporter

Dorla West has been a fixture in the dining room at Keiser's Kitchen, 700 E. Main, since she was first hired in 1979.

"I am retiring because I turned 78 on Monday and I thought it was time," West said. "42 and a half years... It was a fun run! The customers and the people I work with, they're just so wonderful. They're my family. They were also my biggest challenge!"

West said she was "feeling great" on her last day, and had yet to make any definitive plans for what to do during her retirement. She would only reveal that she intends to stay healthy and active until the age of 139.

"I love being busy. I'm always busy," West said.

Keiser's Kitchen opened at the corner of Amity and M-21 in 1945, when West was only a few months old. The original location thrived

until it burned down in an electrical fire on Jan. 8, 1988. Keiser's re-opened in its current location in May of that year and it is now one of the longest-running locally-owned family businesses in Lowell.

"Working with Dorla was like working with family, she treated you like family," said Linda Miller, a fellow Keiser's server. "I have known her for 35 years. Dorla was always fun to work with and she always made me laugh. Keiser's is really, really good to their employees, they treat us well, which is why most of us stick around for as long as we do."

West claimed not to have any special trick to her longevity, stating, "Smile and just enjoy yourself."

"If you won't leave, they have to accept you," West said. "They'll have to live with you, anyhow!"



Above and left, Dorla West during her last day of work at Keiser's Kitchen.



# Chocolate Stroll will take place on Feb. 12

by Bill Lee  
contributing reporter

The Chocolate Stroll, sponsored by downtown Lowell merchants, will be the second of three events to help beat the winter blues. It will take place on Saturday, Feb. 12 between noon and 5 pm.

The first event in January, Wine About Winter, had strong participation despite the weather. Martha Davis is hoping for better weather and therefore stronger participation for The Chocolate Stroll.

"For the freezing cold temperatures that we had, I was impressed," said Davis, planner of the event and owner of the Tap House Boutique. "It did bring people out, more than would have been out had we not had the event."

During the stroll, customers are encouraged to shop at as many participating stores as possible. The reward for your visit? Chocolate, of course. Each merchant will have its own version of chocolate they will be giving away to shoppers. Davis got the idea when she was working in Rockford.

They had a Chocolate Stroll and had some strong participation from local residents. There will be 20-25 Lowell merchants participating, including the Englehardt Library who will be a new addition to the stroll.

There is no charge for the event. It is a business-funded activity to encourage folks to shop in downtown Lowell and get rewarded with free chocolate and the possibility of winning raffles and Lowell bucks that can be spent at participating vendors. Some restaurants will also be offering drink specials with chocolate in them.

"We are hoping people will take time to support their local small businesses and get out and have a great

time in the winter season because it is a really fun event, and you go away with a big bag of chocolate," said Davis.

For more information, search for "Lowell Chocolate Stroll" on Facebook or contact Davis directly at the Tap House Boutique.

The last of these three events, Get Lucky in Lowell, will take place on March 12.



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# Four Lowell area blood drives in February

There will be several local blood drives happening around the Lowell area this month.

Murray Lake Elementary, 3275 Alden Nash, will host a blood drive from 2 pm until 7 pm on Wednesday, Feb. 9. For more information or to set up an appointment for that one, visit [donate.michigan.versiti.org/donor/schedules/drive\\_schedule/137688](https://donate.michigan.versiti.org/donor/schedules/drive_schedule/137688).

St. Patrick Catholic Church, 4351 Parnell, is having one on Sunday, Feb. 13 from 8 am until 1 pm. The scheduling link for that event is [donate.michigan.versiti.org/](https://donate.michigan.versiti.org/)

donor/schedules/drive\_schedule/138326.

The Alto Community Blood Drive is on Monday, Feb. 21 from 1:30 pm until 6:30 pm. It will take place at Bowne Center United Methodist Church Fellowship Hall, 12051 84th Street SE, and the link to sign up for that one is [donate.michigan.versiti.org/donor/schedules/drive\\_schedule/136190](https://donate.michigan.versiti.org/donor/schedules/drive_schedule/136190).

The last local blood drive in February will occur at Vergennes Methodist Church, 10411 Bailey Drive NE, on Monday, Feb. 28 from 2 pm until 7 pm. For more information or to set up your appointment

for that event, visit [donate.michigan.versiti.org/donor/schedules/drive\\_schedule/138297](https://donate.michigan.versiti.org/donor/schedules/drive_schedule/138297).

If you're a person for whom online links are not helpful, you can also call 616-774-2300 to make an appointment or to get more information.

Donating blood is essential and saves lives, and 33 percent of all donated blood goes to cancer patients. If you're nervous or uncomfortable about getting stuck with the big needle, bring a friend or a good book along, and be sure to eat a healthy meal and drink plenty of water before donating.



2015 photo

## Cell phone driving ban cruises through the House

Police could pull over drivers who are handling their cell phones while driving and hit them with \$100 fine under a trio of bills the House passed Tuesday.

General Motors President Steven Kiefer said he believes these bills are a must.

"These three bills together are referred to as hands free Michigan," Kiefer said. "These bills are modeled off a model bill that has been successful around the country. Twenty-four states have adopted these laws already, and in those states the traffic crashes [and] fatalities and even insurance rates continued to decline."

Kiefer, who lost his own son in an accident with a distracted driver, supports the bills. His son, Mitchell, was 18 years old when a distracted driver hit the back of his car and sent him

into oncoming traffic.

"What better way to honor Mitchell's life and legacy than to work to ensure that no other family feels the pain that his family did," said Rep. Mari Manoogian (D-Birmingham), one of the bill sponsors. "We're looking to encourage folks to use hands-free options available to them for their safety and for the safety of others."

The two other bills were sponsored by Rep. Joseph Bellino (R-Monroe) and Rep. Mike Mueller (R-Linden). During Tuesday's House debate on HB 4277, HB 4278 and HB 4279, members brought up personal stories, mentioning how each person should be held accountable for their actions when it comes to distracted driving.

"We want to make Michigan's roads safer by updating our outdated texting while driving

laws to reflect the modern technology," Manoogian said. "Michigan's roads are still far too dangerous, too many Michiganders aren't making it home at the end of the day. They're our parents, our brothers, our sisters, our friends, our neighbors and our children."

HB 4277 states that a person shall not use a mobile electronic device while operating a motor vehicle or a school bus. This bill will not apply to a law enforcement officer or other responders during the performance of their duties. This bill passed 75-26, with roughly half the Republican caucus voting no.

HB 4278 would ding voters a point on their driver's license record for their second offense.

HB 4279 bans teenagers who are still in the graduated driver's license program from using voice-operated function on their

phone while driving.

"We hope that by putting the laws in place, it'll start to change behavior," Kiefer said. "It'll become socially unacceptable to be holding a phone and looking at a phone while you're driving a car. We know that'll save lives."

Republicans opposed to these bills used the freedom argument, that government should not be dictating people's lives to this degree.

"You could say this removes personal liberty," said Rep. John Reilly (R-Oakland). "It does remove personal liberty, something people have enjoyed for quite a while."

Reilly added that people use their phone in their car for good, not evil.

"They solve problems, they mend relationships, they get educated through podcasts holding a cell phone," Reilly said. "To me, this feels like the big hand of government."

## Several local scholarship opportunities available to area high school students

There are three unique local scholarships currently open to applications from Lowell area high school students: the Ivan K Blough Business Vocational Scholarship, the The Ivan K Blough Vocational Scholarship Fund for Students, the PFCU McCrumb Scholarship and PFCU Cash for Classrooms.

The Ivan K Blough Business Vocational Scholarship was created to underwrite a portion of the post-secondary school tuition costs to vocational or trade school institutions as well as other skills training opportunities for individuals who are enhancing their business, trade or technical skills. This opportunity is only available to members of the Lowell Area Chamber of Commerce. For more information, visit [discoverlowell.org/wp-content/uploads/2017/08/Business-Scholarship-Application.pdf](https://discoverlowell.org/wp-content/uploads/2017/08/Business-Scholarship-Application.pdf)

The Ivan K Blough Vocational Scholarship Fund for Students exists to encourage career skills and educational opportunities for any high school senior or graduate within the Lowell Area Schools' district boundaries. This includes public school students as well as home-schooled students. For more information, visit [discoverlowell.org/wp-content/uploads/2017/08/High-School-Scholarship-Application.pdf](https://discoverlowell.org/wp-content/uploads/2017/08/High-School-Scholarship-Application.pdf)

Through the PFCU McCrumb Scholarship, PFCU is awarding \$1,000 scholarships to 10 graduating high school seniors. The McCrumb Scholarship recognizes and encourages scholastic achievement, community involvement and excellent character. The scholarship is now open and will remain open until March 31, 2022. For more information, visit [pfcu4me.com/Education/Scholarships](https://pfcu4me.com/Education/Scholarships)

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# Attorney says ‘miracle’ would be needed for Black candidates to get elected under new maps

An attorney for the Detroit legislative caucus told the Michigan Supreme Court Wednesday that “it will take a miracle” for African American candidates to get elected under the state’s newly drawn maps.

However, an attorney for the Michigan Independent Citizens Redistricting Commission said minority voters will vote for candidates of their choice regardless of whether the district is majority-minority.

The Supreme Court heard those arguments Wednesday morning in the Detroit Caucus’ lawsuit alleging the maps violate the Voting Rights Act and illegally disenfranchise Black voters. The plaintiffs want the court to halt implementation of the new maps and order the current maps be redrawn.

The justices arguably appeared uncomfortable with their role as the trial court since the complaint was filed directly with

the Supreme Court, and they questioned whether the Detroit Caucus had enough time and resources to develop a record and whether they should seek additional expert analysis before issuing a decision.

The justices also noted that the MICRC missed its constitutional deadlines, which the MICRC attorney said was due to delays in the release of Census data.

Plaintiffs’ attorney Nabih Ayad said his clients could provide additional information if the court wanted it, but MICRC’s attorney, Katherine McKnight, countered that the plaintiffs chose when they believed they had enough to file suit.

“If what they’ve put forward is not enough and there’s no additional factual development that will change that,” McKnight said.

The MICRC’s congressional map eliminates

two majority-Black districts that run through Detroit and the state House map contains 10 districts with a voting population between 37 percent and 47 percent Black while the state Senate map contains five Detroit-based districts with between 36 percent and 45 percent Black voting populations.

Ayad acknowledged that an estimated 14 percent - or 1.3 million people - identify as African American and that under the new districts zero African Americans would represent the state in the US House and the state Senate while only seven could potentially fill seats in the state House.

“Ultimately, this court is having to make a determination or a decision that’s going to affect 14 percent of the state,” said Justice Richard Bernstein. “With a court of our nature that’s going to be making this decision, that’s going

to have such an impact on the African American community and the African American experience. How many current Michigan Supreme Court justices are African American?”

“Zero,” Ayad chuckled. McKnight countered that “just because a district is not drawn majority-minority does not mean it will not elect a candidate of choice for the minority community.”

McKnight said a number of districts provide the minority community an opportunity to elect its chosen candidate “even though the minority-majority VAP [voting age population] is lower than the majority.”

“The danger in following plaintiffs’ path here is that you consolidate minority voting power in fewer districts,” she argued. “So if you truly are concerned about the number of districts where a minority candidate, preferred candidate, can

be elected ... the minority community has greater influence in more districts in the enacted plan than if you go with the plaintiffs’ route.”

In a follow-up question, Justice Megan Cavanagh asked Ayad if it is “equally possible” that more African American candidates could get elected, he replied “absolutely not.”

Ayad said an example is US Rep. Brenda Lawrence (D), who announced that she is not seeking re-election and whom the plaintiffs believe is the “first victim” of the newly drawn redistricting maps, which would remain in place for 10 years.

“The fact of the matter is the African American has won by slight margins,” Ayad said. “If you reduce those majorities left in African American districts and you look at voting patterns, it’s going to take a miracle for them to possibly succeed at this.”

McKnight argued the VRA does not require the drawing of majority-minority districts where drawn before, but rather “protects the minority communities’ opportunity to elect.” She said the VRA, however, is balanced by the federal equal protection clause, which forbids intentionally assigning citizens to a district based on their race without sufficient justification - known as racial gerrymandering.

The goal of the VRA, McKnight argued, is to get to a point where majority-minority districts are not required to elect a candidate of color because of white support.

“Michigan is seeing some of that progress already,” she noted.

However, justices cast doubt on McKnight’s conclusion, including Justice David Viviano, who asked what happens if the MICRC’s predictions do not come true.

## Michigan supporting LGBTQ+ families fostering and adopting children

The Michigan Department of Health and Human Services signed a settlement agreement last week that ended a lawsuit filed by a private child welfare agency challenging its non-discrimination policy.

The settlement came following a unanimous Supreme Court decision that limited MDHHS’s ability to enforce its non-discrimination policy under certain circumstances. The Supreme Court decision is binding on Michigan.

MDHHS’s commitment to ensuring LGBTQ+ families feel welcome and valued as foster and adoptive parents remains a top priority. The department intends to expand its support for LGBTQ+ families who want to become foster or adoptive parents as part of the department’s ongoing work to find loving homes for every child in foster care.

“While this outcome is not what we hoped for, we are committed to providing support to the many members in the LGBTQ+ community who want to open their hearts and their homes,” said Demetrius Starling, executive director of the MDHHS Children’s Services Agency. “Many children who have experienced the trauma

associated with abuse and neglect need temporary foster homes while we work to reunify them safely with their parents. A smaller number of youth need adoptive homes. We are so appreciative of all families that step up to help these children - no matter their orientation or gender identity and expression.

“MDHHS recognizes, values, affirms and appreciates the significant contributions made by the LGBTQ+ families caring for children in foster care and those choosing to adopt,” Starling said. “We could not do this work without them.”

MDHHS soon will announce plans to further build upon its engagement with LGBTQ+ families including assessment of any

service gaps or program enhancements necessary to meet to the needs of LGTBQ+ families.

“I applaud MDHHS’s commitment to supporting LGBTQ+ families and our state’s most vulnerable children,” said Attorney General Dana Nessel. “All children deserve the best opportunity possible to be placed with a loving and nurturing forever family, and it remains my honor to represent an agency with those enduring values.”

MDHHS is committed to preserving families and reunifying them when it is safe. About 10,500 children are in foster care in Michigan and approximately 2,100 have a goal of adoption, with about 220 children still waiting for an adoptive family to be identified.

## What to know before you apply for retirement benefits

Are you thinking about retiring and applying for Social Security retirement benefits? Our online tools can make your planning easier. Visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to access your personal *my Social Security* account to get an instant and personalized estimate of your retirement benefits based on your earnings record.

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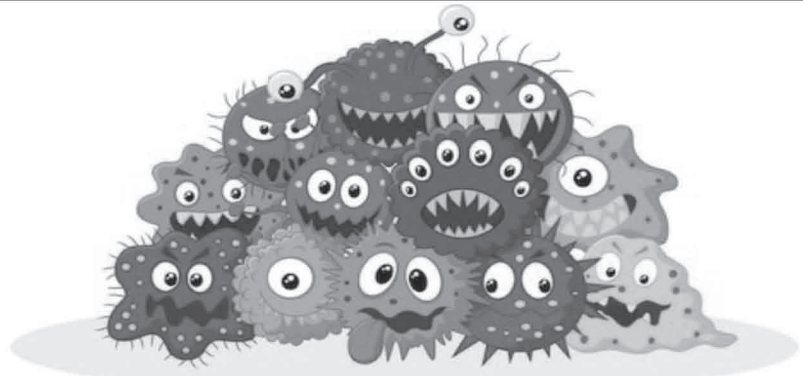
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# "Opioid conversation" at Impact Church was not really a conversation

by Tim McAllister  
lead reporter

The event at Impact Church on Friday, Jan. 28 was publicized ahead of time as "an evening of facts and truth about narcotics use in our town and how we can make a positive change." However, if you showed up expecting to hear any specific information about effects the opioid addiction epidemic has had on Lowell, how to help yourself or a family member struggling with addiction or what to do

if you're in the middle of a crisis, this was not the event for you. Instead, the "conversation" consisted of a "radical preacher" screaming at top volume about the Bible and his past misdeeds for well over an hour.

Jeff Stewart, a member of the Impact Church "care team," was the first of three speakers at the event. Stewart spoke for just under 15 minutes.

"There are a number of

reasons why this event is happening, why I pushed so hard on our teams with so much effort and weight behind it," Stewart said. "It's an evening of facts and truth. Not trying to shock anybody [or] add more to it than there needs to be, it really is what's happening in our community. I mean, I should not have a 19-year-old son that works at Meijer's who is HAZMAT-trained to deal with needles [while] picking up



Rodney Dean Palmer, COO of Mercy Ambulance, discussed some of his experiences responding to opioid overdoses at Impact Church on Friday, Jan. 28.

shopping carts. You also need to worry about that. I'm tired of trying to go fishing down at our local Pebble Beach, but you can't find a parking spot because the dirt road and all the parking spots down to the launch are filled with people that are... 'doing what they're doing.'"

Part of Stewart's time included reading statements from Lowell

police chief Christopher Hurst and Lowell fire chief Shannon Witherell aloud to the audience.

In his statement, Hurst pointed out that every Lowell police officer always carries Narcan in their vehicle when on duty.

"During drug overdoses, quick responses can save lives," Stewart said while reading from Hurst's statement. "However,

people using illegal drugs sometimes fail to seek medical attention during the overdoses for fear of alerting the police to that illegal activity. Michigan law states - and it was changed in 2017 - that if you or someone you're with is overdosing and you call 911 to save the person's life, you will not be charged. The one caveat on that is it's personal use sizes. If the police come and they find five bales or 10 kilos, you're probably going to have a rough conversation with an official. But know that if you're just in the midst of use and there's a problem, call 911 please. The Lowell police department understands the crisis with opiates in West Michigan and certainly is on board to help those in need over tossing them in jail. Most times, that just leads to people getting right back into active addiction."

"This crisis differs from any other drug issue

Opioids, continued, page 7

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Judge David M.  
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Estate of HELEN L. LANE.  
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# viewpoint



## 125 years ago Lowell Ledger February 5, 1897

Joseph Selleck, a farmer of Orleans, was found dead in the snow beside the railroad in that township this morning. Selleck visited Ionia yesterday, imbibed freely of intoxicants and returned home after doing his chores. He again started out for Shiloh to attend a Macabee meeting. He arrived there at 10 o'clock and was sent back home and that was the last heard of him until found by the D.G.R.&W. trainmen.

More tomfoolery. Barbers are trying to get the legislature to make a law requiring barbers to take out licenses to be issued by a state tonsorial commission, consisting of three barbers. It is designed to kill off poor barbers in the interests of those who are better fixed. Next we know that bakers, tailors, shoemakers and other mechanics will be following suit, and we'll have so much red tape, that a man can't get a pair of cowhide boots tapped without getting his feet tangled up.

The 4-days-old baby of Mrs. Mather died under suspicious circumstance. And Mrs. Mather's mother Mrs. Finch and a man named Inman with whom the former was living, are to be arrested on the charge of murder. A post mortem examination showed the infant had been choked to death.

## 100 years ago The Lowell Ledger February 9, 1922

Talk of the forming of a new third party is again rife in Washington. To millions of people who have lost faith in the old Democratic and Republican parties at least to the extent of being unwilling to sacrifice themselves upon their altars, announcement of practical, promising results of this nature along lines that recognize the demands and needs of the times, will be welcome.

John Robert Mackay, 6-year-old son of Mrs. Florence Mackay, housekeeper for C.H. Moore, had a narrow escape from violent death Monday at 4:30 pm, while coasting down Peck's hill. In an attempt to pass another sled he collided head-first with a telephone pole, was rendered unconscious, and remained so until 3 o'clock next morning.

That the Lincoln Motor Company was "taxed to death," as declared in the state press, may mean nothing to tax maniacs; but to sober-minded people who opine that our generation is entitled to a chance for its life, it is a reminder of a coming common fate, if present day tactics are not abandoned, and that right

soon. If the salaried class that has been so fierce to vote taxes on farm and home holders are made to share the burden they have persisted in heaping upon their fellow men, a remedy will be found for some present day evils.

## 75 years The Lowell Ledger February 6, 1947

Lowell's new supply of salt-free water began flowing last Friday at the rate of 125 gallons per minute. When Kelly No. 2 well begins operating, which will be in about 30 days, as additional 300 gallons will be flowing per minute. Lowell housewives have reported that the new water is much softer than the old and a little soap goes farther than ever before.

Supposedly the days of bobby sox are numbered, joining the era of Gibson girl, flapper and hobble skirt. Displeased at the gear of dungarees, father's shirts with long tails outside the denims, scuffed 'casuals', we forget that past generations flare for frizzed hair, spiked heels for high school, baggy bloomers. High buttoned shoes with long underwear tucked inside didn't make children attractive either. There is a certain freedom expressed in the youthful get-up of our present day. Not that it enhances beauty but at least the youngsters are being their age and not aping the garb of adults.

Lafayette Tanner, who operates the village snow plow, says he could do a good deal better job of clearing snow on residential streets if home-owners would not park their cars on the sidewalks. No doubt our citizens will be glad to comply with the suggestion.

## 50 years The Lowell Ledger February 10, 1972

Some 30 citizens turned out Monday night for the meeting of the Lowell City Council to protest the lack of action in securing senior citizen low-cost housing for Lowell. Spokesman for the group, Tom Bellows, traced the requests of his group since May, 1969, and said that it appeared Lowell was no closer to securing low-cost housing than nearly three years ago. Meanwhile, Bellows revealed, other cities in this area have been able to construct low-cost housing for their older residents.

Four guys and a gal partying in a housetrailer early Sunday morning were evicted from the premises by a tear gas bomb, when an apparent shoot-out drew the authorities to the scene. As the party progressed, one of the gentlemen became irritated, grabbed a gun, and threatened to shoot his fellow companions. One of the party-goers escaped from the trailer and summoned police to the scene.

Kevin Vezino, son of Mr. and Mrs. James C.

Looking back, continued, page 12

## outdoors

Catch-up

Dave Stegehuis

After the holidays when winter weather sets in for the long haul, we tend to spend more time inside. There is still plenty to do outside, but some of us are less likely to face the elements if we don't have to. Because life has slowed down some, now would be a good time to catch up on tasks that were set aside during busy summer and fall activities.

Tasks such as upgrading and repairing equipment. Many tools and toys will not be needed for a while, so down time now for this stuff is not a problem. Professional service for almost everything seems to take a long time these days. If you can find someone willing and able to fix something it may take a while because of a backlog of work orders often exacerbated by a shortage of critical parts. For example, it might be wise to have watercraft serviced so it will be ready for use when the ice goes out or get the lawnmower repaired before the grass starts growing again.

Locating and purchasing items required for spring, summer, and fall activities early provides more time to research and shop around. We can then make more informed decisions and have enough time to order for future delivery those things in short supply now.

Most every weekend there is a variety of consumer shows somewhere. From golf to gardening to boats and building there is something for everyone and all take place indoors. Competing products are on display side by side so direct comparisons can be made. Vendors usually offer special deals at the shows and placing an order now may ensure delivery by the time the product or service is needed.

There are always things left undone in and around the house, barn, or garage. Make a list and tackle the jobs now so there will be more time to get out and about when the sun shines again.



## We love to hear from you!



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

The requirements are:

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

Letters can be sent to emailed to  
[ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)  
Deadline is noon on Mondays

# HEALTH

**M** UNIVERSITY OF MICHIGAN HEALTH-WEST  
MICHIGAN MEDICINE

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

## - hydration

Hydration needs differ person to person, but all cells in the human body function better when one's hydration status is consistent and appropriate. Hydration is vital to cellular function and dehydration can be dangerous. This is even more true in people who engage in exercise or physical activity

Dehydration can be caused or worsened by intense exercise and environmental factors such as extreme heat or cold. Common symptoms of dehydration include fatigue, tired muscles, muscle cramps, dizziness, headache, increased heart rate and decreased ability to concentrate. It is important to remember that thirst is a late indicator of dehydration.

Hydration can be preserved by actively staying hydrated. The average person benefits from about 64 ounces of water per day. Physical activity increases the amount of hydration needed. Here are some tips for maintaining hydration when exercising:

- 16-20 ounces of water two to three hours before intense exercise
  - Eight ounces of water every 10-20 minutes during exercise
  - Eight ounces of water within 30 minutes of completing activity/exercise
  - Limit caffeine. Caffeine contains a diuretic which makes you eliminate water from the body, decreasing hydration.
  - Increase water-rich foods (watermelon, strawberries, and cantaloupe)
  - Wear proper attire for the climate and weather
- For most people water is the best fluid to drink before, during and after exercise. If exercising for more than one hour, it can be helpful to supplement the water with one sports drink to help replace carbohydrates and electrolytes that are lost with sweating. If you have questions or concerns about your hydration status, scheduling a wellness physical with your primary care provider is a good time to discuss this.

# college news

Alise Forward of Lowell qualified for the fall 2021 Dean's List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

A total of 11,979 students enrolled during the fall 2021 term at The University of Alabama were named to the Dean's List with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's).

Justin Heaton of Alto was named to the Deans List and Derek Mohr of Lowell was named to the Presidents List.

Albion College announces students who were named to the Dean's List or who were named new Albion College Fellows at the end of the fall 2021 semester. Dean's List recognition goes to students with a full-time GPA of 3.5 or better in graded courses, while the honor of Albion College Fellow goes to students who achieve a 3.7 or better GPA over three consecutive semesters.

Saranac student Chase Potter was named on the fall 2021 Albion College Dean's List. Potter is majoring in biochemistry and is a member of the Prentiss M. Brown Honors Program. Potter is a resident of Saranac and is a graduate of Saranac High School.

Alto student Matthew Westra was named on the fall 2021 Albion College Dean's

List. Westra is a sophomore at Albion College. Westra is a resident of Alto and is a graduate of Byron Center Senior High School.

Elise Smith of Alto, was among the more than 6,900 undergraduate students at the University of Iowa named to the dean's list for the 2021 fall semester.

Smith is a first year student in Iowa's College of Liberal Arts and Sciences and is majoring in Radiation Sciences Interest.

Zeth Strejc, of Lowell, was among the one hundred thirty-six students named to the fall 2021 Dean's List at Ellsworth Community College. To be eligible for the Dean's List, students must have earned a minimum of 12 credit hours during the semester (a full-time class load) and had at least a 3.5 grade point average for the Fall 2021 semester. Part-time students are not included in this list.

More than 9,700 Iowa State University students have been recognized for outstanding academic achievement by being named to the fall semester 2021 Dean's List. Students named to the Dean's List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.

Lowell students are: Mary Kristine Leasure and Samuel J. Schwierking.

The University of Wisconsin-Madison has recognized students named

to the Dean's List for the fall semester of the 2021-2022 academic year.

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction. Most call the honor "Dean's List", but some grant the "Dean's Honor List" and "Dean's High Honor List."

Local students are: George Cobb, Maggie Hayes and Cameron Krahn, all of Ada; Karsten Kirkendall and Evan Simon, both of Lowell.

In recognition of outstanding academic achievement, Trinity Christian College, Palos Heights, Illinois, released the college's Dean's List for fall 2021.

The Dean's List is Trinity Christian College's highest academic honor. Traditional undergraduate students who attend Trinity full-time and earned a 3.5 grade point

average earn this honor.

Local students are: Matthew Tamminga and Megan Tamminga, both of Ada.

St. Cloud State University has announced the names of more than 1,100 students whose academic achievement placed them on the 2021 fall semester Dean's List. To be eligible for the honor, students must have a grade point average of 3.75 or higher on a 4.0 scale.

Mitchell Gumbko, of Ada was among these students. He attends Herberger Business School.

Northern Michigan University announces its graduates. The following students from your area satisfied their degree requirements in December 2021.

Associate Degree: Madison Sage, of Lowell, AAS-Engineering Design, with Honor.

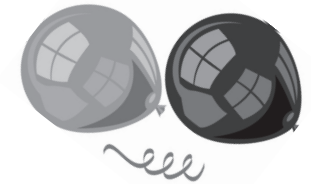
Baccalaureate Degree: Claire Siebert, of Ada, BS-Clinical Health Science and Paige Berends, of Saranac, BS-Biology.

# happy birthday



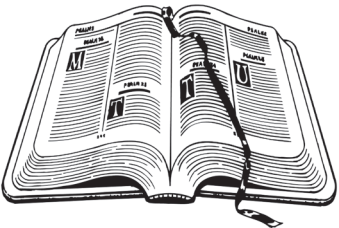
- FEBRUARY 2**  
Marie Wade, Sarah Baker.
- FEBRUARY 3**  
Dale Phillips, Clarice Poisson, Sana Bryant, Cassandra Thomas, Chris Dennie, Olivia Dennie, Jon Jacobs.
- FEBRUARY 4**  
Kelsey Scheider, Alan Lally.
- FEBRUARY 5**  
Ann Mulder, Colleen Myers, Mandy Schneider, Mike Conklin.

- FEBRUARY 6**  
Donna Oesch, Reed Stormzand, Norm Johnson, Angie Blough.
- FEBRUARY 7**  
Gordie Barry, Peggy Covert, Betty Yeiter.
- FEBRUARY 8**  
Laurie Chambers, Maya Newhouse, Steve Estes, Karis Dilly.



Eat. Shop. Explore.  
**LOCAL**

# area churches



**FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST**  
865 Lincoln Lake SE • lowellucc.org  
  
Pastor Alyssa Anten  
Worship Service - Sundays 10 AM  
Open Table (No-cost meal) - Thursdays 5 - 6 PM  
  
Open & Affirming • LGBTQ+ Inclusive  
616-897-5906

**GOOD SHEPHERD LUTHERAN CHURCH**  
10305 Bluewater Highway  
(Missouri Synod)  
Halfway between Lowell & Saranac on M-21  
  
Sunday Services - 10:30 am  
www.gslc.church  
  
Joseph Fremer, Pastor 897-8307  
All facilities are wheelchair accessible

**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
897-7060  
Pastor Ryan Landt  
1151 West Main Street, Lowell, MI  
Website: calvarylowell.org  
Morning Worship..... 10:00 AM  
Weekly Prayer Meeting - Mondays .... 7 PM  
Barrier-Free

**St. Mary Catholic Church**  
402 Amity Street • 616-897-9820  
Website: www.stmarylowell.com  
Weekend Masses: Sat 5 pm; Sun 10:30 am  
Confession: Saturdays 3-4:30 pm  
Prayer & Adoration: Wednesdays 8 am to 7 pm  
RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

**FIRST BAPTIST CHURCH OF LOWELL**  
CHRIST-CENTERED, KINGDOM-FOCUSED HOMES  
2275 West Main Street - (Barrier Free)  
897-7168 • www.fbclowell.org  
Pastor Jon Pickens • Lead Pastor  
Pastor Andrew Bolkom • Pastor of Discipleship  
Christi Swain • Director of Children's Ministries  
SUNDAY WORSHIP..... 9:30 AM (Nursery provided)  
LIFE GROUPS ..... 11:00 AM (Nursery-Adult)  
Awana (K-5 during school year) Wednesday, 6:15 PM

**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 98TH BIRTHDAY BETTY YEITER**  
*Help celebrate a local legend on February 7.*  
Birthday cards can be mailed to:  
12020 Foreman SE,  
Lowell, MI 49331

# Opioids, continued



**With his old mugshots as a backdrop, William Pfeiffer, a former drug addict turned "radical preacher," screamed, cried and hopped around for over an hour at Impact Church last Friday.**

because it's not only illicit narcotics, it is creating the problem of prescription medications as well," Stewart said on behalf of Witherell. "Most people would see an opioid issue as being a big city problem. Many cannot imagine that it's right here in our

gender, race or financial status, it crosses all lines, and many times we see the same person more than once. What does set our agency apart from those larger cities' departments is that our staff all live and work here in Lowell. These people are our

CPR on their parent when we got there. I had to comfort a parent during their worst nightmare early in the morning while standing in their kitchen with the realization that their child is gone. Almost everyone who gets into public safety does so to

help people and make a difference, and there are few things that make more of a difference than saving a life. If we have to give you Narcan to bring you back from the brink of death, unfortunately, we have probably just prolonged your life a little longer. If you do not seek help for this crippling addiction, we will probably see you again. But if you're willing to make a change and you're ready to stop risking it all, please reach out to myself [Shannon Witherell] or any member of this staff, because they can help guide you to a program. They can get you the help you need, and that is when a life is truly saved. Firefighters are extremely resourceful, and we'll find a way if there is a will. We care deeply about our community and our residents, and it is our hope that we never have to administer another dose of Narcan again, or inform a family member that there was nothing more we could

do. There is more you can do, and it needs to be done." The next speaker was Rodney Dean Palmer, COO of Mercy Ambulance and a second-generation EMT with 36 years of experience. Palmer only spoke for about 10 minutes, but his remarks were the most relevant and persuasive.

"There's a little secret ingredient inside of our [ambulance] drug box, and it's been mentioned a couple times already, this wonderful thing called Narcan," Palmer said. "It's an incredible drug because it's there to reverse the effects of a drug overdose. As a matter of fact, it's a cocktail that's put in all of our drug boxes. If it's a suspected drug overdose, we have a protocol for that, so it's an awesome thing. I mean, you give Narcan to some people and I'm telling you what, they come up combative, swinging. You get people that are in a complete and utter stupor, are out of it, and they're like, 'Hey, what are you doing here?' What I'm doing here is you were dead just a few minutes ago, that's what I'm doing here. Narcan is an incredible reversal in some cases, but I got to tell you that, more often than not, I'm an angel of death, not an angel of mercy. That's an EMS perspective there for you. I'm going to give you another perspective. Does Narcan reverse the effects of family devastation? A mom and dad crying their eyes out for days, weeks, years, because their son or daughter or one of their loved ones has got an

addiction, Narcan doesn't reverse the effects of that. How about a spouse with a drug addiction problem, can Narcan reverse the effects of that? This just happened two weeks ago: I was upstairs with our paramedic crew pronouncing somebody dead again, another adult female, and her daughter was down at the bottom of the stairs, six years old, asking, 'Is my mommy coming back?' Is my mommy coming back... Fortunately, there were some great victim advocates there that said, 'No, your mom is not coming back, she's passed.' That's an EMS perspective."

Finally, self-described "radical preacher" William Pfeiffer screamed at top volume for one hour and 17 minutes without a break, sometimes directly into peoples' faces, giving at least one audience member a tremendous headache within five minutes.

Pfeiffer, a native of the Flint area who currently lives in Kentucky, hopped on and off the stage, ran frantically up and down the aisles and veered erratically between tears and laughter as he described his activities between 1989 and 2004, the era of his life when he was immersed in addiction, often in jail or prison and never far from trouble.

"I don't care who you are, I don't care where you come from, I don't care how much money you have or how much money you don't have, there is not a family

Opioids, continued, page 9



**Jeff Stewart of the Impact Church "care team" was the first speaker at the church's "opioid conversation" on Friday, Jan. 28.**

community, and it has absolutely taken it over. We have administered Narcan as well as performed CPR on patients who have overdosed in cars, on our streets, in mobile homes, apartment buildings and in million dollar homes in our community. This epidemic does not see age,

neighbors, people we see at shopping centers, that we meet at Meijer's, we see them in church and at our kid's school. We've had members comfort a grieving spouse while others worked on their loved one in the bathroom. We relieved a 13-year-old child who was performing

## LEGAL NOTICE

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

**In the matter of Daniel Husted Guardianship File No. 21-210581-GA**

**TO ALL INTERESTED PERSONS** including his children, Shane Husted and Matthew Husted and any other unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following: **TAKE NOTICE:** A hearing will be held on March 4, 2022, at 9:00 A.M. at Kent Co. Probate Court, 180

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

**Dated: January 31, 2022,**

**Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 204-8332**

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

## CITY OF LOWELL PUBLIC NOTICE

The Lowell City Council, sitting as the Zoning Board of Appeals, will hold a public hearing at a regularly scheduled meeting on Tuesday, February 22, 2022 at 7:00 p.m. in the City Council Chambers, Second Floor, 301 East Main Street, Lowell, Michigan 49331 to consider the following variance request:

746 West Main Street SE – Betten Baker is seeking to swap the locations of signs currently located at 749 and 746 West Main Street SE. The proposed signs exceed the height limitations for signs in the City, and the sign proposed for 746 West Main would exceed the maximum sign area permitted in the City. Thus a variance was requested.

Information regarding this request and the Zoning Ordinance are available for public viewing at City Hall, 301 E. Main Street, Lowell, Michigan, during regular business hours. Written comments will be received until the time of the hearing.




Susan Ullery  
Lowell City Clerk

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www.cnaads.com \*Kantar Millward Brown, Feb. 2018

# Kaitlin Rose named February's LowellArts featured artist

by Bill Lee  
contributing reporter

LowellArts has named Kaitlin Rose as featured artist for the month of February. A singer/songwriter from Kalamazoo, Rose first heard about LowellArts from a fellow musician Josh Rose (no relation) who was a featured artist in April of 2021.

"Josh set up a show with me and a couple of other great musicians at LowellArts in 2019," said Rose. "I played there at the art gallery and some of the people who were part of making that decision were at that show and remembered me from that."

Rose has been playing music since 2001 and mostly solo until 2014 when she started playing with a band called The Band of Thorns. Rose has been heavily influenced by some of the great folk/rock artists of our time, including Neil Young, Carole King, Joni Mitchell and James Taylor.

"I characterize myself like an original folk singer and songwriter and I start there," Rose said. "Then when you add band members it infuses a lot of different styles, so right now we are using this general term of Americana music which is kind of like everything. We have folk, we have a little blues, we have Delta folk blues style and a little bit of rock and roll."

As a solo artist, she has produced five albums and has one live album in 2015 with the Band of Thorns. They are presently working on a studio album. Rose reflected on her many years as a solo artist and how she

began opening up to the idea of playing with other people.

"I started out exclusively by myself and performed alone from 2002 to 2014 and then slowly started playing with other people," said Rose. "I'm a self-taught musician so I was really insecure about playing with other people who were really good and seemed to know what they were doing. Luckily, I've been able to play with other musicians who were not egotistical. I got to play with some of my mom's friends who were gathering together to just have a dinner party that turned into a jam."

After discovering that they sounded pretty good together, they decided to make it official and create a band. Original members of the band - Greg Orr on bass and Jim Beebe on electric guitar - are still with her, and other musicians have joined over the years. Rose had to adapt her guitar-playing style once she joined the band.

"When I was playing solo, part of my focus when I was writing was making my guitar part at least interesting if not intricate because I do a lot of finger picking," said Rose. "Now when joining a band, you can't really hear a finger picking guitar, so I

had to learn how to strum and have a rhythm and I really like how that has changed and evolved my songwriting. Also having a band is a little bit easier to write things that have a little bit more loft to them or have a catchy chorus."

One of the biggest changes in her musical career came when COVID-19 hit into early 2020. Rose, along with just about every other performing artist, had to rethink her approach due to the lack of live audiences. It was a time of reflection for her.

"I was playing a lot before COVID hit," said Rose. "It was a huge part

of my weekends and I was really busy. It kind of felt like a nice break to re-examine and ask 'Is that really what I wanted to be doing?' Playing that much or can I use this as an opportunity to focus inward and think about my life as a musician and how much more time I could dedicate to writing or practicing and thinking of my growth moving forward?"

This introspection led to a few conclusions, the first being that she had discovered a new appreciation for playing live.

"When I went back to it (performing), the spark had reignited," said Rose. "I particularly love the conversation that can take place between me and my audience, so now I mostly play quieter rooms where it is like a concert. I have leaned into that, and it has been really rewarding because it so connective, and I feel like I have my finger on the pulse about what I like about being a performing musician, that connection with people."

Another revelation that had taken place over the years but especially after COVID, had to do with being comfortable in her own skin for the first time as a performer.

"I had to release myself of any expectations that I'm going to be anyone other than myself when performing in front of a

large group of people," said Rose. "I've tried to be rehearsed; I've tried to write myself notes, like 'Make sure you say this between this song and this song.' I have become a lot more forgiving of the ridiculous and sometimes embarrassing stuff that I say. But people tell me it's endearing so I'm just going to go with it."

Overall, Rose seems to be hitting her stride as a musician and performer and is looking forward to seeing what the future has in store. Her goal is to perform beyond the Kalamazoo area and reach into other parts of the state and maybe for bigger venues.

"Through the pandemic and everything else, like getting older, you just realize that life is actually pretty short," said Rose, "And if you're on the ride, then just be on it and see what you can do. Otherwise, it's like, why are we doing it? That's where I am right now. Ready to make another push and see what happens."

Although there are no plans to play in Lowell presently, she is hoping to someday. Also, people can expect to see some album release shows happening this summer. For more information about Kaitlin Rose and the Band of Thorns, check out [lowellartsmi.org](http://lowellartsmi.org) or look for them on social media.



Pictures provided by Kaitlin Rose





# Opioids, continued

in the world who doesn't either have somebody or know somebody who is struggling with an addiction," Pfeiffer said. "There are solutions, but in order to find a solution we got to be honest. I don't want to be honest, because if I tell you that Swartz Creek has a higher number of kids shooting heroin than any other place in Michigan, it's going to be hard to sell a house. You see, we care more about selling houses and property than we do about saving the next generation. We care more about, you know, what do we look like, how are we portrayed, when in reality your marriage is a complete sham because your child is strung out and his disease of addiction has sucked the life right out of the home. It has taken everything away from that marriage. The love, the compassion, the trust, the peace, the serenity - it's gone. It's not even in the home anymore. And what do we do? What do we do? In our reality, we're not doing much of anything. [...] I am so sick and tired of burying people who don't even have an opportunity or an idea of


what life even is - 16, 18, 21, 23, when does it stop? It stops when people like Jeff, in churches like this, in communities like yours, come together, draw the line in the sand and say, 'We're gonna be silent no more.'"

Pfeiffer often became hysterical while delivering his monologue, which seemed to be more about his own personal redemption process than about helping anybody else, but he did offer some nearly-coherent criticisms of the way substance addicts are treated in the US by the government and by for-profit healthcare systems.


"We are a country that is ran by fear and greed," Pfeiffer said. "We have allowed greed to take advantage of a worldwide epidemic that is destroying families and killing people at an alarming rate and turn it into a multi-billion dollar industry. And I, my friends, want to puke just saying those words, because it makes no sense to me. Now, all of a sudden, we see this, so instead of coming up with solutions that have been in effect since 1935, we want to come up with

**An evening of Facts & Truth about narcotics use in our town, and how we can make a positive change.**


January 28th at 7:00pm hosted by Impact church. 11840 Fulton St. SE, Lowell, MI, 49331



**28**




Opening remarks- Rodney Dean Puleon, COO/EMT Mercy Ambulance Service, 36 years of Emergency Medical Service Experience.



Key Note Speaker- Billy Pfeiffer ( Billy P ) Speaks nation wide on how to turn a mess into a message. Founder, Head Pastor & National President for Trails to Triumph M.M. Bachelor's degree from the School of Hard Knocks with a Masters in proving you can break free from the bondage of addiction.

Sponsored by- Joe Martin Counseling Network.



**FRIDAY, JANUARY 28, 2022 AT 7 PM**

**Opioid & Narcotic conversation based on Facts & Truth. The goal is to inform and offer help.**

Impact Church. 11840 Fulton St, Lowell, MI, 49331

The event was promoted ahead of time as a "conversation."

this new age ceremony, and 'This is what you need to do' and 'This is how it's gonna work,' and 'You need to send your boy Johnny to Florida,' and then after he gets done going to this treatment facility that you're going to have to re-mortgage your house in order to send him to, then we're going to put him in a sober living home where it's not being ran properly and they're getting high and selling

dope out the back window of it, and then later on, several months later, we're going to ask you to send us \$95 so that we can send you Johnny's ashes in the mail because we failed you, we failed him, but we got what we wanted. We got your money. That's exactly what is taking place everywhere I see, and it blows my mind away."

There were representatives in the lobby of the church from

Celebrate Recovery, the Lowell Serenity Club and the Red Project. They were available before and after the speeches to answer questions and hand out pamphlets.


Celebrate Recovery is a series of Christian-themed addiction recovery meetings that take place at Impact Church every Thursday from 6:30 until 8:30 pm.

The Lowell Serenity Club is basically the local

version of Alcoholics Anonymous, and they have moved to Flat River Outreach Ministries from their location on Main Street. They have multiple meetings daily.

The Red Project is a harm-reduction organization based in Grand Rapids, where they offer Narcan, HIV testing, syringe access, counseling and other services. They had free Narcan available at their booth.

STEVE • PATSY • JOSIE • BOB



Thank you

Thank you

LOWELL

FOR 44 YEARS!!!

We couldn't have done it without you!

Thanks

MIKE • CASEY • DEB

SUSIE • SUE • MARLENE • ELLA

HARRY • JOANN • PATTY • ED

## Red Arrow

- WRESTLING

## SPORTS

## Wrestlers down nationally ranked east side Teams

by Justin Scott  
sports reporter

Lowell wrestling turned some heads on Friday night when they upended a pair of powerhouses in Dundee. The Red Arrows minus senior Ramsy Mutschler turned in a 2-0 night, beating No. 44 nationally, Dundee, 36-28 and No. 18 Davison 36-30.

The win over Davison was every bit as dramatic as you would have expected, outside of the final match which produced an extremely rare void from the Cardinals. The 3:30 weigh-ins provided some information on who would be in and out, and each team that night had rosters missing a few wrestlers, Lowell with their depth would not have any issues as far as empath weight classes.

Lowell set the tone early against the Cardinals. Tacho Gonzales, a usual 145 pounder, would bump up two weights to take on Davison's Owen Payne. There, Gonzales would lose 8-2, but avoiding a major or worse and saving the team precious points against a top wrestler in Division 1. Davison scored a fall and a major in their next two matches to take a 13-0 lead.

In a battle of top-ranked wrestlers, Carter Blough beat Davison's Jimmy

Colley by decision, nearly scoring what would've been a huge pinfall.

"Jimmy Colley is a nationally ranked wrestler and Carter beat him earlier this year, and to beat him twice is that much harder. There's a lot of mental toughness that goes into that," coach Boudro said of Blough's victory.

The Red Arrows lost by fall at heavyweight before reeling off three straight six-point matches, two forfeits from Davison at 103 and 119, then a quick pin by Jackson Blum. Davison responded with two pins of their own before some key matches starting with 135. Lowell trailed 31-21 entering the stretch.

At 135, James Link won a 3-1 decision over Davison's Brendan Maybee.

"James had two big wins against the number two-ranked wrestler in Division 1 on Friday. In the Davison match he got the takedown when he needed to, and even though the score looked close, he dominated that match. He works extremely hard and is wrestling extremely well."

At 140, now down just seven, Lowell edged closer to the Cardinals with a decision by Landon Miller.

"Landon in our wrestling room is just

phenomenal. He pushes everyone, practices extremely hard, works extremely hard. He lets it fly sometimes in the wrestling room and he let it fly that match," Boudro said of Miller's victory over Cam Freeman of Davison. "That was a turning point in the dual."

Nate Cleaver tied the score with a decision of his own in what ultimately would be the dual clincher. "We wanted to put the senior out there in that moment. He had a call not go his way in that match, but he shook it off and got the win. It was a great moment for him," Boudro added.

Both teams sat tied after Cleaver's victory, but Davison with nobody available at 152 would have to forfeit the final match of the night, with Jared Boone taking the six points for Lowell. Forfeits are not all that uncommon in high school wrestling, especially with teams with fewer wrestlers, but for teams like Davison and Lowell, they are not particularly common.

"They took a risk bumping their 152 pounder to 160, probably expecting a big lead early on would put the dual away," Boudro said of the unusual circumstances.



Lowell B celebrates their championship at Charlotte this past weekend.

Against Dundee. Lowell rode a wave of pins from 189-112 to secure the victory. Dundee led 8-3 after three matches, with Tacho Gonzales scoring an overtime victory in that stretch. Carson Crace, Blough, Bryson Vandermeulen, Carter Cichocki, and Jackson Blum then all recorded consecutive pins to give Lowell a 33-8 lead that would prove too tough for the Vikings to overcome.

"It was a really great opportunity to have the four best teams in the state in one gym. We pride ourselves on wrestling the best, and we've done that all season culminating in last night. We really weren't concerned with winning or losing, we were just looking to wrestle hard and I think as a consequence we were able to win two duals against two nationally ranked programs," Boudro said.

The B team capped off the week by winning the Barrus Memorial Championship, the dual tournament hosted by Charlotte. The Red Arrow second squad beat the A teams of Lansing Waverly (56-26), Chelsea (42-36), Charlotte (44-21), Howell (58-23), and finally conference rival Greenville 37-36 in the final.

On the college side, Lowell High School graduate Max Dean made a national splash in Penn State's win over Iowa. In a highlight featured on popular sports social media sites like Barstool, Dean clinched the dual, one of the biggest wrestling rivalries in the country, with a late comeback against the No. 4 ranked wrestler nationally. Trailing 4-1 with 32 seconds left, Dean hit a move called the "bow and arrow," a legal, but particularly painful looking move that

earned him late back points to secure a comeback win. Dean is currently the No. 2 ranked wrestler in the country at his weight class.

"It was a cool moment for us. We were driving back from Dundee and we just got back when Max's match started. So we had all the guys huddled around one little phone. Max never looked like he was shaken during the match. We loved every single second of it," Boudro said of the win by Dean.

The entirety of the Lowell Ledger interview with Coach Boudro can be found on the Lowell wrestling club's Facebook page.



## McDonald breaks gymnastics school record

by Justin Scott  
sports reporter

It was a day of highlights for the Lowell gymnastics team at the Kenowa Hills Invitational led by a dazzling performance by Ivy McDonald.

Lowell placed third at the invitational. McDonald beat the 12-year-old all-around record at LHS with an all-around score of 36.55. That score eclipsed the former record held by Kelsey Teft (2010) who had a 36.425. She finished sixth in vault, first on bars, first on floor, third on beam, and first in all-around.

Other performance highlights included Marissa Wever, third in D1 Vault. In D2 vault, Julia Meier

(ninth) and Alexis Clark (fourth) placed for LHS. Alexis Clark placed fifth on D2 beam and Greta Forward placed fourth on D2 floor.

Wever also placed third in the D1 all-around.

The team faces Forest Hills United and Kenowa Hills in dual meets this week.



Ivy McDonald featured by Lowell gymnastics after a record-breaking performance at Kenowa Hills.

## Girls basketball two splits in last two weeks

by Justin Scott  
sports reporter

It's been blowouts or narrow losses for the girls basketball team this season, and Lowell got one of each two weeks ago in OK White conference action.

Lowell defeated Forest Hills Northern 65-33 then lost a narrow game to East Grand Rapids 54-51 last week.

In the win against the Huskies, Lowell got off to a quick start and put it on

cruise control from there. Braxcynn Baker led the Red Arrows with 24 points. Emma Bruwer added 13, McKenzie Munson had 12, and Summer Havey chipped in seven points.

LHS moved to 8-4 on the season with games against Grand Rapids Christian and Greenville this past week, a dominating 68-34 win over Greenville and a 67-50 loss to the Eagles of GRC. Against

GRC, Bruwer led the team with 18 points and against Greenville Lowell was led by Baker with 26 points.

**GO  
TEAM,  
GO!**

Red Arrow

- BASKETBALL

# SPORTS

## First win of season convincing for boys basketball

by Justin Scott  
sports reporter

In a mix of heartbreaking losses and blowouts so far this season, the Lowell varsity boys basketball team found themselves 0-11 to start the season.

They knew going into the game that Greenville was a team they could beat, entering the game at 3-7, and beat them they did by a score of 72-45. The large margin of victory is giving the Red Arrows hope that this is the start of a turnaround in their season.

A strong start was important and a three-pointer from Kaleb Siebert gave the Red Arrows a 7-2 lead. A Gage Snarski layup and CJ Steinebach three gave Lowell the important double digit lead late in the

first quarter. A Siebert steal and basket gave Lowell a 17-4 lead heading into the second quarter.

For Greenville, they had trouble getting past a stingy Red Arrow zone defense, and when they could, cold shooting doomed them from the start. The Yellowjackets didn't break the double digit mark until a minute remained in the first half, and trailing 29-12 following the first half

Greenville did put together an 8-0 run of their own, closing a 21-point deficit to just 12 before Douma to 10 on a layup broke up the run. Ten scored on three straight possessions as the teams traded baskets. At 35-20 a Drew Veldman three put Lowell back up 18, and a

Benjamin Gaskin pass to Veldman in transition made it a 20-point lead once again and from there Lowell would pour it on, taking a 55-26 lead into the fourth quarter and comfortably looking at their first win of the season.

In the fourth, Lowell was able to get bench players meaningful minutes in a victory with Ethan Krieger hitting a late three and Ian George bringing the students to their feet and proving to be an imposing figure in the paint.

The win was the first of his head coaching career at LHS for new coach Bryan Powell. Lowell plays non-conference at Portland this week, then returns home for a game against Forest Hills Central.



Dawson Douma brings the ball up court for LHS.

## Ski competes in two competitions

by Justin Scott  
sports reporter

In their second conference meet of the season, the LHS Ski Team went head-to-head with Division 1 Forest Hills Northeastern (Forest Hills Northern and Forest Hills Eastern Co-Op) and Division 2's Catholic Central/West Catholic and Northview.

Forest Hills swept both Giant Slalom and Slalom for the men's and women's teams, with Lowell beating the Division 3 schools

across all races.

Bringing in team points for women's slalom were Kaylee Byrne in second, Emma Schmidt in fourth, Olivia Torline in 16th, and Elise Charron in 19th.

In the women's GS, Kaylee Byrne finished third, Emma Schmidt in 11th, Torline in 13th, Is Schmidt in 14th.

Bringing in points for the men's slalom were Colton Byrne in third, Preston Sobeck in fourth, Cole Lillie in 12th, and

Hunter Stepanovich in 13th. In the men's GS, Colton Byrne finished second, Sobeck in third, Stepanovich in 13th, Lillie in 16th.

Lowell then took to the slopes on Friday at Caberfae. The men's team placed fifth in GS and sixth in slalom in the 10-team Grand Rapids Conference competition.

Adding to team points in GS were Colton Byrne placing second, Sobeck in ninth, Stepanovich placed

24th, and Lillie placed 32nd.

In men's slalom, the results were: Byrne fifth, Sobeck ninth, Stepanovich 32nd, Jesus Basse 43rd.

Lowell placed 10th in slalom and GS on the women's side. Adding to team points in GS: Torline 30th, Emma Schmidt 47th, Charron 49th, Is Schmidt 50th. In slalom, results were Kaylee Byrne 37th, Is Schmidt 39th, and Charron 45th.



The 2021-2022 Lowell Ski Team. Back row, left to right: Sam Konyndyk, Sophie Konyndyk, Jesus Bassy, Anders Melby, Hunter Stepanovich and Colton Byrne. Front row far left (seniors): Cole Lillie, Preston Sobeck, Elise Charron, Delaney Kelley, Emma Schmidt, Is Schmidt, Olivia Torline, Kaylee Byrne. Missing from photo is Silvia Scuriatti.

## Bowlers move into conference action

by Justin Scott  
sports reporter

Both Lowell bowling teams are well into the OK White conference schedule. In a very close match the Lowell boys bowling team fell to Forest Hills Northern 12.5-17.5. Lucas Sloma (195) and Keith MacDermaid (189) bowled the high scores for the Red Arrows. Caden Witten led the way in two losses to Grand Rapids Christian and Greenville with 211 and 219 respectively.

On the ladies side, the girls defeated FHN

in OK White action 30-0. High scores by Courtney Witten (237) and Haylie Beers (182). In a 28-2 win over Grand Rapids Christian, Witten bowled an impressive 269 while in a 21-9 win over Greenville she bowled a 234 to lead the way with Savannah Escobedo adding a 184 in the victory.

Lowell bowling has their home matches at Hillcrest Lanes in Belding, and both teams compete against East Grand Rapids, Forest Hills Northern, and at the Mona Shores Invitational this week.



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## obituaries

### ADAMS

 Bobbie L. Adams, age 82 of Lowell, passed away January 26, 2022. He was preceded in death by his wife, Carol (2010); brothers, Billie and Freddie Adams; and sister, Paula Ray. He is survived by his daughter, April Landheer; son, Gordon (Becci) Adams; grandchildren, Brianna Landheer, Bradford Siek, Kirby Siek; sisters, Betty Cato, Mary Willhite, Margaret Sartor; sister-in-law, Joyce (Van) Digby; and many nieces and nephews. Bobbie served in the US Air Force Air Guard and was a US Marshall. He enjoyed fishing, camping, and bird watching. Funeral services will be held 11 AM Tuesday, February 1, 2022, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49331, with visitation one hour prior. Rev. Ken Ford of Alton Bible Church officiating. Interment Oakwood Cemetery. Memorial contributions may be made to Faith Hospice, 2100 Raybrook SE, Suite 300, Grand Rapids, MI 49546.

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### BOUCK

 Commander William G. Bouck, USN, Ret., went to be with our Lord on January 27, 2022. He was born April 3, 1946, to Roy and Thelma Bouck. He graduated from Lowell High School in Lowell, Michigan in 1964. From there he went on to Central Michigan University, where he earned a Bachelor of Science degree. Following college, he joined the United States Navy. After completing Officer Candidate School in Pensacola, Florida, he found himself at NAS Miramar (Fightertown USA). He served several tours with F4 and F14 squadrons, including the Navy's Fighter Weapons School (TOPGUN). Will retired from the Navy in 1993 after 23 years of service to his country. He was also a proud member of the Saginaw Chippewa Indian Tribe of Michigan. He will be deeply missed and lovingly remembered by his wife of 55 years,

Louise; sister, Gloria (Bob) King; children, Amber (Jay) Veltman, Brandy Bouck; grandchildren, Hunter and Pyper Fenton, Kennedy and Kaia Zimmerman; sister-in-law, Judy (Charles) Stewart; nephews, Jerry (Lori) King, Roy (Laurie) King, Alan (Lori) Huver, Rob (Jane) Huver, Lewis Powell, Lloyd Powell, Jr.; nieces, Susan (Phil) Montroy, Sheila (Don) Dubbink, Sharon (Ken) Morris, Jane Smith. Will was predeceased by his father, Roy Bouck, mother, Thelma Luke Bouck, and sister, Betty Jane Powell. Will loved RVing, 4-wheeling in the desert in his Jeep (affectionately known as "Ricky"), traveling throughout the United States, catch-and-release fly fishing, and skeet and trap shooting. He did all of this with his wife, Louise, by his side. Will is most remembered for being a devoted husband, father and grandfather. He will be forever missed. "The Lord himself goes before you and will be with you; he will never leave you nor forsake you..." Deuteronomy 31:8

### BAILEY

Jill Helen Bailey, age 57, passed away January 18, 2022, at home, in hospice, in Bow, Washington, in the arms of her loving husband, after a courageous two-and-a-half-year battle with brain cancer (GBM). She was born September 18, 1964, in Midland, Michigan to Dean Irwin and Janet Joyce (Launstein) Bailey. Although a resident of Washington State for over 30 years, Jill was a Michigan girl at heart. Most summers included two to three week vacations in Traverse City and later, Lowell, visiting her parents, relatives and friends; beach time was always a priority. She was also a committed United Methodist Christian, in the Bailey tradition, and regularly attended many congregations wherever she resided. Jill touched and impacted the lives of many hundreds of children and their



parents as a teacher for 32 years, before being forced into early retirement by her cancer diagnosis in 2019. She earned her B.S. in Education in 1987 from Central Michigan University and an M.A. in Early Childhood Special Education from Western Washington University in 1996. She was dedicated and took her vocation very seriously, always striving to educate each student in her classroom based on their individual needs and goals, drawing on her particular experience in Reading, Special Education, and Emotionally Impaired disciplines, primarily in the second grade. She had a talent for organization, an enthusiastic, no-nonsense approach to learning, while at the same time maintaining a positive, fun, and rewarding classroom atmosphere. Her many interests included fitness, running, cycling, hiking, camping, reading, and travel. An early interest

### DE VERA

Herminia Alamilla De Vera, age 96 of Lowell, passed away into the loving arms of Jesus on January 29, 2022. She was preceded in death by her husband, Luis Vera Rodriguez; and son-in-law, Juan Saldivar. She is survived by her children, Connie Saldivar, Luis (Agueda) Vera, Joel Vera; grandchildren, Sergio (Ashlin) Saldivar,



Sean (Allison) Saldivar, Kamie (Nick) Williams, Luis Iran (Alyssa) Vera, Alex (Hillary) Vera; great-grandchildren, Kendall, Sairge, Saige, Tess, Gaby Saldivar, Ethan Luis Ignacio Vera, Travin Levi, Niklaus Williams; nephew, Victor Rodriguez Alamilla; and niece, Maria del Carmen "Sana" Alamilla. In loving memory and with great gratitude for our mother, who has taught us to be kind and loving to those around us. Mass of a Christian Burial will be held 11 AM, Wednesday, February 2, 2022, St. Mary's Catholic Church, 402 Amity St., Lowell, MI 49331, with visitation one hour prior. Rev. Aaron Ferris presiding. Interment Oakwood Cemetery.

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in climbing took her to New Zealand and Ecuador, and eventually to the Pacific Northwest. As a teacher in DoDDS in Germany, she was able to travel all over Europe, eventually returning with her family for memorable vacations in Germany, Austria, Spain, Italy, UK, Ireland, and Sweden. In between travels abroad were summer trips to many national parks in the West and Southwest. She also loved animals, and a home with Jill was seldom without a pet rabbit, cat, or dog(s) (usually, all of the above). But her passion was for horses, and she loved to ride English and compete in Hunter/Jumping events, owning several horses over the years, as time (and finances) allowed (her father, Pastor Bailey, in a sermon, once remarked, "Jill saved her babysitting money and bought her own horse, at age 13—and we've been paying for it ever since..!"). She loved her children fiercely, her high school sweetheart husband of 22 years unreservedly, and was a true, loyal, and honest friend. Her determination to live and experience life to the fullest despite her cancer and treatment was a community inspiration and she initiated and collaborated on the installation of an outdoor gravel and masonry labyrinth on the grounds of Edison Elementary School to provide students, as she put it, "...a place to be centered and slow down," which she found calming and helpful in coping with her own recovery; it will be a lasting legacy. Her thick, auburn hair, tourmaline eyes, and bright, beautiful smile will be remembered, and missed, always. Jill is survived by her husband, Edward Erich Nus; sons, Tommy Dean Bailey-Chisholm, Callan Tod Bailey Nus and Samuel Scott Bailey Nus; grandson, Carson Michael Allen; brothers, Glenn Loral Bailey and Tod Irwin Bailey. She was preceded in death by her parents, Dean and Janet. A Funeral Service for close friends and family will be held at St. Paul's Episcopal Church, Mount Vernon, WA, 1 pm, Saturday, February 5, 2022. A Memorial Service to include the community will be held later in the spring. In lieu of flowers donations can go to, Crossroads Urban Center, 347 South 400 East, Salt Lake City, UT 84111. Share your memories of Jill and sign the online guest register at www.lemleychapel.com.

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## Looking Back, continued

Vezino of Lowell, has been selected for membership in the International Choir which will tour Europe this summer. Under the capable leadership of William Munroe of Muskegon Community College, the group will rehearse periodically throughout the year at Blue Lake Fine Arts Camp.

### 25 years The Lowell Ledger February 5, 1997

Two subjects attired in camouflage-type clothing robbed the Subway Station in Lowell Saturday night at approximately 9 pm. They entered the fast food restaurant with one subject brandishing a sawed-off shotgun, according to Lowell police chief James Valentine.

Gaining the city council's acceptance on any proposed adult-oriented business zoning amendments is at least a couple of months away. What is clear, however, within those proposed amendments will be a restriction on the business location. It will recommend that adult-oriented business be allowed on two parcels of property at the city's west end – the Lowell Motor Inn and the lot just east of it.

The Englehardt Public Library dedication ceremony isn't until May. However, the drafting of an invitation list has already commenced. "The library is truly a big deal and I think we should treat it as such," said Lowell city councilman Don Green.

## NOTICE

**Beginning March 1, the  
Lowell Ledger will no longer be  
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## The Restless Viking

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

### ~ Neebish Island

#### Pine River Canoe Camp

by Martha Hayden

We'd surveyed our Restless Viking followers asking them to name Great Lakes islands which we should explore. Neebish was a popular selection. Honestly, I hadn't heard about Neebish Island before. I also hadn't realized that the Pine River Canoe Camp had been housed there. Join us as we connect with the owners

next?" My Uncle Steve and his brother, Cliff, asked at our Meade Family Reunion. "Neebish Island." Chuck and I answered in unison. (Uncle Steve prefers to be called, "Steve." He is married to my Dad's sister, Genevieve)

"That's where our Canoe Camp was." Cliff nodded.



it and brought it up north. There I reassembled it. We used it to deliver all our supplies ourselves. I remember it being loaded with lumber and tools to build the cabins. They were all rustic, but they served the purpose."

Steve met Genevieve while teaching in the Lansing area. The pair bought a motel in Salida, Colorado shortly after getting married and relocated. They have made a wonderful team running the motel while teaching in the mountainous state. Cliff continued to work in lower Michigan and oversee Pine River Canoe Camp on Neebish Island from the late 1960's until 1993.

I marveled at their ingenuity! The brothers had built everything! With wide eyes of amazement at this connection, I couldn't wait to travel to Neebish Island and see the Pine River Canoe Camp!

#### Cousins' Canoe Camp Capers

Three of my Meade cousins had attended Cliff's camp several years in a row. Each enjoyed it so much that they returned as counselors as soon as they were old enough! Raucous laughter accompanied these tales!

Shauna recalled the rustic camp as a home base for a canoe excursion in Canada. The group had boarded a Canadian boxcar with their canoes. Then, the train dropped the crew off alongside a river. Next, they paddled through the wilderness pitching tents at night.

Bill laughed

remembering being positioned at the helm of the pontoon boat loaded with young kids. They needed to cross the remarkably rough St. Mary's River. It had been a relief to reach the shore of Neebish Island.

This rustic experience suited my brave cousins

the swampy land locating four other cabins and two outhouses. It was a rustic camp!

#### Finding Cliff

From a distance a sturdier cabin sat quietly in the dappled light. It appeared to have electricity

camp?" Chuck asked. "When everything came together." Cliff explained the demanding job of organizing adventures, the campers, the gear and the food.

Cliff gestured to the shoreline, "We had devised a sauna, so campers could



Cliff's cabin had once been designed to house campers. Now Cliff uses the space as his retreat.

well! They grew in confidence and have raised their kids with an appreciation for nature.

Cliff said he would be at his the camp the same weekend we'd be on Neebish! We couldn't wait to see the wooded land where so many young lives had been influenced!

#### Pine River Canoe Camp

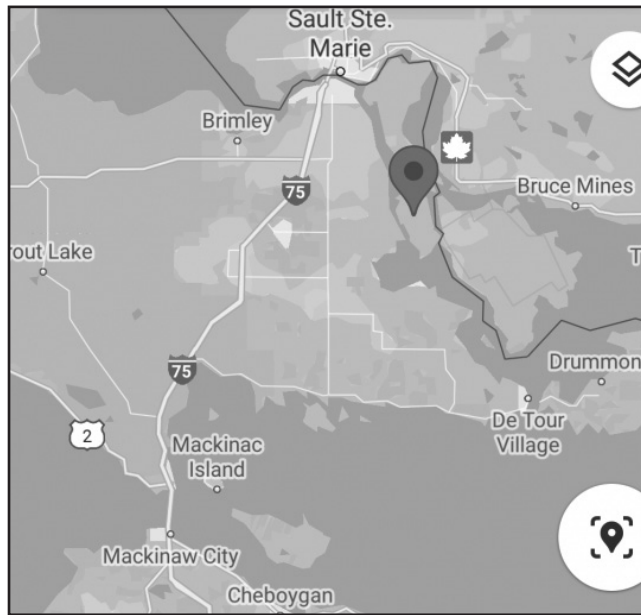
After arriving on Neebish Island by a tiny

with a glow peeking from cracks as well as from the windows. This structure was more stable than any of the other buildings on the property even with gaps between the layered logs. "Cliff?" Chuck called out. "Yeah?" an answer was soon accompanied by the creak of the door opening.

Cliff had modified the cabin to suit his current needs. He had electricity and a wood stove. His tent was pitched on a platform

warm up after their swim." This was so clever!

As a social worker in the Lansing area, it had been Cliff's passion to build confidence in youngsters. I marveled at the effort it took to create such an entity as Pine River Canoe Camp. Cliff said he'd just sold the property to a man who had once been a camper. The gentleman now lives across the river in the upper peninsula. He doesn't plan to build on the property



Neebish Island is located in the St. Mary's Seaway east of Michigan's Upper Peninsula. It's 21 square miles.

and tour the grounds!

From our research 63- 89 people inhabit the island year round. There's only one store, which is at the campground. Freighters travel northbound on the east side of the island and southbound on the west. I was looking forward to our upcoming trip. But first, we had my Meade family reunion to attend.

Steve and Cliff Borbas These two brothers have been well known for their adventurous spirits and unique escapades. They follow our Restless Viking antics. I was so excited to talk with them!

"Where are you going

(pictured in the center of the group) "I ran it for over 30 years!"

#### Pine River Canoe Camp – How It Started

"Well, Steve and I started the camp, then he moved." Cliff clarified tipping his head toward his brother, Steve. "I was left to run it on my own."

Cliff, a social worker, and Steve, a teacher, had worked in Okemos, Michigan. The brothers bought land on Neebish Island and began hauling supplies and building cabins.

Steve smiled, "I put a pontoon boat together at home, completely on my own. Then I disassembled



The cabin slanted, tired from holding decades of memories.



The outhouse held its own special memories.

car ferry, we located the path to Pine River Canoe Camp. Cliff had emailed us directions. The mile long trail was just large enough for a four wheeler. We set off on our hike to see this famous site.

As we trekked down the desolate path we noticed some downed trees and low hanging power lines from a recent storm. After ten minutes mucky mud revealed itself as the trail became overgrown. "Cliff?" we called into the breeze. A few moments later, "Look! Here's a building!" DaViking announced. Birds answered and fluttered skyward.

We continued through

inside. "Bugs are rampant." He explained. A water well sat ready nearby. I was impressed with how he and his brother, Steve, had built these structures on their own.

#### The Tour

We stopped by the well and Cliff dropped his containers to fill on our way back to his cabin. Nearby stood the dining hall and outdoor kitchen area.

The food prep and cooking was done outside. There had been a tarp over the outdoor area. Campers participated in preparing their own meals.

"What did you like best about running the

and will allow Cliff to visit anytime.

Cliff Borbas had dedicated decades of making a difference in so many lives. Touring his Pine River Canoe Camp was an honor!

#### Related Links

[https://en.wikipedia.org/wiki/Neebish\\_Island](https://en.wikipedia.org/wiki/Neebish_Island)

<https://www.facebook.com/neebishislandleaflet/>

# FUN PAGE

## SUDOKU

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

# HEART FUNCTION WORD SEARCH

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

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

Puzzle solutions on page 13

### HEART FUNCTION WORD SEARCH

AORTIC  
ARTERY  
ATRIUM  
BEAT

BLOOD  
CARDIAC  
CHAMBERS  
COORDINATED  
HEART  
LEFT  
LUNGS

MITRAL  
NUTRIENTS  
OXYGEN  
PATTERN  
PULMONARY  
PULSE  
RIGHT

TISSUES  
TRICUSPID  
VALVE  
VEIN  
VENA CAVA  
VENTRICLE

## Guess Who?

I am a singer/songwriter born in England on February 1, 1994. I rose to fame in a popular boy band, and later embarked on a successful solo career. The same year I went solo, I made my acting debut in a Christopher Nolan film.

Answer: Harry Styles

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to heart health.

**I N E S V**

--	--	--	--	--

Answer: Veins

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				

### CLUES ACROSS

- 1. \_\_\_ de Mornay, actress
- 8. Surrenders
- 13. Omission
- 14. The white poplar
- 15. They become butterflies
- 19. Used to chop
- 20. Select
- 21. Volcanic craters
- 22. Consumer price index
- 23. Utilize
- 24. "True Blood" actress Paquin
- 25. Got up
- 26. Sank in
- 30. Retail
- 31. Giants
- 32. Most bald
- 33. Changes color
- 34. Unit of loudness
- 35. Undresses
- 38. Fathers
- 39. Learned skill
- 40. Remove qualification
- 44. Covered with frost
- 45. Speak up
- 46. Nowhere to be found
- 47. Part of surgery (abbr.)
- 48. Type of wrap
- 49. Church seating
- 50. Mathematical figure

### CLUES DOWN

- 51. College football conference
- 55. Turkish officer title
- 57. Organized body of knowledge
- 58. Smooth and glossy
- 59. Left
- 30. More coherent
- 32. Make uninteresting
- 34. Nausea
- 35. Institution of Oceanography
- 36. Of little value
- 37. Hindu model of the ideal man
- 38. Biblical exclamation
- 40. You throw it at a board
- 41. Be about to happen
- 42. Brutal
- 43. Opened one's mouth widely
- 45. 19th letter of Greek alphabet
- 48. Saturate
- 51. The woman
- 52. Someone who is highly skilled
- 53. A way to launch an attack on
- 54. Where golfers begin

# Today: Wednesday, February 2

Wednesday, Feb. 2 is the 33rd day of the year. There are still 332 days remaining in 2022.

### Historical Events

**880:** King Louis III of France is defeated by the Great Heathen Army at Lüneburg Heath in Saxony.

**962:** Pope John XII crowns Otto I the first Holy Roman Emperor in nearly 40 years.

**1207:** Establishment of "Terra Mariana," eventually comprising present day Latvia and Estonia.

**1438:** The nine leaders of a Transylvanian peasant revolt are executed in Torda, Romania.

**1536:** Pedro de Mendoza, a Spaniard, founds Buenos Aires, Argentina.

**1653:** New Amsterdam (later renamed New York City) is incorporated.

**1709:** Alexander Selkirk is rescued after being shipwrecked on a desert island, inspiring Daniel

Defoe's adventure novel "Robinson Crusoe."

**1848:** The Treaty of Guadalupe Hidalgo is signed, ending the Mexican-American War.

**1850:** Brigham Young declares war on Timpanogos in the Battle at Fort Utah.

**1876:** The National League of Major League Baseball is formed.

**1887:** The first Groundhog Day is observed in Punxsutawney, PA.

**1899:** The Australian Premiers' Conference decides to locate Australia's capital city, Canberra, between Sydney and Melbourne.

**1900:** Six cities - Boston, Detroit, Milwaukee, Baltimore, Chicago and St. Louis - agree to form baseball's American League.

**1901:** Queen Victoria's funeral.

**1913:** Grand Central Terminal opens in New York City.

**1922:** First publication of "Ulysses" by James Joyce.

**1925:** Dog sleds reach Nome, AK with diphtheria serum, inspiring the Iditarod race.

**1934:** The Export-Import Bank of the United States is incorporated.

**1935:** Leonarde Keeler administers polygraph tests to two murder suspects, the first time polygraph evidence was admitted in US courts.

**1942:** The Osvald Group is responsible for the first, active event of anti-Nazi resistance in Norway, a protest against the inauguration of Vidkun Quisling.

**1943:** The Battle of Stalingrad comes to an end when Soviet troops accept the surrender of the last German troops in the city.

**1959:** Nine experienced ski hikers in the northern Ural Mountains die under mysterious circumstances.

**1966:** Pakistan suggests a six-point agenda with Kashmir after the Indo-Pakistani War of 1965.

**1971:** Idi Amin replaces President Milton Obote as leader of Uganda.

**1980:** Reports surface that the FBI is targeting corrupt Congressmen in the Abscam operation.

**1982:** The government of Syria begins a 27-day attack on the town of Hama, eventually killing thousands.

**1987:** After the 1986 People Power Revolution,



Model and actor Farrah Fawcett was born in Corpus Christi, TX on Feb. 2, 1947. Most popular for her role on the TV series "Charlie's Angels," more than 12 million copies of her 1976 swimsuit poster (above) were sold.

the Philippines enacts a new constitution.

**1989:** The last Soviet armored column leaves Kabul, ending the Soviet-Afghan War.

**1990:** South African president F.W. de Klerk announces the unbanning of the African National Congress and promises to release Nelson Mandela from prison.

**2005:** The Government of Canada introduces the Civil Marriage Act. This legislation will become law on July 20, 2005, legalizing same-sex marriage in that country.

**2012:** The ferry MV Rabaul Queen sinks off the coast of Papua New Guinea,

leaving an estimated 146-165 people dead.

**Birthdays**

**1585:** Judith Quiney, Shakespeare's daughter

**1585:** Hamnet Shakespeare, Shakespeare's son

**1650:** Pope Benedict XIII

**1856:** Frederick William Vanderbilt, railway magnate

**1882:** James Joyce, author, poet

**1895:** George Halas, football player, coach

**1905:** Ayn Rand, novelist, philosopher

**1923:** James Dickey, poet, novelist

**1923:** Bonita Granville, actor

**1923:** Liz Smith, journalist, author



Tom Smothers of the Smothers Brothers (left) was born at the Fort Jay Army Post Hospital on Governors Island, NY on Feb. 2, 1937.

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Sunday, February 13

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~ All ads require pre-payment ~

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