

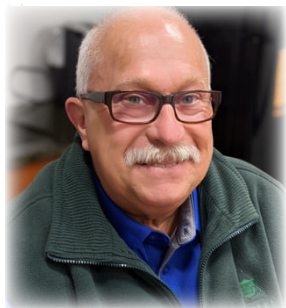
Pink Arrow Pride donates \$106,000 to families, organizations and scholarships

Winterfest '22



page 16

Tribute to Russ Meis



page 8

Goggins donates to YMCA



page 4



LHS sports
pages 10-11

Pink Arrow Pride announced the results of their year of fundraising on Tuesday, Feb. 8.

Through events, t-shirt sales, donations, sponsorships Pink Arrow raised a total of \$106,000 in 2021.

“It may be hard to believe [that] Gilda’s Club Lowell is approaching its 13th year of operation serving the emotional health support needs for individuals and families on a cancer or grief journey,” said Wendy Wigger, president of Gilda’s Club of Grand Rapids. “In addition to the ongoing emotional health program we provide, we have been excited to continue our in-schools program focused on giving kids a chance to learn and share how to navigate the tough stuff happening in their lives. This is only possible thanks to the generous Lowell community with their ongoing support personally and through participation in the Pink Arrow events. The past 18 plus months have been challenging for all of us. The pandemic has given us a taste of the isolation that



Teresa Beachum of Pink Arrow Pride, Sandi Oosse of Gilda’s Club and Rosemary Hollinshead of Pink Arrow Pride at Gilda’s Club of Lowell on Tuesday, Feb. 8.

can come when someone is facing a cancer or grief journey, and the importance of leaning into a community of support when navigating such a period of time. We are grateful for the financial gift to allow us to continue

to provide our services free of charge, and the support we feel from the community on so many levels. On behalf of our Gilda’s Club team, our board of directors, and most of all the community members we serve, thank

you.” From the \$106,000 total raised this year, \$45,000 will be donated to Gilda’s Club of Lowell, \$43,000 to Lowell Community Wellness Pink Arrow Family Support and \$3,000

will benefit the Dr. Donald Gerard Scholarship and the Kathy Talus Scholarship. A total of 70 people in the Lowell Area Schools district

Pink Arrow Pride, continued, page 2

Lowell VFW earns Diamond Jubilee award



by Herman Weststrate, Jr.
Lowell VFW Post 8303 commander

On Saturday, Feb. 5 at the VFW District 8 meeting at Holland Post 2144, the Michigan VFW State commander and VFW District 8 commander presented Diamond Jubilee awards to VFW Post 8303 of Lowell and VFW Post 702 of Grandville.

Pictured on the left is Herman Weststrate Jr., a veteran of Vietnam service.

At right is past VFW Post 8303 commander John Erickson, age 92, a Korean War service veteran who served in the US Army,

earned a Purple Heart and spent 33 months as a POW.

Also attending from the Lowell VFW Post was John Kuk, US Air Force Vietnam service, and David Maltman, US Navy retired Iraq War service.



50¢

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Housing market in the Grand Rapids area: the good, the bad and the ugly

by Bill Lee
contributing reporter

Even if you haven't bought or sold a home since the pandemic began, you probably know someone who has and have heard their stories of the madness that has been taking place in the United States, West Michigan and even Lowell. Some would say this is one of the most lucrative times for sellers and most frustrating of times for buyers. How frustrating?

Recently, a family in Lowell looking to buy a home experienced the fickle market first hand. They saw a home in the Grand Rapids area pop up for the first time on a real estate website on a Wednesday night. On Thursday they called their realtor and set up an appointment to see the home on Friday morning.



Amy and Don Reedy

McCracken of Greenridge Realty in Lowell. "The nature of the market is if you do it right, you have a great chance to end up with two, three, four offers and can have those offers bidding against each other to work your offer up."

The only drawback for seller is if they are actually looking to buy a house after they sell theirs. If so, then they become a buyer in a seller's market.

Another good thing, especially about Lowell, is that it still has space to grow and places to build unlike a lot of towns in the Grand Rapids area. Eventually, this will be good for buyers as it will raise inventory, but for now, they have to wait until those homes are built.

"The nice thing about Lowell is we have room to grow and expand and we have been growing quite rapidly," said McCracken. "We have new development coming in, and we still have land and space to expand. You kind of see that in this ring around Grand Rapids. Everything is pushing out. You have Rockford, Lowell, and Caledonia that are growing at rapid paces because those are the old farming areas and have a little bit of space left."

The Bad:

A lot of this space for houses in Lowell and other areas still has not

been developed with the exception of a couple of neighborhoods, one being the new homes near Cumberland and Foreman. The issue with those new homes is their entry level price is around \$350,000.

"When they first started, they were starting at \$250,000 or \$275,000 and now they are starting at \$359,000 for the same house," said Amy Reedy of Reedy Realty in Lowell.

Therefore, the inventory for houses has a lot to do with existing homes and not new builds. Reedy shared that in December of 2019 there was two and a half months of housing inventory available in the Grand Rapids area. Two years later? It is .9 of a month of inventory for single family homes.

For these existing homes, prices are rising, inventory is shrinking fast, mortgage rates are climbing, and above all, competition is fierce. For example, a recent home-buyer working with Reedy Realty in Lowell made an offer on a \$200,000 ranch home in a small town outside of Grand Rapids. There was nothing extraordinary about this home – just an average three bedroom, one and a half baths, with a full basement and a typical galley kitchen.

Housing market, continued, page 4

"Denim and Diamonds" Rotary Auction will be April 22

Rotary



This year's Lowell Rotary auction is going to be at 5:30 pm on Friday, April 22 and will be held at Noto's Old World restaurant, 6600 28th St., Grand Rapids.

"They've done it in Lowell in the past, but it takes pretty big venue," said Rotarian Phil Gerard. "For a while, there was a little conference center in Lowell that Kent McKay had [the Grand Volute], but other than that, there's nothing big enough in Lowell. Unless they did it at a [school] gym, but that's kind of tough for dinner! So that's why it's there, otherwise it certainly be in Lowell if there was a venue big enough."

All of this year's auction proceeds are going to be split between Flat River Outreach Ministries and Rotary International.

"FROM needs some upgrades to their pantry equipment, so we're going to help them with that, and then Rotary International has some international humanitarian projects," Gerard said.

For more information about this event, the Lowell Rotary or their various activities, check out lowellrotary.org, call 616-293-3206 or send a message to info@lowellrotary.org.

The Lowell Rotary meets at noon every Wednesday on the second floor of Lowell city hall.



Josh McCracken

Thursday afternoon, they got a call from their realtor saying their appointment was canceled because the home had received several strong offers on it within that 48 hour period. On the market for about a day and off the market just like that. This is the reality that home buyers are facing right now.

The Good:

If you are a seller, you are sitting on a throne right now. In essence, with high demand for housing and little inventory, sellers hold all of the cards in any negotiations. Prices have

risen 25-30 percent in the last three years with many of those gains occurring within the last year with 11 straight months of homes being sold for more than 100 percent of list price. One way sellers make more money on their homes is to set strict offer deadlines within a few days after their houses hit the market. And like hungry fish to bait, the competition between buyers begins.

"Sellers can get multiple offers and get the absolute highest and best offer and making offers to work against each other," said Josh

Pink Arrow Pride, continued

were served with a monetary gift in 2021, and many more have taken advantage of the many services at Gilda's Club of Lowell.

The annual Pink Arrow Pride football, soccer and volleyball events were back in the stadium this year. Organizers gave a special thank you to Enwork for sponsorship of the volleyball game. Pink Arrow Pride organizers thank their golf cart sponsors: Addix, Canfield Plumbing and Heating and the Lowell Women's Club. They also extended their gratitude to the 2021 t-shirt sponsors: Enwork, All Weather Seal, Litehouse, Timpson Transport Inc., King Milling Company, Carbon Green BioEnergy, J&H Family Stores, Five Point Two Motorsports and Meijer.

Additionally, they offered a 'shout out' to the Pink Arrow Community Day event sponsors: All Weather Seal, Spectrum Health and Zeigler Ford of Lowell. A

lot of t-shirts were sold that day, and a lot of blood was donated. Because of the 65 pints that were donated, Versiti Blood donated \$650 to Gilda's Club and 195 lives were saved.

This year's Pink Arrow Community Day event will take place on Thursday, Aug. 18, and the "big event" is scheduled for Thursday Sept. 1. The perseverance stories will return to the Ledger in 2022 with 12 individuals sharing their personal journeys. More details on all of this will be revealed later in the year.

Pink Arrow Pride accepts donations year-round through Paypal, or you can mail a check made out to "Pink Arrow Pride" to Lowell Area Schools, 300 High St., Lowell, MI 49331.

If you would like to be a future partner with Pink Arrow Pride, please contact Rosemary Hollinshead at rosemaryhollinshead@yahoo.com or 616-550-3021.

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Texas resident Dee Stites Tusch working on rhyming memoir of Lowell area childhood

by Tim McAllister
lead reporter

Darlene “Dee” Stites Tusch, a Lowell area native now living in Texas with her husband Robert Tusch, is working on a rhyming memoir of her idyllic childhood in mid-20th century Lowell.

“From 1946, when I began attending Carl School in the second grade, until 1957 when

memories of the school and the surrounding territory that we neighborhood kids used to roam freely. [...] You don’t have backgrounds like we have anymore. You don’t have the way we were brought up, the way we were able to roam everywhere we wanted to go. [Today] everybody is

afraid somebody’s going to kidnap their kids. It was just an altogether different atmosphere. Where we used to live on Grand River Dr. there are now sidewalks, and when we lived there there it was a gravel road. [...] Many of these memories have resulted in short stories and rhymes to be included

Tusch attended Carl School until eighth grade, then she graduated from Lowell High School in 1957.

“I recently sent out some letters to relatives in Michigan and included a rhyme about sledding in those bygone days at Carl School, and they let me know they enjoyed it,” Stites Tusch said. “Two of those rhymes are from my Carl School collection, and the third one takes place at a neighborhood ball diamond that Mr. [Max] Sarrett kindly allowed us to make on his property on Alta Dale. All the rhymes are destined for the ‘My Life in Rhyme’ book.”

There is no definitive release date yet for “My Life in Rhyme,” but when it’s finished it will join the other local history books that Stites Tusch and her brothers Robert Tusch and Art Tusch have available on Amazon.com. For more information about their work, visit the “R & D Books” blog at adrtbooks.blogspot.com

The Tepee

Kids busily hauled dead limbs from trees,
The woods rang with sounds of their industry
Need was the reason for the race
To build a tepee meeting place
A place to tell stories and figure the hows
Of making treaties and holding pow wows.

One of the grades was studying the tribes
And their recitations set off vibes
In the other kids listening to them,
Who wondered about the old days,
When the Chippewas wandered the Grand River Valley
And came together for tribal rallies.

Imaginations were fired, till the planners could see
The erection of a super tepee.
A site was chosen where the builders could
Find construction materials in the wood
And a sturdy oak limb provided a place
For propping the lodge poles in plenty of space.

A circle finally mark the spot
And was cleared of old leaves, mold and rot.
Strong, straight tree limbs were selected,
While crooked ones were rejected.
The lodge poles were placed without a doubt
Against the tree radiating out.

Lacking deer hides, it was time for adoption
Of covering the skeleton with another option.
One layer between the poles was rigged
Consisting of branches, large leaves and twigs.
Until the very last thing to do
Was to cover the holes where light still peeked through.

The tepee was finished, the kids filed in
To a dank interior incredibly dim.
As eyes adjusted to its many features
Spiders appeared, plus other creatures.
As one, they headed across the floor
To the light that beckoned beyond the door.
The fun had been in the teepee’s erection
And no one showed any signs of dejection.
There were plenty of other games to play,
Tomorrow was another day
So it’s not all sad, for me, to relate
That the tepee suffered its date with fate.



Dee Stites Tusch is the fifth student from the left of the top row in this 1952 Carl School class photo. “This is an awful one,” Stites Tusch said. “Sucking in my cheeks in an effort to look like Jean Simmons and failing.”

One Hit and I’m Out

Luckily, there was no rain
As we neared Sarrett’s field for our nightly game.
“First bat, second bat, catch, pitch”
Positions were shouted without a hitch.
There were never enough kids to field two teams
And we were big, little and in-betweens.
I had snagged the mound and began to pitch.
The first ball was fouled into the ditch.
One of the big kids, Louie, was up
And next hit a line drive straight into my gut.
Oomph! I went over backwards, fell to the ground
And it took a few minutes before I came round.
I wheezed and wheezed, tried to catch my breath,
And felt like I was courting death.
When the crisis was over, I looked up to see
Worried faces hanging over me.
Smiles broke out as I breathed once more
No longer gasping at death’s door.
The crowd broke up, went back to their places
Manning the field and various bases.
But I feeling tired, and now out of danger
Thought I’d go home and tune in the Lone Ranger.

in a book, eventually, after I finish my genealogy memoir that’s in progress now. [...] I’m working on two things right now, one of them is genealogy-inspired about the Stites family in Grand Rapids and Ada, and the other thing is the rhymes.”

Stites Tusch said she was encouraged to publish her poetry, which she calls “rhymes,” after receiving positive feedback from some local residents. Much of her work focuses on the Carl School, a defunct one room country schoolhouse that existed just outside of Ada from 1859 until 1964. Stites

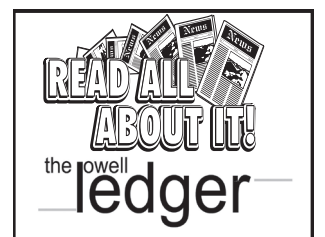
I married my husband Robert, who lived across the road, I lived at 5885 Grand River Dr.,” Stites Tusch said. “My husband and I were fortunate to live in an era of unstructured time where kids were allowed to roam Grand River Dr. and Carl Dr. freely, and past M-21 where we dammed up Eleanor’s Creek to swim in the summer, and where Robert caught brook trout that his mom fried up for dinner. I have many



Dee Stites Tusch is fourth from the right in the second row from the top in this Carl School class photo from 1949.

or search for their names on the Amazon website.

Stites Tusch lives in Texas, “halfway between Wimberley and San Marcos, south of Austin and north of of San Antonio,” and said that old friends interested in reconnecting can contact her at dgtusch@aol.com.





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MAKING PATIENTS FEEL LIKE FAMILY

Housing market, continued

What was extraordinary was the competition to buy this home. There were 133 showings and 48 offers made on the home. Of the 48 offers, there were three cash offers, 29 conventional offers, 13 FHA offers and three VA offers. To top it off, ten of the offers were over \$250,000, and one buyer was willing to pay \$275,000.

The competition and lack of inventory is occurring in Lowell too.

“Lowell has been the same way,” says Reedy. “Currently, Lowell has ten active listings for single-family homes and two condos. Of those ten, five of

them are new construction, so they might not even be available right now. It’s crazy out there right now. I feel so bad for buyers because there is such limited inventory that it creates a bidding war on houses that are available.”

The Ugly:

“I feel like a broken record,” said McCracken.

He has been asked more than a few times what he thinks is going on in the market, and more importantly, what he thinks will happen in the future. Both he and Reedy agree that they don’t see an end in sight right now with prices continuing to rise.

Average sales prices in 2017 was \$210,214. In 2021 the average sales price was \$280,000 and now it is \$300,000. It seems the longer a buyer waits the more they’re going to pay.

According to McCracken national statistics continue to rise and that will make it tougher for buyers.

“Numbers are expected to stay ahead of inflation this year as far as price increases: 5-8 percent,” said McCracken. “I don’t see anything that will slow prices down. Building prices are still high, so builders can’t build affordable homes for first-time home buyers. Allen

Edwin is the big builder in Michigan. No one can build a cheaper house than Allen Edwin. And they’re \$330,000 to \$350,000 for a starter home, so builders can’t build cheap right now which if they could, that would be great. We’d have cheaper homes which would boost inventory and help plateau things but that is not happening.”

“I don’t see this slowing down too much in the next year even in the raising of the rates because people still need to buy houses,” Reedy said. “There are new people wanting to buy a house every day. And they’re not just going to go away. The pool of people who want a house are still going to be there.”

So what is a home buyer to do?

Both McCracken and Reedy agree that buyers should keep looking. They also advise buyers to be prepared for when their time comes around and that starts with getting a good realtor.

“I cannot stress the importance of having an agent,” said McCracken. “When you’re buying, it’s so competitive, you need to know all the ins and need

to know all the negotiation tactics. You need to have an agent that has a great reputation with other agents, that can speak on your behalf, that can negotiate for you, that can do and change extra things in the purchasing agreement and make yours just slightly more favorable than everyone else’s. A good, smart, experienced agent can make the difference.”

Reedy advises that buyers continue to keep their credit scores as high as they can and find other ways to make offers on homes.

“Keep your credit as clean as possible and give your biggest down payment that you can and maybe look at ways you can use that down payment,” said Reedy. “Maybe instead of putting down 20 percent down on a conventional loan, you only put down 10 percent and use the other 10 percent as cash available to cover an appraisal gap.”

McCracken also stresses the importance of getting a good lender throughout the process.

“If there are 5-6 different offers, it might come down to the lender,” said McCracken. “They may say, ‘Well, I

know this one, and know he is a good lender.’ Sometimes just knowing the reputation of lenders can help you when buying a home. If you get a good agent and a good lender, then you are set up well.”

In the end, both realtors believe it is still a good time to buy a home even with all the competition and rising prices. McCracken doesn’t think buyers should sit on the sideline right now because he doesn’t foresee another housing crash coming any time soon, and if so, it will look different.

“I think it’s still a good time to buy, especially if you are renting and your rent is high and for boomers who are looking to downsize and sell and move into a smaller condo or ranch,” said McCracken.

Reedy agreed and advised that buyers continue to have resolve and patience.

“One of our clients finally got picked after eight months of trying,” Reedy said. “Another client who wrote 12 offers and happened to be lucky that there were several homes in the same price range in the same area and he got one.”

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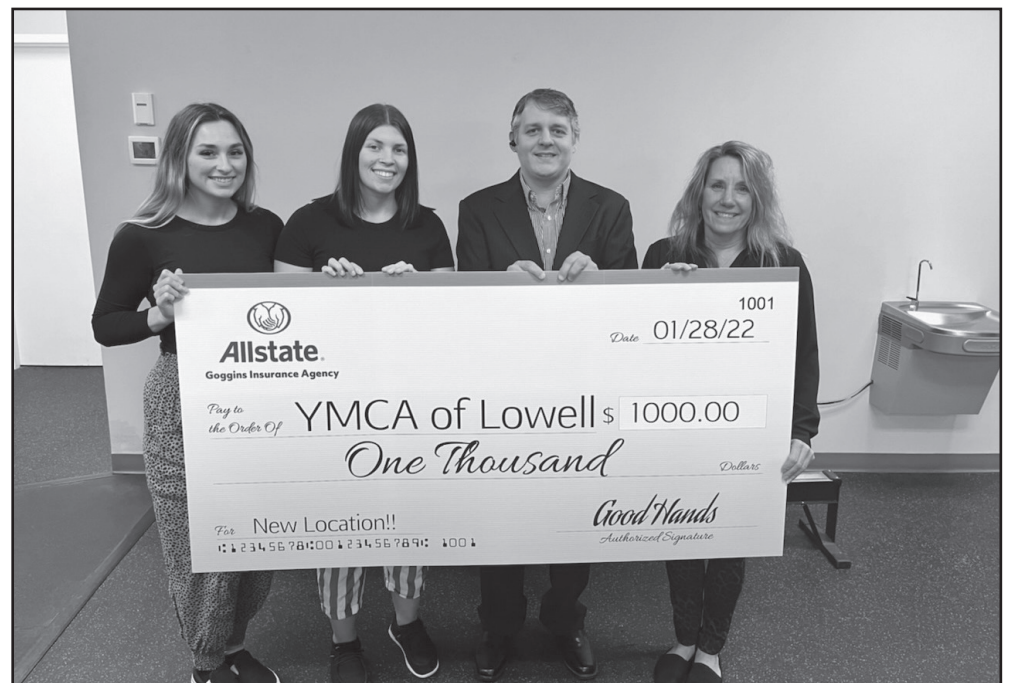
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Goggins/Allstate donates \$1,000 to YMCA construction project



Pictured above with the big check are Amiah May, Taylor May, Christopher Goggins of the Goggins Insurance Agency and Marta Rozema from the Lowell Lighthouse Family YMCA.

by Tim McAllister
lead reporter

The locally-owned Allstate insurance agency, with the help of the Allstate Foundation, secured grant funds last week in the amount of \$1,000 for the Lowell Lighthouse Family YMCA.

“We reach out to all the businesses in our community and talk about our capital campaign and how important it is to raise funds to do the renovations for the new building,” said Marta

Rozema, program director of the Lowell Lighthouse Family YMCA. “Chris Goggins reached out to me one day and said, ‘Hey, we’d like to make a donation.’ So he got ahold of Allstate and they matched his donation. We are very fortunate to have so many of our community businesses and community members support us.”

Construction is underway on the new Lowell Lighthouse Family YMCA in the former location of Impact Church,

1070 N. Hudson. “We have started renovations,” Rozema said. “They are rocking and a-rolling over there!”

For more information about the Goggins Insurance Agency, call 616-213-3121, email cgoggins@allstate.com or visit their office at 505 W. Main, Suite E.

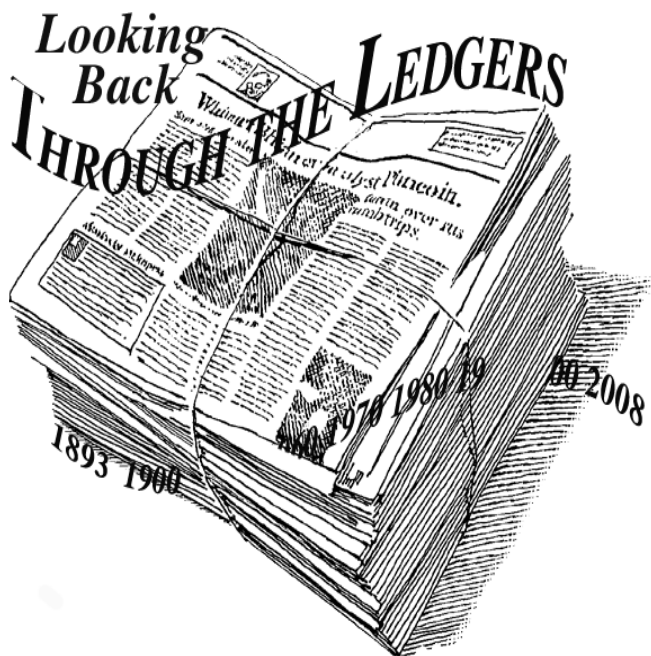
To learn more about the Lighthouse Family YMCA capital campaign, visit grymca.org/branch/lowell-ymca.

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to the editor



**125 years ago
Lowell Ledger
February 12, 1897**

The board of managers of the Soldiers' Home at Grand Rapids has decided to prosecute saloonkeepers who sell liquor to inmates. Many veterans have been getting drunk of late.

Last Sunday evening, S. S. Courtright being under the influence of liquor, had a quarrel with Clint Kellog in front of Nash's warehouse, in the course of which Courtright's head came in contact with an upright piece of iron belonging to some old machinery. A bad cut was thus made which bled profusely. Courtright afterwards fell down the basement stairs leading to the Journal office, where he was employed and cracked several of his ribs. He soon burst into the club room in Train's block and thereafter became very weak from the loss of blood.

The United States government is rapidly accumulating a collection of useless war vessels, the latest acquisition being the new monitor Puritan which proved unseaworthy in her dock trial. The battleship Indiana has suddenly returned to Hampton roads and it is reported that she cannot be handled in a blow.

**100 years ago
The Lowell Ledger
February 16, 1922**

Whisky warehouse guards hereafter will be armed with sawed-off shotguns to keep liquor bandits away, say prohibition officials at Washington.

Mayor Fred W. Green was nursing a broken rib at his home on West Main street and K. R. Smith, Sr., was confined to his bed at his home, 229 East Washington street, by rather severe bruises and cuts received when the big Cadillac coupe of the mayor's struck a culvert a short distance west of Lowell as the two were returning from Grand Rapids Saturday night.

The story of a former "drunken bum" who became an exemplary citizen and banker, told elsewhere in this paper, should be an inspiration to victims of strong drink everywhere. Of course, all reformed men can not be bankers; but the rewards of good citizenship, with home, family and friends, are for all who deserve them.

**75 years
The Lowell Ledger
February 13, 1947**

Since last Saturday the fire department has responded to three fire alarms, fortunately but little damage resulting in each case. The Saturday fire was at the Rutherford house near the canning factory, the Sunday morning call was for an overheated chimney at the telephone office, and Monday night a car caught fire at the McFall Chevrolet Garage.

Gov. Kim Sigler's investigation of subversive and communistic groups in Michigan colleges has won the full endorsement of The American Legion. In a telegram to Sigler the Legion's state commander, Earl F. Ganschow of Saginaw, said: "The American Legion is wholeheartedly behind your efforts to rid the schools and colleges of Michigan of all communistic and subversive groups, and we wish to offer you every support in whatever course of action you may elect to follow."

George Story is temporarily the whole works when it comes to making oil deliveries. Claude Thorne, his side kick, pulled a leg tendon Tuesday when his foot broke through a crust of snow. He will be confined to his home for a week.

**50 years
The Lowell Ledger
February 17, 1972**

Gary Gilbert, president of the Lowell Education Association, recently presented Orion Thaler, high school science teacher, an Honor Award certificate and pin in recognition of his 35 years of service to public education. The award was given by the Michigan Education Association.

Awards, announcements, a delicious dinner, and a chance to get-together once yearly, will all be part of the combined Lowell Area Chamber of Commerce and Showboat Corporation's annual dinner meeting Thursday night. Members of both groups will sit down to a 7 pm dinner at the First United Methodist Church of Lowell, before the main business of the evening gets underway.

When Ed Boyd read the water level on the Grand River Tuesday morning around 7 o'clock at the new bridge on Showboat Highway, the gauge read 4.98 feet. On February 5, the river level in the Lowell area hit its highest peak the year, when Boyd recorded 6.36 feet. Boyd, whose task it is to compile the river level figures during the up and down season, takes a reading every morning at the same time.

**25 years
The Lowell Ledger
February 12, 1997**

A singular violation of board policy did not stop the Lowell Board of Education from accepting Chad Ward as an alternative education night student for the spring semester. Ward, a former Belding area student, petitioned the board of education for reentrance to the Lowell Area Schools on Jan. 8.

The heart-shaped

Looking back, continued, page 6

To the Editor:

My childhood years in Lowell were difficult times for schools. In January 1945, fire destroyed most of the 3-story brick high school on Monroe Street.

World War II finally ended, but an "iron curtain" divided Europe. The 1948 Berlin Airlift saved a besieged city.

In 1950 a new war began in Korea. Anti-communist hysteria thrived in congress, and atomic bomb anxieties abounded.

Polio and Asian flu pandemics killed millions worldwide, before vaccines arrived.

And the Supreme Court outlawed racial segregation (1954) and legalized contraception (1965).

Our community did not succumb to fear. Lowell schools taught us kids about the real world we would face as adults.

We read controversial books and discussed difficult social issues, with guidance from respected teachers.

We accepted as equals our fellow students who were "different" -- war refugees, migrant workers, foster children, poverty-stricken, non-Christian or darker-skinned.

We learned that our differences are the source

of America's vitality and creativity. We lead the world precisely because all people and cultures are represented here.

Trusted leaders like businessman C.H. Runciman, banker Dan Wingeier, police chief Frank Stephens, doctor Thomas Hill and insurance agent Gerald Rollins understood this, and provided school board leadership.

Our wise teachers included Walter Gumser, Anna Mae Roth, Bob Perry, Jeanne Christenson, Carl Hagen, Jack Howe, Don Kelly, Orval Jessup, Gladys Doyle, Chris Burch, Byrd Beachum, Ruth Ward, Hannah Reynolds and Helen McMahon.

Also Charles Pierce, Orion Thaler, Norm Gotschall, Blanche Mullen, Gladys Bergin, Charles White, Ray Avery, Virginia Fonger, Gary Rivers, Steve Nisbet, Vern Morse, Art Bieri, Ken Williams and Betty Yeiter.

Sadly, most have now passed on. Their legacy is in their students -- and in the confident, caring, accepting Lowell we love today.

Good schools bring good communities together, and vice versa.

*Bob Thaler
LHS Class of 1960
Bay City*

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
Deadline is noon on Mondays**

HEALTH

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

- menstrual cramps

Menstrual cramping can affect the quality of life and ability to engage in activity for many females. Fortunately, menstrual cramps are typically short lived, but they can still be uncomfortable and inconvenient. There are ways to help prevent cramps, or decrease the intensity of menstrual cramps, before and during your period:

- Stay hydrated. Staying hydrated decreases bloating. Bloating makes cramping worse.
- Avoid more than 2000 mg salt/sodium and alcohol, as both of these increase bloating (which makes cramping worse).
- Stick to low-fat, high-fiber foods and avoid fatty fried foods

- Nutrients such as vitamins E, B1, B6, magnesium, zinc, and omega-3 fatty acids help to reduce the hormones responsible for cramps and inflammation. For most females, a daily multivitamin will provide enough of these supplements to help.

- Caffeine can also make cramping worse – limiting caffeine through foods and beverages can help decrease cramping.

Over the counter analgesics and anti-inflammatories, as well as a heating pad, can help with menstrual cramping. Be sure to ask your primary care provider for appropriate doses and when cramping needs to be evaluated further.

college news

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.

Danielle Barnes was named to the Dean's List at Miami University for the 2021-22 fall semester.

Miami University students who are ranked in the top twenty percent of undergraduate students within their division for the fall semester 2021-22 have been named to the Dean's List recognizing academic performance.

Barnes, from Lowell, is earning a B.S. in Business, Bachelor of Arts in Human Capital Management and Leadership, Political Science.

Wheaton College has announced that John

Andrulis, of Alto and Alana Peters, of Lowell, were named to fall 2021 Dean's List.

Dean's List honors are earned by undergraduate students who carry 12 or more credit hours and achieve a semester grade point average of 3.5 or higher on the 4.0 scale.

Alona Dulaney, of Alto, was named to the fall 2021 Dean's List at Georgia State University.

To be eligible for the Dean's List, degree-seeking students must have earned a GPA of at least 3.5 for a minimum of nine semester hours of academic credit taken at Georgia State during the fall or spring term with no incompletes for the semester. Eligible students must have a minimum GPA of 2.0 for all classes taken at Georgia State.

Central Michigan University has announced the fall 2021 Dean's and President's List.

Local students who made Dean's List include: from Ada: Elise Paige Marshall, Lucas Sherman, Jayden Elizabeth Bonsall, Kailey Jean Idziak, Ghali Tazi, Brooke Gillian Morley, and Lauren Steel Wilkinson; of Alto: Aurora Jayne Riley, Easton Dennis Brown, Elly Elizabeth Medendorp, and Savannah Renee LeRoux; of Lowell: Alexis R Cook, Asher Jadon Peters, Carson Denise VanNoy, Bailey Anne Wolters, and Luke Skinner.

Local students who made President's List include: of Ada: Lauren Ellen Hackerd; of Alto: Kathryn Dell Lemon and Kendall Suzanne

Krupiczewicz; of Lowell: Samantha Deiss, Chase Edward Miller, Roman Charles Rozell, Chloe Elise Collings, Ivan J Reynolds, Colin Mathew VanderWarf, and Nora Jane Jannenga.

Trine University students were named to the President's

List for the fall 2021 term. To earn President's List honors, students must complete a minimum of 12 hours and have a grade point average of 3.750-4.000.

Local students are, Ella Dougherty and Troy Saylor, both of Alto.

school news

Lowell High School has announced that student Jacob Thomas has been named Student of the Month at Kent Transition Center in January 2022. Thomas, 11th grade, is enrolled in the CORE program.

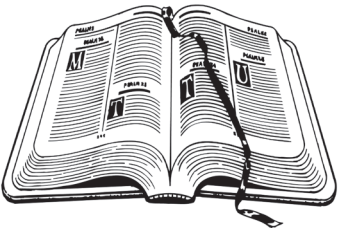


Looking Back, continued

necklace given to Mimi Simpkins by the Lowell Area Arts Council was symbolic of why she was presented with the 1997 Arty Award at the organization's annual meeting on Friday, January 24: Simpkins puts her heart into her work with the LAAC and it shows, not only in the people she inspires to work with her but in the outcome of the projects and programs she works on.

"The housing market is made up of people who don't, but want to, live in the Lowell area," says Lowell city assessor James Marfia. His assessment is given credence by the demand there has been for homes in the Lowell area over the last five years. Connie Reedy, a realtor for the past 27 years, simply states that there are more people who want to move into the area than there are homes available.

area churches



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 Christi Swain • Director of Children's Ministries

SUNDAY WORSHIP.....9:30 AM (Nursery provided)
 LIFE GROUPS11:00 AM (Nursery-Adult)
 Awana (K-5 during school year) Wednesday, 6:15 PM

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

Morning Worship.....10:00 AM
 Weekly Prayer Meeting - Mondays7 PM
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 402 Amity Street • 616-897-9820
 Website: www.stmarylowell.com

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 Sr. Pastor - Brad Brillhart

happy birthday

<p>FEBRUARY 9 Tom Covell, Alan Ryder, Noah Newhouse, Madison Lombardo, Brady Foster, Dave Vankeulen, Charlotte Drake.</p>	<p>FEBRUARY 13 Deb Heydenburg, Emily Gerard, Jodi Kennedy, Alyssa Ellis-Roach, Thomas Alberts Jr.</p>
<p>FEBRUARY 10 Richard Korb, Eric Kimble.</p>	<p>FEBRUARY 14 Heather Claypool, Carol Leyman, Gerri Ellison, Scott Treglia, Lori Rice.</p>
<p>FEBRUARY 11 Julie Kenney, Judy Goodwin.</p>	<p>FEBRUARY 15 Jim VanDyke, DeeAnn Merriman, Deanne Newell, Marcus Kline, Adam Confer.</p>



Today: Wednesday, February 9

Wednesday, Feb. 9 is the 40th day of the year. There are still 325 days remaining in 2022.

Historical Events

1555: John Hooper, the Bishop of Gloucester, is burned at the stake for heresy.

1621: Gregory XV becomes Pope, the last Pope elected by acclamation.

1775: British Parliament declares that Massachusetts is in rebellion.

1778: Rhode Island becomes the fourth US state to ratify the Articles of Confederation.

1825: After it's determined that no candidate received a majority of electoral votes in the 1824 presidential election, the House elects

John Quincy Adams as President of the United States.

1861: Jefferson Davis is elected the Provisional President of the Confederate States of America by the Provisional Confederate Congress.

1870: President Ulysses S. Grant signs a joint resolution of Congress establishing the US Weather Bureau.

1889: President Grover Cleveland signs a bill elevating the Department of Agriculture to a cabinet-level agency.

1893: Verdi's final opera, "Falstaff," premieres at La

Scala in Milan, Italy.

1895: William G. Morgan creates a game called mintonette, soon to be known as volleyball.

1900: The Davis Cup competition is established.

1907: The "Mud March" through London is the first large procession organised by the National Union of Women's Suffrage Societies.

1941: The Cathedral of San Lorenzo in Genoa, Italy, is struck by a bomb that fails to detonate.

1942: War Time (daylight saving time) is mandated in the US as a measure to help conserve wartime energy resources.

1943: Allied authorities declare Guadalcanal secure after Imperial Japan evacuates its remaining forces, ending the Battle of Guadalcanal.

1945: HMS Venturer sinks U-864 off the coast of Fedje, Norway, a rare instance of submarine-to-submarine combat.

1945: A force of Allied aircraft unsuccessfully attack a German destroyer in Førdefjorden, Norway.

1950: Sen. Joseph McCarthy accuses the Department of State of being "filled" with Communists.

1951: The two-day Geochang massacre begins when a battalion of the South Korean Army kills 719 unarmed citizens in Geochang, South Korea.

1959: The R-7 Semyorka, the first intercontinental ballistic missile, becomes operational at Plesetsk, USSR.

1964: The Beatles make their first appearance on "The Ed Sullivan Show," performing five songs (All My Loving, 'Til There Was You, She Loves You, I Saw Her Standing There and I Want to Hold Your Hand) to a record-setting audience of 73 million TV viewers.

1965: The Marine Corps sends a MIM-23 Hawk missile battalion to South

Vietnam, the first American troops in country without an official advisory or training mission.

1971: A 6.5–6.7 Mw earthquake hits the Los Angeles area, killing 64 and injuring 2,000.

1971: Satchel Paige becomes the first "Negro League" player to be voted into the Baseball Hall of Fame.

1971: Apollo 14 returns to Earth after the third manned Moon landing.

1975: The Soyuz 17 Soviet spacecraft returns to Earth.

1986: Halley's Comet last appears in the inner solar system.

1991: Lithuanian voters approve independence from the Soviet Union.

1996: The Provisional Irish Republican Army declares the end to an 18-month ceasefire by setting off a bomb in London's Canary Wharf, killing two people.

1996: The synthetic chemical element Copernicium is discovered by Sigurd Hofmann and Victor Ninov. It was named after astronomer Nicolaus Copernicus.

2016: Two passenger trains collide in the town of Bad Aibling, Germany, killing 12 and injuring 85.

2018: The opening ceremony of the Winter Olympics is performed in Pyeongchang County, South Korea.

2021: The second impeachment trial of President Donald Trump begins.

Birthdays

1737: Thomas Paine, philosopher, author, activist

1814: Samuel J. Tilden, lawyer, governor of New York

1891: Ronald Colman, actor

1896: Alberto Vargas, painter, illustrator

1901: Brian Donlevy, actor

1909: Dean Rusk, US Secretary of State

1923: Brendan Behan, Irish rebel, poet, playwright

1928: Roger Mudd, journalist

1939: Barry Mann, pianist, songwriter, producer

1940: J.M. Coetzee, novelist, essayist, linguist

1942: Carole King, singer/songwriter, pianist

1943: Barbara Lewis, singer/songwriter

1943: Joe Pesci, actor

1944: Alice Walker, novelist, author, poet

1945: Mia Farrow, actor

1946: Jim Webb, US Secretary of the Navy

1947: Joe Ely, singer/songwriter, guitarist

1947: Major Harris, singer

1949: Judith Light, actor

1955: Jimmy Pursey, singer/songwriter, Sham 69

1956: Mookie Wilson, baseball player



Ernest Tubb (right), legendary country music singer/songwriter and guitarist, was born in Crisp, TX on Feb. 9, 1914. In this photo, taken by Grand Rapids resident Wilma Wondergem at the "Ernest Tubb Record Shop" in Nashville, TN in July 1952, Tubb is with fellow singer Carl Smith (left). Although he passed away from emphysema in 1984, Tubb's record store is still in business, visit ernesttubb.com.



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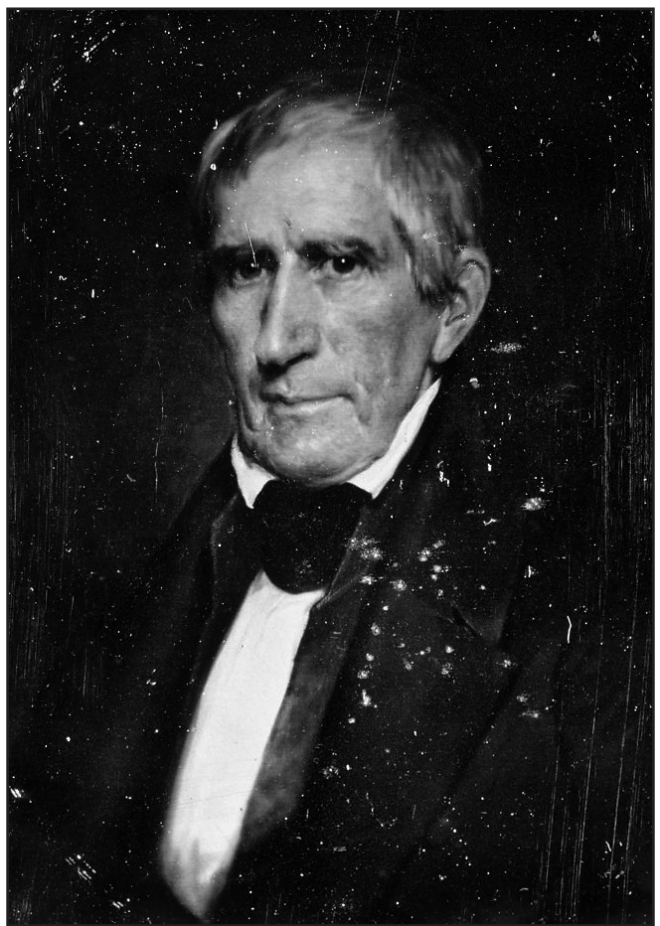
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William Henry Harrison, the ninth President of the United States, was born at the family home along the James River in Charles City County, VA on Feb. 9, 1773. He was the last president born before the Revolution and the first to die while in office, only one month after his inauguration. Harrison also served in the US House of Representatives and Senate, was the first governor of the Indiana Territory and was a general in the US Army.



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Tribute to Russ Meis

May 11, 1956 - February 6, 2022



Hearts are a little heavy today at Betten Baker as we mourn the loss of not just a co-worker, but a family member. Russ was more than just a true sales professional. He was also a husband, father, grandfather, friend, and beloved member of our community. He loved selling vehicles (especially the Mopar brand). And his passion for his clients is evident in the relationships and friendships that he cultivated over the years. For the last 2 years,

Russ was battling with lung cancer. You would have never known it because he faced this challenge with grace, dignity, prayer, a great attitude, and a zeal for life. We are better people for having been able to know and work with this man. And this community is better for having been served



by his professionalism and integrity. Many would say he has finally won his battle with this nasty disease, as he is no longer in pain. Heaven has gained an angel. And while we will miss him terribly, we take comfort in knowing he is at peace and rejoined with his family that has gone on before.



This is not goodbye...it is only "see you later" until we meet again.



Russell Meis
May 11th 1956 - February 6th 2022

Moderna COVID-19 vaccine approved by FDA, renewing call to get vaccinated, boosted

Following FDA approval last week of the Moderna COVID-19 vaccine for those ages 18 and up, the Michigan Department of Health and Human Services is renewing its call to Michiganders to get vaccinated as soon as possible.

"We now have two fully FDA-approved COVID-19 vaccines that have saved millions of lives throughout the pandemic," said Dr. Natasha Bagdasarian, chief medical executive and chief deputy for health at MDHHS. "For Michiganders who have been waiting for this approval, now is the time to get the safe and effective COVID-19 vaccine and join the nearly 6.5 million Michigan residents who have already received their first dose. The vaccine remains our best defense against the virus as we continue to face omicron and any future variants."

MDHHS is urging Michiganders to complete the primary series of COVID-19 vaccination and then get a booster dose once they are eligible to ensure they are up to date with their protection against the virus. More information is

available at Michigan.gov/COVIDVaccine.

The Moderna vaccine, now known as Spikevax, was the second COVID-19 vaccine to be distributed in December 2020 and has shown to be better than 93 percent effective against the virus that causes COVID-19 and 98 percent effective in preventing severe disease.

To date, more than 5.3 million primary and booster doses of the Moderna vaccine have been administered in Michigan and more than 65 percent of Michiganders ages five and older have gotten at least their first dose of one of the safe, effective vaccines. From Jan. 15, 2021, to Jan. 14, 2022, unvaccinated Michiganders accounted for 77.6 percent of COVID cases, 85 percent of hospitalizations and 83 percent of deaths.

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

To schedule a COVID-19 vaccine near you, visit Vaccines.gov.

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

Trump-endorsed candidates receive \$5,000 checks

Eleven different Michigan candidates who have been endorsed by former President Donald Trump have received \$5,000 checks each from the former president's political action committee, according to campaign finance reports to the Secretary of State.

Trump reported that his Save America Political Action Committee raised more than \$51 million and ended the period with \$122 million in cash on hand.

"In the history of our country, there has never been a more reliable or winning endorsement of candidates than that of President Trump," said Trump communications director Taylor Budowich.

Both Attorney General candidate Matt DePerno and Secretary of State candidate Kristina Karamo received \$5,000 checks.

On the legislative side, Kevin Rathbun, Mike Detmer, Jacky Eubanks, Angela Rias, Mick Bricker,

Jonathon Lindsey, Jon Rocha, Rachele Smit and Rep. Matt Maddock (R-Milford) also received \$5,000 checks.

Rep. Matt Hall said on the MIRS [Michigan Information and Research Service] Monday podcast that he's seeing numerous candidates running for office based entirely on the idea of getting a "forensic audit."

"They really want to break up and disrupt what's going on in Lansing in a way that takes it further than what we've seen in the past," said Hall, noting that Maddock appears to be the ringleader of the movement.

"We got to make sure they reflect that district," Hall said when asked if any concerns about these types of candidates running. "It's important to have candidates who have a broader appeal to their community. They give us the best chance to win."

Talk to health care providers about treatment with COVID-19 oral medications

As the supply of oral medications to treat COVID-19 is expanding across the state, the Michigan Department of Health and Human Services is urging Michiganders to talk with their health care provider if they test positive for COVID-19 to determine if this is the correct treatment for them.

Paxlovid and molnupiravir, which recently received emergency use authorization by the FDA, are designed for the outpatient treatment of mild to moderate COVID-19. Both medications may only be prescribed for patients by physicians, advanced practice registered nurses and physician assistants. When administered to non-hospitalized patients with conditions that put them at high risk of severe illness within five days of symptom onset, these antivirals may reduce symptoms and the risk of hospitalizations and emergency department visits associated with the virus.

Although Michigan has received additional courses of the medications, Priority Eligibility Criteria for therapeutics, including antiviral medication and monoclonal antibody

therapy, will remain in effect until the limited supply is able to meet demand and will be periodically reviewed as appropriate.

MDHHS continues to strongly recommend getting vaccinated and boosted for the best protection against the virus.

“We urge Michiganders to talk to their health care provider if they test positive for COVID-19 to determine the best treatment course. However, it’s important to remember these drugs are still in limited supply and are not a substitution for protecting yourself by getting vaccinated and wearing a mask in public places,” said Dr. Natasha Bagdasarian, MDHHS chief medical executive. “Getting vaccinated continues to be the best protection against severe illness and hospitalization, and we urge all Michiganders over age 5 to get vaccinated as soon as possible. Continue to wear well-fitting masks over your nose and mouth, test and social distance to prevent the spread of COVID-19, avoid large gatherings and get vaccinated and boosted if you haven’t already.”


Treatment with mAb continues to be an important therapy for mild

Outpatient therapy now available for those with COVID-19. Supplies may be limited.
Eligibility guidelines ensure those with the highest risks have priority access to treatments.

Those at highest risk	Treatment window after symptoms appear:	Paxlovid PO	Sotrovimab IV	Remdesivir IV	Molnupiravir PO
		5 days	10 days	7 days	5 days
<ul style="list-style-type: none"> 75+ years old and not up to date* Moderately or severely immunocompromised regardless of vaccine status 		✓	✓	✓	✓ <small>If other therapies not available or appropriate</small>
<ul style="list-style-type: none"> 65-74 years old and not up to date* with MI priority risk factor** Pregnant and not up to date* 		✓	✓	✓	✓ <small>If other therapies not available or appropriate</small>
<ul style="list-style-type: none"> 65-74 years old and not up to date* Under 65 years old and not up to date* with MI priority risk factor** 		✓	✓	✓	✓ <small>If other therapies not available or appropriate</small>
<ul style="list-style-type: none"> 75+ years old and up to date* 65-74 years old and up to date* with MI priority risk factor** 		✓	Not currently eligible	Not currently eligible	✓ <small>If other therapies not available or appropriate</small>
<ul style="list-style-type: none"> 65-74 years old and up to date* with CDC risk factors 		Not currently eligible	Not currently eligible	Not currently eligible	✓
<ul style="list-style-type: none"> 65-74 years old and up to date* Younger than 65 years old and up to date* with CDC risk factors 		Not currently eligible	Not currently eligible	Not currently eligible	✓

*Up to date means a person has received all recommended COVID-19 vaccines, including booster dose(s) when eligible (bit.ly/CDCStayUpToDate).
**MI priority risk factors include: Obesity (Body Mass Index >35), chronic respiratory disease, pregnancy (note: in pregnancy, molnupiravir should not be used and Paxlovid and remdesivir should be used with caution when sotrovimab is unavailable), chronic kidney disease (special considerations with Paxlovid), cardiovascular disease, and diabetes.

Talk to your health care provider or visit Michigan.gov/COVIDtherapy to learn more.



to moderate COVID-19 infection and is preferred over treatment with molnupiravir whenever it can be readily accessed. Based on current evidence, mAb therapy is also a comparable alternative to paxlovid for patients who do not have access to the oral medication, have contraindications to the medication, or are beyond five days (but within 10 days) of symptom onset.

Paxlovid is indicated for the treatment of mild-to-moderate COVID-19 in patients 12 years of age and

older who are at high risk for progression to severe COVID-19, including hospitalization or death, and who meet the current Priority Eligibility Criteria.

Paxlovid currently has limited availability through the following sites:

Selected Federally Qualified Health Centers and Tribal Health Centers

Selected Meijer Pharmacies throughout Michigan

Selected retail pharmacies in areas not served by Meijer

Molnupiravir is indicated

for the treatment of mild-to-moderate COVID-19 in adults ages 18 and older who are at high risk for progression to severe COVID-19, including hospitalization or death, and only when alternative COVID-19 treatment options authorized by FDA are not accessible or clinically appropriate and who meet the current Priority Eligibility Criteria.

Molnupiravir currently has limited availability through the following sites:

All Meijer Pharmacies
Selected retail pharmacies

in areas not served by Meijer

These medications are available at no cost to patients. Additional information on oral antiviral medications and monoclonal antibody therapy, including priority eligibility criteria based on MDHHS scarce resource allocation principles is available at Michigan.gov/COVIDTherapy.

Michigan residents seeking more information about the COVID-19 vaccine can visit Michigan.gov/COVIDvaccine.

First redistricting maps challenge dies in court

The Michigan Supreme Court shot down a lawsuit Black voters filed against the Independent Citizens Redistricting Commission’s maps on the basis too few districts being drawn in which a majority of voters are minorities, a US Voting Rights Act requirement.

In a 4-3 decision, Justices Bridget McCormack, Megan Cavanagh, Elizabeth Clement and Elizabeth Welch wrote that “majority-minorities districts” are only required under federal law and court precedent when it’s proven that white majority voters in a particular area vote as a bloc.

The plaintiffs - the Detroit Caucus, Romulus City Council, Rep. Tenisha Yancey (D-Detroit), Sen. Betty Jean Alexander (D-Detroit) and others - claimed that the fact there were zero majority-minority districts in the congressional and state Senate maps alone should have the maps thrown out on their face.

But the majority ruled that unless the Black voters can show through recent election data that majority white voters in urban centers vote

for white candidates, thereby preventing a Black candidate from winning, the plaintiffs don’t have a case.

Instead, the Commission presented information from Wayne, Oakland, Genesee and Saginaw counties that show the opposite. “Significant” white-

cross-over voting for Black-preferred candidates has happened in recent elections,

so there is no need to create majority-minority districts.

The remaining three justices - Justices Brian Zahra, Richard Bernstein and David Viviano - didn’t argue with the majority’s legal framework, they argued the case’s dismissal was premature.

They would have appointed an independent expert to assist the court in

assessing the evidence and factual assertions presented and an opportunity to explore the issues deeper.

The minority ruled the dismissal of the case at this juncture was neither common practice nor in compliance with court rules.

The case went directly to the Supreme Court. There was no trial court to develop a record or gather evidence through discovery.

“We are at the pleading stage,” Zahra wrote for the minority. “If this were a typical case, the trial court

would examine the legal sufficiency of the pleadings and could not dismiss the complaint at this stage of the proceedings solely because of plaintiffs’ failure to produce all the relevant supporting evidence. That is the situation here.”

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- BASKETBALL

SPORTS

Basketball hosts Oxford Strong night

by Justin Scott
sports reporter

Friday night at Lowell High School, for the first time in its 28 years of existence, the Lowell High School gym stands were filled with shades of navy blue and yellow for both the home and away fans. No, East Grand Rapids fans did not migrate to the Lowell gym. In fact, it was for a school across the state. Lowell and FHC, who have as neighboring schools, taken to cause events together in the past, did the same thing with an "Oxford Strong Night."

On November 30, 2021 a mass shooting occurred at Oxford High School just 40 minutes north of Detroit, where four students were killed and seven others were injured. In response as a show of solidarity, schools across the state in partnership

with the Michigan High School Athletic Association participated in the Oxford Strong Night

Oxford Strong t-shirts have been sold across the state for the events all planned for last Friday. Over 20,000 T-shirts have been sold across Michigan and over \$225,000 has been raised for the community. Money raised goes to the Oxford Community Memorial & Victims Fund.

The games last Friday also happened to coincide with Oxford High School's first home basketball games since the shooting, playing their first 11 games away from their home gym.

On the court, Lowell split the doubleheader. Both teams lined up in Oxford Strong shirts along with the fans behind them. The Lowell girls rebounded from a loss earlier last week with a win over Forest Hills

Central 77-56. The boys team lost 53-45.

In the girls game, Lowell was led by Braxcynn Baker with 21 points, Piper Risdon with 18 points, Emma Bruwer with 16 points, Taryn Jackson with 12 points, and Lexi Howell with eight points.

For the boys, a CJ Steinebach three-pointer gave Lowell a surprising 7-0 lead over the Rangers. FHC at 8-3 is sitting up with Northview, Grand Rapids Christian, and East Grand Rapids among the top teams in the OK White this year.

Both teams went back-and-forth with Lowell clinging to a one-point lead at halftime, 21-20. FHC responded, seizing control and a 40-33 lead after three quarters. With 3:16 to go, Drew Veldman found Kaleb Siebert who hit a three to make it a five point deficit, but that's as close as Lowell



The boys and girls basketball players in Oxford Strong shirts on Friday.

would go in the remainder of the spirited performance against the Rangers.

On Tuesday, in a dream battle of two small town Michigan girls basketball

teams, defending state champion Portland came away with a 59-54 winner against Lowell. Baker led the Red Arrows with 32 points. Jackson in a return

from injury had 16 points and Risdon with nine. The boys program lost a close non-conference game to Allendale 60-55.

- HOCKEY

Hockey bounces back with back-to-back wins

by Justin Scott
sports reporter

It's been a tough season for Lowell-Caledonia Hockey. The team started their season with 17 straight losses and even for the most upbeat of people, a losing streak of that length can be difficult to overcome. For teenage hockey players from a program with a winning tradition, especially in recent years, an 0-17 start is even more tough to swallow.

In fact, both Lowell-Caledonia (LC) and East Kentwood were both 0-17 at one point in the season, a unique circumstance for the only two high school tenants of Kentwood Ice Arena.

Early in the season, Lowell-Caledonia lost a 2-1 nailbiter to Kenowa Hills and since then, have had a difficult go of it in a conference full of hockey powers. Byron Center, an OK Conference school in

another division is ranked seventh in the state. Mona Shores, in Lowell's division, and unbeaten in conference is ranked fifth in the state. Those two along with conference foes FHNE, East Grand Rapids, FHC, Grand Rapids Christian, and non-conference foes like Rockford and Traverse City Central, have formed an imposing schedule with very little room for breaks.

Lowell-Caledonia, far

from throwing in the towel however, found their groove last week with back-to-back wins over Big Rapids and Reeths-Puffer.

With just five seniors, Lowell-Caledonia has a young team, but one of those seniors is one of the few Lowell players on the team in Owen Carpenter.

Carpenter and LC put on an offensive show in a 9-4 win over Big Rapids. Lowell outshot Big Rapids 24-13 with an impressive 37.5 percent shooting percentage. The game was part of the Oxford Strong initiative where teams across the state wore blue and gold to support Oxford Schools following the tragic shooting that occurred there in November.

Saturday was senior day and Lowell-Caledonia picked up back-to-back wins on back-to-back days while honoring seniors Carpenter, Ryan Kielizewski, Drew Klomparens, Brayton Robertson, and Massimo Paccione. LC won 3-2 over Reeths-Puffer throwing 43 shots on goal.

Lowell-Caledonia gets Grandville and Mona Shores next week.



Lowell-Caledonia players celebrate with students after a win over Reeths-Puffer. (Photo courtesy of Lowell-Caledonia Hockey Facebook page).



- WRESTLING

Wrestlers dominate conference finals

by Justin Scott
sports reporter

The wrestling postseason is here, and Lowell has started off as they have for the last 12 years as OK White Conference champions. For the 13th consecutive year Lowell won the OK White and it wasn't especially close. The Red Arrows won all of their dual meets and placed 12 of 14 in the conference finals at Friday's conference tournament.

Winners of their weight classes and finishing as individual conference champions were Carter Cichocki, Owen Segorski, Ramsy Mutschler, Landon Musgrave, Jackson Blum, James Link, Landon Miller, Tacho Gonzales, Carter Blough, Carson Crace, Nate Cleaver and Bryson VanderMeulen placed second, Jared Boone placed third and Will Neeley placed fourth. All 14 of Lowell's entered wrestlers placed.

The Red Arrows have their Division 2 district meets at Greenville on Thursday. Lowell will

wrestle Ionia, then a win would propel them into the district finals against Greenville. Wrestling action starts at 5:30.

Lowell then heads to the individual district meet this Saturday at home. Teams participating include Forest Hills Eastern, Allegan, Cedar Springs, Grand Rapids Christian, Forest Hills Central, Northview, GR Ottawa Hills, Greenville, Hastings, Ionia, Lowell, Middleville Thornapple Kellogg, Sparta and Wayland.

Of note, tickets must be purchased through the link posted on the Lowell Red Arrows Wrestling page. The website is called GoFan and is the new official ticket service for Michigan High School Athletic Association postseason events. The process allows for easier ticket sales distribution back to the association from member schools. Alternatively fans can go to gofan.co and search for their school.

Red Arrow

- SWIM & DIVE

SPORTS

CLS guys chasing MISCA and state times

by Brett Bremer

The Vikings are working to add swims to their season.

Caledonia/Lowell/South Christian's Zach Logan has already qualified for the MHSAA Division

1 Lower Peninsula Boys Swimming and Diving Finals in the 100-yard freestyle, and continues to try to add chances to swim at the finals and the upcoming MISCA meet.

Logan once again surpassed the MISCA

qualifying times in winning the 50-yard freestyle and the 100-yard freestyle during the Vikings OK Red Conference dual at Hudsonville High School Thursday. Logan won the 50-yard freestyle in 22.89 seconds and the 100-yard freestyle in 50.76.

Junior teammate Ty Dykhouse was just off the MISCA qualifying times in both of those races, placing second in the 100 freestyle in 52.25 and third in the 50 freestyle in 24.03.

Hudsonville did take a 185-111 victory on the evening. Dykhouse and Logan teamed with sophomore Luke DeJager and senior James Eardley to win the 200-yard freestyle relay in one minute 38.51 seconds.

Dykhouse, DeJager, Logan and junior Connor Cammet put together a runner-up time of 1:49.67 in the 200-yard medley relay at the opening of the meet.

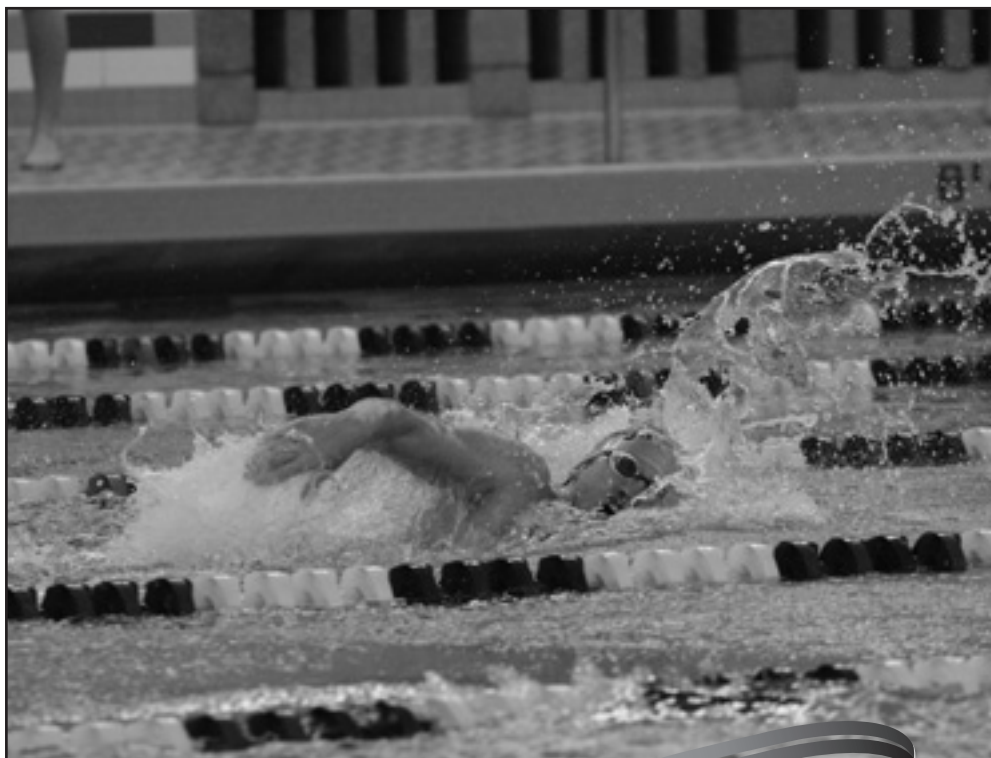
"Zach swam really hard today. I think him and Ty both put everything that they had into today. We always love swimming against Hudsonville. They're so good for trying to race good times," CLS head coach Emma



CLS senior Liam Silverman swims an exhibition heat of the 100-yard breaststroke during his team's OK Red Conference dual at Hudsonville High School Thursday. (Photo by Brett Bremer)



Caledonia/Lowell/South Christian freshman Sam Lusaya races to a fourth-place finish in the 100-yard backstroke during the Vikings' OK Red Conference dual at Hudsonville Thursday. (Photo by Brett Bremer)



Caledonia/Lowell/South Christian junior Ty Deckhouse works his way to a runner-up time in the 100-yard freestyle during his team's OK Red Conference contest against the Eagles in Hudsonville Thursday evening. (Photo by Brett Bremer)



Hollowell said. "Between them and West Ottawa, it is a really good environment for our kids because we're not quite at the level with numbers as those teams. It is a really good chance for guys to practice for MISCA and state."

The MISCA Meet for the CLS boys that qualify will be held Feb. 12 at Jenison High School.

Dykhouse and Logan are the two returning state

qualifiers from a year ago for the Scots. Dykhouse qualified for the D1 state finals in the 100-yard backstroke a year ago and both guys were part of state qualifying relay foursomes.

"We're in kind of a weird spot right now just because of the snow days," CLS head coach Emma Hollowell said. "Because of the snow days, they had a couple more days off than Hudsonville or

the other teams did – this week specifically. But, the last two meets we had before this have been really awesome. This meet, we had a lot of people in different events. We're short a couple guys too. I think they really picked up the slack, especially some of the freshmen I put in different events."

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obituaries

BEIMERS

Kurt Douglas Beimers, age 74, of Lowell, passed away Friday, February 4, 2022. He was preceded in death by his son, John "Johnny" Beimers; parents, Richard and Mildred Beimers; brother, Rick Beimers; and sister-in-law, Rose Evans. He is survived by his wife of 49 years, Deborah Beimers; son, Doug (Heather) Beimers; grandchildren, Christian and Delaney Beimers; sister, Janice (Len) Mol; sister-in-law, Penny (Jim) Oswald; brother-in-law, Dan Evans; and several nieces and nephews. Kurt was quiet but always loving and supportive of his family, especially spoiling his grandkids. He was a teacher for 28 years at Creston High School. Kurt loved fishing, hunting, bowling, and took great pride in his yard, garden, and flowers. He was very handy and had a natural ability to create and build. Visitation will be held 6-8 PM, Tuesday, March 1, 2022, Roth-Gerst Chapel, 305 N. Hudson St., Lowell, MI 49331. Memorial contributions may be made to American Diabetes Association, P.O. Box 7023, Merrifield, VA 22116-7023, or American Heart Association, 7272 Greenville Ave., Dallas, TX 75231.



William "Bill" Ronald Reid, formerly of East Grand Rapids, passed away peacefully on February 4, 2022. He was preceded in death by his son and best friend, William (Bill) James Reid, his loving parents, William and Helen Reid, his dear sister and brother-in-law, Shirley and Russ Lagattuta, his close life-long friends, Bob Mahan and Harold Butler, and his faithful furry companions, Frosty and Buster. Bill spent his final days surrounded by his loving family. He is remembered by his wife of 56 years, Rose Marie (Molino) Reid; daughter, Laura (Wayne) Bradeen; daughter-in-law, Maureen Reid; four grandchildren, Billy Reid, Kelli Reid, Lindsey Bradeen and Kaylee Bradeen; as well as his dear sister, Marilyn "Lynn" (Frank) Hassler; sister-in-law, Connie Molino; and his special nieces and nephews. Bill was born in Passaic, NJ on March 7, 1937. He proudly served his country in the U.S. Navy and was honorably discharged in 1958. Bill's years in the Navy are amongst his fondest life moments and allowed him the opportunity to become an adventurer and world traveler, which in turn, provided him interesting stories to share and reminisce about with his family. In 1964, he met the love of his life, Rose Marie at a dance hall and they were married in 1965. Bill and Rose shared a love for music and dancing and enjoyed it as a weekly form of entertainment throughout their marriage. Bill worked for Nabisco in New York City for many years and then in 1971, he moved his family to East Grand Rapids when he was offered a career opportunity at a start-up company, Read Bake. In 1983 Bill started his own small business, Arrow Enterprises and a few years later, started a second company, Reid Enterprises. Bill took pride and satisfaction in working and being a small business owner of two companies for thirty-five years. As much as Bill enjoyed working, he equally enjoyed his recreational activities with family...boating, skiing, bike riding, attending sports events with his son and grandson, and traveling the United States and abroad.

He was fondly known as the family's personal "travel agent" and had an amazing ability of putting together the best itineraries for any excursion. Bill was exemplary in the way he led his life due to his strong Catholic upbringing and faith, which gave him strength as he navigated through life's challenges. As we reflect on his life, we take comfort in the words of the Irish Blessing: May the road rise up to meet you. May the wind be always at your back. May the sunshine warm upon your face; The rain fall soft upon your fields and until we meet again, May God hold you in the palm of His hand. The family is very appreciative for the wonderful, caring, and compassionate staff at Maple Ridge Manor and West Michigan Hospice of Lowell, MI. The special care and comfort they provided to Bill gave the family peace of mind over the past few months. A private service is planned for the immediate family members at this time and a celebration of life will be planned for a later date. The family asks that in lieu of flowers, donations may be made to the Alzheimer's Association @ www.alz.org or West Michigan Hospice @ westmichiganhospice.com. To read Bill's full obituary please visit gerstfuneralhomes.com



PORRITT

PORRITT, Ethel Yax Vallad, age 97 of Alto, peacefully stepped through the gates of heaven February 3, while residing at Green Acres of Lowell. Ethel was born February 27, 1924 to Roy and Alice (Layman) Yax in Cass City, Michigan. She was preceded in death by her first husband, Orvil Vallad; second husband, Kendall Porritt; sons, Douglas and Steven Vallad, daughter's- in-law, Margaret Vallad and Shirley Vallad. She is survived by children, Larry Vallad of Georgia, Mark Vallad of Oklahoma and Carol and Mark Hyzer of Alto; sister, Marion Sharp of Georgia; several grandchildren, great-grandchildren and five plus great great-grandchildren; many nieces and nephews. A memorial service will be held at Elmdale Church of the Nazarene, 11830 Drew Rd, Alto, MI on Saturday, February 26, 2022 at 11 am. For those unable to attend the service, there will be visitation time on Friday, the 25 from 2-4 and 6-8. Memorial contributions may be made to Elmdale Nazarene Church Building Fund.



SAXTON

Peggy Ann Saxton, age 76, of Greenville, formally of Muskegon, went to be with her Lord February 6, 2022. She is survived by her son, Don (Rachel) Mullins Jr.; grandchildren, Ben, Aeric, Sam, Amelia, and Margaret Mullins; brothers, Phil (Lynn) Levandowski, Ron (Denise) Schrader, Jim Hurst; and many nieces and nephews. Peggy graduated from Ravenna High School and worked at Frigidaire for 15 years. She was very active in church, loved yard sales, and especially loved her grandchildren. Funeral service will be 6 PM, Thursday, February 10, 2022, Roth-Gerst Chapel, 305 N. Hudson St., Lowell, MI 49331 with visitation one-hour prior. Pastor Jerry Carlson of Sheridan Assembly of God officiating. Interment Mona View Cemetery, Muskegon, MI. Memorial contributions may be made to a charity of your choice.



WHITMAN

Marlene Anne Whitman, age 77 of Lowell, passed away on December 29, 2021. She was preceded in death by her parents, William and Lotti Piszarszewski; brother, Leonard Piszarszewski; and sister, Christine Franks. Marlene is survived by her husband of 57 years, Bruce Whitman; children, Bentley (Kristy) Whitman, Austin (Theresa) Whitman, Jason Whitman; grandchildren, Abigail, Conrad, Lily, Taylor; nephew, Paul (Lil) Franks; and nieces, Debra (Don) Sieloff, and Cindy Franks. Marlene succumbed to complications of Covid-19 after a month long fight. She was an army wife during the Vietnam War era, and was a loving wife, mother, and grandmother. Marlene was an avid quilter and a master gardener. Services will be held at 3 PM on Saturday, February 19, 2022, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49331, with visitation one hour prior. Pastor Joe Fremer officiating.



NOTICE

Beginning March 1, the Lowell Ledger will no longer be accepting or shipping UPS out of our office.



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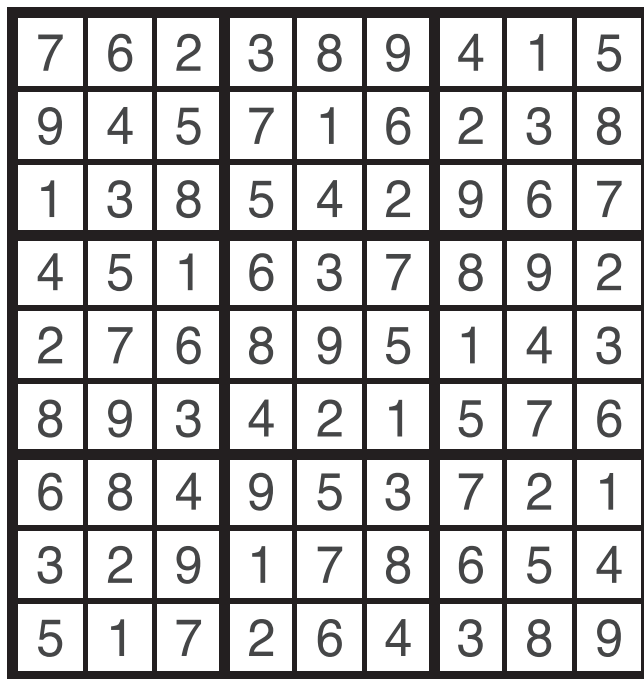
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card of thanks

I want to thank my wife, Velda, Mark and Judy Rosenberger, Mary Yeaple, grandchildren and a great-grandson for a spectacular 90th birthday!

Thank you all for the birthday cards celebrating my 90th birthday. I received 106 cards! plus many digital birthday wishes. It was so great to hear from so many friends and family. Also thank you to my family for the dinner and for the special time we had together. Marilyn Cahoon.





Live the Life You Want

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

Is it time to stop pretending and find your true self?

Some of you may be surprised to know that there are individuals who really don't know who they are. They are just going through the motions of life acting within societies norms but don't really have a clue as to who they are at their core, their genuine, true self. Does this sound like you or someone you know?

How Our Identity is Created

Childhood is about learning from others, our environment and developing our sense of self. It's where we first start to understand our likes, dislikes, ideals, values, beliefs, etc. If we have a healthy, supportive environment and we truly feel that we matter, a healthy sense of self typically develops.

When children are raised in a chaotic, neglectful, abusive, or harsh environment or by a controlling, critical parent they may have problems developing their identity. Their sense of self gets lost

in all the chaos so it may not be possible for them to develop their own voice, beliefs, values or opinions because they are focused on survival. For many of those living through these types of situations, they want to avoid being seen or heard which results in them feeling like they don't matter.

Reaching Adulthood Without a Sense of Self

Once adulthood is reached, those without a sense of self may wonder, "Who am I?" but it's often quickly pushed aside as adulting activities take up their time. Social norms and customs are followed or the individual may look to others and copy how to act, behave and "fit in." The person without a sense of true identity may buy things, wear things or participate in things they don't really like just to fit in. They go through the motions of life and may not really feel happiness, contentment, peacefulness, true connections with others or even love.

The life they lead is fake and can eventually lead to feelings of anxiety, sadness, or hopelessness. Feelings of self-worth are often low or non-existent and the person's self-esteem takes a hard hit. In order to feel something, anything, some may start to engage in risky behavior. These behaviors can get out of control to the point they are frightening and may even turn to self-hatred and self-abuse. So, if you see yourself in this description, now is the time to stop this harmful pattern and work to find out who you really are, your genuine self.

Some may say, why bother with all that work? It doesn't really matter. Yes, it does. You were meant to be a unique individual with your own voice. Your voice, your story and you matter. We all have a purpose for being here and one day, your purpose should become clear. There is no one else out there exactly like you and you have a lot to give. Now is the time to live the life you want. Not tomorrow or the next day. Make the choice to stop going through the motions of life.

Life is easier and more enjoyable when you know who you are because you can make better choices that truly fit you. You can choose to only include people in your life that are emotionally and behaviorally healthy that make you feel cared for and

supported. As you make changes and better choices for you on this journey you will start to feel moments of peacefulness, contentment, and even happiness. This is because you are building a life you want to be part of not one that saps all your energy and has no joy.

Starting the Discovery Process

For those that don't know who they are, it's often tough to figure out where to start. My suggestion is to start with the below steps to help you develop a foundation for this journey. You can also find a lot of good information on the internet to help you along the way.

Figure Out Your Values

I think this is one of the most important steps so write out a list so you have a reference. This list may change as you find out more about yourself but it's critical to figuring out who you are. What are your core values? These are traits like kindness, gratefulness, honesty, faithfulness, trustworthiness, and respect. Traits you feel are the most important in you and others. Once you have your list, you can work toward living your life around these core values and include others in your life with these traits.

Imagine Your Best Possible Life

Focus on things that help get you toward your goal

of knowing yourself and living a life you want. Write out what you feel your best life would look like in each area below. If you can't do one or more of these now, you will be able to later in your journey. You may even change some of these along the way as you make discoveries about yourself. These lists will help keep you focused on what you're working toward.

What is your ideal personal life? What type of people would be included? What would you be doing? What is important to you? Where would you live? Do you prefer to be active or have more relaxation time? What about hobbies and interests? What activities may be meaningful and provide a sense of fulfillment?

What is your ideal family life? Is your family or origin (parents, siblings, aunts, uncles, grandparents) in your life and close, or is it best to keep some of them at arm's length or not in your life at all?

What is your ideal romantic life? Single, married, children? What type of person do you want in your life?

What is your ideal career or job? Do you want a career, something you are passionate about or job just to provide financial support? Not everyone wants a career that they put a good amount of energy into and that is

okay. Having a job that you don't think about after you leave is ideal for some.

What is your ideal physical and mental health? Describe how you will look, feel and act. What things are you are doing that help you reach this ideal?

If these lists seem too tough right now, try free writing about yourself to get the process started. What are your strengths, what do you like: colors, foods, sports, movies, activities?

Challenge Yourself

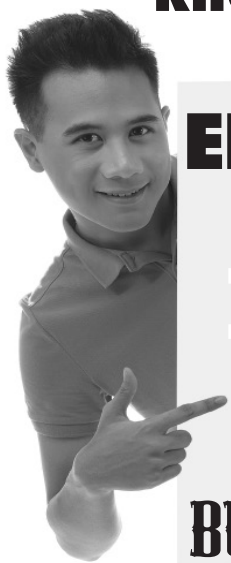
Trying new things can be a fun and helpful tool for self-exploration. Trying different hobbies, activities, etc. helps you find out what you like and don't like further developing your sense of self.

There are so many other tips and suggestions to try but this will help get you started. If you get stuck and can't seem to get back on track or you are feeling a lot of distress with this process it may be time to talk with a professional counselor. Why? Because identity problems can also be a sign of low self-esteem, low self-worth, anxiety, depression or other issues for which you may need help from a professional. The journey is worth the time and effort. You are worth the effort!

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Watch for changes when filing taxes

As you prepare your tax returns before the April 18 filing deadline, you'll want to be up to date on changes that could affect you. Here are some issues to discuss with your tax professional:

C O V I D - 1 9 - related distributions and recontributions – If you took a coronavirus-related distribution (withdrawal) from a retirement account, such as a 401(k) or IRA, in 2020 and chose to spread the amount equally over three years, you need to include the relevant part of the distribution on your 2021 tax return, so you should bring your 2020 Form 1099-R to your tax advisor. You can recontribute your distributions back into any retirement account eligible to receive a rollover for up to three years after you received the initial distribution. So, if you

haven't already done so, you can still recontribute to your 401(k) or IRA up until the April 18 filing deadline – and by doing so, you could reduce your 2021 taxes. (Your tax professional will know what forms and documentation you'll need for this recontribution.)

Return of RMDs – In 2020, the Coronavirus Aid, Relief and Economic Security (CARES) Act suspended the required minimum distributions (RMDs) from retirement accounts that people over a certain age typically must take. But RMDs returned for 2021 and had to be taken by Dec. 31, unless your birthdate is between July 1 and Dec. 31, 1949, in which case your starting date was delayed until April 1, 2022. So, if you had an RMD for 2021, bring your 2020 Form 5498 or your 2021 retirement account

statements to your tax professional to calculate the required RMD. You'll also want to provide your 2021 Form 1099-R to report the amount of RMDs taken.

Charitable contributions – The CARES Act authorized a deduction for cash contributions to qualified charities for those who don't itemize. For 2020, the maximum deduction was \$300; this provision has been extended for the 2021 tax year, with a new provision allowing a \$600 deduction for joint filers. If you do itemize deductions, be aware that the CARES Act also suspended the 60% of adjusted gross income limit for cash gifts in 2020, a change that has been carried over to 2021.

Child tax credit – For 2021, you can claim up to \$3,600 for children younger than 6 and up to \$3,000 for children ages 6 to 17. This tax credit is refundable, which means you can receive it even if it's larger than the amount of taxes you owe. The credit phases out at certain income limits.

Child and dependent care credit – This credit is more substantial in 2021 – up to \$4,000 for one qualifying person and up to \$8,000 for two or more. This credit is also potentially refundable,

but it phases out differently than in previous years, so you'll want to go over your dependent-care expenses carefully with your tax professional.

And last, but certainly not least, review your IRA contributions. There aren't any changes for 2022, but you can still fund your traditional or Roth IRA for the 2021 tax year up until the April 18 deadline.

See your tax professional soon to ensure you've got everything in order. Staffing shortages at the Internal Revenue Service (IRS), combined with a heavy workload due to pandemic-related programs, may slow down processing of returns, so consider getting your taxes done as soon as possible – especially if you're anticipating a refund.

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

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Edward Jones, its employees and financial advisors cannot provide tax advice. You should consult your qualified tax advisor regarding your situation.

FUN PAGE

SUDOKU

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

Level: Advanced

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!

BAKING TIME WORD SEARCH

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

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

Puzzle solutions on page 13

BAKING TIME WORD SEARCH

AUTOLYSE
 BAR
 BATTER
 BLEND

BREAD
 BUTTERCREAM
 CAKE
 COMBINE
 COOKIE
 CREAM
 CUT

DOUGH
 DRIZZLE
 FLOUR
 FOLD
 FONDANT
 GANACHE
 GLUTEN

ICING
 KNEAD
 PASTRIES
 PROOF
 RADIANT
 YEAST

Guess Who?

I am a wrestler born in South Carolina on February 8, 1972. I once went by the name "The Giant" and defeated Hulk Hogan in 1995. I am self-described as the World's Largest Athlete due to my immense size.

Answer: Big Show

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to baking.

O F R U L

--	--	--	--	--

Answer: Flour

			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				
37			38					39								
40							41				42	43	44	45	46	47
48							49					50				
51												52				
							53					54				55
							56					57				
							59									60

CLUES ACROSS

- 1. One point east of due south
- 4. City in Maine
- 10. Inquire too closely
- 11. Make dirty
- 12. Small Greek island
- 14. Bitterly regret
- 15. Millisecond
- 16. ___ the ante
- 18. Without value
- 22. Eurasian ryegrass
- 23. Authentic
- 24. Having a mournful quality
- 26. Not out
- 27. Salvador ___, Spanish artist
- 28. Cargo (abbr.)
- 30. This (Spanish)
- 31. Sino-Soviet block (abbr.)
- 34. Slang for trucks with trailers
- 36. Helps you hear
- 37. Steer a boat
- 39. British School
- 40. Genus of olive
- 41. Computer term (abbr.)
- 42. Horse gear

CLUES DOWN

- 1. One of the four seasons
- 2. Its sultan is famous
- 3. A lens for correcting defective vision in one eye
- 4. College degree
- 5. Soldiers need it
- 6. Japanese car manufacturer
- 7. A way to address
- 8. Obstruct
- 9. Atomic number 45
- 12. Ill-mannered

- 13. Opaque gem
- 17. Indicates before
- 19. Remove
- 20. Populous Argentine city
- 21. More cunning
- 25. Rich dessert
- 29. Payment (abbr.)
- 31. Footwear
- 32. Famed Alabama city
- 33. Sheep's cry
- 35. Arrogance
- 38. Clergical vestment
- 41. Serving no practical purpose
- 43. An evening party
- 44. Print errors
- 45. Not good
- 46. Egyptian Sun god
- 47. Industrial German city
- 49. Scottish island
- 56. Early multimedia
- 57. Atomic number 18

Winterfest at the Wittenbach-Wege was Sat., Feb. 5



Above left, the Million family. Above right, Fisher Kean and Ryan Kean.



Destiny McKee, Emily Lewis and Mia Lamore helping with snacks.

by Bill Lee
contributing reporter

This past Saturday, Feb. 5, the Wittenbach Wege Center in Lowell hosted Winterfest 2022 from 10 am until 3 pm on a sunny but cold day in Lowell.

Activities throughout the day included a Virtual Winter Waggle 5K, snowshoeing, an orienteering class, trail games, scavenger hunts, archery, arts

and crafts among other activities. Winterfest has been taking place each winter for the last ten years. This year the center was highlighting birds as their educational theme for many of the activities.

People took advantage of the great weather by participating in cross-country skiing, snowshoeing, sledding

and enjoying the indoor and outdoor events organized by the staff of the WWC.

“Outdoors we have archery set up over by the garden and an obstacle course called the ‘Crazy Squirrel Relay,’” said Shannon Goodwin, one of the naturalists at the WWC. “Down by the main trail we have a game called the Great Migration Journey which is almost like a board game set up on the trees where families pretend they are a migratory bird and they travel down the board game. We also have a digital scavenger hunt where you take pictures of common objects in nature in winter and you can take pictures of them with your phone for free hot chocolate when you are done.”

It was a great day full of events at the Wittenbach Wege Center. In March, they will also host the very popular Maple Syrup Festival.



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- Tubers Sale! Skis, Surf Boards and Vests!

DATES & TIMES Wed, February 16, 2-9pm Thu-Fri, February 17-18, 12-9pm Sat, February 19, 10am-9pm Sun, February 20, 10-5pm

GRBoatShow.com