

### Chamber awards banquet



pages 2 - 3

### Lowell Pride raises funds



page 4

### LowellArts featured artist



page 8



### LHS sports pages 9-11

## LOWELL WRESTLING - STATE CHAMPIONS!



by Justin Scott sports reporter

Nine state championships in a row. That's the remarkable task that Lowell wrestlers have accomplished over the last decade.

"It gets more and more special. I think about these kids and remember coaching them when they were just knee high," Lowell wrestling head coach R.J. Boudro said after the finals.

It all started on Friday in the quarterfinal matchup. Bloomfield Brother Rice's

reward for earning their first trip to the team state finals since 1988? A matchup with the No. 1 ranked, eight-time defending state champions.

Lowell put to rest any doubt of the dual's outcome just a mere 10 minutes in. Will Neeley and Carson Crace recorded falls, Briar Lacey and Easton Rich earned voids, and Braddock King recorded a fall. Within four minutes of mat time it was 30-0 Lowell. The lopsided nature of the dual allowed Lowell to get non-starters in on the

biggest stage in high school wrestling and rest starters for their upcoming matches.

After a loss at 112, Lowell ripped off another run with Jace Blakley, Jackson Blum, Chase Wilder, James Link, Landon Miller, and Jarred Boone all winning. Brother Rice scored a decision at 152 before freshman Casey Engle closed the 68-9 win off with a technical fall.

In the other quarterfinals, three-seed Goodrich dispatched of Mason, Gaylord beat Monroe Jefferson by one and

Whitehall topped St. Joe, though the seven-seeded St. Joe Bears gave Whitehall a scare.

The semifinal saw the Red Arrows take on a familiar finals' foe in Gaylord. Lowell has faced Gaylord at the team state finals five times in the past six years winning all five contests. The Blue Devils' no-show at the Stevenson tournament finals earlier this year which was supposed to feature the two teams only added to the fire of this Division 2 rivalry.

The opening weight, which is randomly drawn, was decent for Gaylord who could use a pivotal swing match for momentum and avoid a potential nightmare start at 103 where Lowell dominates in the lower weights. It started off at 130 with Ramsy Mutschler, ranked third in his weight class against top-ranked Loudon Stradling. Mutschler escape and got a takedown in the second period to take

Wrestling, continued, page 9

## Englehardt youth librarian Chris Straw retires



by Tim McAllister lead reporter

Chris Straw, youth librarian at the Englehardt Library, retired on Monday, Feb. 28.

Straw was hired in

December 2010 as a "youth parapro," which Straw said was more of a title change than a change in her responsibilities.

During her career at the Lowell library, Straw has led family storytime, community outreach storytime, monthly writing

activities and bulletin boards, and has maintained the "KDLville" play area.

"I have worked with Lynda Austin [another youth librarian] maintaining, enhancing and creating a fun play space in KDLville," Straw said. "We also do spring programs called LEAP for our first graders in Lowell. I have also worked on the Summer Wonder Work Group for 10 years planning and creating a fun summer reading program for all ages. The more I've worked here the more I realize that everyone can have a bad day and take it out on the staff behind the desk. We try to be kind, empathetic and inclusive. I have learned many skills to help me do my best."

Straw said that she will miss Lowell's young

readers more than anything, and suggested that they "read, read and read some more."

"Librarians are always happy to help you find the perfect book," Straw said. "Read your favorites and don't forget to try something new."

To her successors, Straw had one simple suggestion: "Enjoy the kids."

"Look them in they eye and really listen to them," Straw said. "Also have fun with them and be as silly as necessary."

Straw grew up in Illinois and graduated from Barrington High School, located in a Chicago suburb. Before her employment at the Englehardt Library, Straw was an elementary school teacher for many

Chris Straw, continued, page 4

50¢



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# Bruce Doll receives Person of the Year award at Lowell Chamber of Commerce banquet



Bruce Doll was the Person of the Year.

by Tim McAllister  
lead reporter

The Lowell Area Chamber of Commerce held their annual Winter Gathering of the Membership dinner and awards banquet at the Fairway of Kent County on Thursday, Feb. 24. The awards are given by the

Chamber annually to people and businesses that improve the Lowell area community through volunteering, promotion, innovation, investment and other forms of service.

After a social hour, cash

bar, “epic” charcuterie, desserts, live music from the Easy Idle String Band, brief remarks from Lowell Area Chamber of Commerce executive director Liz Baker and an invocation by Jodie Vokes-Seese, the awards were presented by Rick Seese from Greenridge Realty.

The first award of the night went to the Lowell Lighthouse YMCA for Non-Profit Spotlight.

“I just want to thank the community that I love so much for all their support throughout so many years,” said Marta Rozema, program director of the Lowell Lighthouse Family YMCA. “We couldn’t have done this without you, and I just thank you from the bottom of my heart.”

Next, Wearforward was honored with the Most Promising Business award.

“Since Wearforward’s opening in October of 2020, they have helped recycle over 30,000 articles of clothing,” Seese said. “They also encourage customers to cut the plastics by giving reusable bags with each purchase and offering a 10 percent discount to those who bring it back or bring in their own bag. They also take packaging to the next level by using seeded paper infused with native wildflowers for tags instead of traditional paper, so customers can literally grow life from their purchases from Wearforward.”

“If you have an idea and you’re really passionate about it, just go for it,” said Wearforward owner Tori Runstrom.

The Brick award went to Todd Schall and Jerry Zandstra, developers of RiverView Flats, the condominiums on the Riverwalk in the old Unity School.



Left, Jodie Vokes-Seese led an invocation. Middle, Lowell Area Chamber of Commerce executive director Liz Baker introduced the event’s emcee, Rick Seese, pictured at far right.

“This was Jerry’s idea, by the way, and I held my breath for a while not knowing whether I’d be giving him credit or blame,” joked Todd Schaal of RiverView Flats. “[I] give him a lot of credit for that. He’s been a wonderful partner. We’ve had plenty [of challenges], but it feels good when you overcome them. [...] The property is so rich in history, probably half the people are living there went to school there.”

The Business Appreciation award went to Bieri Auto Body and was accepted by Cody Bieri.

“Chris and Mary Jo have supported many different local activities and events around the community for many, many years,” Seese said. “Events such as school sports [and] youth activities, on an annual basis, which is evident by their collection of Lowell sports posters and plaques. They have continuously supported Lowell Scouts, they are big on Pink Arrow, they host vendors for Christmas Through Lowell and they are very involved in the Riverwalk Festival. In fact, all the shop’s employees and their families volunteer with the annual Riverwalk car show and duck race, and that’s not the complete list.”

Finally, Bruce Doll was presented with the Person of the Year award.

“Bruce Doll is one of

the nicest people I’ve ever known,” Seese said. “He loves his community, he loves Lowell, he loves people and he loves to help. I got to know Bruce a bit better during the past several years at the Lowell Showboat concert series. If you didn’t know, Bruce is a master photographer, and he donates his time and his talents every Thursday during the summer. I always look forward to checking his dozens and dozens of photos after a concert, just to see how he captured the evening, to see how he portrayed the community coming together with song and dance, the

joy of laughter and the excited smiles of children and, more importantly, to make sure he didn’t catch me stuffing my face with ice cream, which he has. Seriously, Bruce can change your mood with a single picture. [...] Bruce’s list of volunteering is a mile long. He continuously volunteers for the Lowell Area Chamber of Commerce, he was a cub master for the Cub Scouts, he has volunteered for the Boy Scouts, he has also volunteered for LowellArts, he has given

Bruce Doll, continued, page 3



Cody Acker and Cathy Acker.

## PUBLIC NOTICE

### CITY OF LOWELL

#### 2022 BOARD OF REVIEW MEETING SCHEDULE

The City of Lowell Board of Review for 2022 will be held at Lowell City Hall, 301 E Main St SE, on the following dates:

**Organizational Meeting: March 7th, 10:00 am**

**Appeal Hearings:**  
 Wednesday, **March 16th**, 3:00 pm to 9:00 pm  
 Thursday, **March 17th**, 9:00 am to 3:00 pm

Meetings are by Appointment, to schedule, contact: City Hall @ ph. 616.897.8457

The Board of Review will meet as many more days as deemed necessary to hear questions, protests and to equalize the 2022 assessments

**By City Charter, residents are able to protest by letter, provided protest letter is received prior to March 11th, 2022**

The tentative ratios and the estimated multipliers for each class of real property and personal property for 2022 are as follows:

Commercial .....	45.64 .....	1.0960
Residential .....	45.39 .....	1.1020
Industrial .....	43.56 .....	1.148
Personal Property .....	50.00 .....	1.0000

**Americans with Disabilities (ADA) Notice**  
 The City will provide necessary reasonable services to individuals with disabilities at the Board of Review meetings upon 3 days’ notice.  
 Contact: Michael Burns – City Manager, ph. 616.897.8457



## the lowell ledger

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 Second Class Postage Paid at Lowell, MI

**Published every Wednesday**  
 POSTMASTER: Send address change to:  
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# Bruce Doll, continued



Cody Bieri accepted the Business Appreciation award on behalf of Bieri Auto Body.

the past. Without action, however, passion yields no worthwhile results. Looking around this room tonight. I see so many people with passion. I've been directly affected by the passions of probably everyone here. [...] Personally, I have a passion for making people happy. One of my passion actions is photography. With my photography, I hope I have a positive effect on people and bring them joy. You never know what you do and how it will affect others. There was a comment on one of my pictures of the Showboat that read, 'I've never been to Lowell, but seeing your pictures of it has caused us to plan a trip this summer to visit.' That's what passion can do. I just really want to encourage



RiverView Flats developers Todd Schall and Jerry Zandstra accepting their Brick award.



The Non-Profit Spotlight award was accepted by Marta Rozema, program director of the Lowell Lighthouse Family YMCA.

of his time to the Lowell Area Fire Department, he has also volunteered and [is] currently coordinating the first old-fashioned Fallasburg Festival for the Fallasburg Historical Society, he has also helped the Lowell Area Historical Museum, he has also helped Impact Church, Lowell Area Schools, Gilda's Club and,

of course, the Kent County Youth Fair." "We all have passion for what we do," Doll said. "One definition of passion is a strong desire that can get you to do amazing things. If you have passion, you can tell that. Different people have different passions. Just look at the actions of the Persons of the Year in

everyone to follow their passion. We've seen that tonight multiple times. There are so many things that need to be done, and if each one of us could do one thing that they're passionate about for the community, just think what we could get done. Remember, passion is the fuel for the fire of action."



Miss P's Catering provided "epic" charcuterie and desserts.



Tori Runstrom and Toria Morris, owners of the Main Street clothing store Wearforward, accepting the Most Promising Business award.

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Knights of Columbus #7719

# Lenten Fish Fry

St. Mary Church  
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Fridays March 4 - April 8

Serving  
5-7 pm

Dine in or Take Out

\$12 for adults & children 13 & up • \$36 for families

\$6 for children 12 & under

cash, check & credit  
cards accepted

Dinner menu: 2 pieces of Baked & fried cod, mac & cheese, fries, cole slaw, applesauce, cornbread, juice, coffee



St. Mary Council of Catholic Women fundraiser for separate charge:  
Vegetarian Soup - \$4/bowl, Dessert bake sale - \$1/dessert.

Additional sale of frozen pasty's (\$5 each) will also be held at the dinner provided by Viki's Bridge Street Pasty Shop in Saranac.

# Lowell Pride boosts funds to accelerate LGBTQIA+ inclusion and support via a sold-out inaugural gala

The following is a statement from Nicole Lintemuth, president of Lowell Pride, a 501c3 organization working to advance LGBTQI rights and an inclusive, welcoming local community.

The Lowell Pride Gala, an inaugural event chaired by Nathan Dannison and Shannon Hanley on February 12, welcomed a sold-out crowd of 120 guests to the First Congregational UCC of Lowell.

“It was a remarkable night,” said Lowell Pride president Nicole Lintemuth, who is also the owner of Bettie’s Pages. “Over 100 people showed up to support Lowell Pride and our mission of uplifting and celebrating the LGBTQIA+ community right here in Lowell.”

The evening featured a silent auction with area businesses, organizations and residents donating items for the auction. In total, it garnered over

\$2,500 that will be used for the organization’s Lowell Pride 2022, an event slated for June 4 on the Riverwalk.

The celebration wrapped with dancing following two award celebrations. The church was the recipient of the Lowell Pride Community Award and Lintemuth was honored by the organization’s board of directors with its Lowell Pride Founder’s Award. With over a dozen volunteers, the night also included food and donation

stations.

Lowell Pride is a 501c3 organization with a board of local and regional leaders including its founding board members, Nicole Lintemuth, Shannon Hanley, Shayna Woodwyk, Paula Emerson, Michael Lowery and newcomers to the board Nathan Dannison, Erin Foltz and Betsy López-Wagner, who joined in 2021.



Nicole Lintemuth speaking at last year’s Lowell Pride event on the Riverwalk. This year, the celebration will take place on Saturday, June 4.

the lowell ledger Find us on Facebook

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## Kent County sheriff establishes human trafficking task force



Reports of human trafficking are widespread throughout the US and the world, but the statistics are illusive and the number of individuals arrested and held responsible are not representative of the problem or the number of victims who need help, even in Kent County.

Sheriff Michelle LaJoye-Young is attacking this problem with the creation of the Kent County sheriff’s office’s Human Trafficking Task Force. This has been made possible through a three-year grant from the Office for Victims of Crime. This task force approach will combat human trafficking through identifying victims, providing access to a range of services specific to their needs and prosecuting traffickers. As they work to interrupt trafficking, they are first concerned with the impact the traumatic events have on victim’s lives. When they identify human trafficking victims, this enhanced collaborative model task force makes it possible to fully support victims and their families through partnerships with the Salvation Army and Solutions to End Exploitation. Their trauma-informed investigators and partners will walk alongside those in need to help bring dignity and a voice to victims left in trafficking’s wake. The sheriff’s office hopes this task force brings more awareness to the problem and help empower the local community to step in and help when they see potential human trafficking.

## Chris Straw, continued

years until transitioning to work in school, college and public libraries. She has a master’s degree in

elementary education with a specialization in reading, and graduated from Indiana University and

National Louis University. Straw and her husband David have two children and “2 ½ grand children,” meaning one is on the way, and Straw said they also have a dog and a cat who like to take walks together. During retirement, Straw plans to visit her children and grandchildren more often, have new adventures together with David, join a book club and do more volunteering.

**BUILDING AND LAND FOR SALE**  
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Public Open House will be Saturday, March 5, 2022, from 9am – noon.  
Offers are being accepted at the Vergennes Township Office at 69 Lincoln Lake Ave NE, Lowell, MI 49331.  
For information call 616-897-5648.  
Shantell Ford  
Vergennes Township Clerk

“I will definitely miss the staff, the patrons and the kids, doing storytime every week, singing silly songs and doing rhymes with them, reading them stories and seeing their faces light up,” Straw said. “It was fun.”

# viewpoint



## 125 years ago Lowell Ledger March 5, 1897

The freight handlers of the F. & P. M. railroad at Ludington struck against reduced wages, and over 300 men went out. Duncan Stewart and John Hounswell, two leaders, were arrested for trying to persuade others to strike, and on charges of destroying railroad property, but Judge McMahon released them. The judge issued an injunction restraining the strikers from interference with the company's property, but refused to enjoin them from the right to use proper persuasion in getting men who have taken their places, to quit work.

Owing to an incorrect report circulated in this vicinity that the family of J. Ingersoll were in need of help, we have been requested to correct the statement in these items as Mr. Ingersoll is fully able to care for his family and needs no assistance.

The shocking sickening details of a case of child torture by foster parents, in our neighboring city of Grand Rapids, which are gradually coming to the public knowledge, are almost inconceivable in the savage barbarity shown to exist in a community supposed to be, at least, half civilized and daring to call itself Christian.

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

On account of sinking floors in the King block, Clintsman and Kuhn are moving their variety and grocery stocks to Mr. Kuhn's former location in the Negonce block until the necessary repairs can be made. Material for replacement of the floor stringers in the store occupied by the Lowell bakery in the same block were already on hand when the giving away of the variety store floor became so pronounced as to make immediate removal of stock necessary and same began this morning.

Reversing the decision of the lower court, the United States Circuit Court of Appeals at New York ruled that sweet cider is not taxable as a beverage.

The State Grange probably will get behind the proposal to impose a tax of 1 cent per gallon on all the gasoline sold in Michigan, the proceeds to be used for the upkeep of roads within the state, Melville B. McPherson said yesterday. McPherson keeps in as close touch with Grange affairs as he does with taxation and legislative matters.

## 75 years The Lowell Ledger March 6, 1947

The Lowell Kroger store is now a full-fledged self-serve and patrons say they like it. Manager Roy Adams is a hustler.

The peacetime job facing Red Cross during 1947-48 was outlined today by Lester C. Doerr, chairman of the 1947 Red Cross fund campaign in Kent County, March 12-19. Doerr said funds raised during the campaign will be used in support of the programs for which Red Cross is responsible.

One of the unpleasant sights in many towns is created by the amount of waste paper and litter which is thrown into the streets and alleys. Many people seem to have formed the habit, when they have emptied some bag or paper container, of throwing this refuse into the street. So long as it lies there it is an unsightly object, and gives an unfavorable impression.

## 50 years The Lowell Ledger March 9, 1972

Forty-eight teachers from Lowell Area Schools attended an Art Elementary School. A free educational service provided by Binney & Smith Inc., manufacturers of Crayola crayons and other school art supplies, the workshop was conducted by Mrs. Betty Ohlogge Dabbs, who has taught extensively and holds a Master's degree from Indiana University.

A year's lease on the second floor of the former State Savings Bank on East Main Street has been granted to Teen Challenge for the use as a teen center for Lowell. Under the promotion of Dave VanderStelt, a Teen Challenge director, Lowell's center will provide a wide variety of activities for the youth of the community.

"Just think, while you guys are working away, I'll be hunting and fishing." That's the way Ted Van Ocker put it when his coworkers assembled at Keiser's Kitchen Thursday evening to pay tribute to his many years of service at the Lowell Light and Power plant.

## 25 years The Lowell Ledger March 5, 1997

Discussions of a community pool will eventually boil down to options, funding, operation and support. The charge of community forums and a \$4,000 feasibility study being conducted by U.S. Grenier are clearly intended to help do just that. U.S. Grenier vice president Mitch Watt steered approximately 40 community members through an initial discussion on the feasibility of a community pool.

Since its 1982 agreement with Lowell Light and Power, Lowell Cable Television has provided the residents of the city of Lowell with cable technology and services. With less than three years remaining on Lowell Cable's current amortization schedule, Lowell Light and Power and Cable TV boards came to an agreement

Looking Back,  
continued, page 12

## outdoors

### camping styles

Dave Stegehuis

Camping season seems to be far off, but it is not too early to start making plans. Camping has become very popular with Michigan residents and visitors, so it is wise to make reservations for campsites, especially during holidays. There is still time to research, locate, and purchase new equipment.

The camping experience can vary greatly depending on one's interests and lifestyle. Some folks park a trailer or motorhome at one campground for the entire season. These campers stay put in order to spend time doing things unique to the area like fishing productive water or enjoying a special beach. They tend to make long time friends at camp and look forward to reacquainting every year and are comfortable with the familiar. Others travel from one location to the next. After experiencing the local culture and sights, they move on. This increases the chances of meeting some interesting people along the way. More adventurous campers seek the solitude of a wilderness experience and camp far off the grid.

Camping units provide a wide range of choices.

Modern tents are light weight, durable, easy to set up, and relatively inexpensive. By the time our children completed high school we figure they had lived out of a tent for close to one year of their lives. Travel trailers of all types can be towed by a heavy-duty truck or an SUV depending on the size and weight of the unit. A pick-up camper can turn the family truck into a motorhome.

Campsites can be found on remote wilderness trails as well as near busy metropolitan areas and anywhere in between. Camping facilities are managed by private operators and a variety of governmental agencies. The sites range from rustic to featuring amenities like laundry facilities and swimming pools.

Because there are so many choices one can make when planning a camping trip, the activity appeals to a lot of people. Active young families with children are able to find fun experiences to share while making memories. Friends and family groups gather at campgrounds to get together around the campfire and reconnect. There is something for everyone.

## 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

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MICHIGAN MEDICINE

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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

# ABCs of Lowell history

The ABC's of Lowell History was introduced last year as a way to share some of the many fascinating stories from Lowell's past. It was initiated in part by the pandemic shutdown which led the Museum to seek alternative ways to share local history with the community. The series will continue with a fourth round of the alphabet.

## R is for Rutherford

The Rutherford family left their mark on Lowell in many ways. From businesses such as The Bargain Store and the Edwin Fallas Canning Factory, becoming the L.W. Rutherford & Sons Inc, to local churches, community clubs, the Village Council, the Lowell Public Library and the State Highway Maintenance Commission, the Rutherford family was well known and loved in Lowell.

John and Mary Rutherford moved to 526 N. Hudson Street in Lowell in 1907. Their three children were adults and eventually landed here too. John and



John and Mary Rutherford's store.

Mary opened a bazaar store 'The Bargain Store' in the 200 block, south side of West Main. The Bargain Store stocked all kinds of china, crockery, glassware, steel wagons, dolls, toys, novelties and kind of a specialty - souvenirs for 'Home Comers.' Between 1907 and 1913, Lowell celebrated huge Homecomings, and the store specialized in items

to be purchased by these shoppers.

John and Mary Rutherford were well known and highly respected citizens of Lowell for over 25 years, until their deaths. According to John's obituary, he had lost the lower part of one of his legs when hit by a street car when he lived in Grand Rapids.

The oldest Rutherford

child was Inez, born in 1880 and lived to be 88. When her family moved to Lowell she began teaching in the third and fourth grades at the East Ward School. She returned to college at Ypsilanti Sate Normal (now Eastern Michigan University) and later taught economics at the college. She returned to Lowell and worked for the Lowell Public Library, serving as assistant to Miss Audie Post for five years until 1942, when she became the Librarian. She saw the library go under the umbrella of the Kent District Library system and continued on until 1958.

Idabelle was born in 1881 and lived to be 84. She taught school and worked at Leonard Manufacturing Company in Grand Rapids before staying close to home by working for her brother as bookkeeper and secretary

ABCs continued, page 12

## - acute pericarditis

Acute pericarditis is an inflammation of the sac around the heart, which is called the pericardium. It most commonly happens in men 20 to 50 years of age, but it can happen to anyone. Usually pericarditis is caused by a virus. It can also be caused by a heart attack, a tear in the heart or another disease. Other possible causes are cancer or a reaction to a medicine you have taken. Many times the cause is not known.

There are several symptoms of pericarditis. Most patients have chest pain. The pain can spread to the jaw and arm, which may feel like a heart attack. This pain may get worse when lying on your back, coughing or taking a deep breath. It usually gets better with sitting and leaning forward. Some people never have chest pain. The doctor will ask about the pain, listen to your heart and check for signs of fluid around the heart. He or she may order a test called an electrocardiogram, which

shows the electrical activity of the heart. More testing may be needed, including a chest x-ray, an ultrasound of the heart and blood tests.

Pericarditis is treated with nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin or ibuprofen, or with another medicine called colchicine. Colchicine can help if you have already been diagnosed with acute pericarditis or if symptoms do not get better with NSAIDs. This medicine should be taken until symptoms go away.

Most patients get better in two to six weeks. Hospitalization may be required if you have a high fever, a high white blood cell count or a lot of fluid in the sac around the heart. You may also be at risk of getting very sick if you take blood thinner medicine, have a weak immune system, have hurt your chest before or do not get better with NSAIDs. Acute pericarditis cannot be prevented. There is nothing you can do to lower your risk of getting it.

## LEGAL NOTICE

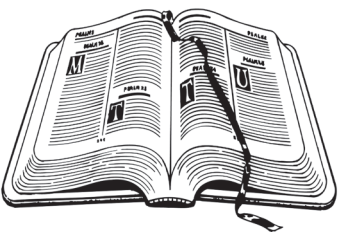
**LEGAL NOTICE OF DIVORCE PROCEEDINGS**  
A Divorce action has been commenced by Plaintiff, Vivian Markus, against Defendant Ronald Markus, in the Kent Circuit Court for the State of Michigan, and Defendant must

answer or take other action permitted by law within 28 days after the last date of publication. If Defendant does not answer or take other action within the time allowed, judgment may be entered against him for the relief demanded in the complaint.



Rutherford & Sons.

# area churches



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

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

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

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

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

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

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

**2275 West Main Street - (Barrier Free)**  
897-7168 • www.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**

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

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

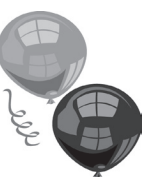
**St. Mary Catholic Church**  
402 Amity Street • 616-897-9820  
Website: www.stmarylowell.com

Weekend Masses: Sat 5 pm; Sun 10:30 am  
Confession: Saturdays 3-4:30 pm  
Prayer & Adoration: Wednesdays 8 am to 7 pm  
RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

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

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

# happy birthday



- MARCH 2**  
Mary Vezino, Roger MacNaughton, Anna Kline, Lisa Schoen.
- MARCH 3**  
Sarah Newell.
- MARCH 4**  
Scott Vashaw, Bryce Tulppo, Patrick N. Johnson, Jared Brzezniak, Dawn Emelander.

- MARCH 7**  
Carrie Metternick, Marshal Mooney, Michael Barnes, Shirley Canfield.

- MARCH 8**  
Amber Rittersdorf, DJ Main, Charles Drake, Colleen Lally.

- MARCH 5**  
Don Silvis, Michael Nearing, Brandy Washburn.



- MARCH 6**  
Pat Covell, Darlene Waldron.

# Apollo moon missions exhibit at Henry Ford Museum

A new exhibit at the Henry Ford Museum in Dearborn called "Apollo: When We Went to the Moon" will run through May 8. The exhibit is free for members or with a paid museum admission.

Launch yourself behind-the-scenes for man's first steps on the moon, and find out how the space race inspired generations of Americans to reach for the stars. Apollo: When We Went to the Moon is an out-of-this-world glimpse into the cultural, technological and political context of the moon landing, touching down at Henry Ford Museum of American Innovation.

From astronomical engineering advancements to the hottest moments of the Cold War, over 100 objects and artifacts from the US Space and Rocket Center show us an extraordinary transformation from competition to collaboration. Detailed scale models of the lunar rover and Sputnik, plus spacesuits - including the iconic Apollo bubble helmet - lunar maps, and a soviet training simulator blast you into the center of space

exploration.

Take small steps on the moon's surface and giant leaps through actual pieces of the Apollo 11 lunar module. Count down at the command module, take off from an immersive launch experience and defy gravity for a photo in the lunar rover.

For over fifty years, Apollo 11 has been a symbol of our desire to do something no one has ever done before. Suit up for the best of technology and exploration through the eyes of the engineers and the boots of the astronauts who continue to rocket us forward.

The experience includes over 100 objects and artifacts from the archives of the US Space and Rocket Center; real pieces of the Apollo 11 lunar module, plus artifacts from subsequent Apollo missions; detailed scale models of the Apollo command module, the lunar rover and Sputnik

Authentic uniforms, spacesuits, and lunar maps; Soviet module training simulator; immersive launch experience and a lunar rover photo opportunity.

There are also some featured programs and guests during the run of the exhibit.

First, on March 5 and 6 from 11:30 am to 3:30 pm there will be an Apollo moon rock display. Be a part of NASA's continuing exploration by viewing real samples of lunar rocks collected during the Apollo missions, as well as meteorites. These samples provide space scientists with a unique look at the formation of our solar system.

From March 7 through 18 there will be the Henry Ford Academy space exploration poster display. View research posters from Henry Ford Academy's ninth Grade Earth Science classes on the history of space flight. Topics include astronauts like Buzz Aldrin and Mae Jemison, mathematicians like Katherine Johnson and Mary Jackson, and programs of the space race, such as Sputnik I and II and the Apollo missions.

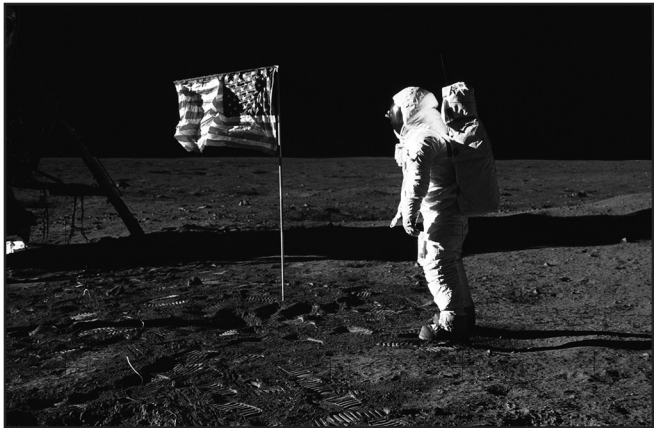
Tilted Axes: Moonwalk will take place on Saturday, March 19 from noon until 2 pm. Award winning composer/performer Patrick Grant celebrates the Apollo exhibition with his piece "Moonwalk." Tilted Axes Detroit brings together 18 electric guitarists and three percussionists to perform new music that celebrates the ongoing spirit of innovation. The original works will be performed on a procession throughout the museum culminating in front of the Saturn V rocket in front of Apollo: When We Went to the Moon.

On Sunday, April 24 from 3 pm until 5 pm, there will be a space-themed program for teens and young adults with autism. This space-themed program is designed for individuals ages 12-25+ who are on the autism spectrum or have sensory processing disorder and their family members/caregivers. It will include a visit to the Apollo exhibition, along with a space-themed craft



and other related activities. We will also be watching the film called "Astronaut: Ocean to Orbit" in a sensory-friendly environment (lights up, sound down) at the Giant Screen Experience. Space is limited and registration is required.

Become a member for free admission to Apollo: When We Went to the Moon, then use your membership for a full year of free admission to the museum and village, plus free parking and exclusive savings on ticketed events.



## 2022 BOARD OF REVIEW NOTICE

Lowell Charter Township  
2910 Alden Nash Ave SE  
Lowell, MI 49331

## 2022 BOARD OF REVIEW MEETING SCHEDULE

The Lowell Township Board of Review for 2022 will be held at the Lowell Township Hall, 2910 Alden Nash Ave SE, on the following dates:

Tuesday, March 8, 2022, at 9 a.m. =  
**Organizational Meeting**

**Monday, March 14, 2022, 9:00 a.m. to 12 noon  
& 1:00 p.m. to 4:00 p.m.**

**Thursday, March 15, 2022, 2:00 p.m. to 5:00 p.m. & 6:00 p.m. to 9:00 p.m.**

The Board of Review will meet as many days as deemed necessary to hear questions, protests, and to equalize the 2022 assessments.

**By board resolution, residents are allowed to protest by letter, provided protest letter is received prior to March 14, 2022.**

The tentative ratios and the estimated multipliers for each class of real property and personal property for 2022 are as follows:

Agricultura	40.48	1.2351
Commercial	45.17	1.1069
Residential	46.96	1.0647
Industrial	45.68	1.0945
Personal	50.00	1.0000

### American with Disabilities (ADA) Notice

The Township will provide necessary reasonable services to individuals with disabilities at the Board of Review meetings upon 2 days notice.

**Contact: Supervisor Jerry Hale,  
2910 Alden Nash Ave SE  
616-897-7600**

Board of Review Members, Sandra Graham,  
Nancie Mathews & James Foerch.  
Jerry Hale, Township Supervisor, Secretary of  
Board of Review.

## LOWELL CHARTER TOWNSHIP NOTICE OF POSTING

The Lowell Charter Township Board will consider the adoption of the following two ordinances at its meeting on March 21, 2022.

- Ordinance 01-2022, being the Water Shortage Response Plan Ordinance, designed to regulate the use of public water when existing water supply sources are inadequate to meet demands for water.
- Ordinance 02-2022, being the Outdoor Event Ordinance, designed to regulate certain outdoor events in the Township which are open to the public.

The proposed ordinances are available for review at the office of the Township Clerk, 2910 Alden Nash Avenue, SE, Lowell, Michigan, 49331 during normal office hours on Monday, Tuesday, & Thursday or by calling 897-7600. The ordinances are also available on the Township Web Site at [www.lowelltwp.org](http://www.lowelltwp.org).

The Township Board will consider these two ordinances at its meeting on March 21, 2022 at 7:00 PM at the Lowell Charter Township offices, 2910 Alden Nash Avenue SE Lowell, MI 49331. Any person is welcome to attend this meeting and to offer comments or ask questions regarding the proposed ordinances.

Monica Burt, Clerk  
Lowell Charter Township

## PUBLIC NOTICE VERGENNES TOWNSHIP 2022 BOARD OF REVIEW

### NOTICE TO: TAXPAYERS AND PROPERTY OWNERS OF VERGENNES TOWNSHIP

The Vergennes Township Board of Review will meet on Tuesday, March 8, 2022 at 4:00 p.m. for the Organizational Meeting  
No taxpayer appeals will be heard at this meeting.

Public hearings will be held at  
69 Lincoln Lake Ave NE Lowell, MI 49331:  
**WEDNESDAY, MARCH 16, 2022,  
from 1:00 p.m. - 7:30 p.m.  
FRIDAY, MARCH 18, 2022,  
from 1:00 p.m. - 7:30 p.m.**

The Board will meet for the purpose of reviewing the Assessment Roll and hearing objections thereto.

Appointments are required to appear before the BOR. Appeals may also be made by letter if you are unable to be present during meeting hours. Letter appeals must be received no later than March 18, 2022.

All BOR meetings and hearings are held in compliance with the Open Meetings Act, Public Act 297 of 1976, as amended, MCL 41.72a (2) and (4), and the Americans With Disabilities Act.

Persons wishing to file for a Disabled Veterans Exemption or Poverty Exemption should have all required forms submitted to the Board of Review in advance of the meeting dates noted above.

The tentative ratios and factors for Vergennes Township for tax year 2022 are:

	Ratio	Factor
Agricultural	39.36%	1.27032
Commercial	42.47%	1.17730
Industrial	45.55%	1.09769
Residential	46.00%	1.08695
Personal Property	50.00%	1.00000

All ratios are expected to be 50% and all multipliers are expected to be 1.00000 after 2022 assessment adjustments are made.

Cory Burns  
Township Assessor

# Lowell Township unveils revamped website

by Tim McAllister  
lead reporter

Lowell Township's redesigned website, lowelltp.org, is finished and online.

"The website was outdated and it wasn't user-friendly," said Lowell Township clerk Monica Burt. "And with COVID, we really had to make some changes there, because we needed to get more digital. We had a third party doing it before. Now, with the new software that comes with this website, we're able to do our changes in house, so it's much more efficient and easier. That was one of the main reasons why we needed to do it. I had been to a lot of conferences where there were a lot of vendors that were doing web design. I talked to a few of them and I looked at what the surrounding townships and cities had, and because I wanted to stay in continuity, I went with Revize."

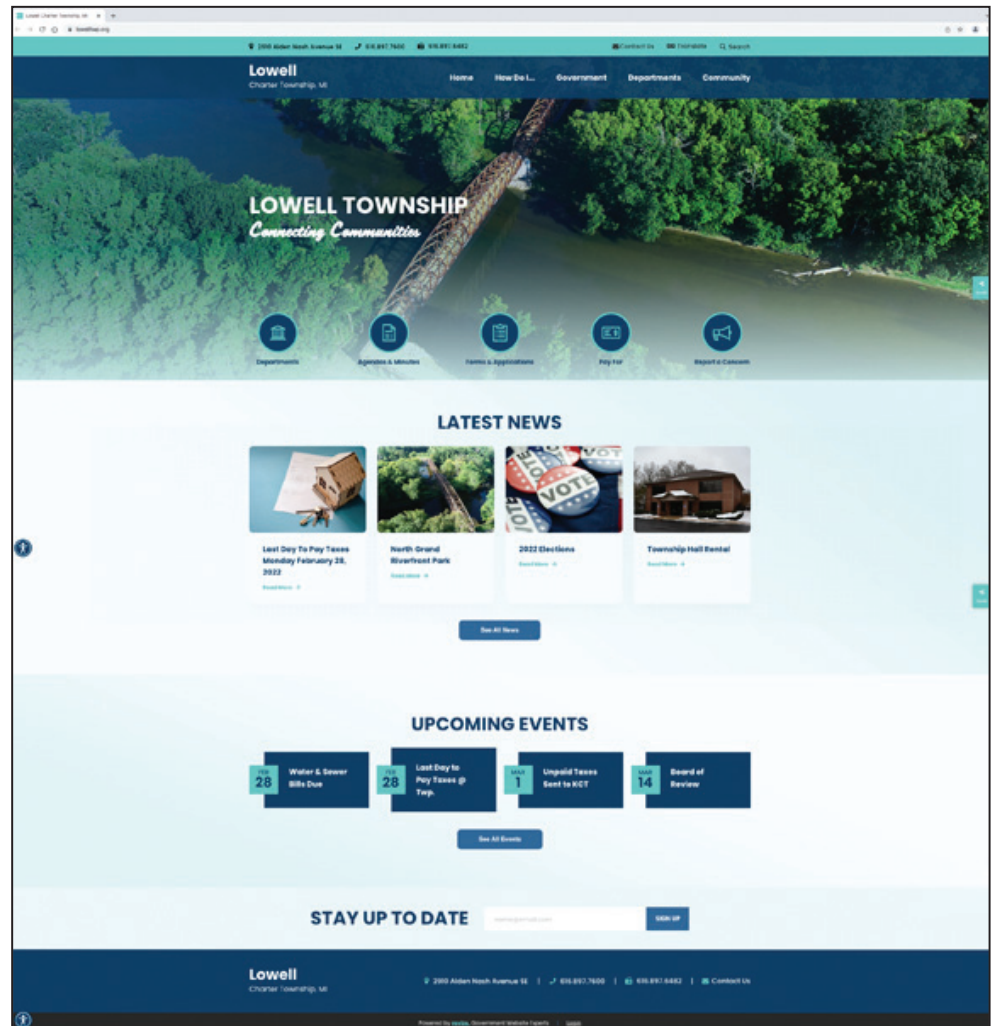
Their site is more user-friendly, it has some useful new features, and it has an updated look, including some lovely aerial photography.

"The new website has easier and shorter navigations," Burt said. "That's something we didn't have on our other website. Our 'how do I' is a new feature. A lot of websites have them, but ours was so outdated that it didn't have all the stuff. It has a 'stay up to date' feature where they can pick portions of the website and 'subscribe' to them, so that when changes are made to, say, the treasurer's page or that taxes are due or something, they would get an email to notify of them of that change. We also have an alert box on the front of the site where they can subscribe and do the same thing. We're offering more rental options at our parks. We have the pickleball courts and volleyball, so they you know, they can go to the website to find notifications about maybe tournaments or whatever it may be. And there are a lot of links that we have on there where they can go to pay their taxes, their water bill and sewer bill. One

other part of the website that we have updated in the past year is we have a program now called iCompass, which we use for our board and committees to create the agenda packets and minutes so that the residents can find the information digitally, and it's much easier. That wasn't something that Lowell Township had prior. The old minutes and stuff are archived on there, and eventually they'll probably be downloaded into the new program."

The goal of the project was to make the township's government more accessible and open, and to streamline processes for both residents and employees.

"Our goal is for you to be able to go to one place," Burt said. "I really wanted the website to be like 'one stop,' where you can go to the main page and be able to do everything you need to do. And you don't have to click like 10 times to find something!"



Lowell Township's new website had its debut recently.

## Roosevelt Diggs: LowellArts artist of the month



Roosevelt Diggs, left to right: Jon Shears, Logan Duddles (kneeling), John Ellsworth and Levi Duddles. [Photo provided]

by Bill Lee  
contributing reporter

The birth of Roosevelt Diggs came out of the phone book. Logan Duddles and his brothers loved to make prank calls back in their high school years in the mid-90s and would leaf through the phone book trying to find their newest victim. One day they came across the name Roosevelt Diggs but for some reason never called him.

"It was a name that stuck in our heads," said Logan Duddles recalling the almost-prank call. "A few years later the three of us were playing in a band at one point and needed a name and Roosevelt Diggs was the name that stuck."

The band which calls Grand Rapids home was excited to hear they were named the LowellArts

Artist for the month of March.

"It was a surprise to us," said Logan Duddles, one of the members of Roosevelt Diggs. "We are super excited about being included in the mix. It's awesome that they [LowellArts] are taking time to do it to help promote the music scene, so it's super cool."

The Duddles played music together while growing up in their teens and 20s. By 2008 the oldest Duddles brother had moved on from the band but Logan (acoustic guitar/vocals) and Levi (electric guitar/vocals) decided to continue. Admittedly, they knew something was missing.

"At that point Levi and I were writing songs and working on harmonies and felt like we needed to flesh things out as a band so we started looking for a bass player," Duddles said.

Enter the now defunct website called "Find Bandmates," a place similar to Craigslist where bands could find members.

"That was when we found Jon Shears our bass player, and he came on board and finding him was kind of fate for us," said Duddles.

Later they would add drummer John Ellsworth to the band and Roosevelt Diggs began its journey on the music scene. Duddles

described the band's sound as Americana but admits it's hard to pin their music down as it has so many influences: rock, country, jazz, blues, folk, and even punk. In the beginning years, they didn't expect much success.

"We started off with really low aspirations with what we were doing," said Duddles. "We've been able to grow; we've worked hard to grow and have been lucky enough to play some of the better stages in the area. To have people embrace the art that you're making, especially in that live setting, is really something special."

They have some studio albums but playing live is where they hung their hats. They are a band full of fun and energy that love connecting with their audiences, but Covid hit and changed a lot for them. Since March of 2020, Roosevelt Diggs played only a fraction of the shows they had before the pandemic.

"It hit us hard for sure," said Duddles. "There were a lot of shows that got canceled. There have been shows that we've been really excited about that went to the wayside. There was a big string of months where everything shut down where we weren't practicing at all. It definitely slowed us down."

But like a lot of artists

at that time, they decided to pivot and continue their work. Before 2020 the band put their songs together quickly in order to get ready for a live show. It worked for them but with the extra time during the pandemic, they could reflect on their music a bit more and put together stronger arrangements.

"We've actually been able to take some time on the songs and really flip some things upside down and structure things and give them time to breathe and let the sounds develop," said Duddles. "It's better music that we've been writing because we had the time to do it. It's been a bummer to miss the live music aspect that we really love, but also it's been good to have the time to let things develop as they should."

Now, as the pandemic begins to subside, the band is really excited to get out and do what they do best: performing live. They'll be playing a number of shows this spring and summer, starting on April 2 at The Park Theatre in Holland with The Way Down

Wanderers.

"That's what we love," said Duddles. "There's an energy that comes from live music, and there's really a shut off of life that takes place and you're really in the moment. The connection that you get as a listener and as a performer - there's an exchange there that takes place in the moment that is indescribable and ends up being a magical moment."

Besides planning on playing a lot of live performances this summer, Roosevelt Diggs' goal is to continue to get better as a band and to have each live or studio performance to be stronger than the one before. When they go to the studio to record, they are as prepared and efficient as they can be. They take pride in being a hard-working band. In the end though, it is all about their live performances.

"We're really excited to get out there again in front of people and showcase the music," said Duddles.

For more information about the band, please visit Rooseveltdiggs.com

...

The more walking-around  
money I have,  
the less I walk around.

~ James Osterberg Jr.



# Red Arrow SPORTS

- WRESTLING

## Wrestling, continued

a 3-0 lead. Ramsy, a senior, held on for a 3-2 victory and a huge win not just for the team, but him personally in preparation for next week's individual tournament. Him and Stradling could meet in a potential individual state final.

The opening to the dual wound up as the perfect start for Lowell who dispatched Gaylord's only top ranked wrestler to take a 3-0 lead, and with two more swing matches going their way right after, Lowell always looked comfortable in the

the board. It was a victory that re-energized the Gaylord faithful who had traveled over three hours to get to Kalamazoo.

That energy would only grow as they picked up a second straight match by decision as Ty Bensinger beat Tacho Gonzales 5-1. The Blue Devils would need every point they could muster as they were wrestling without second-ranked Brayden Gatreau at 189. Lowell took advantage of that absence with decisions by Neeley and Crace both

of the most opaque.

Landon Musgrave earned a major decision to push the Lowell lead to 39-6 then at 119, Lowell had options able to send out either top-ranked freshman Jackson Blum or 13th ranked Easton Lyons.

Another spirited showing from the Red Arrow crowd wedged between an equally full Dundee section and a sparser Goodrich crowd. Lowell's crowd did get some breathing room as Dundee trounced Imlay City 74-5 in just 45 minutes, with Lowell's match only five in.

"Our stands were packed," senior Carter Blough said speaking afterwards. "It means a lot to have that support."

The final score of the match was 50-6 as Easton Lyons and Owen Segorski recorded a technical fall (beat his opponent by 15+) and pinfall respectively. The



Coach R.J. Boudro lifts the Division 2 State Championship trophy.



Landon Musgrave points to the Lowell crowd after a win.

dual knowing that the power of their lineup would be coming at the end of the match.

The next match was between No. 2 James Link and No. 3 Gabe Thompson. Link's 4-1 decision got Lowell off to a 6-0 lead. The start was three straight matches and three straight matchups of ranked wrestlers that went Lowell's way via decision as No. 5 Landon Miller grinded out a 6-4 decision over Gaylord's No. 10 Gus James.

Other match in Division 2 between Whitehall and Goodrich on the adjacent match, a dual that the three-seed Goodrich would eventually go on to win.

There was light fun prior to the semifinal round as Lowell and Clinton wrestlers competed in games of Spikeball in the practice area. While there is no love lost between opponents on the mat, each team enjoys the comradery that comes with being a part of the state tournament.

Gaylord's Bylveis got the 5-1 win over Nate Cleaver to put the Blue Devils on

winning 5-2 respectively.

Carter Blough and Bryson Vandermeulen both recorded falls at 215 and 285 to put Lowell up 31-6, and take the stress out of the match.

The match, though the score wasn't close in the end was not without some exciting storylines. At 103, Carter Cichocki became the first Red Arrow to have a female opponent in a state tournament dual. Cichocki, a Lowell freshman at 103, defeated Sunni LaFond of Gaylord 16-1. LaFond is a regional champion for Gaylord and will compete in this week's first ever MHSAA girl's wrestling state finals. The option to utilize female wrestlers within the sport will continue to grow as girls wrestling becomes more popular in Michigan, and Gaylord is certainly a big hub for the sport right now.

As girls wrestling grows, old stigmas about females in the sport begin to fade. No longer are boys afraid to lose to girls within the sport, or afraid to compete. While this has been true for most sports, for wrestling the line between genders have long been some



Lowell freshman Carter Cichocki looking to come back against his Goodrich opponent.

Red Arrows advanced to the finals where for the third time in four years, they would face another familiar face in Goodrich.

For the Martians, like Gaylord, their lineup is full of talented wrestlers, but when you're facing a team with 14 state qualifiers, there are very few gaps in the Lowell lineup for Goodrich to take advantage of.

The hardest part of watching the team state finals isn't the ticket to get in. It's finding a seat in the Lowell section. Most wrestling fans have been pleased with Wings Event Center for the team state finals, though for Lowell who typically has a very large fan base traveling and being in a "between"

division means there's not as much room for fans to sit. Whereas Divisions 1 and 4 which actually feature some of the smallest fans bases can spread out being on the ends of the stadium. The Division 4 schools are typically smaller towns with

opponent for the Red Arrows and faced Lowell in the finals now three of the past four years.

The championship dual started at 189. Lowell brought out Neeley who would face Goodrich No. 1 Cameron Macklem. A tough matchup to start for the Lowell senior who took a loss by fall to give the Martians a 6-0 lead they would need going into a tough set of matchups with the Red Arrows.

The pin for Goodrich brought to life a dedicated Martian crowd, and a team bench that was fired up. It's not often discussed, but it doesn't go unnoticed the disdain toward Lowell from Division 2 foes. It's never personal, but you can't help but dislike perennial winners. That's

Leading to crowds cheering from multiple



Senior Ramsy Mutschler runs to the mat.

points in the arena at once, so even without the upsets, chaos does reign in Kalamazoo. For Lowell, they don't need the chaos. Winners of nine straight state championships now, Lowell is quite alright with the status quo.

Opposite of Lowell looking to change the status quo was Goodrich, a perennially difficult

how Goodrich and Gaylord fans certainly feel about Lowell. The same feelings are harbored by Division 3 schools toward Dundee right now... "Respect, but man we want to beat you."

That disdain comes as a byproduct of hard work and building a strong program. It's something Lowell

## Red Arrow

- WRESTLING

## SPORTS

## Wrestling, continued

doesn't openly discuss, but they are aware of it.

Lowell has not always played the powerhouse role. Yes, Lowell have had their successes, but they remember their days as the underdog. From 1999-2001, Lowell finished as state runner-up three straight years losing to Eaton Rapids and then twice in nailbiters to Lapeer West before breaking through in 2002 for their first state title.

From 2010-2013 Lowell saw another small town, St. Johns, run the show in Division 2, finishing as state runner-up to the Redwings twice before 2014's criteria victory in the state finals put Lowell back on top.

On the mat against Goodrich, down 6-0, Lowell got a quick response with a Carter Blough technical fall and a Logan VanderMeulen pin to take an 11-6 lead, taking the wind out of the Martian sails, but only briefly.

At 103 Goodrich's Jaden Davis started strong holding Carter Cichocki and his match scoreless through the first period. In a matchup of the sixth and second ranked wrestlers in the state respectively, Davis was certainly the underdog. Davis

would pull off a reversal in the third period and a 2-0 upset over the number two ranked wrestler in the state, Lowell still led 11-9, but the momentum had certainly moved in the Martians favor. You could see it on the floor, the Martian bench was more energized then ever. "That's huge," Goodrich head coach Ken Sirignano said to his team.

It was one swing in a series of matches that Goodrich would need to hang in the dual. The meat of Lowell's lineup was ahead and Goodrich had their chances, but Lowell shut the door. Up next for Lowell was Landon Musgrave who locked in a cradle and some back points early on for a 4-0 lead. Musgrave held on for an 8-7 decision. Jackson Blum pinned his opponent in the second period, giving Lowell some breathing room, a 20-9 lead, and deflating the other side of the arena.

Owen Segorski won a tight match 3-0 that only saw three back points as the only offensive scoring, then Ramsy Mutschler and James Link each earned major decisions. The dual was 31-9, and Lowell fans were doing the math in their heads. After

Landon Miller fell to second ranked in the state Carsen Richards, Jared Boone's 3-0 decision mathematically ended the dual. Lowell led by 21 with three matches to go. Too much for Goodrich to overcome when each match can only have six points awarded.

Every state championship dual has its defining moment, one that is remembered over time. Often, it is the dual clincher, or a major upset, this time it came late after the dual was decided when senior Nate Cleaver came onto the mat. Trailing 6-2 against a state qualifier, Cleaver hit a move called the inside trip, hooking his opponent's leg and taking him down to his back, picking up a pin that produced the biggest roar of the day from the Lowell crowd.

"He learned that move during COVID. It was practiced in a barn because we wanted to keep working when we were unable to use the wrestling room," Coach Boudro said. "That takes a special group of people to do things like that."

Goodrich won the flip and Lowell had to show wrestlers first, allowing some gambles



James Link grapples with Gaylord's Gabe Thompson in the semifinals.

by the Martian coaching staff. Their lineup shuffling led to a pin for Goodrich in the first match, and early lead, but at the end they knew would be Crace. They figured he would likely pick up six points for Lowell, which he did by pinfall, to end the match with a bang and secure a 46-16 victory.

Coach Sirignano had nothing but respect for Lowell afterwards, telling the MHSAA's Jeff Chaney, "Lowell is a good team. They were better than us today. We lost three close matches, and we gave up bonus points. In those tight duals, you have to win the close ones and you can't give up bonus points."

Last year, during the pandemic, Lowell beat Goodrich 59-7. A result that was a blip in the tight contests between the squads. In 2018, it came down to the final match with Jeff Leach winning by decision to clinch the dual. This dual, though the result was a 30-point Lowell win, only became lopsided toward the end.

Over the weekend Lowell improved to 8-0 against Brother Rice, 7-1 against Gaylord, and 9-5 against Goodrich historically.

Elsewhere across the arena, Hudson had easily dispatched familiar foe

New Lothrop in Division 4. Dundee had the easiest day, trouncing Alma who was in their first state championship appearance. All eyes were on mat one when the Lowell match ended, as Detroit Catholic Central and Davison had another dual for the ages with Davison emerging victorious for their second straight state title.

While opposing fan bases may not like other teams normally, nowhere was that playful rivalry more evident than between Davison and Detroit Catholic Central whose crowds would trade chants throughout, culminating with Davison's "We Are DC" chant, a play on the "We are CC" chant famous at Catholic Central.

One side of the arena had all their teams win. It meant that once again, the one seeds had their way at Wings Event Center.

When asked if there's any pressure to repeat year after year, Boudro said. "We don't talk about winning state championships, it's just a byproduct of the hard work our kids put in every year."

Lowell, who has an annual social open to the fans, made their way to the other side of the arena to eat pizza, subs, drink chocolate milk and relax for the first time all day. For 14 Lowell wrestlers,

that relaxing ends as they prepare for the individual wrestling state tournament this upcoming Friday and Saturday at Ford Field.

The social is unique in sports. How often can a high school team host hundreds of fans, parents, wrestlers, and coaches? But it has become a tradition following the team state finals, since 2017 when the state finals were hosted at CMU.

Boudro spoke and thanked the fans, team moms, and all of those who helped make things possible. Senior Carter Blough also bravely volunteered to speak to the hundreds of people that had surrounded the team. In the bleachers of one of the practice rinks at Wings Event Center, staged for a wrestling practice area.

For Coach Boudro, he has won eight state championships in his eight-year tenure as head coach, and was part of the staff for the first of Lowell's nine straight titles which happened in 2014. He is always humble and grateful to be a part of the program. "It never gets old," Boudro said of winning state championships.

## Haylie Beers qualifies for state tournament

by Justin Scott  
sports reporter

Lowell junior Haylie Beers has qualified for the state tournament by finishing in the top ten. She finished in fourth place. Teammate Savannah Escobedo finished in 14th, only nine pins off tenth place finisher Kylee Dines of Sparta.

Other finishers for Lowell included Taylor Lawrence-Chambers who placed 33rd and Amelia Wells in 41st.

This will be Beers' second consecutive season competing at the individual state finals. Last year she finished 38th of the 60 competitors in the finals. She will compete March 5 at the Super Bowl in Canton.

On the boys side, Lowell was led by Noah Proctor who improved throughout the day finishing 33rd. Keith McDermaid finished 56th with a high game of 176.

On the team side, Lowell finished tenth in the regional. The OK White champions were beaten out by Northview and Greenville, two teams they

won three of four from in the regular season.

The boys finished 11th. Sparta's teams shined as both finished in the top three, each qualifying for the state tournament.



Haylie Beers

## Competitive cheer closes out season

by Justin Scott  
sports reporter

There's no better time for your highest first round one score of the season than at the district competition, and that's exactly what Lowell competitive cheer did scoring a 210 in their round one.

Lowell would go on to place eighth with a score of 666.66.

The Red Arrows topped Forest Hills Eastern, St. Johns, Gaylord, Forest Hills

Central and Lansing Waverly in the standings. Forest Hills Northern won the district crown with a 756.82. Other qualifying teams were DeWitt, Charlotte and Cedar Springs with the Red Hawks placing in the fourth and final spot with a 735.54. Mason, Escanaba and Mount Pleasant narrowly beat Lowell but did not qualify, finishing fifth, sixth and seventh respectively.

LHS scored their highest

score of the season just the week before in a fifth place finish at Lakewood. The score of 677.38 included their highest round two and round three marks this year.



Red Arrow

- HOCKEY

## SPORTS

## Hockey aims for postseason glory

by Justin Scott  
sports reporter

As high school hockey falters, the co-op is the answer many schools are moving toward. For the Lowell-Caledonia co-op, the glass slipper might just fit in this year's regional tournament.

Lowell-Caledonia Hockey knows it hasn't been the season of their dreams. They went 2-21 in the regular season, but as the saying goes once the playoffs start, you're 0-0.

Lowell-Caledonia has taken that to heart and has won both their regional quarterfinal and regional semifinal games to be on the doorstep of the program's third regional championship.

To claim that prize though, Lowell-Caledonia will have to get through the top team in the region, the Capital City Capitals.

Hockey is a tough sport for high schools to thrive in. As the number of hockey players in the state dwindles from youth programs up to high school, the co-op is becoming the best answer. Many schools depend on co-ops, and Division 1, Region 3 is certainly no different. You have Lowell-Caledonia which of course is the

longstanding co-op between Lowell and Caledonia, but as of recently Middleville Thornapple-Kellogg. You have the Kalamazoo Eagles, whose host school is Richland Gull Lake along with Paw Paw, Vicksburg, Kalamazoo Christian, Comstock, Otsego, Parchment and Plainwell. Then there are the Eastside Stars, a team from the Lansing area whose host school is Okemos along with East Lansing, Haslett and Bath. On the other side of the bracket is Holt (Holt, Grand Ledge, Eaton Rapids, Portland) and Kalamazoo United (Portage Northern, Portage Central, Mattawan, Kalamazoo Loy Norrix). Finally, is Lowell's regional final opponent: the co-op of not one school or two schools, but six schools. Those schools are DeWitt, St. Johns, Lansing Catholic, Williamston, Mason and Laingsburg.

So how many schools were in Lowell-Caledonia's regional again? Six co-op teams with 26 schools represented.

Without co-ops Lowell wouldn't have hockey, or swimming for that matter. None of the six schools within Capital City's

squad could host hockey by themselves. Co-ops are common in swimming as well as sports like hockey and gymnastics.

Now to the why. There are 137 high school hockey teams in the state of Michigan. 63 are co-op programs. To survive, schools need co-ops.

Hockey in Michigan is a bit like wrestling. If you look at the top-ten year-to-year, things don't change too much. The powers aren't the co-op schools, but schools on the east side of the state, geographically concentrated in Detroit's suburbs such as Brighton, Hartland and Novi. Four of the state's top-ranked squads this year happen to be private schools. So yes, six schools in one team are a lot, but it's about survival for these teams than thriving especially in West and Central Michigan.

In the last 13 years of high school hockey in Michigan, there have been 36 state champions. 21 of those have been won by private schools. Four by Brighton, one by Novi, three by Trenton, two by Hartland, one by Romeo, one by Wyandotte Roosevelt, one by Hancock and one by



The Lowell/Caledonia/Thornapple Kellogg varsity hockey team swarms goalkeeper Finn White as it celebrates its 3-0 victory over the Eastside Stars in the MHSAA Division 1 Regional Semifinal at Lawson Arena in Kalamazoo Thursday. (Photo by Brett Bremer)

Farmington. None by teams on the west side of the state (Hancock excluded as a western UP team).

So in this region of co-ops, it has been a struggle for all of these programs to survive, let alone thrive. Lowell-Caledonia has had it better than most. A consistent partnership of over twenty years and some decent success to go along with it.

Last week Lowell-Caledonia headed to Lawson Ice Arena in

Kalamazoo, home of the Western Michigan University Hockey team who happens to be having one of their best seasons in school history (WMU alumni writing here).

In the regional quarterfinal, Lowell-Caledonia took on Kalamazoo Eagles where they won a thriller 4-3 in overtime. They then beat Eastside Stars 3-0 in the semifinals. Sophomore Aidan Wilson scored 6 of the 7 goals over the week including the game-winner

over Kalamazoo Eagles. Alex Skibinski scored the other goal.

The regional final between Capital City and Lowell-Caledonia will take place at Lawson Arena on Wednesday, March 2. The winner will come out an underdog, against either Howell or Midland, both top-ten teams in division one. Both programs know what it means to be an underdog and will certainly be up to the task.

## Seeding set for Individual Wrestling Tournament

by Justin Scott  
sports reporter

This past week the MHSAA announced seeding for the MHSAA Individual State Wrestling Tournament taking place this Friday and Saturday at Ford Field. Lowell will have 14 wrestlers competing on the boys side and one in the girls division. The regional champions are seeded 1-4 and then the remaining 12 wrestlers are placed based on a computerized formula.

The following wrestlers will be competing at the individual state tournament. Brackets can be found on the MHSAA website. Wrestlers given a true seed will be noted and will say "RC" next to their name, for regional champion. All first round seeding matchups add up to 17, so 1 vs. 16, 2 vs. 15, etc.

103 - No. 2 Carter Cichocki (RC) and No. 3 Landon Musgrave

Keeping Cichocki and

Musgrave out of each others way would certainly be a goal for Lowell coaching staff. Good news is, they're on opposite sides of each other's brackets. The earliest the two would meet would be a state final. There are no juniors in the bracket, but there is one senior, Jamarcus Smith of Detroit Mumford, the top overall seed.

Carter was given the 2-seed. Musgrave would be considered a 5-seed.

112 - No. 1 Jackson Blum (RC)

Blum earned the number one overall seed in the 112 pound division and will face Noah Dahlke of St. Joe in the first round.

119 - No. 13 Easton Lyons

Easton's quadrant features both Ricardo Saenz (Brother Rice) and Brody Orcutt (Goodrich) on the opposite side of the bracket. Both were pinned by teammate Jackson Blum

at team states. Lyons would be considered the 11-seed.

125 - No. 4 Owen Segorski

Perhaps Lowell's toughest draw, Owen gets an immediate rematch from his team state finals opponent Ryan Angelo of Goodrich, a matchup where he won a 3-0 decision. Owen would be considered the 5-seed.

130 - No. 3 Ramsy Mutschler (RC)

Ramsy got a boost this past weekend beating No. 1 overall seed Loudon Stradling of Gaylord, giving him his only loss of the year. They're on opposite sides of the bracket and could meet in a potential state final. Ramsy is the 2-seed.

135 - No. 2 James Link (RC)

True to his ranking, James Link earned the 2-seed at states. James could face Gaylord's Gabe Thompson in a potential semifinal, a

matchup Link won 4-1.

140 - No. 5 Landon Miller (RC) and No. 6 Jared Boone

The good news for Lowell is both Miller and Lowell are on opposite sides of the bracket. Both wrestlers could have extremely challenging second round matchups with top overall seed Jacob Brya opposite of Boone and Goodrich's Carsen Richards opposite of Miller. Richards defeated Miller in last weekend's team state final.

Miller is the No. 3 seed, Boone the No. 8 seed.

145 - No. 10 Nate Cleaver Same as his ranking, Nate would be considered the 10-seed. He'll face Jack Mills of Carleton Airport in round one.

152 - No. 12 Tacho Gonzales

After a thrilling last second takedown got Tacho to the state tournament, he draws top overall

seed Micah Hanau of Stevensville Lakeshore in the first round. Based on his ranking, Tacho is underseeded by the formula and represents a tough draw for both sides, as Tacho has certainly shown the ability he can beat anyone.

189 - No. 3 Carson Crace (RC)

Crace is the 3-seed at the team state tournament in a wide open 189-pound field. No wrestlers are undefeated in this bracket.

215 - No. 1 Carter Blough (RC)

Carter earned the No. 1 overall seed at 215. He'll face Jermaine Anderson of Warren Fitzgerald in the first round.

285 - No. 16 Logan Vandermeulen

An 8-seed at regionals, Vandermeulen certainly proved the committee wrong by qualifying for the state tournament. Now he'll look to continue his magical senior season run at districts. He'll take on Gavin Leigh (39-8) of Ortonville Brandon in the first round, and would be considered the 13-seed.

Girls 130 - Kiara Hulbert

Hulbert will face Tamari Khizanishulli of Auburn Hills Avondale in the first round. Seeding for the girls division was not the same as the boys division.

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LOCAL

## obituaries

### MERSMAN



David Allen Mersman, age 72 of Clarksville, passed away Monday, February 21, 2022. He was preceded in death by his parents, Marvin (Mers) and Harriette Mersman; and brothers, Douglas and Wesley Mersman.

David is survived by his children, Lisa (Matt) Maupin of Franklin, MO, Keith Mersman of Maryland Heights, MO, Kevin (Jacquelyn) Mersman of Willow Springs, MO; and their mother, Janice DeWeerd; grandchildren, Madison and Abygale Maupin, Andrew, Alessandra, Lydia, Deven, Lucas, and Wesley (due any day) Mersman; step-mother, Maxine Mersman; sister, Cheryl (Jim) Mieras; sister-in-law, Luanne Mersman; 4 nieces; 5 nephews; and friend, Kathy Mersman VanderRoest. David graduated from Zeeland High School, Michigan State University, and was a member of the Army National Guard. He worked at East Kentwood High School as a math teacher for his entire career, where he was Teacher of the Year multiple times. He was known as Mr. Candy Man to his students and Mr. Pop Can man to the staff. David always went by MERS, not Dave. He was absolutely beloved by his students, some of whom chose career paths in mathematics due to his influence. He loved his East Kentwood family. David was a member of First Baptist Church, served as Sunday school Superintendent for years, sang in the choir, assistant treasurer, and served on the Membership Team. He was treasurer of the West Michigan Volleyball Officials Association for a year, and active referee of girl's high school and middle school volleyball. David had the great honor of being asked to officiate the state championships on a couple of occasions... an honor usually offered only to females. Mr. MSU through and through, #1 Spartan fan with season football and basketball tickets. David represented Countryside Tours and has been the tour guide for many trips to the East Coast with 8th graders from several school districts. He was a faithful supporter of First Baptist and Alpha Family Center in of Lowell, MI. Funeral services were held 4pm Sunday, February 27, 2022, at First Baptist Church, 2275 W Main St, Lowell, MI 49331 with visitation from 1-4pm. To honor Mers, green or white were worn. Rev. Jon Pickens officiating. Interment Oakwood Cemetery.



## Workers in your home and Social Security taxes

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,400 in 2022? If you will pay at least \$2,400 to one person during the year, which may include transportation, meals, and housing, you have additional financial responsibilities to consider.

When you pay at least \$2,400 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.

- Pay these taxes to the Internal Revenue Service.

- Report the wages to Social Security.

Accurate reporting is important as employees earn credits toward Social Security benefits and Medicare coverage. You can currently earn Social Security or Medicare credit for every \$1,510 in wages that are reported. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits



### METTERNICK

Shirley M. Metternick passed away Sunday, February 27, 2022, in her home, at the age of 89. Born March 8, 1932, in Beulah, Michigan. She married Matthew Metternick, Jr., May 22, 1948, in Kent County. Dad passed away May 24, 2000, after being married for 52 years. They had five children together, Cheryl Kay, who passed in April of 1952, Steve and Barb Metternick, of Ada, Sue Birman, of Alto, Mike and Kathy Stevens, of Benzonia, and Ron and Carrie Metternick, of Lowell; eleven grandchildren, 24 great-grandchildren, three great great-grandchildren, and many extended family members and friends. She will be dearly missed by all and will remain always and forever in the hearts of those she loved. A Celebration of Her Life will take place at a later date. The Bennett-Barz Funeral Home, in Beulah, is in charge of arrangements. [www.bennett-barzfuneralhome.com](http://www.bennett-barzfuneralhome.com)

for the worker and the worker's dependents.

- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading *Household Workers* [www.ssa.gov/pubs/EN-05-10021.pdf](http://www.ssa.gov/pubs/EN-05-10021.pdf).

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

## Looking Back continued

which will allow the cable company to reamortize what is left of its loan over the next 17 years and four months commencing March 1 at an interest rate of 4 percent.

During much of his lifetime, Keith Graham painted life in Lowell Township, but for all his

work Graham never had the opportunity to display his talents to the public. That has all changed. As part of the Lowell Area Arts Council's (LAAC) second exhibit at Segwun Gallery (Lowell Charter Township Hall), Graham takes center stage.

## ABCs, continued

at L.W. Rutherford & Sons Inc. She was very active in her church, the First Congregational Church of Lowell and secretary of the 'Cheerful Doers.'

The youngest was Lawrence W. Rutherford. He married Isabel Fallas, daughter of Edwin and Anna Fallas. The couple was married at her parents' home at 706 Riverside, and then they resided at 230 S. Hudson Street. She had attended Olivet College and Ypsilanti Normal then studied her music in Berlin, Germany. Isabel's father ran the Edwin Fallas Canning Factory. Lawrence worked for him, becoming general manger and eventually owning the company and changing the name to L. W. Rutherford & Sons Inc. The canning factory contracted with the army and prisons, serving large numbers of people.

Lawrence was greatly involved in the community, serving on the Lowell Village Council for 25 years, was director of the Lowell Building and Loan Association, a member of the Lowell Board of Trade, Lowell Rotary, Lowell Congregation Church, and the Masonic Lodge. He served as maintenance superintendent of state highway M-21 and together with C. H.

Runciman donated the land to the Village of Lowell for the airport. He was instrumental in the Lowell Centennial Celebration. Perhaps most fitting for his career, he was in charge of the big barbecue on the opening day. They served 4,200 people!

The Rutherford legacy still continues, and the world said goodbye to another member of the Rutherford family in 2021. Marion Monks Rutherford, passing away at the age of 103, was the daughter-in-law of Lawrence and Isabel Rutherford. She had attended the first Lowell Showboat performance and in 1975 she and friends dressed up like hippies and canoed down the river, and attended the 1975 REO Speedwagon Showboat concert. She was much loved as the lunch lady for many years at Lowell schools, slipping students fresh baked bread and cookies. She loved them as much as they loved her, not retiring until she was 70. She loved Lowell, and her Lowell family. Her family thanked her Lafayette street neighbors in her obituary. She joined the rest of her family in Oakwood Cemetery, even in death, still a part of Lowell.



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Saturday, March 12, 10am-8pm  
Sunday, March 13, 10am-5pm

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## LEGAL NOTICE

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

In the matter of Gloria Pelton Conservatorship File No. 22-210,894-CA Guardianship File No. 22-210,895-GA

TO ALL INTERESTED PERSONS including her daughter, Laura Pelton and any 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 April 22, 2022, at 9:00 A.M. at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids,

MI 49503 Courtroom 9C in person and via Zoom before Judge David M. Murkowski (P35026) for the following purpose: Appointment of a Guardian and Appointment of a Conservator.

Dated: February 25, 2022

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE, Grand Rapids, MI 49507 (616) 260-6443

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

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9x9 grid of numbers for a crossword puzzle solution.

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Red Arrow

- BASKETBALL

## SPORTS

## Girls basketball wins regular season finale

by Justin Scott  
sports reporter

After winning the previous matchup 68-34 with Greenville, Lowell looked to quickly put the game out of reach of a perennially strong Yellowjacket team in last Friday's home basketball contest.

Braxcynn Baker got things going on a corner three made it 5-1 after a back-and-forth start that featured little scoring. Lowell made it 8-3 after Emma Bruwer assisted a Taryn Jackson corner three midway through the first. The Red Arrows dominated, rebounding all game. Up 10-6, LHS had

three offensive rebounds in a possession which led to a Greenville foul but were unable to convert. Second chance points though were a key in Lowell establishing control of the game.

The Greenville zone gave LHS difficulties in the first quarter, forcing several turnovers in a quarter that also featured 11 fouls between the teams. Baker had an emphatic block to end the first which ended 11-8 Lowell.

The girls started off quickly on a 7-0 run in the second quarter pushing their lead to double digits on a Lexi Howell three. Jackson added another triple to force a Greenville timeout. That

timeout would not stop the offensive onslaught as Jackson and Baker moved into double digits scoring to make it a 29-8 lead, and eventually 34-13 at halftime. Baker and Jackson led the way with 13 and 12 respectively.

Potential problems started for Lowell in the third quarter, despite leading 46-27 after the quarter ended. Braxcynn Baker picked up her fourth foul which normally wouldn't be a problem, except for the fact that Lowell is essentially down to seven players. A variety of factors contribute to the team's limited roster, but mostly injuries have limited the Red Arrows to a smaller than usual group. Piper Risdon, a strong player coming off the bench gave Lowell a 50-27 lead on a putback layup. She also picked up her fourth foul in the fourth quarter. The good news for the Arrows was nobody would foul out.

Lowell coasted to a 25-point lead in the fourth on the back of strong defense and continued advantage on the glass. When it comes to JV and freshman players competing on varsity, the rule is called the five-quarter rule. It means, "a player can participate in five quarters the same day."



Piper Risdon looks for a teammate in Lowell's win over Greenville.



Senior Tamara Jackson is honored at Friday's senior night along with Coach Kent and her parents.

So, Lowell was able to mass sub in the final three minutes of the game to get JV and freshman members some experience. It also serves as a backup in case multiple team members foul out.

Gracyn Hamilton had the distinction of scoring in two separate games in one day. Certainly, a rarity in the high school sports world. She scored 32 points during her JV game, all of which came in the first three quarters including nine

three pointers and added in a jump shot late in the win for varsity.

Final score was 61-35 in favor of the Red Arrows. It was their last game of the regular season, the Red Arrows finished 13-7. The boys team also defeated Greenville on Friday night, completing a seasonal sweep.

It was senior night for the Red Arrows, but an unusual one in that Lowell only has one senior, Jamara Harper. Harper is a multi-

sport athlete in basketball, cross country and track. She was a two-year varsity player and manager and was honored during the postgame festivities.

Lowell hosted Forest Hills Northern in Monday's district quarterfinals, a team they split with during the regular season. As the district host, Lowell will play all district games at home. Results were not available for this week's Lowell Ledger edition.



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Life Transitions Therapy, LLC

### Do dreams have a purpose?

I'm asked fairly often by clients the meaning of dreams, especially a reoccurring or distressing one. There are so many theories about why we dream and the purpose. Some claim that dreams are just a random firing of

neurons, others seem to lean toward Freud's theory that dreams provide insight into our subconscious and express our deepest desires, some feel they are the way the brain processes life events and emotions, and others feel it's how the brain

works to solve problems. I could go on and on because there are so many theories. It seems no one really knows the purpose of dreams but while we don't have an answer to why we dream, research has made some insights.

#### Dream Research

There have been many research studies on dreaming. Newer research published in *Frontiers in Psychology* suggests that those having "lucid dreams" seem to have better psychological well-being (absence of psychopathology). Also,

on average those that had more intense lucid dreams had lower levels of psychological distress such as depression, stress and anxiety than those having low-intensity lucid dreams. A lucid dream is a dream state where the dreamer is aware they are dreaming (without waking up) and can partially control the direction or outcome of the dream.

We also know from research that those experiencing high levels of worry, stress or PTSD report more intense and frequent nightmares. Those with mental health issues such as diagnosed anxiety, depression or bipolar disorder not only have more difficulty sleeping but tend to have more distressing dreams. So, research has provided some insight but we have a long way to go to have a better understanding as to why we dream.

#### Possible Conclusions

From what I have seen

in my practice I tend to lean toward dreams having varied reasons versus one theory being correct. I feel the brain is often attempting to process and make sense of distressing experiences and emotions. For instance, when someone shares with me a reoccurring dream where they are being pursued by evil, when processed, it often turns out that something in their life didn't or doesn't agree with one or more of their values. An example could be someone asking you to do something that you don't feel is honest, respectful, or right so it causes distress. It could also be that something you did in the past was in conflict with your core values. So, this conflict and distress may play out in dreams as "evil" because it goes against a core value. Once a solution is found that aligns with the person's values or a past situation is processed, reasoned through, and accepted

the distressing dreams typically end. Disclaimer, to my knowledge this has not been studied or scientifically validated. This is just a pattern that I have seen in my own practice.

While there are many theories for why we dream we just don't yet have an answer to the true purpose of dreams. When reading through the vast number of theories, many seem valid so it's likely that dreams have a variety of purposes. If you are concerned about your dreams, they are causing you distress, or you are having frequent nightmares, you may want to discuss this with your doctor, sleep specialist, or counselor.

This article is not intended to provide advice, diagnose, or treat in any way. It is for informational purposes only. Stay healthy and live the life you want!



Michigan is home to the National Museum of the Tuskegee Airmen. The Tuskegee Airmen consisted of African-American and Caribbean-born pilots who fought against the Axis powers in World War II. The pilots were known for their aerial combat bravery and helped turn the tide of the war in favor of the Allies. The Tuskegee Airmen formed the 477th Bombardment Group and 332nd Fighter Group of the USMA. The museum is located in Warren — part of the outskirts of Detroit.

# FUN PAGE

## SUDOKU

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

Level: Intermediate

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

# KIDNEY HEALTH WORD SEARCH

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

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

Puzzle solutions on page 13

### KIDNEY HEALTH WORD SEARCH

ABDOMINAL  
 ACUTE  
 ANEMIA  
 BLADDER

BLOOD CREATININE  
 DIALYSIS  
 DISEASE  
 DONOR  
 EXCHANGE  
 EXCRETION

FAILURE FILTRATION  
 GLOMERULI  
 HEALTH  
 IDIOPATHIC  
 INFLAMMATION  
 KIDNEY

MEMBRANE  
 NEPHROLOGY  
 RENAL  
 URINARY  
 URINATION

## Guess Who?

I am an actor born in Toronto, Canada, on May 5, 1970. I gained fame on an arresting television series and a popular Tina Fey-driven series, and later I appeared in many films both in-person and as a voice actor. My deep voice lent itself well to a Lego movie hero.

Answer: Will Arnett

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to kidney health.

**N U E R I**

--	--	--	--	--

Answer: Urine

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

### CLUES ACROSS

- Neckwear
- Fish parts
- Cooking
- Quality
- Rural delivery
- Popular superhero
- Partner to Pa
- Shivering fits
- Wrath
- Linguistics pioneer
- Large integers
- A way to prepare food
- Group of badgers
- Peyton's little brother
- Rock out
- Danish krone
- Take from with force
- Baroque musical instrument
- Zodiac sign
- Hebrew alphabet letter
- Independent member of a clone
- Type of garment
- Satisfy
- One point south of due east
- A way to wipe out
- Moved quickly on foot
- Bar bill

### CLUES DOWN

- Short, thick stick
- Rhode Island
- Animals of the horse family
- Very important persons
- Folk singer Di Franco
- Boredom
- Long speech
- Footballer Newton
- Expression of sorrow or pity
- Linear accelerator
- One quintillion bytes
- Smallest interval in Western music
- Box
- Cheese dish
- An idiot
- Performed with the voice silent
- Body fluids
- Rhythmic patterns
- "\_\_ my i's"
- Type of wrap
- It shows who you are
- Carousel
- Type of college degree
- Molding
- Closes again
- Verses
- Surface
- Make a mistake
- Done by all people or things
- Circumference
- Chum
- Electrocardiogram
- Sandwich chain Jimmy \_\_\_
- Showed old movie
- Important event on Wall St.
- Where wrestlers work
- Free from contamination
- Eastern Canada coastal region
- Slang for gun
- High schoolers' test
- Fathers
- Call it a career
- Productive
- Musical groups
- Yellowish-brown
- Lowest point of a ridge
- Beloved late sportscaster Craig
- Fill up
- Cardinal number that's the sum of 5 and 1
- Frost
- Jewel
- Atomic #45
- Top lawyer

# Lineup announced for 20th anniversary Lowell Showboat Sizzlin' Summer Concerts

The lineup for this year's Lowell Sizzlin' Summer Concerts has been revealed. The free concert series will take place on the scenic Riverwalk in front of the brand new Lowell Showboat at 7 pm each Thursday evening between June 16 and August 25.

The Sizzlin' Summer Concerts are among West Michigan's most well-attended outdoor live music events, bringing thousands of people downtown every Thursday night all summer long. This year marks the 20th anniversary of the series, which is presented by Lowell Area Chamber of Commerce and LowellArts. The Sizzlin' Summer Concerts began in 2001, and they were one of the first free outdoor concert series available in West Michigan. These concerts are offered with the Lowell Showboat as a backdrop, commemorating that historic structure. To celebrate the 20th anniversary, this year's shows will feature many groups who originated in Michigan and are now headlining nationally and



- June 16: Mungion [mungion.com]
- June 23: The Accidentals [theaccidentalsmusic.com]
- June 30: Grand Rapids Sweet Adelines [grsa.net] and Great Lakes Chorus [greatlakeschorus.org]
- July 7: The Insiders (Tom Petty tribute band)[theinsidertribute.com]
- July 8: Sea Cruisers [facebook.com/sea-cruisers]
- July 14: Kaitlin Rose and the Band of Thorns [kaitlinrosemusic.com]
- July 21: Luke Winslow-King [lukewinslowking.com]
- July 28: Stone Street Revival [stonestreetrevival.com]
- August 4: Jake Kershaw [jakekershaw.com]
- August 18: Kari Lynch Band [karilynchband.com]
- August 25: The Adams Family Band [theadamsfamilyband.com] and Natchez Trace [natcheztrace.us]

internationally.

Parking and seating are free, but bring a blanket or chair if you don't want to sit on the ground or in the bleachers. The Riverwalk

is wheelchair accessible and there will be plenty of food and drinks to enjoy.

For more information, visit [lowellarts.com](http://lowellarts.com) or [discoverlowell.org](http://discoverlowell.org).

## Wittenbach Wege Center spring events

by Gerald Browning  
contributing reporter

The Wittenbach Wege Center has a lot of family centered events this upcoming spring season. Many families in the Lowell area take advantage of the natural environment and educational opportunities for children of all ages.

As usual, the Wittenbach Wege Center has amazing trails that are open dawn until dusk, during daylight hours, 365 days a year for foot traffic only. These trails have multiple different paths for one to work their way through the wooded grounds of the Center. Clear signage is available to help

orange juice or coffee. It is \$5 per person and children under five are free.

Starting Monday, April 18 and lasting until Monday, May 9, WWC conducts Tiny Trekkers Spring Nature Series. For children three to six years of age and their parent, grandparent or guardian, this nature program includes a series of four 90-minute classes every Monday. There is a 10 am class and a 1 pm class. Each class will have a different nature-related theme and include a story, exploration hike and art project.

Each Friday, starting April 22, and ending May 13 from 10 am until 12:30 pm, The Wittenbach Wege Center has a Spring Nature Study Class. For those virtual learners, this class is specifically geared towards Lowell's virtual students and home school students from first grade to sixth grade. The program will guide students toward an awareness and appreciation of the natural world using hands-on activities, nature hikes, environmental stewardship and nature journaling. These programs compliment grade level science curriculum objectives and focus on specific ecological concepts.

Celebrate Earth Day at the Wittenbach Wege Center



from April 18 through 24. Those days, the center will be hosting various earth-friendly stewardship projects throughout the WWC grounds. Follow the WWC's Facebook event page for further updates and opportunities.

On Saturday, May 7, WWC will be hosting "Fun on the Farm" from 9 am until 12 pm. The Lowell FFA Chapter will provide the WWC with animals such as calves, chicks and other animals to pet, cuddle and hold. This event is free and a great way to learn about barn animals.

For more information please contact Courtney Cheers at [ccheers@lowellschools.com](mailto:ccheers@lowellschools.com). Also, follow the Wittenbach Wege Center's Facebook page for updates (and changes) to the schedule. You may also call 987-2565.



navigate the trails.

On Saturday, March 12, The center will host a Maple Syrup Days Pancake Breakfast. From 9 am to 12 pm, one can attend a tasty breakfast which consists of pancakes, maple syrup, maple butter, sausage and

### BOWNE NOTICE TOWNSHIP

#### BOARD OF REVIEW MEETING SCHEDULE 2022

The Board of Review of Bowne Township will meet in the Township Office Building located at 8240 Alden Nash SE., Alto Michigan on:

**FRIDAY, MARCH 11, 2022 – 1:00 P.M.**  
**ORGANIZATIONAL MEETING**

**MONDAY, MARCH 14, 2022**  
**9:00 A.M. – NOON**  
**AND 1:00 P.M. TO 4:00 P.M.**

**WEDNESDAY, MARCH 16, 2022**  
**1:00 P.M. TO 4:00 P.M.**

**PLEASE NOTE- EVENING HOURS ON MARCH 16, 2022 ARE BY APPOINTMENT ONLY**  
**6:00 P.M. – 9:00 P.M.**

DUE TO CORONAVIROUS CONCERNS THE BOWNE TOWNSHIP MARCH 2022 BOARD OF REVIEW IS OFFERING THE OPPORTUNITY FOR PROPERTY OWNERS TO APPEAL THEIR 2022 ASSESSMENT/TAXABLE VALUE BY SCHEDULING AN APPOINTMENT WITH THE TOWNSHIP CLERK. ALL APPOINTMENT REQUESTS MUST BE SUBMITTED TO THE TOWNSHIP CLERK AT 616-868-6846 OR [clerk@bownetwp.org](mailto:clerk@bownetwp.org) PRIOR TO 3:00 P.M. MARCH 10, 2022. IN LIEU OF AN APPOINTMENT, IT IS HIGHLY RECOMMENDED APPEALS BE SUBMITTED BY MAIL.

THE TENTATIVE REAL PROPERTY ASSESSMENT AND ASSESSMENT MULTIPLIER REQUIRED BY PA 165 OF 1971 ARE:

AGRICULTURAL RATIO	48.84	MULTIPLIER	1.0238
COMMERCIAL RATIO	46.99	MULTIPLIER	1.0641
INDUSTRIAL RATIO	51.52	MULTIPLIER	.9705
RESIDENTIAL RATIO	47.21	MULTIPLIER	1.0591

DENNIS MCKELVEY-ASSESSOR  
RANDY WILCOX-SUPERVISOR  
TOWNSHIP OF BOWNE  
COUNTY OF KENT