

Betten Baker construction



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Girl Scout Caydence Pawloski



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WWC Maple Syrup Festival



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LHS sports

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50¢



Lowell PD receives LCTV fund grant for Bola Wrap remote restraint system

by Tim McAllister
lead reporter

Lowell Police Department recently received a \$10,596.85 grant from the Lowell Cable Television endowment fund to buy a Bola Wrap system.

Bola Wrap is basically remote handcuffs, or a “de-escalation device” in law enforcement jargon. It’s a hand-held device that sort of looks like a Taser, but instead of an electric shock it discharges an eight foot long Kevlar string with hooks on the ends. The string wraps itself around and around the subject without injuring them, making it impossible for them to use their arms or legs. The device is based on the Argentinian bolero, a type of lasso.

“That grant will cover the actual Bola Wrap itself, and then we will also have cartridges and holsters,” said LPD Det. Gordy Lauren. “Right now we’re waiting for the grant information. We will get them very soon, definitely before summer I would assume, as long as they have them in stock. The refills are about \$30 apiece. That’s about what cartridges

are for Tasers as well. The Bola Wraps themselves are about \$925. We will have six of them and 96 of the cartridges, then we’ll get everybody trained up. The way we train on these is the officer actually has to shoot two of the cartridges just to know how it feels, how it looks, how it works. The reason I bought six is so all the full timers will have their own and then we’ll have two extra for part-timers. So if we have three people on duty, everybody will have one. We’ll probably do like a four hour block of training, and basically that will include the breakdown of the Bola Wrap itself, how it works and the actual deployment out in the garage.”

According to the WRAP Technologies website, “BolaWrap is a handheld restraint tool that fires a lasso-like, 8-foot Kevlar tether with hooks on each end that wraps around a subject’s arms or legs, preventing them from fleeing, punching or kicking. The BolaWRAP has a range of 10 to 25 feet and fires the cord at 513 feet

per second. The tether is fired from a cartridge, which can be reloaded. The device uses a green laser sight line to assist the officer with aiming. [...] BolaWRAP is primarily intended for subjects in a mental health crisis or on drugs who are unreceptive to commands as a way to de-escalate the situation. [...] The device requires a surrounding distance of two to four feet in order to properly deploy. [...] The technology is currently being carried in 430 US agencies and 36 countries.”

Det. Lauren researched the Bola Wrap system and applied for the grant after watching some impressive videos of the device in action online.

“It’s a string about eight feet long, it shoots out and wraps around the person’s arms or legs, kind of like you’d see in a Batman movie,” Lauren said. “The string is made of Teflon, so it doesn’t break. And that gives the officer enough time

Bola Wrap, continued,
page 3

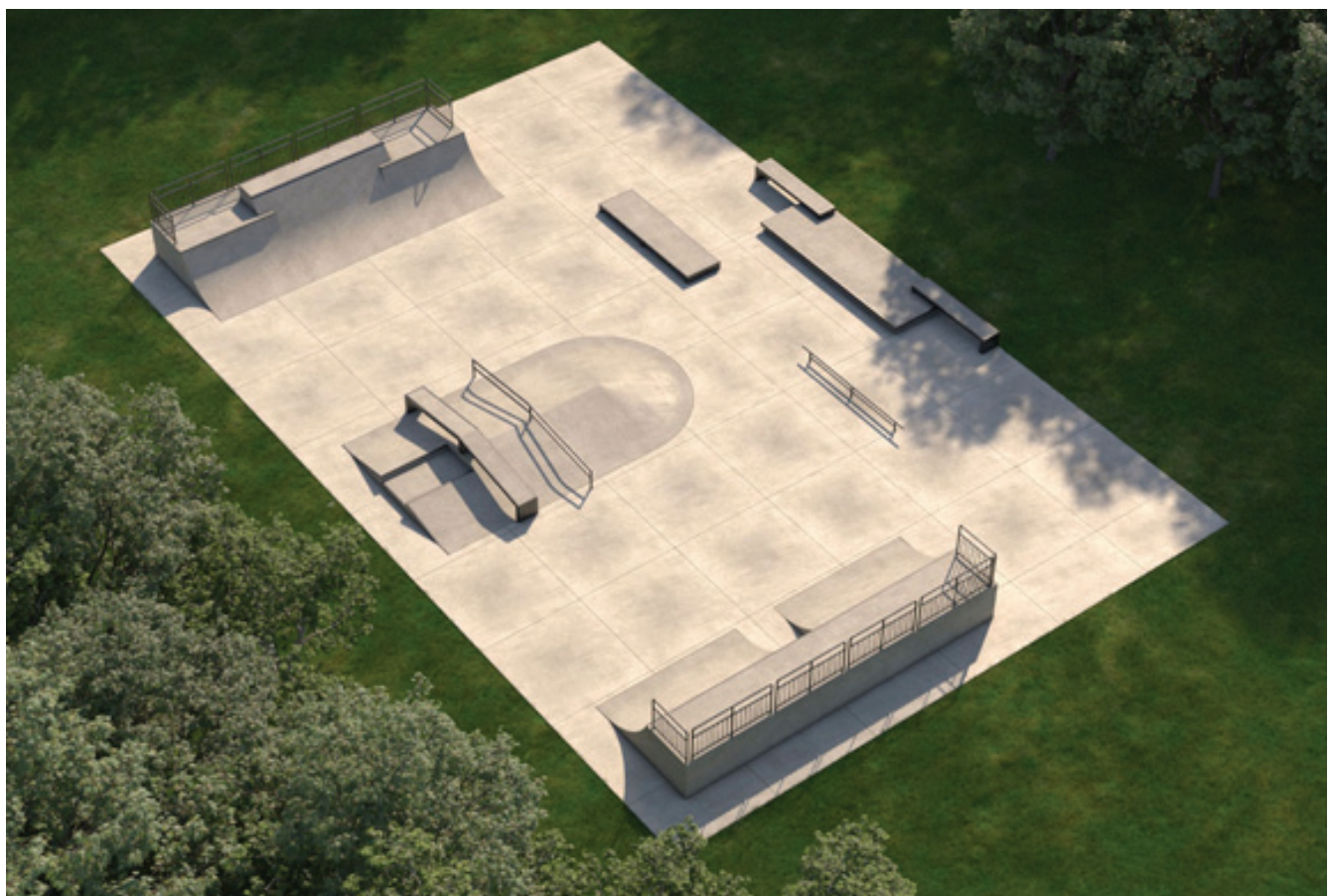


New skate park project in fundraising stage

by Bill Lee
contributing reporter

If you build it, they will come. That is the hope of some parents and community leaders, including Lowell residents, Bob Rogers, Jessica Barney and Dan Lixey, in regards to building a new skateboard park for families. All three of them have been working behind the scenes for many months in providing a state-of-the-art skaters’ heaven right here in Lowell.

Jessica Barney has three sons who are 13, 11 and nine, all of whom love to ride their scooters and do tricks on ramps. The boys have spent much of their time at Lowell’s skate park at Stoney Lakeside Park on Bowes Street. But recently, they have wanted to travel out of town to Belding, Grand Haven and even Lansing to scoot at bigger and newer parks. She, along with Rogers and Lixey, decided it would be great for the city of Lowell to have a new skate park that would



keep the kids in Lowell.

“Over the last couple years some of the enthusiasts started to skip Lowell,” said

Bob Rogers. “They don’t feel this is one of the cooler parks to go to. Even people who live in Lowell will go

to skate somewhere else. We need to do something here.” The skate park in Lowell was started in 2007 by a

group of parents and youth who wanted a place for
Skate park, continued,
page 2

Skate park, continued

skaters to assemble and hang out and hone their craft. It was not easy, but the group was able to raise over \$20,000 to buy the three main structures for the park, and the city of Lowell provided the 60 by 100-foot cement slab for the structures to sit on. Rogers and Barney are thankful to the original group and are now looking to build on what they started.

The old ramps and structures have needed yearly repairs to keep them safe and effective. Providing that repair for the last several years have been the volunteers from Impact Church and First Baptist Church during their community renovation projects called Love Week.

“We do a week-long community project every year in June,” said Rogers, organizer of Love Week. “It is 30-plus projects and last year we had 644 volunteers who gave 2350 hours. Every year we do all the parks, all the schools, we do mulch, clean windows, paint the chamber building and lots of different things downtown. It’s all municipalities and non-profits and businesses.”

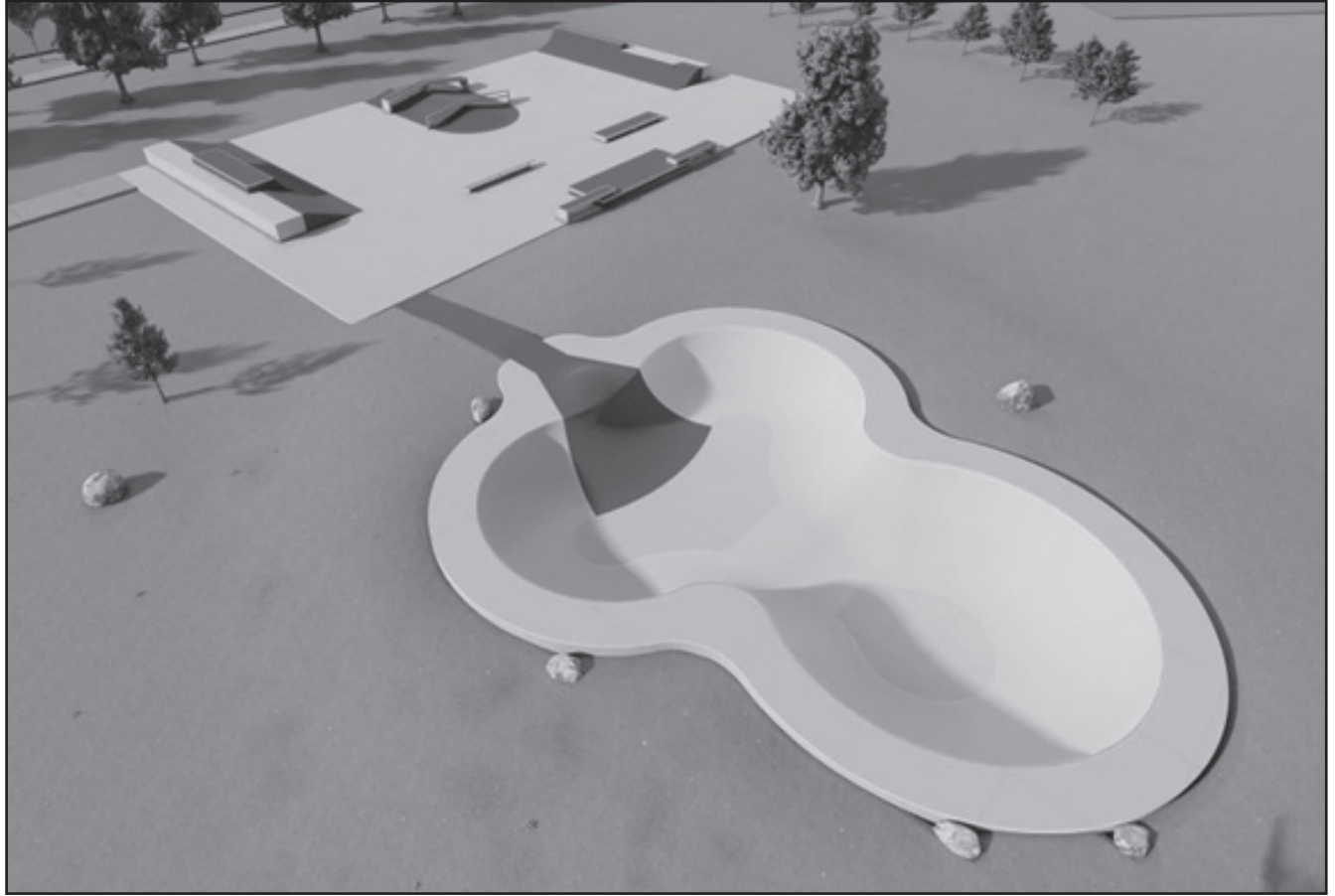
Rogers and his wife played a big role in getting the playground next to the skate park off the ground.

They needed to fundraise thousands of dollars to make the project happen.

“It is difficult,” said Rogers. “Knocking on doors and talking to people. Some people will write you a check and some will tell you to get out because everyone is asking them for money. So that is really hard.”

This new skate park project will be even harder as they will be looking to fundraise \$120,000 for the main skate park and a possible additional \$120,000 to build a skate pool (not for swimming) next to the park. Fortunately, they have raised over \$60,000 already with the help of \$30,000 from the Lowell Area Community Fund, \$30,000 from the Lowell Cable TV Fund, and over \$2,000 more from one Lowell business and private donations. Besides hoping for help from other local businesses, Rogers has also looked outside the box a bit by writing for a grant to the “Skate Park Project,” a foundation led by Tony Hawk, probably the most famous skateboarder to ever live.

Organizers are optimistic they will reach the \$120,000 goal before summer and are cautiously optimistic about attaining the additional



\$120,000 for the concrete pool as well. To help present the project to the citizens and town officials of Lowell during a public forum on March 24 will be Trevor Staples, manager of the skate park project based in Ann Arbor.

The new project will be built on top of the current skate park and will bring lots of updated elements for those on skateboards, roller blades, scooters and bikes.

“We are looking to put

in an all-concrete park,” said Jessica Barney. “We’re looking to cut out the current concrete slab and add the ramps on top of it. There won’t be a lot of future maintenance on it and the life of the concrete is so much longer. It’s quieter as well for the community so neighbors won’t be hearing the loud banging of the metal ramps.”

Designing the new park is Spohn Ranch, a company out of California that

specifically builds skate parks across the country. Presently, the project is in concept form only but Rogers and Barney are hoping that by the end of the summer, they will have the funds and the permissions from the town to break ground by September with its completion by October/November.

“Redoing this would be a nice location for the skaters to hang out and meet new friends,” said Rogers.

“Hopefully businesses will see a little bit of an increase [in traffic] if we do bring in some people. Instead of them driving from Grand Rapids to Lansing maybe they’ll stop in Lowell. I’m looking forward to those new friendships and driving by and seeing this place packed.”

If you are interested in finding out more about the project or wish to donate, please reach out to Bob Rogers at bobrogers299@gmail.com.

CITY OF LOWELL PUBLIC NOTICE

Please take notice that the Lowell Planning-Citizens Advisory Commission will hold a public hearing at Lowell City Hall, located at 301 East Main Street, Lowell, MI 49331 on Monday, April 11, 2022, at 7:00 PM. The subject of the hearing will be:

Proposed Mining Operation at 2014 Bowes Road SE

An application has been submitted by Grand Rapids Gravel for a mining operation at 2014 Bowes Road SE (PPN 41-20-10-100-004, 41-20-10-100-005, 41-20-10-100-014, and 41-20-10-100-015). The removal and processing of topsoil, stone, rock, sand, gravel, lime, or other soil or mineral resources is permitted by special land use in the Industrial and River’s Edge districts only with special land use approval from the Planning Commission.

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

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



Respectfully,
Susan Ullery
Lowell City Clerk

Kent County receives Pillar Award for empowering women in the workplace

Kent County accepted a Pillar Award on Thursday, March 10, presented by the Women’s Resource Center. The award is given to employers who empower women in their workplace through progressive practices, inclusion and diversity efforts, career advancement and non-traditional careers for women. Kent County is the first governmental

organization to receive the award in 35 years.

According to the Michigan Municipal League, women make up over 50 percent of the state’s general population, but only 16 percent of Michigan administrative officers are women. At Kent County, women represent 44 percent of top leadership positions in 25 departments, offices, and agencies.

“We are very fortunate and proud to see this kind of representation of women in the workforce at Kent County,” said Emily Brieve, vice chair of the Kent County Board of Commissioners. “This award is a true testament to the strides the county has made to ensure women continue to be provided with opportunities to serve in leadership and non-traditional roles.”

Kent County is committed to fostering a culture of growth by providing professional development programs and opportunities for employees to advance and contribute their talents. The value of this investment is a well-informed and skilled workforce resulting in a more effective and efficient organization that is prepared to address the needs of all residents.

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Bola Wrap, continued

to put their hands around the subject's back and handcuff them. Basically, in my mind, this is designed for people in a mental health crisis. It can be anything from issues with their medication, they're schizophrenic or something along those lines, but they're just not in their right mind. With this, we can take them into custody safely. We don't get hurt, they don't get hurt. There is a force continuum, and this would probably be at the bottom. This wouldn't be considered anything like a Taser, like a baton or an impact weapon, this is considered a restraint system. The likelihood of someone getting hurt is very, very minimal, and that is what interested us. I got wrapped during training, it doesn't hurt at all. We wanted an additional tool that we can use to take someone into custody. When they're having a mental health situation or that scenario, our goal isn't to hurt them and our goal is not to get hurt. We don't want to arrest them, we want to get them help. We have to stop them for their safety and, obviously, ours too. This is a very simple system, they call it a remote restraint system. It's not even on the level of a Taser or OC spray or anything like that, it's considered a restraint system. Obviously, if somebody's got a knife or a gun, this isn't going to be considered to be used, but it's just another tool that we can use. We're excited to use it and we do have situations where we can use it. Right now, if it gets out of control, all we have to use are impact weapons or Tasers. Obviously, we're not going to use a gun or something if there's no weapon at that level in play in the scenario, but this is an awesome extra tool that we can use to take that person into custody."

Lauren said he first heard of the Bola Wrap system about a year ago when departments out west started using it, including Los

Angeles, Houston, Denver, Tempe and San Jose. He has already been through Bola Wrap training and is a certified instructor, and said that the early model he was trained on has been improved. Lowell PD will be getting the improved version.

"I saw it on online somewhere like a year or so ago," Lauren said. "It's new, and I started watching videos and hearing of other departments using it. Most of these departments are on the West Coast. It's been in the movies - this is literally something from Batman! The inventor of this was one of the two brothers that invented the Taser. They got into some sort of argument and they split, one brother stayed at Taser and the other brother invented the Bola Wrap. I went through Bola Wrap training last year, and I am now an instructor. Since then they've actually changed some things for the better. They added a weight, and then all the 'fish hooks' are covered, so you can't even see the hooks anymore. Basically, they're just on there to connect to clothing, to make sure that when you're wrapped up it stays tight. They aren't for pain compliance or anything like that. When I went through the training we did a lot of different scenarios to see how this would work. One of the questions was, 'What if you shoot somebody up high, like on the neck?' The length of this and with the weights on it, it wouldn't wrap tight enough to do any damage. The way this is designed, it's got a cut down .380 shell, so it's technically a bullet but not a bullet. It doesn't have the bullet, the lead, in there. When I went through the training, the mechanism to ignite that was like a firing pin in a gun, and they just changed the technology on that to something different. But when this goes off, it does sound like a shot. That



kind of disorients the person a little bit too, and that gives you the couple extra seconds to take them into custody safely. It's going to sound like a shot, but we're not shooting them, that is just how this thing is deployed. If you don't let people know, they might think it's a shot, or sometimes people think they were shot, because it does sound like a shot. But just like when we have the Taser, we call out 'Bola Bola Bola!' or 'Bola Wrap!' or something to let people know what's going on, and so other officers don't think it was a shot and start shooting."

Bola Wrap is intended to subdue violent, belligerent individuals who may not be thinking clearly for whatever reason, without harming the person. However, mistakes happen, like in the case of Daunte Wright, who was accidentally shot to death by a police officer who meant to Tase him. Bola Wrap can be holstered, but it can also fit in a pocket, and because of its size and shape it would be difficult to mistake one for a firearm.

"Definitely in that situation, like if there's a struggle or if somebody's trying to get away from

you, this is not going to be the tool that you're going to be grabbing," Lauren said. "The Bola Wrap can actually fit in your pocket. You don't have to worry about it going off or anything. It'll fit in a pocket, and we have the cargo pockets so officers can carry it that way. I'll probably have it on my vest, some of the other guys might have it on their belt. Also, our Tasers are carried on the opposite of our gun side, so there's no confusion in the heat of the moment on what you're grabbing. Gun is on this side, Taser is on this side, so there shouldn't be any confusion on what they need. And again, you're not going to use this in a high stress situation. It's not going to be the tool in a situation where you're stressed and you need a gun or a Taser. You're going to have plenty of time to get this out and use it, so there shouldn't be any confusion on what you're grabbing."

Lauren said that he is not aware of any other departments in the area with Bola Wrap systems. Lowell PD was also one of the first departments in the area to get body cameras.

"I don't think any

departments on this side of the state have this," Lauren said. "People don't know about it. If we get it, maybe we can show other departments that this is a good tool that we could use for those situations and people will start buying them and using them. We're excited to get these. I think it's a good tool that we can use. For me, this is for the mental health situations where we have somebody in a crisis where we can take them into custody safely. Instead of wrestling around with somebody, we want to get them to where they need to be safely so they can get some help, and I think this is a great tool to do it, so we're excited. Hopefully we don't

have to use them, but we will have them."

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CITY OF LOWELL PUBLIC NOTICE

Please take notice that the Lowell Planning-Citizens Advisory Commission will hold a public hearing at Lowell City Hall, located at 301 East Main Street, Lowell, MI 49331 on Monday, April 11, 2022, at 7:00 PM. The subject of the hearing will be a text amendment to the City of Lowell Zoning Ordinance.

The City of Lowell has initiated an amendment to Section 17.04 FF(5)(b) of the City's Zoning Ordinance. The regulatory effect of the proposed zoning amendment is to prohibit the establishment of any adult-use marijuana facility on properties located east of the Flat River. The remainder of the section would remain unaffected.

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

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

Respectfully,
Susan Ullery
Lowell City Clerk

Today: Wednesday, March 16

Wednesday, March 16 is the 75th day of the year. There are still 290 days remaining in 2022.

Historic Events

1190: Massacre of about 150 Jewish people at Clifford's Tower in York, England.

1621: Samoset, a Mohegan, visits the Plymouth Colony settlers and greets them by saying, "Welcome, Englishmen! My name is Samoset."

1792: King Gustav III of Sweden is shot; he will die on March 29.

1802: The Army Corps of Engineers is established at the US Military Academy at West Point.

1815: Prince Willem proclaims himself King of the United Kingdom of the Netherlands, their first constitutional monarch.

1898: In Melbourne, the representatives of five colonies adopt a constitution, which would later become the basis of the Commonwealth of Australia.

1916: The 7th and 10th US cavalry regiments, under John J. Pershing, cross the US/Mexico border to join in the hunt for Pancho Villa.

1926: Robert Goddard launches the first liquid-fueled rocket at Auburn, MA.

1935: Adolf Hitler orders

Germany to re-arm in violation of the Treaty of Versailles. Conscriptio is also reintroduced.

1936: Warmer-than-normal temperatures rapidly melt snow and ice on the upper Allegheny and Monongahela rivers, leading to a major flood in Pittsburgh.

1939: From his base in Prague Castle, Hitler proclaims Bohemia and Moravia a German protectorate.

1945: The Battle of Iwo Jima ends, but small pockets of Japanese resistance

persist.

1945: British bombers destroy 90 percent of Würzburg, Germany in only 20 minutes, resulting in at least 4,000 mostly civilian deaths.

1962: Flying Tiger Line flight 739 disappears in the western Pacific Ocean, all 107 aboard are declared missing and presumed dead.

1966: Launch of Gemini 8 with astronauts Neil Armstrong and David Scott onboard, they will perform the first docking of two spacecraft in orbit.

1968: Between 347 and 500 civilian residents of the Vietnamese village of My Lai - men, women and children - are killed by American troops.

1969: A Viasa McDonnell Douglas DC-9 crashes in Maracaibo, Venezuela, killing 155 people.

1978: Former Italian Prime Minister Aldo Moro is kidnapped; he is later murdered by his captors.

1978: Supertanker Amoco Cadiz splits in two after running aground on the Portsall Rocks, three miles off the coast of Brittany, resulting in the largest oil spill in history up to that time.

1979: The People's Liberation Army crosses the border back into China, ending the Sino-Vietnamese War.

1984: William Buckley, the CIA station chief in Lebanon, is kidnapped by Hezbollah; he eventually dies in captivity.

1985: Associated Press newsman Terry Anderson is taken hostage in Beirut; he will not be released until December 1991.

1988: Lt. Col. Oliver North and Vice Adm. John Poindexter are indicted on charges of conspiracy to defraud the United States as part of the Iran-Contra affair.

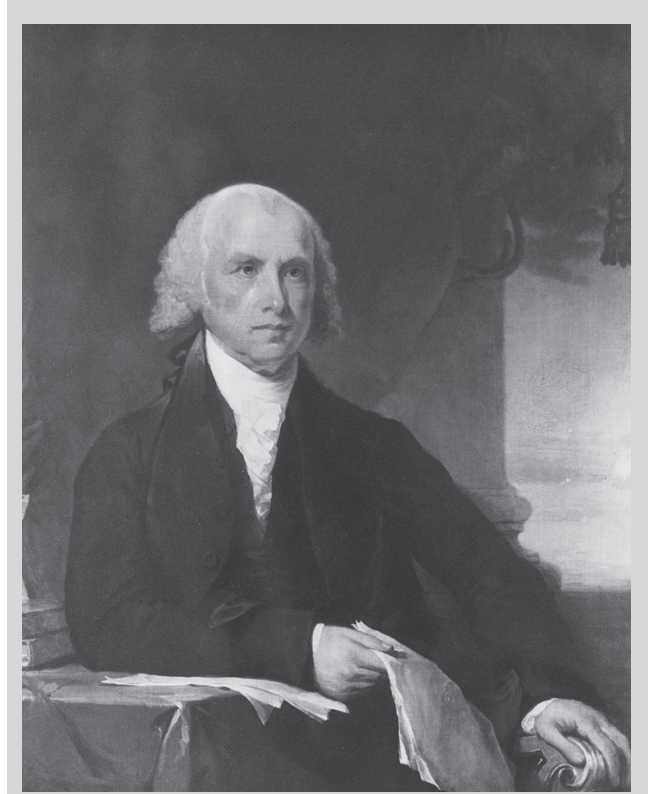
1988: The Kurdish town of Halabja in Iraq is attacked with a mix of poison gas and nerve agents on the orders of Saddam Hussein, killing 5,000 people and injuring about 10,000 people.

1988: Ulster loyalist militant Michael Stone attacks a Provisional IRA funeral in Belfast with pistols and grenades. Three people, one of them a member of the Provisional IRA are killed, and more than 60 others are wounded.

1995: Mississippi finally ratifies the 13th Amendment to the US Constitution, originally ratified in 1865, becoming the last state to approve the abolition of slavery.

2005: Israel officially hands Jericho over to Palestinian control.

2014: Crimea votes to secede from Ukraine and



James Madison, the fourth President of the United States, was born on the family plantation near Port Conway, VA on March 16, 1751.

Referred to today as "The Father of the Constitution," Madison, along with Alexander Hamilton and John Jay, was an author of The Federalist Papers. As a founding member of Congress, he helped frame the Bill of Rights and enact the first revenue legislation. He served as Secretary of State under President Thomas Jefferson from 1801 until 1809, and was elected president in 1808.

During his presidency, he led the nation through the War of 1812, created the Second Bank of the United States and added 23 million acres of Native American land to the US.

Madison passed away from congestive heart failure at his home in Montpelier, VT on June 28, 1836, age 85.

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2016: A bomb detonates on a bus carrying government employees in Peshawar, Pakistan, killing 15 and injuring at least 30.

2016: Two suicide bombers detonate their explosives at a mosque during morning prayer on the outskirts of Maiduguri, Nigeria, killing 24 and injuring 18.

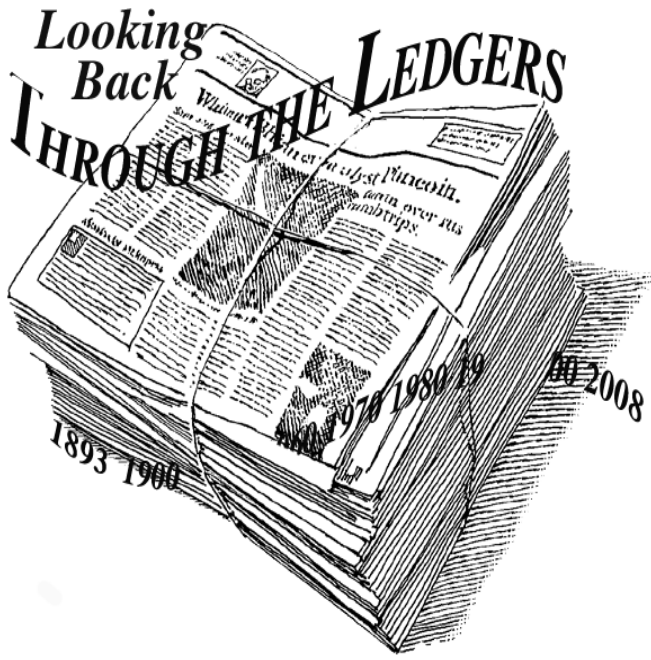
2020: The Dow Jones Industrial Average falls by 2,997.10, the single largest point drop in history and the second-largest percentage drop ever at 12.93 percent. This was a greater crash than "Black Monday" in 1929.

2021: Eight people are killed and one is injured in a trio of shootings at spas in and near Atlanta, GA. The suspect was arrested the same day.

Birthdays
1906: Henny Youngman, violinist, comedian
1912: Pat Nixon, First Lady of the United States
1916: Mercedes McCambridge, actor
1918: Aldo Van Eyck, architect
1920: Leo McKern, actor
1926: Jerry Lewis, actor, comedian
1927: Daniel Patrick Moynihan, US Ambassador to the United Nations
1936: Fred Neil, singer/songwriter, guitarist
1941: Bernardo Bertolucci, director, screenwriter
1941: Chuck Woolery, game show host
1942: Jerry Jeff Walker, singer/songwriter, guitarist
1949: Erik Estrada, actor
1949: Victor Garber, actor, singer
1954: Nancy Wilson, singer/songwriter, guitarist, Heart
1959: William "Flavor Flav" Drayton, rapper, Public Enemy
1961: Todd McFarlane, author, illustrator, founder of McFarlane Toys
1964: Patty Griffin, singer/songwriter
1964: Gore Verbinski, director, producer, screenwriter
1967: Tracy Bonham, singer, violinist
1967: Ronnie McCoury, mandolin player, singer/songwriter, Del McCoury Band
1969: Judah Friedlander, comedian, actor
1971: Alan Tudyk, actor



viewpoint



125 years ago Lowell Ledger March 19, 1897

This edition of the Lowell Ledger is missing.

100 years ago The Lowell Ledger March 23, 1922

A probate court fight among the heirs of James J. Hill has been on of late in St. Paul. The row has been over the appointment of an administrator for Mrs. Hill's estate of \$12,000,000. But that is only incidental here. The significant point of public interest is that Louis W. Hill, former business advisor for Mrs. Hill, testified that beginning in 1916 and continuing until 1919, he disposed of heavily taxed securities held by his principal, substituting therefore tax free holding, and in this way increased her annual income from \$365,000 to \$730,000 a year.

William Johnson, of South Lowell, occupied the pulpit of Snow Church last Sunday as Rev. Maltman went to Hart for a visit. Ellis Rollins, also of South Lowell, favored us with a solo. Next Sunday Rev. Broxholm will preach, Sunday school will be at the usual hour.

One of the most encouraging signs of the times is the house of correction sentence for speeding given John D. Dodge, young son of the Detroit house of millionaire Dodges, by Circuit Judge Jayne of that city. If respect for the law is desired, let us have further and constant vindication of the principle—equal justice for rich and poor. That is the way and the only way. Poverty is no crime, neither is wealth a virtue.

75 years The Lowell Ledger March 20, 1947

John Stahlin, of Belding, who worked on the Ledger about 10 years ago, was in town the other day looking for a new location for his factory, which was recently destroyed by fire. Mr. Stahlin manufactures steel products and needs 15,000 square feet of floor space.

Richard Sisson, 23, of Lowell, ran into a Kent County snow plow driven by Walter Afton, Jr. of Ada at the Kent-Ionia county line on M-21 last Saturday morning. Sisson suffered a cut lip and bruises, and his car, which he had just purchased, was demolished.

Out of 20 persons along Main Street interviewed by a Ledger reporter, 17 said in substance that they

approved of President Truman's request for financial aid to Greece and Turkey in order to stop the spread of communism and three said they were undecided.

50 years The Lowell Ledger March 23, 1972

Resurging lawlessness of the kind most difficult to understand or excuse—shoplifting—like inflation, is one of the biggest enemies of area merchants. Five such offenders were apprehended in Lowell last week. Shoplifting costs retailers something more than \$2 billion a year nationwide, and the FBI says the crime of shoplifting is a felony.

Lowell Police were busy over the weekend picking up runaways from other cities. March 19 they picked up a 14-year-old from Ionia; March 20, they caught four from Muskegon. All of the runaways were taken to the Kent County Juvenile Home, where they were lodged for being runaways.

Surprises are nice—but not when they arrive in the form of having your home looted of its valuable possessions. Friday night, while the Leonard Sinke family of Bailey Drive were doing some quick shopping, their secluded home was entered and emptied of some of its possessions. The Sinkes departed around 7:45 and returned home one hour later. They not only found their watch dog locked in a bedroom, but they were shocked to find that looters had taken over.

25 years The Lowell Ledger March 19, 1997

After months of discussion, Lowell's city council decided it has an ordinance that deals sufficiently with improper signage. Instead of making any changes in it or banning garage sale signs altogether, it decided to make an effort to better enforce the ordinance that already exists.

Lowell High School students currently have 24 opportunities, over a four-year period, to accumulate the 22 credits required for graduation.

The board of education is expected to receive a recommendation from the administration and high school staff in May to increase the minimum graduation requirement to 23.

A 15-year-old wooden cross adorning a plot in Lowell Charter Township's McBride Cemetery has seen better days and has been marked for replacement. The cross was mysteriously placed in the cemetery and has been untouched since. As a result, the cross has suffered dry rot and no longer stands on its own.

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outdoors

fishing Michigan

Dave Stegehuis

Fishing opportunities abound across the entire state of Michigan. Thousands of miles of rivers and streams and thousands of lakes of all sizes including shoreline provide plenty of places to fish anywhere in the state. A large number of fish species populate these waters.

There are public piers and shoreline where one can fish with very little investment in equipment. Some may be able to wet a line from grandma's dock at the cottage. Public boat launches are located on lakes and rivers across both peninsulas. A launch may be suitable for a canoe or kayak while most can easily handle large bass or walleye craft.

Fishermen have the option of using a variety of equipment and methods, therefore anyone can find a way to go fishing. I once waded a remote trout lake in the upper peninsula while my partner floated around in a tube. Kayak fishing has become popular as the handy boats have evolved into a fishing machine with all the bells and whistles. A twelve to seventeen foot trailerable boat will handle most fishing conditions. A 250 hp disco fleck bass boat may be the choice for other locations and species.

Charter boat captains provide everything for a day on the water.

People can have different reasons for going fishing. Catching, preparing, and eating fish is often enough incentive. Fish is considered to be a very healthy source of protein. Different species have different texture and flavor, so we each have our favorite catch. Fish can also be caught and then carefully released unharmed. One is rewarded with the satisfaction and fun of successful fishing and not have to clean fish. Tournament fishing rules often require recording and releasing fish.

Fishing is a way to get outside and enjoy nature firsthand. There are fishermen who fish alone to have a quiet personal relationship with nature and a wild trout. Having this kind of experience can alter one's outlook on life. Fishing can also bring friends and family together. Lifelong friendships have been forged in boats and fish camps. Parents have the opportunity to share angling with their children and introduce them to a lifelong activity. There are many reasons to go fishing and few restrictions on participation. Good luck fishing.

We love to hear from you!



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

The requirements are:

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

**Letters can be sent to emailed to
ledger@lowellbuyersguide.com
Deadline is noon on Mondays**

HEALTH

M UNIVERSITY OF MICHIGAN HEALTH-WEST
MICHIGAN MEDICINE

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

- treatment of depression

There are several different ways to treat depression. There are many medications available. Many years ago, our selection of medications was limited. Now we have many medications that work well with minimal side effects.

Brain chemicals called neurotransmitters work to regulate moods. These neurotransmitters are serotonin, norepinephrine and dopamine. Medications work by altering the amount of these neurotransmitters in the brain, thereby affecting mood. Prozac, Paxil, Celexa and Zoloft are the most common medications used to increase serotonin levels. Effexor and Cymbalta act by increasing both serotonin and norepinephrine. Wellbutrin acts to increase dopamine. The most common side effects are nausea, sedation and

dizziness which last less than a week. These medications take three to four weeks before most people note a difference. Every patient reacts differently to these medications.

Most patients should consider psychological therapy in addition to medical therapy. There are two different types of psychotherapy. Cognitive behavioral therapy (CBT) and Interpersonal therapy (IPT). CBT helps change negative thinking and behaving that may contribute to their depression. IPT helps people to understand and work through troubled relationships that may cause or contribute to their depression. Studies show that a combination of psychotherapy and medications work the best to alleviate depression and prevent relapse.

ABCs of Lowell history

The ABC's of Lowell History was introduced in 2020 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.

T - James Thompson

It's easy to wonder whatever happened to pioneer families. Some stayed and the names are here today. Some are hidden within maiden names of current residents. Some left, never to be heard from again. Some however, left, and their descendants eventually found their way back home again to Lowell.

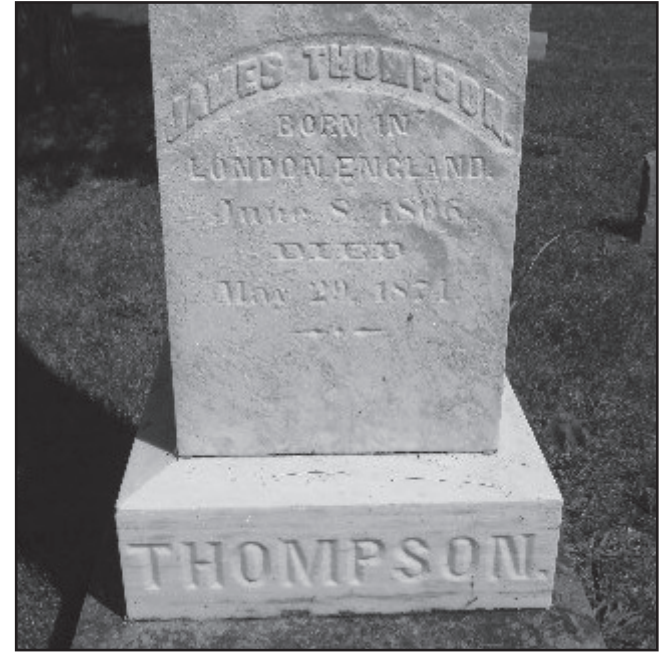
This is the story of the James Thompson family.

James Thompson was born in London on September 6,

1806 and made his way to Vergennes Township (which then included Grattan, Lowell and Bowne) by July of 1837. He is counted among the early settlers who included his brother John Thompson, Cyrus Bennett, George Bieber, John Fox, Phillip W. Fox, James Fox, Dr. Silas Fallas, John W. Fallas, Caleb Page, Thompson I. Daniels, George Brown, Rodney Robinson, Lucas Robinson and Lewis Robinson. These families came as legal squatters, before the land was available for purchase.

In 1841 James Thompson was granted two land patents by President John Tyler for land in section 26 of Vergennes Township. He served his community as Treasurer from 1842-1844.

An incident included in Chapman's 1881 'History of Kent County' and later published in the Lowell Journal gives a look into the life of the Thompson brothers



James Thompson's grave.

and all early pioneers. "An incident in the lives of John and James Thompson, who, with their families, settled on the east side of Flat River at an early day, on the land subsequently known as the Pratt farm, is worthy of record. It appears that early

in the spring of the year necessity compelled those pioneers to proceed to Gull Prairie, so that they might obtain seed and supplies. They took with them their ox-teams and occupied several days in making the journey. On returning they found that the rivers had burst their ice coverings, and a fierce torrent swept by, where some days before was the ice road. What to do was the serious question of the hour, but stern necessity overcame every obstacle, and the travelers succeeded in reaching home that night. It seems that each of them procured a long pole, to which they tied their sacks of provision, and then proceeded to cross the ice

encumbered river. It was a feat which desperate men alone would undertake and careful men accomplish."

In 1855, James and Mary Thompson moved to Grand Rapids, but they returned to Vergennes Township for their final resting place, Foxes Cemetery. When descendant David Thompson's first wife Barbara died in 1995 he purchased two graves in the resting place of his ancestors, Foxes Cemetery.

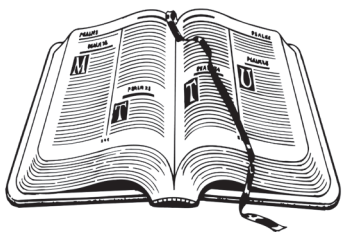
In 1996 descendant David Thompson returned to Vergennes Township, purchased the first lot on a private drive, gaining naming rights, to Thompson Road. Thompson Road is in section 24, very close to the Thompson original family settlement on section 26. David Thompson and his wife Jan built a home on the Flat River with a white pine kitchen fireplace mantle. The mantle originated from the first Thompsons who arrived in Vergennes Township in 1833 and were among the first pioneer settlers. The Thompsons are active in Lowell and have been volunteers in our community. They received the title of 2010 Lowell Persons of the Year awarded by the Lowell Chamber of Commerce.



David and Jan Thompson.

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happy birthday

MARCH 16
Greg Briggs, Louise Weeks.

MARCH 19
Jeremy Barber, Terry B. Abel, Kimberly Dixon, Sean Ellison, Alberta Ryder.

MARCH 17
Renee Barnes, Logan Landman, Zach Breimayer, Flora Jean Beachum.

MARCH 20
John Roudabush, Cody Moore, Denise Fyan.

MARCH 18
Bruce Phillips Jr., Chase Treglia, Jim Hacker.

MARCH 21
Terry Raymor, Ardis Barber, Molly Clark, Steve Kovacs, Grace Valle.

Alpha Family Center changes name to Alpha Care Center

Alpha Family Center of Lowell and Lake Odessa will officially be changing its name to Alpha Care Center. The official announcement will be at seventh annual Ladies' Luncheon, Thursday, March 17. This annual event will be celebrating something new on the new Lowell Showboat. There will be roughly 70 ladies in attendance and others participating online helping Alpha Care Center to raise funds and friends for this ministry. Lunch will be

served and a Silent Auction of donated items will take place.

The name change was to really emphasize the CARE we have for every individual we serve, to bring clarity to what we do, and to remove any barriers that may exist by having the name family in the title. The Alpha team has been very strategic in finding just the right name to change to. We kept 'Alpha' as we felt the communities we serve in have grown to love and appreciate that name. For

those that may not know why we have the name 'Alpha' it means 'beginning', and we desire to walk alongside of individuals and families in the beginning stages of life. The mission at the Alpha Care Center will stay the same as it has always been "Alpha Care Center is an outreach ministry of local churches sharing the love of Christ through affirming and promoting the value of life and strengthening the family unit."

Our legacy that started

by a team of people on the steering committee, led by Deb Karasiewicz, that began raising funds in 2004 will continue on. In 2006, the then called Alpha Women's Center of Lowell opened its doors. Major changes occurred in 2016 when the organization started providing medical services and changed name to Alpha Family Center of Lowell to welcome its doors more to fathers. In January 2020, the doors to Alpha Family Center of Lake Odessa



opened.

Not only do we celebrate the new name Alpha Care Center, we are excited to begin offering free STD/STI testing services as well.

We are excited to serve in the Lowell and Lake Odessa communities offering pregnancy options and parenting resources!

Check out our new website www.alphacarecenter.org.

Line 5 a hot topic as gas prices increase

With inflation and Russia's invasion of Ukraine stirring up the fossil fuel debate at home, Michigan Republicans are calling on Democratic leaders to loosen their reins in the Line 5 debate.

"Now more than ever, it is time for Dana Nessel to end this ridiculous partisan crusade and put Michiganders first," said Tom Leonard, the state's former House speaker who's vying to be the Republican

nominee for attorney general. "Energy prices continue to skyrocket while Michigan families are struggling to make ends meet."

Leonard submitted a letter to the Democratic attorney general, who's been at the forefront of state lawsuits to revoke and terminate Enbridge's ability to operate the dual pipelines under the Straits of Mackinac. However, the attorney general is still waiting to see if the case will progress in the state court or get tossed up to federal jurisdiction.

"The last thing we need is our government making the problem worse," Leonard said in his letter. "Fuel costs alone are at record levels and [Nessel]'s actions will push the price well over \$5 a gallon. Shutting down Line 5 will cost Michigan and the rest of the Midwest billions in higher

monthly bills. [...] There is a strong plan in place to protect our environment and our energy security, but first we need [Nessel] to get out of the way."

When asked Monday if Russia's invasion of Ukraine has influenced her role at all in the Line 5 debate, Nessel said any effort to connect the two things is "irresponsible."

"There is not a connection between those two things, so it's not going to change my efforts nor will whatever happens in that case change the price of fuel here in the state of Michigan," Nessel said.

As of Feb. 10 of this year, inflation in the United States hit an annual rate of 7.5 percent, marking the highest it's been in 40 years. With both inflation and bans on Russian crude oil already creating anxiety at the gas pump, supporters of the Enbridge Line 5 pipeline under the Straits of Mackinac have gained some new ammunition in their effort to keep its operation going.

A 2022 report from

the Consumer Energy Alliance [<https://consumerenergyalliance.org/cms/wp-content/uploads/2022/02/CEA-Line-5-Shutdown-Impacts-on-Transportation-Fuel.pdf>] found if Line 5 were to be shut down, the Midwest region - Ohio, Pennsylvania, Michigan and Indiana - would pay between \$4.8 billion and \$5.9 billion more annually on diesel and gasoline.

For Michigan families and businesses specifically, the study said increased spending would total \$1.8 billion to \$2.2 billion more each year for gasoline and diesel in the aftermath of a Line 5 closure.

While Gov. Gretchen Whitmer joined five other Democratic governors in urging Congress to suspend the 18.4-cents-per gallon federal gas tax until the end of the year, Line 5 appears to be a non-negotiable priority for Michigan Democrats.

Republican gubernatorial candidate James Craig asked the Michigan Information and Research Service

whether Whitmer would shut down Line 5, adding it's a "sad reality" that the cost of gas is continuing to rise.

"We should be encouraging our country to be resource independent," Craig said.

"We should be selling oil to our allies. We should continue to produce energy resources and help our allies, not depend on Russia or some other terrorist nation. So absolutely we need to keep Line 5 open."



VERGENNES TOWNSHIP

NOTICE OF ANNUAL MEETING AND BUDGET HEARING

The residents of Vergennes Township will hold an Annual Meeting on Monday, March 21, 2022, at 6:30 p.m.

Regular March Board Meeting will follow at 7 p.m. There will be public hearing during the regular board meeting regarding the proposed 2022 – 23 budget. It will be reviewed and considered for adoption during the Regular Meeting. Copies of the proposed budget are available at the Township offices.

The Annual Meeting and Regular Meeting will all be held at the Township Board Room/Community Room located at 69 Lincoln Lake Ave NE, Lowell, MI 49331.

Shantell Ford
Vergennes Township Clerk

GRATTAN TOWNSHIP

Regular Meeting 7 p.m. Synopsis of Minutes February 14, 2022

Motions Approved

1. Salary Resolution for Trustees.
2. Salary Resolution for Supervisor.
3. Salary Resolution for Treasurer.
4. Salary Resolution for Clerk.
5. Resolution opposing incorporation as a Charter Township

Regular Meeting 10:00 a.m. Synopsis of Minutes February 28, 2022

Motions Approved

1. Budget amendments to the Sewer Fund.
2. Sewer extension with contingencies.
3. The purchase of replacement pumps for GVPS #13 and #14.
4. Proposal for new phone system.
5. Proposal for computer security upgrade.

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

Betten Baker Buick GMC new building nearing completion, will add Hummer

by Tim McAllister
lead reporter

If all goes according to schedule, by midsummer Betten Baker Buick GMC will add Hummer to that litany of brand names and they will move into a brand new facility across the street from their current location.

“New car sales and service will be on the south side of

the street. This facility [749 W. Main] will be renovated into the used car department as well as a detailing department and a new body shop,” said Charlie Jeffrey, Betten Baker Buick GMC director of operations. “They just completed pouring the cement today [Tuesday,

March 8], so this will really move things along quickly. It takes a while to get all the trenches in, get all the electrical in the ground, but now everything that we need is in there, so that’s done. The cement has been poured and a portion has already cured so they are working

on it today. They’re working on running electrical lines, heating and air conditioning ducts and all that type of work that they’ve been waiting for the floor to get in to be able to do, because it was all dirt, and all of the lifts and that kind of stuff won’t work in the dirt. [...]

We’ve had delays where we weren’t getting equipment and that type of thing, so we’re saying sometime midsummer. I mean, we’ve been waiting five years for this, so if it’s five years and three months or five years and five months... This is a long-term investment,

it’ll be a four-car showroom with two Buicks, two GMCs and a very nice customer service waiting area with leather furniture, a fireplace and, of course, Wi-Fi and all those types of things that people are used to. The service drive up lane will be much nicer. Currently, when



The new entrance on Pleasant Street.

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so we’re taking our time, making sure we’re doing it right and getting the things in that we want.”

The new building will include various features designed to enhance safety and improve the experience of their customers.

“Everything is in the facility is going to be new, like an all new hoist and a state-of-the-art laser alignment machine, so that will all be the latest and greatest,” Jeffrey said. “The shop is going to feature air conditioning, which is kind of unusual for technicians to have an air conditioned shop, but we feel it’s a worthwhile investment for our current technicians to be able to have a good work environment, and we’re obviously looking to grow, so one of the ways to attract people is to be a good place to work and offer good attributes. This should help us to do that. Up front,

you drive up for service, the mechanic is literally just feet away from you. Now there will be total isolation between the technicians and the customers. They will be in an enclosed area, so it will be much quieter and so much easier to have a conversation. That isolation is something that GM requires for numerous reasons. One is the customer experience and two is safety. We don’t want our guests wandering around in the shop because we require safety equipment and that type of stuff in there. In the past, it has been pretty open, so we’ve had to kind of ask guests to not wander around in the shop where the guys are working. We have a few who like to go back and visit with our technicians, and when they’re visiting

Betten Baker, continued, page 9

Annual Maple Sugar Festival at the Wittenbach/Wege Center last Saturday, March 12

by Bill Lee
contributing reporter

Although the cold temperatures made it feel more like the dead of winter on Saturday, the Wittenbach/Wege Center still proudly celebrated their Maple Syrup Fest from 9 am to 1 pm. Activities included a living history trail, pioneer and Native American Sugar Bush demonstrations and the ever-popular pancake breakfast with maple syrup, sausage and maple butter.

Mia Lamore, a naturalist at the WWC, was on hand at the very busy pancake breakfast and spoke about the Maple Syrup Fest.

"It is a tradition that we do and we bring all of second grades out and they talk about the history of the maple syrup and the process in which it is made," said Lamore. "How you tap a maple tree and figure out how big a tree has to be, how much sugar is in maple syrup and the process in which the Native Americans figured all of that out."

The Wittenbach worked in conjunction with Swiss Lane Farms, who were opened to the public to walk through their sugar shack.

The parking lot was full, and people were excited about walking the trails and staying warm inside the Center. With the pandemic the last couple of years, attendance has been small, but Saturday's organizers were hoping for a few hundred participants.

"We're excited to have people come out and join us," said Lamore.

Also, there were many volunteers involved in the day's festivities including Lowell High School students Evan Blazo, Emily Struckmeyer, Grace Larson, Kadence Tiede and Karina Peplinski.



Karina Peplinski



Evan Blazo, Emily Struckmeyer, Grace Larson and Kadence Tiede



Mia Lamore

Betten Baker, continued

they're not working, and if they're not working they're not finishing cars that customers waiting for. It's distracting, it's not safe and OSHA does not allow it, but we really didn't have any kind of barrier to prevent it."

Other than the gigantic building, the most noticeable change will be the new entrance. Customers will no longer enter the dealership from Main Street.

"The only way to access the new facility will be off of Pleasant Street, and there

won't be an entrance off of M-21," Jeffrey said. "The Michigan Department of Transportation said they're trying to eliminate as many entrances as they can off of M-21, from a safety standpoint, so we have one entrance now, and when the body shop gets torn down there will be two entrances, in and out, both on Pleasant."

Thanks to the new building, they will be able to add Hummer to their list of vehicle brands.

"It's Buick and GMC right

now, and Hummer will be added eventually," Jeffrey said. "We did not sign up for initial Hummer distribution because of the fact that we are in the middle of building a new building, and our current building didn't meet the specs. You have to have electrical chargers and all that kind of stuff, but we didn't have it, so all that will be in the new facility."

For more information, call 616-897-9227 or visit bettenbakerbuickgmc.com.

Happy ST. PATRICK'S day

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Red Arrow

SPORTS**Dee Crowley CAA honored by State Athletic Directors as Regional Athletic Director of the Year**

Michigan's professional organization of school athletic directors, the Michigan Interscholastic Athletic Administrators Association (MIAAA), has selected Dee Crowley of Lowell High School as Regional Athletic Director of the Year. One of only fourteen administrators state-wide to be honored by the MIAAA, Crowley will be presented the award in Traverse City on March 20, 2022, at the annual MIAAA Mid-Winter Conference in which over 500 athletic directors participate.

Crowley came to Lowell High School in 1998 to teach business and become the varsity girls basketball coach after 11 years of

coaching girl's basketball at sub varsity levels. Crowley earned her Bachelor of Science in Secondary Education in Business from Western Michigan University and her Masters of Arts in Educational Leadership from Michigan State University. Crowley is a member of both the National Interscholastic Athletic Administrators Association and the MIAAA as a Certified Athletic Administrator (CAA). She is also a lifetime member of BCAM. Crowley has also continued to be an organizing and founding leader of the Educational portion of Pink Arrow. She has been involved with organizing speakers and

pep rallies at each district building as well as the coordination of students and athletic events with the Pink Arrow Committee.

Crowley has spent the past 12 years as the Assistant Principal and nine years doing double duty as the Athletic Director at Lowell High School. During her career in athletics, Crowley has also coached girls basketball at Lowell High School where she accumulated a 147-22 overall record. Her teams were credited with five OK White Conference Championships, five District Championships, two appearances in the MHSAA Quarter Finals, and one MHSAA Semi-

Final appearance. Among the team awards, Crowley has also collected many individual honors as the 2004 AP Basketball Coach of the Year, 2018-19 Michigan Wrestling Association AD of the Year, and 2021 WMOA Athletic Director of the Year. Crowley is a very proud grandmother of six, mother of three girls in the medical profession and wife of 39 years to Dale.

Jason Heerema, Athletic Director of Grand Rapids Christian High School, states that, "Dee demonstrates all the best qualities of a high school athletic director. She is a fierce advocate for kids, great leader of coaches and a clear and consistent

communicator for and to the Red Arrow Community."

Further, "She puts in countless extra hours doing all of the OK White schedules with precision and attention to detail to constantly make us the leader in the OK Conference."

Brian Zdanowski CMAA, Athletic Director of Greenville Public Schools also states that, "I cannot find a more hard working, loyal, and supporter of her school and also the OK Conference." Dee is "a strong advocate for women's athletics, women in sports leadership, and gender equity, but also there and supportive of all teams and causes. She truly

exemplifies what it means to be a servant leader to so many."

The MIAAA is a 50-plus-year-old association with nearly 700 members serving as athletic administrators in numerous high schools and junior high/middle schools in Michigan. As partners with the Michigan High School Athletic Association, the MIAAA works to promote the educational value of interscholastic athletics and the role and profession of athletic director. The MIAAA is very proud to spotlight the work of Crowley, a woman whose work and values best mirror those of the association.

LHS announces the Feb. Students of the Month

Lowell High School is proud to announce that Isabella Garcia, 10th grade and Jacob Thomas, 11th grade, are the Lowell High School February Students of the Month. In order to be eligible for



Isabella Garcia

this honor a student must be nominated by a teacher. All the nomination forms for the month are then reviewed and voted on at the monthly department chair meeting. Students are selected based on academic

achievement, character, and work ethic. There are 1,200 students eligible for nomination, so this is quite an accomplishment for Garcia and Thomas. The students will receive a \$20 gift card and a certificate.

Garcia was nominated by Chaye Klomprens and she writes, "Isabella (Izzy) is an amazing student! She was often the first student to class each morning and would greet me with a pleasant "hello" or "how are you?" Izzy works hard for her grades, she would make sure to ask when the upcoming assessment would be and what to study. She is also great at asking questions and volunteering in class. In addition, Izzy is a team player. I could always count on her to be a leader in the classroom. She is kind, caring and helpful to her classmates. It has been a pleasure to have her as a student!"

Olivia Johnson nominated Thomas and she writes, "Jacob should



Jacob Thomas

be student of the month because he works very hard in all of his classes. He was nominated at KTC CORE as the student of the month. Jacob is polite to everyone around him and is always willing to help others. Jacob shows up to school everyday with a smile on his face! I am proud of Jacob and how much he has grown over the last three years."

college news

Abigail McDowell, of Lowell, was among the more than 1,800 students received degrees from the University of Wisconsin-Madison during a commencement ceremony at the Kohl Center on Dec. 19, 2021.

McDowell attended the College of Agricultural & Life Science, receiving a Bachelor of Science, Community and Environmental Sociology.

The following students from your area have been named to the Dean's Honor Roll for the fall 2021 semester at Lawrence Technological University. To be named to the honor roll a student must maintain at least a 3.5 grade point average for the term.

From Ada: Aren Homrich, Transportation Design and Lydia Irving, Architecture; from Lowell: Kari Kroll, Architecture.

Michael Wojcik of Saranac, received a

Bachelor of Arts degree in communication from Alma College.

Olivia Mohney, of Ada, was among the more than 5,000 Baylor University students named to the Dean's Academic Honor List for the summer and fall 2021 semesters.

The Dean's Academic Honor List recognizes Baylor undergraduates for their outstanding academic work during each semester. Students honored on the Dean's List earned a minimum semester grade-point average of 3.70 with no grade lower than a "C" while enrolled in at least 12 graded semester hours.

Mohney attends the College of Arts & Sciences.

Grand Valley State University announces the names of students who were graduated at the conclusion

of the fall 2021 semester in December.

Ada: Preston R. Adgate, Bachelor of Science; Alison C. Bonney, Bachelor of Business Administration; Landon W. Klausing, Bachelor of Business Administration; Tyler J. Knappe, Bachelor of Business Administration; Kayleigh N. Lubbers, Bachelor of Science; Kelly M. McDonagh, Bachelor of Science; Tiffany D. Nguyen, Master of Physician Assistant Studies; Catherine A. Reynolds, Bachelor of Fine Arts; Anushka A. Singh, Bachelor of Science; Grace L. Vroegindewey, Bachelor of Science in Nursing.

Alto: Phillip P. Schaffer, Bachelor of Business Administration.

Lowell: Emma L. Despres, Bachelor of Science; Quinne A. Duhr, Bachelor of Business Administration; Katelyn E. Flier, Bachelor of Science; Aaron J. Hendrick, Master of Business Administration; Amber V. Wisniewski, Bachelor of Science.

L Catch Up On Lowell High School Sports

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- GYMNASTICS

SPORTS

Gymnastics rounds out winter sports season

by Justin Scott
sports reporter

Lowell gymnasts Ivy McDonald, Greta Forward and Marissa Wever all competed at the individual gymnastics state finals last Saturday at White Lake Lakeland, the first time the gymnastics finals were not held at Rockford since 2014. Lowell had gymnasts in both Division 1 and Division 2 competing this year. Unlike other sports, where divisions are based on enrollment, in MHSAA gymnastics divisions are based on non-school competition level.

Division I Gymnasts - A gymnast who has EVER competed in a non-school competition at the USAG Level 8 or above, USAIGC - Intermediate Optional Level or the USAIGC Open Optional Level, or

Y Program at Level 8 or competed in the AAU-Michigan qualifying meet judged at Level 8 OR A gymnast who has competed in USAG Optional 7 or USAIGC Developmental Optional Level or Level 7 equivalent Y Program since Jan. 1, 2021. All other gymnasts will be considered Division II competitors.

Wever, Lowell's lone Division 1 state qualifier, tied for 17th on the vault with a high score of 9.15. Wever finished 25th on bars with an 8.65 as her top score. 32nd, 7.875 on beam. On floor, Wever scored an 8.25 and her all-around score was good for 23rd out of 53.

Ivy McDonald, who competed in Division 2 earned an 8.65 on vault, tying for 36th. She tied 13th on bars with a total cumulative

of 8.425. On the beam, she earned all-state honors tying for seventh place. With a high of 9.35, she averaged 9.225. Finishing on floor, McDonald scored a 9.025 barely beaten out by teammate Greta Forward who finished tied for 15th with a 9.05.

McDonald ended up tying for 11th in the all-around.

There were 47 schools registered for gymnastics this year through the Michigan High School Athletic Association, of which 25 had co-ops. Lowell is one of the 22 schools not requiring a co-op for gymnastics.

Rockford won the team championship the day before, beating second place Grand Ledge.



Gymnast Ivy McDonald on the podium, finishing T-7th at States.

- BASKETBALL

Boys bow out of districts

by Justin Scott
sports reporter

A tough draw sent the Lowell boys basketball team home early in district play last Monday. Lowell fell 77-51 to Northview at home last Monday in the district quarterfinal.

Northview entered the contest 19-1, after a lone loss to Grand Rapids Christian earlier in the year. Dawson Douma, Gage Snarski, Kaleb Siebert, Drew Veldman and Jackson Reisbig made the start for LHS. The Wildcats made

quick work of Lowell, jumping out to a 13-0 lead before Douma found an uncovered Siebert for an easy basket to get Lowell on the board. The Wildcats led 47-23 at halftime before a more evenly played second half.

The Wildcats won all of their district games by double digits, steamrolling their way to the district championship. Lowell concluded the season at 3-18.

Aidan Fitzpatrick was

a bright spot for LHS off the bench, scoring a game high 15 points for the Red Arrows.

LHS junior Drew Veldman earned all-conference honors for the Red Arrows.



Kaleb Siebert getting applause for a job well done going to the bench.

LHS winter sports academic accolades

by Justin Scott
sports reporter

Lowell High School's wrestling team has earned team academic all-state with a team GPA of 3.82, and the following individuals earned academic all-state individually.

James Link - 3.92, Nate Cleaver - 4.0, Carson Crace - 4.0, Landon Miller - 4.0

It was the 11th consecutive season the wrestling team earned academic all-state honors.

The girl's varsity basketball team earned

Academic All-State recognition with a team GPA of 3.4586.

Academic all-state honors for boys basketball, bowling and competitive cheer will be posted at a later date.



The OK White announced all-conference honors across all sports last week. Lowell's all-conference members were as follows: Top left to right: Greta Forward, Savannah Escobedo, Piper Risdon, Braxcynn Baker, Carter Blough, Landon Miller, Drew Veldman, Colton Byrne; Middle left to right: James Link, Tacho Gonzales, Haylie Beers, Landon Musgrave, Owen Segorski, Kaylee Byrne, Hannah Witherell; Bottom left to right: Courtney Witten, Marissa Weaver, Autumn Lamoureaux, Carter Cichocki, Jackson Blum, Ramsy Mutschler

obituaries

PETERSON

James Peterson, our beloved Husband, Dad, Grandpa, and Great-Grandpa was called to his heavenly home on Monday, March 7, 2022, while he was surrounded by his loving family. Jim was born on February 27, 1939, in Yankee Springs, Michigan. In July of 1961, he married Norma Jean Wieland. Together they raised three children who blessed them with five grandchildren and five great-grandsons. Jim will be remembered for his quick wit and teasing personality. He was a great man with a positive and upbeat personality, despite facing many health concerns and procedures over the years. He enjoyed gardening, farming, hunting, fishing, sports, and he loved to watch his children and grandchildren play sports and show animals in 4-H. Above all else, he loved to spend time with his family. Jim will be dearly missed by his wife, Norma; children, Brian Peterson, Lynn and Mark Droog, Kathy and Jim Schafer; grandchildren, Jesse and Hannah Droog, Laura and Austin Fischer, Delaney Droog, Kaden Schafer, Rosie Bermudez, and Ellery Droog; great-grandchildren, Silas, Wesson, Denver, Kyrin, and Cason. He was preceded in death by his sister, Shirley Weeks; and step-grandson, Jamie Schafer. His family will miss him dearly as they continue into this life without him, but the wonderful memories they have shared over the years will be treasured forever. Visitation will be held from 12-2 PM, Saturday, March 12, 2022, Bowne Center United Methodist Church, 12051 84th St. SE, Alto, MI 49302. Funeral services will be held at 2 PM. Rev. Gary Dougherty officiating. Memorial contributions may be made to Flat River Outreach Ministries, 11535 Fulton St. E, Lowell, MI 49331.



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STEPEK

Anthony "Tony" R. Stepek, age 51 of Saranac, passed away Monday, March 7, 2022. He was preceded in death by his father, John Schneider; fathers-in-law, Gary Vandermark and John Homan. He is survived by his wife, Michelle Stepek, together for 31 years; son, Gage Stepek; mother, Shirlee Schneider; mother-in-law, Donna Homan; step mother-in-law, Bonnie Vandermark; siblings, Tammy (David) Adrianse, Tim (Vicki) Stepek, Tonya (Dan) Schmidt; siblings-in-law, Gary (Chasity) Vandermark, Robin (Jeff) Kyburz, David (Brittany) Vandermark, several nieces and nephews; and canine companions, Koal and Maggie. Tony enjoyed ice fishing, fishing, and flying & building RC airplanes with his dad and son. He always said to have a kind heart, never judge others, and he always helped others when needed. Tony was very patriotic and loved his job at Superior Asphalt along with his crew. He enjoyed being out on the lake in his pontoon. Tony loved spending time with his friends and family and putting on a good firework show. As Tony would say, "Roger, 10-4". A celebration of life was held from 2-5 PM, Sunday, March 13, 2022, at The Lowell Moose Lodge, 1320 E. Main St., Lowell, MI 49331.



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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 vondatil@ssa.gov.

Signs of excessive stress

Everyone can relate to feeling a little stressed out at times, and that's not necessarily a bad thing. Though it might have a negative reputation, stress can sometimes benefit the brain.

Researchers at the Helen Willis Neuroscience Institute at the University of California, Berkeley found that acute stress can benefit cognitive performance. One key takeaway from that research is the word "acute," which refers to short-term stress that is not chronic. Long-term, chronic stress can contribute to various negative effects on health. For example, the American

Psychological Association reports that chronic stress can contribute to long-term problems for heart and blood vessels.

Learning to recognize the signs of excessive stress can help individuals take the steps necessary to reduce that stress before it escalates into a serious health problem. That should be a concern for many individuals, as the American Stress Institute reports that 33 percent of people report feeling extreme stress.

The Mayo Clinic notes that stress can affect individuals' bodies, moods and behaviors. No symptom of stress should

be written off, especially if it's ongoing. The following are some signs of excessive stress.

The body

According to the Mayo Clinic, physical symptoms of stress can include:

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Difficulty with sleep

Each of the physical symptoms of stress are associated with additional health conditions, so it's imperative that individuals report these issues to their physicians immediately.

Mood

The Mayo Clinic cites various mood-related symptoms of stress, including:

- Anxiety
- Restlessness
- Lack of motivation or focus

• Feeling overwhelmed
• Irritability or anger
• Sadness or depression
Like the physical symptoms of stress, those

that affect mood could indicate the presence of mental health issues that are not necessarily a byproduct of stress. Individuals who are experiencing symptoms that affect their mood are urged to speak with a mental health professional.

Behavior

Stress can manifest itself through behavioral issues, which may include:

- Overeating or undereating
- Angry outbursts
- Drug or alcohol misuse
- Tobacco use
- Social withdrawal
- Exercising less often

Speaking with a health care professional can help individuals learn about the ways to address and manage the behavioral symptoms associated with stress.

Stress affects people from all walks of life. Learning to recognize the symptoms of stress is a good first step toward overcoming it and avoiding the long-term consequences of chronic stress.



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PUZZLE SOLUTIONS

Grid of puzzle solutions with words like CROC, LAKH, AGRA, MAARS, TOTTE, ACE, COBWEB, TUBAS, OPEC, RED, POLYMER, MACAO, SLAB, ELLI, COIR, CRAMS, PENCE, ALIKE, ALI, NAELAC, MEG, CAY, DAD, MAP, DAD, BEL, BADEN, CRATE, DALEY, SAGA, AMIR, LADE, PASES, HAM, MME, MAAR, SACCO, MACHOS, ENNE, SABER, BEAU, LA CE, EDHS.

Grid of numbers for a crossword puzzle solution.

Vertical puzzle solutions: V P D F I R U L C R I S I S I N B N M H, G O P H I I E P D T O O R C E O M V D R, L I L M U R S T L G H H F N T I B S O C, F P F U P M S Y S A O C U D F S C H M V, I C Y B N Y A T N A C G B M T S A O E F, G B C P L T O N A A S I I N V A N R D T, H D N C E E E E I I O I T D C P E T O R, C D E G N T R E M T D E D I I M E A O U, C R G Y I O R I R M A R R U R O F G L P, S V R B C R I E F H R R R G L C E E B L, M A E F F T F T L E M G I F S D D L G B, L Y M L U M U H A I E N A A S N Y F I L, S I E O P B M D R N E G O R N H Y H I A, I I B S S G I E T P O F N I Y L L I S N, Y Y G T P N T L B I G D P I S S D L I C, T Y N G E A H O B G N C V E N S O E P N, E H M S O H E A L T H I G G R I I R F H, F P S P G V B L D M I T C I V E A M F E, A G E M B I H G P E F C Y T U E A R R N, S E C N A T S I S S A Y B L Y A P A T E



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Attention Seeking & Relationship Drama

People can become so used to attention seeking and having drama in their life that they don't realize it has become part of their "norm." Often it starts in childhood with a chaotic home environment, neglect or trauma that eventually becomes part of their mindset norm. While seeking attention or in the middle of drama, the brain will often activate the sympathetic nervous system (flight or fight) because the associated feelings of stress, tension or anxiety are typically perceived by the brain as

possible danger. The pain reducing and pleasurable feelings from the adrenaline and endorphins release can actually become a type of addiction for some. If you think you or someone you know may be addicted to drama or is an attention seeker, read on.

Possible Signs & Causes

Regardless of the reason it first started, when the sympathetic nervous response happens over and over it can become not just a habit but also an addiction to the natural "high." It starts to feel normal and comfortable. Without it

you may feel empty, sad or down. So even if you claim to hate drama or attention, you still seek it out to get this "high." Below are some common signs often seen in individuals addicted to attention seeking and/or drama.

You are often involved in some type of crisis (your own or someone else's).

You are often involved in other people's personal business.

You enjoy gossip.

You seem to know a lot of details about others even when they are not central in your life.

You are often in a disagreement or "fight" with someone.

You are uncomfortable when you're not the center of attention.

You over share details of your life with others and on social media.

Your reaction to situations are over the top or extreme.

You are disagreeable,

argumentative or controversial just to get a reaction or create drama.

You lie or exaggerate stories to get praise or sympathy.

You fish for compliments and praise.

You get loud or yell to make your point.

You often take over a conversation.

You pretend you can't do something you really can do in order to get help (attention). You may also pretend you can do something few others can to get praise and attention.

When a problem may be brewing you stir the pot.

Romantic relationships that don't provide the needed "high" from attention seeking and drama often end and the person finds something or someone else that triggers their needed adrenaline and endorphin high.

There are many other signs but these are the ones

most often seen in those attention seeking and/or addicted to drama. Attention seeking and drama is often seen in those who have other addictions (food, substances, gambling, shopping etc.), and/or childhood trauma/neglect. However, it is also seen in those with personality disorders, ADHD, bipolar disorder etc. This behavior helps the void they may feel and numbs them from feelings of emptiness, loneliness and pain.

What Can You Do?

You can learn to manage these behaviors. I'm not saying it is going to be easy to change something that is developmental or mental health related but there are some steps you can do on your own. However, often help from a mental health professional is needed. You may also want to talk with your doctor to see if you may have any physical issues that could be making

the situation worse. One of the best things you can do on your own is work to reduce and manage daily stress. This in turn will slowly reduce the flight or fight adrenaline and endorphin dump into your system. Things like breathing techniques, meditation, mindfulness, walking/hiking, being outside, gardening, enjoyable hobbies, crafts, journaling and light workouts have been shown to reduce stress levels.

If you feel you or someone you know may have this problem and want to end these behaviors it may be time to seek help from a mental health professional. This article is for informational purposes only and not intended to provide advice.

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Financial Focus

With Christopher C. Godbold
Edward Jones
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Use your financial strategy like GPS

When you're driving these days, it's pretty hard to get lost because your smartphone's Global Positioning System (GPS) can get you just about anywhere. And as an investor, you can have a similar experience by employing another directional tool – a personalized financial strategy.

Let's look at the parallels between your GPS and this type of strategy.

To begin with, your GPS pinpoints your exact location at the start of your trip – in other words, it tells you where you are. And when you create a financial strategy, your first step is to evaluate your current situation by answering these types of questions: What

are your assets? How much do you earn? How much do you owe? How much are you contributing to your IRA, 401(k) or other retirement accounts? Once you've got a clear picture of your finances, you'll be ready to begin your journey toward your long-term goals.

Once your GPS has identified your starting point, it will then show you where you want to go and the routes to help you get there. And it's the same with your financial strategy – you want it to help lead you to a particular place in your life. In fact, a well-designed strategy can show you the steps you need to take to help reach more than one destination – to a place where you can send your children to college, a

place where you can retire comfortably, a place where you can leave the type of legacy you want, and so on.

Here's another element of your GPS that applies to your financial strategy – the warnings. You're certainly familiar with those thick red lines your GPS shows to indicate traffic slowdowns ahead. And while they're annoying, they're also useful in cautioning you that you may arrive at your destination later than you had originally planned. Your financial strategy can also express "warnings" about events that could hinder you from reaching your goals. These obstacles might include an illness or disability that could keep you out of work for a while, or the need for some type of long-term care, such as a nursing home stay or the services of a home health aide. Your financial strategy can not only identify these threats, but with the guidance of a financial professional, suggest potential solutions.

In addition to providing

warnings about things such as heavy traffic and road construction, your GPS can change your route if you miss a turn or if you decide, for whatever reason, to go a slightly different way. Your financial strategy can also show you alternatives, if it's comprehensive and overseen by a financial professional, who, using specialized software, can create hypotheticals – illustrations that provide alternative outcomes for different steps, such as retiring at various ages, investing different amounts each year or earning different rates of return. These hypotheticals can be quite helpful to you as your chart your course toward your goals, especially if you need to change your plans along the way.

Your GPS and your financial strategy are two great tools for helping get you where you want to go.

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

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FUN PAGE

SUDOKU

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

Level: Beginner

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!

HELPING HAND WORD SEARCH

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

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

Puzzle solutions on page 13

HELPING HAND WORD SEARCH

ASSISTANCE
 BLOOD
 COMPASSION
 CPR

CRISIS
 CRITICAL
 DISASTER

DONATION
 EMERGENCY
 FIRE
 FIRST AID

HEALTH
 HUMANITARIAN
 LOST

MISSION
 READINESS
 RELIEF
 SAFETY

SHORTAGE
 TRAINING
 URGENT

VICTIM
 VOLUNTEER

Guess Who?

I am an actor born in New York on March 6, 1946. Although I had a famous role on a popular TV series, I am best known for my work as a tough-as-nails Karate sensei, a role I recently reprised in a Netflix reboot.

Answer: *Martin Kove*

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the Red Cross.

L R F I E E

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

Answer: *Relief*

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		
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52	53	54			55					56		57	58	59
60					61					62		63		
64					65						66			
67					68						69			

CLUES ACROSS

- Type of footwear
- Studies a lot all at once
- Adventure story
- Hundred thousand
- Former U.S. Vice President
- Ruler
- Indian city
- Similar
- Ship as cargo
- Volcanic craters
- Boxing's "GOAT"
- Bullfighting maneuvers
- London soccer team
- Score perfectly
- No (Scottish)
- SoCal hoops team (abbr.)
- Woman (French)
- Unwanted attic "decor"
- Peter Griffin's daughter
- Broad, shallow crater
- Large instruments
- Low bank or reef
- ___ and Venzetti
- Oil group
- Father
- Aggressive men
- Pairs well with green
- Travelers need it
- Digital audiotape
- Midway between northeast

and east

- Chemistry descriptor
- S. China seaport
- Sound unit
- Heavy cavalry sword
- Thick piece of something
- Spa town in Austria
- Boyfriend
- Norse personification of old age
- Type of box
- Tie together
- Fiber from the coconut
- Chicago mayor
- Old English letters

CLUES DOWN

- Type of sauce
- Pattern of notes
- Plant with long seedpods
- Map out
- Numbers cruncher
- Make a mental connection
- Italian tenor
- N. America's highest mountain peak
- Witness
- Arabic given name
- Music awards
- "The Immoralist" author
- Area units
- Units of loudness

- Political action committee
- Bar bill
- Witch
- A theatrical performer
- 2-door car
- ___ and flowed
- Papier-___, art medium
- City in Georgia
- Irregular
- College sports conference
- Angry
- Partner to cheese
- S. American mammal
- Self-immolation by fire rituals
- Split pulses
- Disfigure
- Cow noise
- Erase
- Chadic language
- Reward for doing well
- Paid TV
- Millisecond
- Other
- Colombian city
- Necklace part
- Every one of two or more people
- Regrets
- They come after "A"
- Horse noise

Musical sensory garden project spearheaded by Girl Scout Caydence Pawloski

by Tim McAllister
lead reporter

Caydence Pawloski, a Girl Scout from Lowell, has begun work on creating and installing a musical sensory garden designed for use by special needs students at Cherry Creek Elementary School.

“I have a passion for music and for helping others. I was talking to this mom who said her son has autism,” Pawloski said. “I told her my idea, and she said that it would be a very beneficial thing for special needs students. So that really sparked my interest in wanting to finish the project. It’s a musical sensory garden and so it will have a lot of musical aspects to it. It’s going to have wind chimes and drums and very tactile things.”

Pawloski explained more in a “project summary” document she wrote.

“Special needs students often lack access to an area on the playground that address their sensory

needs,” Pawloski wrote. “Musical sensory gardens provide a space where children with disabilities can be engaged in scents, textures, smells, colors and sounds. It’s a place where they can be stimulated by sounds, plants and other items placed throughout the area. [...] I visited my former elementary school, Cherry Creek, and found that special needs students didn’t have an area that allowed them to grow, improve and seek a quiet place from being over-stimulated while on the playground. There was no place for them to retreat to. I spoke with the principal about the importance for students with disabilities to have a place on the playground to meet their sensory needs and still be around other students. I also spoke about the need to educate parents about the benefits of a musical sensory garden and having it open to the community



Caydence Pawloski

during non-school hours. After the initial meeting with the principal, I spoke again with him and district facilities to discuss the project, and my grandpa Greg and dad Collin Pawloski are both builders, so they’re finalizing it for me.”



plans on where to build the garden. I also contacted the special education teachers, asking for input on what they think should be added to the musical sensory garden.”

If everything goes according to the plan, the garden should be in place before the end of the year.

“I’m hoping to get it done by December of 2022,” Pawloski said. “I’ve been going to Cherry Creek, and the principal and I have been talking. I’m raising money, and then I have a team of volunteers that will help me build it and install it, hopefully during the summer. I designed some of

The garden is Pawloski’s “Gold Award” project for the Girl Scouts. She has been a Girl Scout for 13 years and reported that out of all her badges, CPR certification was the most difficult to achieve.

“I enjoy Girl Scouts, and I like learning a lot,” Pawloski said. “I like all of the friends and the stuff that we do to earn patches and badges.”

If you are interested in donating time, money or materials to this project, send a message to clpaw1121@gmail.com or find Pawloski on Facebook and message her there.

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