

Gilda's LaughFest



page 16

Speed limit sign demolished



page 2

Prior Noon



page 9

Chimera Design will thank Lowell by offering free concert on Sunday, May 22

by Bill Lee
contributing reporter

Although Christmas is many months away, that day is a special anniversary for one business in town, and come this Christmas it will be its 20th anniversary. The jewelry store Chimera Design on Main Street, owned by Julie Claire DeVoe and Cliff Yankovich, has enjoyed its years in Lowell and with its big anniversary coming up, wanted to give the town a special thank-you by offering a free concert on Sunday, May 22 at the Showboat.

Yankovich, a huge music buff who has worked with the music committee for LowellArts, has many pictures of local artists displayed in the store and calls it "The Lowell Rock 'n' Roll Hall of Fame." The concert will feature Grand Rapids musicians Patty Pershayla and the Mishaps, Sandra Effert and Lowell resident Ryne Clarke.

"It's our way of saying thanks for 20 years," said Yankovich. "People in this town love music. Ryne Clarke is my neighbor. I met Patty PerShayla at a concert we sponsored at LowellArts a couple of years ago. I

started following her work and that's how I met Sandra Effert. That's why we're having this party to say thanks."

DeVoe and Yankovich have fond memories of the beginnings of Chimera Design. Julie has been making jewelry since she was a teenager, and Cliff was in the watch repair business but also sold jewelry wholesale before coming to Lowell. Presently, Chimera Design is exclusively a jewelry business, but it opened also as a watch repair store and local art gallery.

"We opened in time for Christmas Through Lowell in 2002," said Yankovich. "We had David Davis who has passed away who was one of the founding members of LowellArts. He helped us a lot. He taught painting classes on our second floor for ten years. He knew all kinds of artists in the Lowell area. He was very instrumental in helping us round up artists."

At one point, the store displayed over 30 local

Chimera Design,
continued, page 3



Cliff Yankovich and Julie Claire DeVoe in front of the Lowell Rock 'n' Roll Hall of Fame

Lynches donate flag drop box to Lowell Veterans Center

by Herman Weststrate, Jr.
Lowell VFW Post 8303 commander

At the Wednesday, March 16 7:30 am Lowell Chamber of Commerce breakfast meeting at the Lowell Veterans Center, 3116 Alden Nash Ave SE, Lowell Township, new members Joe and Amanda Lynch owners of Lynch Metal Fabrication of Alto presented a new flag drop box to the Lowell Veterans Center.

Pictured left to right are new American Legion Post 152 Commander Richard Thomas retired USAF, Joe Lynch, Amanda Lynch and VFW Post 8303 Commander Herman Weststrate Jr.

Winner of the drawing was new member Steve Stephan, owner/operator of the new Culver's under construction on W. Main in the city of Lowell. He was presented with a US flag.



FROM to hold "Repair & Restore" spring cleaning event April 23



by Arienne Hall
Flat River Outreach Ministries

Flat River Outreach Ministries is holding a spring clean up across our community on Saturday, April 23.

Available to Lowell Area School District residents, approximately 100 volunteers will assist with projects including: small outdoor repair, raking, gutter cleaning, trimming and other yard work.

Led by volunteer Bob Rogers, this is the first event of the year for FROM's Repair & Restore

program, formerly known as Neighbor to Neighbor.

"We know there are many lovely people in our community that need an extra hand raking their leaves, climbing a ladder and cleaning out the gutters or straightening a fence post," Rogers said. "We know there are needs similar to these in our community and FROM wants to help."

Repair & Restore events

Repair & Restore,
continued, page 3

50¢



Main Street traffic sign demolished by driver

by Tim McAllister
lead reporter

A traffic sign on Main Street was demolished by a driver just before 1 pm on Thursday, March 17.

According to witnesses at the scene, a burgundy vehicle smashed into the "Speed Limit 25" sign, located near the intersection of Main and

Monroe, directly in front of Sneaker's and Showboat Spirits. When the car hit the sign, it snapped off at the base and shot across the sidewalk. The vehicle then sped away from the scene of the accident, leaving behind part of its bumper and other

debris.

"I don't know what he was doing, but he hit the sign and it shot across the sidewalk and there was a big crash," reported one eyewitness. "That's when I came outside, and the vehicle was up on the sidewalk. Then he backed up

and moved forward, and I thought he was going to stop and get out, but then he took off! So he's gone. We have his license plate number and everything, so they'll get him."

"I had my door open and I heard a smash, and I thought some truck lost its load because it sounded like a whole bunch of pipes falling," reported another eyewitness. "So I went out there thinking we were going to have to help them quick because of the traffic and all that. But there was a burgundy car pulling off the sidewalk! Lots of people were out there, and we thought he was going into the parking spot to get out, but no, he started backing up and he took off! And, of course, everybody that was standing there in front of him took his license plate number."



March 26 Lowell Expo pretty much back to normal this year

by Tim McAllister
lead reporter

The Lowell Expo, one of the city's biggest and most popular springtime events, was canceled in 2020 and moved to the Riverwalk in 2021. This year it will return to its traditional location, Lowell High School, on Saturday, March 26 from 9 am until 2 pm.

"[It will be] pretty much the same as it has been," said Lowell Area Chamber of Commerce executive director Liz Baker. "We will spotlight over 100 area businesses, service groups, churches and government agencies [and offer] the normal giveaways,

interactive displays and Expo specials from our many vendors. Food and beverages [will be] for sale by Lowell Area Schools [and] entertainment [will be] on the stage throughout the day. Outside will be new model cars from Betten Baker and a fire truck from the Lowell Area Fire Department. Lastly, the free admission and parking!"

In past years, the Expo has featured live music, haircuts, a fashion show, a live game show, free massages, free blood pressure checks, a farmers market, tons of free candy and snacks and

a blood drive. This year's Expo will have many new aspects in addition to all of the returning features.

"New to most people will be the Arrowhead Golden Ticket," Baker said. "The ticket can be found inside the insert and the Chamber booth will have extras as well. We will be giving away \$200 worth of Lowell Bucks per hour in increments of \$50, four winners per hour. We will also be giving away a gift from each of the business spotlight sponsors on the hour: Arctic Inc., Greenridge Realty, Herbruck's, PFCU and Snow Avenue Greenhouse. Some of the new vendors this year are Meijer, Des Cakes, Lowell Showboat VI, Culver's, Opulenza Designs, Family Futures, N6 Towing and Recovery, PE Office Supplies, MI Horse Driving School Inc., West Michigan Cotton Chicks, Hope Network and more."

Lowell area veterans donate \$1,000 to flag pole project

by Herman Weststrate, Jr.
Lowell VFW Post 8303 commander

At 3 pm on Wednesday, March 16 at the Grand Rapids Home for Veterans, Richard Thomas, American Legion Post 152 Commander, on behalf of the Lowell Veterans Center and the VFW Post 8303, presented Chaplain Bruce Kellish a check of \$1,000 for their flag pole project. The donation put the project over the top of their goal.

The very large flag draped between the trees now has a tall pole visible from Monroe Ave. NW, south of the North Park Boat and Canoe Club.



Richard Thomas and Bruce Kellish



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Chimera Design, continued

artist's work in a 600 square foot space and sales were split 50-50 between jewelry and art. There was so much artwork, Devoe and Yankovich had to hang art from the ceiling as well as the walls. Over time, the jewelry sales began to outperform art sales, and at the same time new galleries were opening on Main Street.

"Once the Flat River Gallery opened and totally focused on art, then 20 percent of our sales were art and from there we just

became a jewelry store," said Yankovich.

As a jewel fabricator, Devoe brings a special talent to her customers. She not only makes and repairs jewelry, but she also does a lot of custom design.

"An example of what she does regularly is someone's relative passes away and leaves them an engagement ring and the person already has a wedding ring, and Julie will shape that into a pendant," said Yankovich.

A mom and pop store in every sense of the phrase, Chimera Design has had a major uptick in business over the last few years as other smaller jewelry stores in the area have shut their doors for a number of reasons, with one of the main ones being that folks are retiring.

"The last three years have been the busiest of our lives," said Yankovich. "It is just Julie and I. Greenville at one time had two jewelry stores and now they have

none. Ionia used to have two and now have one. Because more and more of the small shops are retiring, we are getting more business from Kentwood and Grand Rapids in addition to Lowell, Ionia and the Greenville area."

Although both DeVoe and Yankovich are getting close to retirement age, they made a decision a couple of years ago to keep Chimera open for a while. It is a special place for those who love art, music and jewelry. It is clear

they both enjoy what they do.

"The jewelry business is such a sentimental business," said Yankovich. "We see some really cool things. When somebody starts crying because you were able to repair grandma's ring or you were able to repurpose something they inherited... There is a lot of emotion in it. That's the fun part of the business."

Another fun part of the business is saying thank you

to the town that has been your business home for 20 years, and your actual home for five. And what better way to say thank you than in the form of a free concert with three talented musicians.

"It's going to be a good sound, beautiful location and great talent," said Yankovich.

The Ledger will be doing a series of stories in the coming weeks about the concert and the musicians leading up to the big event on May 22.

Repair & Restore, continued



Bob Rogers

had been an annual fall event but were paused due to the COVID-19 pandemic in 2020. FROM held one small Repair & Restore event in 2021 and FROM is excited to bring back a larger event this year.

"We're excited to start Repair & Restore events back up," Monica Light, FROM program manager said. "We had to pause them during the pandemic for the safety of our participants and volunteers. We're excited to see the community come together for this spring event."

Anyone looking to have repairs or clean up at their home is welcome to call the FROM Connections Office at 616-897-8260 or sign up in person during weekly Food Pantry hours, Tuesday from 2 to 4 pm, Wednesday from 5 to 7 pm or Friday from 10 am

to noon. Space is limited. Registering does not guarantee a spot but does guarantee your application will be reviewed. Families who live in the Lowell Area School District and make 300 percent of the Federal Poverty Level or have an expressed need are eligible to register.

"At FROM, we're all about helping our neighbors and one way we can is helping with a few yards," Rogers said. "Do you need help with your yard? Do you want to help with a yard? Give FROM a call and let us know!"

FROM is also looking for 100 volunteers to participate in the clean up event! Due to this event being participant facing, all volunteers must be 18 or older and out of school. Current volunteers are welcome to contact Erynn,

volunteer coordinator, directly. New FROM volunteers are invited to call FROM at 616-897-8260 or fill out a volunteer interest form online at fromlowell.org/volunteer-interest-form

To register to have a team at your home, either call the FROM Connections Office at 616-897-8260 or during weekly Food Pantry hours, listed above. Registration is required and space is limited.

New FROM volunteers are invited to participate in this event. If interested, call FROM at 616-897-8260 or fill out a volunteer interest form online at fromlowell.org/volunteer-interest-form

Current volunteers are welcome to contact Erynn, volunteer coordinator directly.

There's no better time to take care of yourself!



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**Lowell Area Schools
2022-2023**

Kindergarten enrollment for the fall is open! To apply, go to:

<https://www.lowellschools.com/our-district/enrollment/>

Students must be five years old by **September 1, 2022**, to be eligible for kindergarten in the 2022-2023 school year.

Alto Elementary

6150 Bancroft Avenue SE 616-987-2600
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Bushnell Elementary

700 Elizabeth Street 616-987-2650
Kindergarten Visitation: 5/19/22

Murray Lake Elementary

3275 Alden Nash Avenue NE 616-987-2750
Kindergarten Visitation: 4/19/22

Lowell Light and Power announces greater features and convenience with new customer portal



Lowell Light and Power has announced the rollout of a new and improved Customer Portal. Features like Pay by Text, Paperless Billing, AutoPay and Scheduled Payments offer greater convenience to customers and the new system is simpler and easier to use than the previous portal.

“We strive to provide incredible service to our customers and we know they’ll enjoy the simplicity of this new tool.

LL&P customers can now manage multiple accounts with one login, will receive emailed statements, reminders and receipts, and have access to a Bill Calculator. We’re happy to provide additional options for making payments as well, including PayPal, GooglePay and ApplePay,” said Charlie West, General Manager of Lowell Light & Power.

Lowell Light & Power will be hosting giveaways in the coming months for those who use the Portal; complete details will be posted to Lowell-light.org and Facebook. LL&P will also be sharing about the new Customer Portal and giving away lighting kits at the Lowell Community Expo on Saturday, March 26.



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Precautionary consumption guidelines for Lake Superior smelt due to PFAS

The Michigan Department of Health and Human Services continues to recommend that people eat no more than one serving per month of smelt from Lake Superior due to elevated levels of perfluorooctane

sulfonate, a perfluoroalkyl substance. For MDHHS Eat Safe Fish guidelines, a serving size is eight ounces for adults and two-four ounces for children. This precautionary fish consumption guideline was

first issued by MDHHS on March 24, 2021. The guideline was created due to data shared by the Wisconsin Department of Natural Resources that showed elevated PFOS in Lake Superior rainbow smelt. At the time, MDHHS did not have data on PFOS levels in Lake Superior smelt but chose to match WDNR's guidance and issued a consumption guideline as a precautionary measure and recommended the guideline stay in effect until there was enough data to reevaluate.

BOWNE TOWNSHIP PUBLIC HEARING NOTICE PLANNING COMMISSION

On Tuesday, April 5, 2022 the Planning Commission for Bowne Township will hear public comments related to the following request. The public hearing will be held at 7:00 P.M. at the Historic Township Hall, located at 8240 Alden Nash SE, Alto concerning the following:

- 6288 Bancroft Avenue SE and 6355 Alden Nash Avenue SE Rezoning

Mr. Steve VanderZiel has submitted an application for the rezoning of the eastern 1,313 feet of parcel 41-24-04-200-025 to the I - Industrial zoning district, and the remainder of parcel 41-24-04-200-025 east of the Platt Lake Creek Drain to the C-2 Commercial zoning district. He is also requesting that the eastern portion of parcel 41-24-04-200-024 at a depth of 500 feet be rezoned into the C-2 Commercial zoning district and the remainder of this same parcel (41-24-04-200-024) be rezoned into the I - Industrial zoning district. The adopted 2017 Bowne Township Master Plan identifies these parcels for industrial and general commercial land use. These parcels are presently zoned R-3 Urban Residential.

The application and plans are available for review and written comments will be received until 4:00 P.M. Tuesday, April 5, 2022 at Bowne Township Hall, 8240 Alden Nash SE, Alto, Michigan 49302. All interested parties will be heard at the meeting.

In 2021, the Michigan Department of Environment, Great Lakes, and Energy along with other partners collected smelt from several locations in Lake Superior and its related watershed. Early results from MDHHS PFAS analysis indicate that PFOS levels in smelt collected in Michigan are similar to smelt collected in Wisconsin.

Analysis of the smelt for other contaminants of concern is still underway. Until all data is available, MDHHS recommends that the guideline of one serving per month remain in place for smelt from Lake Superior. When all data is available, MDHHS will update the guidelines for smelt.

MDHHS makes Eat Safe Fish guidelines to help Michiganders make safer choices when it comes to choosing and eating fish. For more information, visit the Eat Safe Fish program website at Michigan.gov/eatsafefish or call 1-800-648-6942.

Bradley S. Kotrba
(616) 988-3526

viewpoint



**125 years ago
Lowell Ledger
March 23, 1897**

This edition of the Lowell Ledger is missing.

**100 years ago
The Lowell Ledger
March 30, 1922**

Included in his statement of principles by Alvah Brown in announcing his candidacy for congress is the following: "I do not want myself considered as an anti-prohibition candidate, but I am not in sympathy with the present regulations which are developing the illicit distillation and secret distribution of alcoholic beverages. While I have no formula for the correction of the present conditions. I am willing to lend my efforts in an endeavor to bring about a more satisfactory condition—one which will provide more safety and freedom to home life on a basis to produce revenue taxes, rather than continuously expending millions in an effort to prohibit."

We notice with interest that Hollywood, Illinois, wants its name changed. Like Berlin, Mich., which during the war changed its name to Marne, the people of the Illinois town opine that a rose by another name will smell sweeter. Carry the news to Fatty!

The declaration of the Sailor's Union that they will strike against importation of coal during the miners' strike, announces to the public that the innocent bystander is to be held up and robbed. "Between the devil and the deep blue sea."

**75 years
The Lowell Ledger
March 27, 1947**

Leonard Johnson, who has been serving as clerk of Bowne township for the past dozen years, was in town on business Monday and informed the Ledger that he had decided to become a sticker candidate for supervisor of Bowne at the election to be held on April 7. He will oppose Fred Pattinson, who was the caucus nomination by a majority of five votes on the second ballot, the first ballot resulting in a tie.

Lawrence Lyons, 17, of near Lowell and Anthony Beauman, 33, of Belding recovered from monoxide poisoning at Butterworth hospital Monday after being removed from their automobile by police. The men told officers after their recovery they had gone to sleep in their car after the vehicle had broken an axle.

The village council wishes to call to the attention of

all local merchants the urgent need for parking space of Main street during business hours. Therefore, we are appealing to each and everyone concerned to help us alleviate the situation as quickly as possible. This can be done, we are sure. If each merchant and clerk will refrain from leaving his or her car or truck parked on Main street one minute longer than necessary.

**50 years
The Lowell Ledger
March 30, 1972**

Firemen have been busy the past few days putting out grass fires, two of them believed to have been started by children playing with matches and another started by trying to burn trash in a too full barrel.

A little black poodle, apparently lost, was hit by a car recently in front of the Methodist Church parsonage on East Main Street. The pooch could not have picked a better place, for he was rescued by some good Samaritans, the Dean Baileys, who saw to it that poochy received medical attention, and are now hoping that the owner can be found.

For the second consecutive year, the Lowell Area Jaycees will sponsor the beauty pageant to select a reigning "Miss Lowell Showboat." The 1972 contest will be held in June at the Lowell High School Auditorium. The 1971 homecoming queen from Lowell High School, Beverly Ann (Babs) Bigelow is the first entrant in the contest which is expected to draw still competition.

**25 years
The Lowell Ledger
March 26, 1997**

A six month transient merchant permit was recommended for the installation of a proposed Espresso Stop allowing time for the Lowell Planning Commission to collect data on traffic flow and other concerns. The transient merchant license will allow the owners of the Espresso Stop mobile unit to begin selling gourmet coffee.

After doing so well on her feet Saturday night, 1997 Lowell Showboat queen Denise Watson was glad to get off them – or at least out of her heels. "My heels were the most difficult part of the pageant," Watson mused.

Hundreds of Lowell Charter Township residents will soon be served by natural gas and among those customers will be the Lowell Charter Township Hall. Supervisor John Timpson has received permission from the board to request that natural gas lines be connected to the newly constructed hall.

Women's history month and Social Security

Each March, we celebrate Women's History Month. It is a time to reflect on the achievements of women. Social Security has served a vital role in the lives of women for more than 85 years.

Women have longer average life expectancies than men, which means they live more years in retirement and have a greater chance of exhausting other sources of income. It's important for women to plan early and wisely for retirement.

Our retirement pages at www.ssa.gov/retirement provide detailed information about how life events can affect a woman's Social Security retirement benefits. These events may include marriage, widowhood, divorce, self-employment, government service, and other life or career changes.

Your earnings history will determine your future benefits, so we encourage you to verify that the information we have is correct. You can create your personal *my Social Security* account at www.ssa.gov/myaccount and review your earnings history. If you find

an error in your earnings record, it is important to get it corrected so you receive the benefits you earned when you retire. Our publication, *How to Correct Your Social Security Earnings Record* at www.ssa.gov/pubs/EN-05-10081.pdf, provides you with details on how to make a correction. You also can view your Social Security Statement on your *my Social Security* account, for estimates of future benefits and other important planning information.

If you would like to learn more about how we can help women plan for retirement, check out our online booklet, *Social Security: What Every Woman Should Know*. You can find it at www.ssa.gov/pubs/EN-05-10127.pdf. Please share this information with family and friends.

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 vonda.vantil@ssa.gov.

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

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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.

U is for Up

Up in the skies above Lowell today, aircraft are commonly seen. Since Lowell has its own airport, and the Gerald R. Ford International Airport is not far away, this is normal. However, in December of 1925 and January of 1926, Lowell residents looking to the sky saw a very uncommon sight - a plane that had been manufactured right here in Lowell!

McCarthy Aeronautical Engineering Company Inc. of Detroit was organized in Grand Rapids and

incorporated on May 12, 1925. In August the company filed Articles of Association with the Kent County Clerk, with George L. McCarthy as the majority stockholder. McCarthy had served in the Air Force, Sgt. First Class, Flying School Detachment during World War I. He lived in Lowell in the 1920 census, moving to Grand Rapids in 1921.

The airplane manufactured by the company was the Air Scout. It was commonly referred to as the 'McCarthy Air Scout'. According to the article featured in Aviation Magazine on February 7, 1927 the Air Scout "was designed for use of organizations requiring speedy movement of light loads. The plane is strongly constructed, safe to fly and can be cheaply operated. It is especially suited as a medium for advertising, and for private flying." The Air Scout was to make the Grand Rapids to Detroit trip in 75 minutes on four and

a half gallons of gas, and would cost less than any similar plane, \$1800.

The test flight in January 15, 1925 was made by C.D. Stinson, former Army pursuit pilot. McCarthy Aeronautical opened an airplane factory in the old Chase Furniture Building in Lowell in September of 1925, and production began. The factory was expected to produce five planes a day.

On December 3, 1925, George McCarthy made trial flights around town from the field on the Mange farm, just west of town on M-21.

In January, Sherman Gillespie flew a finished Air Scout plane from the factory in Lowell to Grand Rapids, 18 miles, gaining an altitude of 3,000 feet. As if this wasn't newsworthy enough, he flew with the wall of one cylinder blown out owing to an engine failure.

What became of the plane and company is hard to find. The Michigan Manufacturer and Financial Record announced on February 6, 1926, that the factory had suspended operations. The same month a Detroit news article states that the manufacturing plant was in Battle Creek. In August of 1926 the Air Scout was shown off by George McCarthy as part of the Ford Commercial reliability tour. It isn't known where the plane had been produced.

George McCarthy died in 1953, still working in aviation, for the Oliver Corporation. He was at the Boeing Aircraft plant when he suffered a cerebral hemorrhage.

The airplane bug had hit Lowell, and just under twenty years later, in November of 1944, members of the board of trade committee began looking for sites for an airport. The ideal location was deemed to be adjacent to M-21. Nowhere was found.

In February of 1946 a committee was appointed by the Lowell Board of Trade. At their meeting William L. Hameln, of the state board of aeronautics, gave a report recommending the field that had been in use for take-off and landing for the past summer. It was decided that Richard Lampoon, who had been an army instructor for a year and a half, was to be the instructor. Guy Slocum would service the training planes and see that all planes and equipment are in excellent order at all times.

In March of 1946 C.H. Runciman and L.W. Rutherford bought the field recommended, 50 acres, to give to the city for an airport. Then in October of 1947, state aeronautical department inspectors designated the Lowell Airport a Class I airport. There were 1800-foot runways, a hanger for three planes, oil and gasoline facilities and restrooms. The state approved the field and operator for training under the GI Bill and classes were to start in a week.

Unlike the airplane factory, the Lowell City Airport is in operation today, and small airplanes are now a very common sight in the skies above.

- tennis elbow

Tennis elbow is a condition caused by inflammation of the tendons on the outside (or lateral side) of the elbow at a bony prominence of the upper arm. Although this condition is called "tennis elbow," it is not limited to tennis players. Any repetitive motion of the wrist can cause this condition. Some of these activities include tennis, hedge clipping, excessive use of a hammer or screwdriver, painting or any activity that requires excessive constant gripping or squeezing.

Symptoms of tennis elbow include tenderness on the outer bony part of the elbow, morning stiffness of the elbow with persistent aching, soreness in the forearm and worsening of pain when grasping or holding an object. Tennis elbow usually does not lead to serious problems, although if the condition continues and is left untreated, loss of motion or function of the elbow and forearm can develop. You should see your physician if you have pain that limits your daily activities, pain that continues despite resting and icing the elbow or if any weakness or numbness in the hand develops.

There are several treatments you can try at home for tennis elbow. Icing the area twice a day for 20

minutes helps decrease inflammation and relieves pain. Over-the-counter anti-inflammatory medications, such as ibuprofen, may help decrease the pain and help with healing. Rest the area to prevent further injury and decrease pain.

If treatment with OTC medications, ice and rest doesn't work, your physician may have you use an elbow strap to help take the pressure off the inflamed tendon. A course of physical therapy may be needed to help increase flexibility and strength. Steroid injections can also be made into the inflamed area. Although generally safe, these are usually limited to two to three per year. Surgery is a last resort and is usually reserved for those who have had symptoms for more than six to 12 months despite aggressive treatment with nonsurgical therapies.

To help prevent tennis elbow from recurring, continue your treatment plan for the prescribed length of time. If pain starts to recur, be sure to revisit your physician. Ease into any repetitive motion activity around the house or at work and rest your arm at the first sign of pain or soreness. Continue exercises for strength and flexibility even after your pain has gone away.

college news

The following students have been named to the 2021 fall semester Dean's List at the University of Minnesota Twin Cities, the university announced today.

To qualify for the Dean's List, a student must complete 12 or more

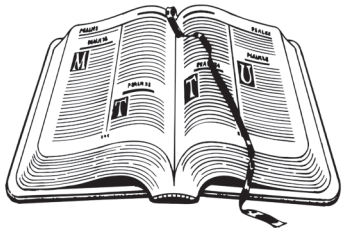
letter-graded credits while attaining a 3.66 grade point average.

Ada: William Brennan, Sophomore, Carlson School of Management.

Alto: Jessica Peckham, Freshman, College of Liberal Arts.

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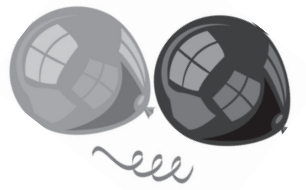
happy birthday



- MARCH 23**
Brian Gabrion, Brendan Lally, Caleb Koepfel.
- MARCH 24**
Joe Vezino Jr., Candy Speerstra, Angela Titcombe.
- MARCH 25**
Chris Yeiter, Shirley Carigon, Sari VanKeulen, Andy Quada, Troy Sloan.

- MARCH 28**
Amie Thaler, Aaron Kastanek, Beck Butler.
- MARCH 29**
John Ellison, Sandra VanWeelden, Laura Rasch, Robin Burns, Casey Yonker, Brianna Homrich, Priscilla Nearing.

- MARCH 26**
Margaret Hoats, Carol Maynard.
- MARCH 27**
Joel Roudabush, Kelly Geldersma.



‘Honey, I’m making explosives;’ accused kidnap conspirator tells 10-year-old daughter

An accused kidnapping conspirator’s 10-year-old daughter asked him: “Daddy, do you want a Dorito?”

“Honey, I’m making explosives. Can you get away from me, please? Thank you; I love you,” Barry Croft Jr. laughed as did alleged conspirator Daniel Harris and others present, according to an FBI undercover officer’s secret recording of the interaction in July 2020, which was played for a jury Thursday.

Croft, of Bear, DE, and Harris, of Lake Orion, are two of four men accused of conspiring to kidnap Gov. Gretchen Whitmer. Both are also charged with conspiracy to use a weapon of mass destruction and possession of an unregistered destructive device, while Harris also faces a count alleging possession of an unregistered short-barreled rifle.

The trial is being heard before US District Judge Robert Jonker in Grand Rapids and it continues Friday with the agent’s testimony. Jurors are also expected to hear Friday from the FBI informant known as “Dan.”

FBI special agent Mark Schweers, who posed as Mark Woods, a similarly disgruntled person akin to alleged conspirator Adam Fox, testified Thursday that

he was present when Croft and Harris made an explosive with black powder, BBs, a balloon, green coil and duct tape.

Schweers testified that he first spoke with Fox, of Potterville, on an encrypted message app after other agents learned Fox was plotting a violent attack against Michigan’s government. He said he first met Fox in the basement of the Vac Shack, a Grand Rapids business where Fox worked and lived.

Schweers said Fox was “excited” as he spoke about a “very covert” group called the Wolverine Watchmen, whom Fox described as not being well liked in Michigan, and about their “missions.” During a conversation, Fox referred to Whitmer as an “oppressor” and “tyrant bitch.”

“I want her charged; I want her f----- charged,” Fox is heard saying in one recording. In another recording, Fox says, “I want to have the governor flex-cuffed on the table while we pose like we just made the biggest drug bust. [...] That’s what we want. Lock her ass up, even if we have to go with her.”

On cross examination, Fox’s attorney, Christopher Gibbons, questioned whether his client was high during the

Vac Shack meeting or other militia meetings and training exercises.

Schweers said Fox was not smoking marijuana at the basement meeting, but he acknowledged that Fox and others “socially” smoke marijuana at some meetings.

Croft’s attorney, Joshua Blanchard, told the jury during opening arguments that his client was high on marijuana during the meetings when the alleged kidnapping was discussed and that it was “stoned crazy talk and not a plan.”

Schweers also testified on cross-examination that Fox talked about how he was upset with the legislature, which he wanted to take “by force, potentially killing officers.” Fox also discussed taking legislators hostage and putting them on trial or “ransoming the governor for legislators being held hostage,” he said.

Thursday morning testimony came from FBI special agent Christopher Long, who was assigned to monitor the confidential human source, Jennifer Plunk, who was assigned to record Croft.

Blanchard went back and forth with Long as he tried to get Long to call Plunk by name, but Long continually referred to her FBI number, CHS 99802, as protocol dictates.

Long testified that Croft’s social media activity and communications included “very violent comments” and “direct threats to law enforcement,” including burning “police officers out of their houses,” putting them on public trial and hanging them in a neighborhood tree.

Long also testified that there was chatter about kicking Croft out of the group because he appeared more violent and ready for imminent action, but the FBI encouraged Plunk to keep Croft in the group.

Courts announce warrant, traffic, parking tickets waiver program

The 61st District Court in Grand Rapids, the 62-B District Court in Kentwood, and the 63rd District Court announced today a waiver program for individuals to comply with court orders by settling their debts without further penalty or incarceration.

Specifically, the program addresses outstanding warrants for non-compliance with a court order of fines, fees, court costs and any outstanding traffic or parking tickets that have gone into default or suspension. The waiver program will be effective from April 1 through April 30, 2022.

“This is an opportunity for people to settle past due fines with the court without penalty,” said

63rd District Court Chief Judge Jeffrey J. O’Hara. “Qualified applicants will be given fee waivers and have the ability to set up payment plans to resolve matters without the worry of additional penalties or incarceration. We all know the last two years have impacted people in many ways and as a court, we are pleased to offer this to the community during the month of April.”

“The 62-B District Court is pleased to be a part of this collaborating effort,” stated Judge Amanda Sterkenburg. “Individuals seeking to make payment can use our new lobby kiosk for a contact-free experience or speak with a clerk in person during business hours.”

The 61st, 62-B and 63rd District Courts guarantee that those who pay in full will not be jailed because

of the late payment. If the account is paid in full, the courts will waive all court-imposed late fees or warrant fees except for the \$45 license suspension reinstatement fees.

If an individual is unable to pay in full, but makes a significant payment, the courts will work with the individual to set-up a new payment plan regarding any outstanding balance and will not sentence them to jail for the inability to pay in full. Any existing driver’s license suspension will not be lifted until the account is paid in full. Payments must be made by contacting the 61st at 616-632-5525, 62-B at 616-698-9310, or 63rd District Court at 616-632-7770 for further information.

“The issue was they were going to go off and do lone-wolf attacks,” Long said, and the FBI was concerned about losing access to Croft if he left the group.

On cross-examination, Blanchard questioned Long about directing Plunk to keep Croft in the group when it is the FBI’s goal to break up violent groups, but Long maintained that the group was not disbanding as the defense claimed. Rather, he said, the group simply wanted to kick Croft out.

Blanchard also tried to get Long to admit that he used “BH” in a text message with Plunk when referring to Croft and that “BH” meant bonehead. Long replied that his finger must have slipped, and he was not “trying to be arrogant or belittle” Croft.

Fox and fourth co-defendant Brandon Caserta, of Canton Township, are also charged with kidnap conspiracy. Fox also faces a charge of conspiracy to use a weapon of mass destruction.

Today: Wednesday, March 23
Wednesday, March 23 is the
82nd day of the year. There are
still 283 days remaining in 2022.

Historic Events

1775: Patrick Henry delivers his "Give me liberty, or give me death!" speech at St. John's Episcopal Church in Richmond, VA.

1806: After traveling through the Louisiana Purchase and reaching the Pacific Ocean, explorers Lewis and Clark and their "Corps of Discovery" begin the arduous journey home.

1857: Elisha Otis's first elevator is installed in a building at 488 Broadway in New York City.

1862: A Confederate defeat at Kernstown, VA, marks the start of Stonewall Jackson's "Valley Campaign." The engagement also distracts the US from its efforts to recapture Richmond, VA.

1868: The University of California is founded in Oakland.

1909: Theodore Roosevelt leaves New York for a post-presidency safari in Africa, sponsored by the Smithsonian Institution and the National Geographic Society.

1919: Benito Mussolini founds the Fascist political movement in Milan, Italy.

1933: The Reichstag passes the Enabling Act of 1933, making Adolf Hitler dictator of Germany.

1956: Pakistan becomes the first Islamic republic in the world. This date is now celebrated as Republic Day in Pakistan.

1965: NASA launches Gemini 3, the United States' first two-man space flight, with crew Gus Grissom and John Young.

2021: A container ship runs aground and obstructs the Suez Canal for six days.

COMING AUCTIONS

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VERGENNES TOWNSHIP ZONING BOARD OF APPEALS PUBLIC NOTICE

There will be a meeting of the Vergennes Township Zoning Board of Appeals on April 7, 2022 at 7:00 p.m. at the Vergennes Township Hall located at 69 Lincoln Lake Ave (Lowell) to hear the following business:

A variance application for a boundary line adjustment has been received for the following addresses: 10336 Bailey Dr NE (PP#41-16-30-200-012) and 365 Parnell Ave NE (PP#41-16-30-200-031) both parcels owned by Jeffrey Tarak, along with 10356 Bailey Dr NE (PP#41-16-30-200-008), owned by Isabelle Giguire. All parcels are addressed as Lowell, MI 49331.

The variance request is regarding three “R-A” rural-agricultural zoned parcels that are currently non-conforming and do not meet minimum parcel standards. The requested variance would make several boundary line adjustments to alter these non-conformities and clarify boundary line concerns. The applicable ordinances include 201.304, 201.304E, 201.304F, and 201.704.

The complete variance application can be reviewed at the Vergennes Township Hall from 9 a.m. to 3 p.m. on Mondays and Wednesdays and from 9 a.m. to noon on Thursdays or on the website at www.vergennestwp.org. Public comment will be heard at the meeting and comments received by mail, email, in person or in the Township drop box will be considered if received at the Township office prior to 6:00 p.m. on the day of the meeting. Comments may be emailed to: zoning@vergennestwp.org

To view the application on the website, click on “Departments,” then “Zoning Board of Appeals,” then “Pending Applications.”

Ryan Carrigan
Zoning Administrator

36th annual West Michigan Art Competition exhibition has opened in LowellArts gallery



Kimberly Gill, "No More Red Dresses," acrylic, charcoal, collage

LowellArts recently announced the 36th annual West Michigan Art Competition, highlighting outstanding artwork by lower West Michigan artists. More than 200 artists

submitted their work to be juried, and 98 artists had their work selected to be on display at the LowellArts Gallery, 223 W. Main, from March 5 to April 16. The competition was open to all

visual art media by artists age 18 or older who lived in one of 25 eligible West Michigan counties: Allegan, Barry, Berrien, Branch, Cass, Calhoun, Clare, Clinton, Eaton, Gratiot, Ionia, Isabella, Kalamazoo, Kent, Lake, Mason, Mecosta, Muskegon, Montcalm, Newaygo, Oceana, Osceola, Ottawa, Saint Joseph or Van Buren.

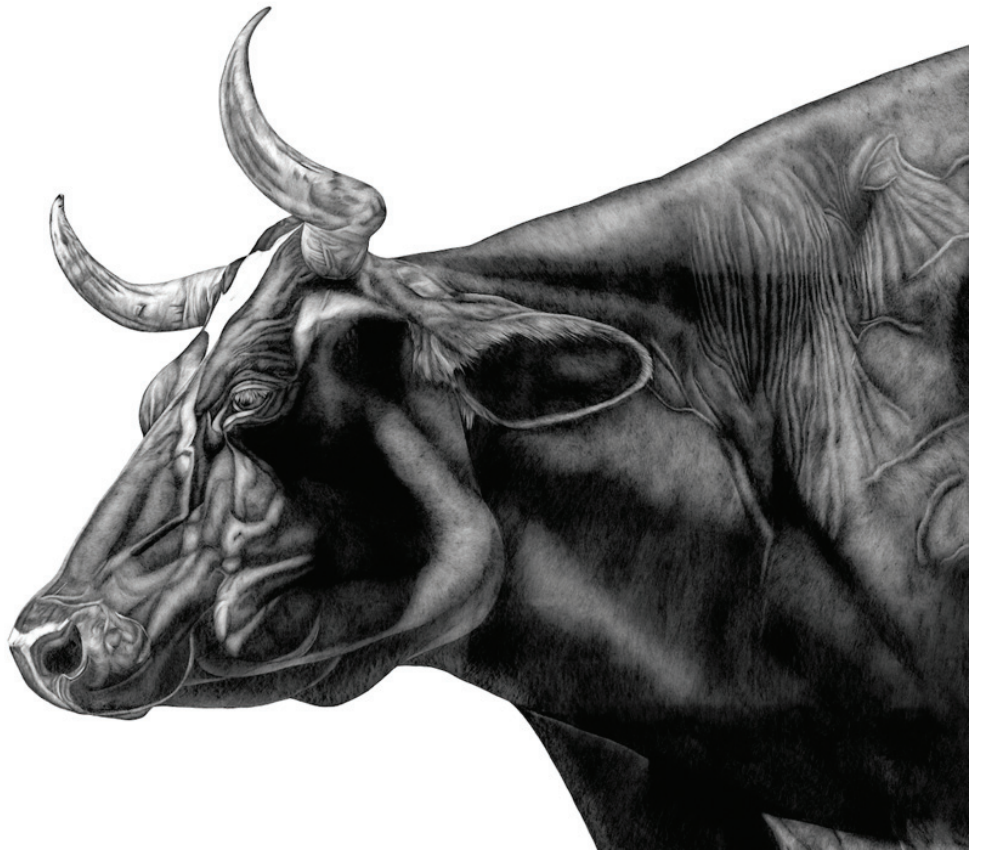
Artists could submit one piece to be juried.

The juror selected five monetary award winners and six honorable mention awards from the pieces on display. Monetary award winners were Kendra Achenbach-Warner (Grand Rapids), Kimberly Gill (Byron Center), Hana Girdvainis-Sawyer (Muskegon), Joyce A. Recker (Grand Rapids) and Megan Shilobod (Grand Rapids).

Honorable mention awards went to Jay Constantine (Grand Rapids), Tatsuki Hakoyama (Grand Rapids), Taylor Mazer (Grand Rapids), Brian Newton (Fennville), Carly Norris (Niles) and Filippo Tagliati (Grand Rapids).

The juror for the competition was Bill Davis, professor of art at Western Michigan University's Gwen Frostic School, where he teaches in the photography program. Davis has an MFA from The Tyler School of Art and has a BFA from Ohio University.

Davis' work is archived in over 25 museum or private collections in the US and abroad. Davis managed Pavel Banka's Prague studio and taught photo history at Umprum Usti before receiving



Kendra Achenbach-Warner, "Elvis," ballpoint pen



Joyce A Recker, "Longing for the Wholly Other," mixed

grants, commissions or fellowships to work in Las Vegas, the Amazon, Peru, Paris, Spain, Korea, Vermont and Michigan, and exhibit in London, Prague, Madrid, Edinburgh, Orange, Australia, Leeds and Kiev.

Since 2011, he has received awards and project funding from the WMU Climate Change Working Group, IEFDF, FRACCA, the Kalamazoo Arts Council and a Sustainability Project Grant via the Milton Ratner Foundation to photograph light pollution.

LowellArts gallery hours are Tuesday through Friday from 10 am to 6pm and Saturday from noon to 5 pm. More information can be found at lowellartsmi.org/west-michigan-art-competition.



Megan Shilobod, "Flora Yaga," watercolor



Hana Girdvainis-Sawyer, "Ghost Mule," acrylic

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*Kantar Millward Brown, Feb. 2018



Lowell area country/pop/rock band Prior Noon working on new recordings in Nashville

by Tim McAllister
lead reporter

One of Lowell's most promising young bands is Prior Noon, a pop/country/rock group consisting of McKenna Grody, vocals; Judah Postman, vocals; Nick Struckmeyer, lead guitar; Drew Struckmeyer, bass, vocals; Jay Stadt, drums; and Joe Warren, rhythm guitar, percussion.

"Prior Noon has been around for two years now," said bass player and vocalist Drew Struckmeyer. "A few of us played together locally when we were in high school in a band called Off the Radar, and then we've all played together at church for a long time, but we formed Prior Noon in the spring of 2020. When we started that

producer. I went down for a day with our demo track, and we are revamped some stuff and mixed it in, then we were able to release that as a single in April of last year. We filmed the video at Impact Church because that was the only space we had. Our friend Noah Hempel shot that and then I edited it together to make the music video for our first release. A lot of middle school and high school video projects came in handy! Then we started writing again, and we saved up so we could be able to have the whole band go down to Nashville and record it all there instead of doing some up here and some down there. Then, in



PRIOR NOON
2022 SHOWS

4/16 - PRIVATE EVENT
5/13 - WILDWOOD FAMILY FARMS
5/27 - SMYRNA BAR
6/30 - FRUGTHAVEN FARM CONCERT SERIES
7/22 - SMYRNA BAR
8/17 - PRIVATE EVENT
8/26 - SMYRNA BAR
9/17 - ALTO HARVEST FEST + CAR SHOW

Watch the band's social media pages, this calendar will likely expand as the weather improves.

first year, we were just kind of like, 'Let's play something other than church music together!' So we started out just learning some covers. That was going kind of well, so we were like, 'Let's see what happens if we start writing music on our own!' So in the winter of 2020, in December of that year, I wrote the first song, 'Catch 22.' We didn't use the phrase in the typical way, but more like catching a feeling of being 22. I showed the band and we all kind of added in some more individual parts and kind of made it a more full band song than just what I had. Then we had a demo, but we didn't really know what to do with it. It's a pretty good demo, we just didn't know what to do. So we found a guy online named Ben Reno [benrenomusic.com] in Nashville. He's a

October, we went down to Nashville with Ben Reno again and did all the tracking at his studio. We came back with two finished songs and then filmed the two videos - one at night outside and one in the bar - and released those in January and March of this year. Those songs are on Spotify and all streaming services. This fall, we're going to do three more with Ben to make a six-song EP." The band has a ridiculous 55-song live set, plus their originals, and their performance calendar is filling up quickly. Prior Noon's recordings are available on all streaming services, and they have tentative plans for a vinyl release in the future. They are constantly adding live shows, stalk them on social media for updates. "The 55-song live set

was just out of necessity," Struckmeyer said. "Summer of 2020 was the first summer we were together, and we just played some real small places like our friend's open house or little things like that. But by this time last year, we were like, 'All right, we've been putting in some work, let's see if we can play some real shows!' We played at Smyrna Bar last June, that was the first one that I would call a legit gig. So they were like, 'You're playing from six to nine,' and we were like, 'Holy cow, how many songs is that?!' So we spent most of April and May getting together on Friday or Saturday night, trying to learn as many covers as we could, and it came out to about 55 that we know and 45 we can play pretty well. We also play the three originals that we have released, and we're going to try to add two or three more as we work on the record in the fall."

Request for proposals to expand, enhance emotional health program

The Michigan Department of Health and Human Services has issued a request for proposals to expand the number of sites offering the Expanding, Enhancing Emotional Health program. The purpose of the Expanding, Enhancing Emotional Health Expansion Program RFP is to support comprehensive mental health services to children and adolescents in a school-based location by a licensed mental health professional. This RFP is open to public and non-profit entities such as local health departments, community health centers, community mental health agencies, Federally Qualified Health Centers, non-profit hospitals/health systems, school districts, federally recognized tribes and other

health care or social services organizations qualified to provide mental health care to the school age population. The four-month award begins on June 1, 2022, and ends Sept. 30, 2022, with the total available amount being \$1.5 million with a maximum of \$110,000 per successful applicant. Successful applicants will be invited to apply for annual renewals based on availability of funds and acceptable performance. Grant applications for the Expanding, Enhancing Emotional Health Expansion Program RFP must be submitted electronically through the EGrAMS program by 3 pm on April 15. To apply, visit the EGrAMS website.

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LMS Odyssey of the Mind team advances to world finals

Submitted by Lori Lothian

After a two year break, teams from across the state gathered at Thornapple Kellogg Schools in Middleville on Saturday, March 12 for the Michigan Odyssey of the Mind State Finals Competition.

The Lowell Middle School team worked for several months putting together a solution to the “reOMvention” technical problem. In this problem, teams had to present a performance that included an original threat to the environment that self-replicated until the team created a reOMvention technical device removed the threat. The team’s creative solution earned them a second place finish at the regional competition in February, then another second place finish at the tough state finals competition on Saturday, March 12. At the state finals competition, the top three teams in their respective problem and division advance to World Finals

at Iowa State University in May. Since starting the program in Lowell sixteen years ago, this is the eighth time Lowell will be represented at the world competition.

Over 500 teams will compete in the Odyssey of the Mind World Finals. The competition emphasizes creativity and teamwork and has grown into the largest international creative problem-solving competition worldwide. Millions of kids have been working hard all year perfecting their solutions to OotM problems and competing within their regions and states. Only a few advance to World Finals – these teams represent the best of the best creative minds. While the competition is fierce, there is also a feeling of camaraderie among competitors. Many students form lifelong friendships that span the U.S. and the globe. At World Finals, the teams have the chance to learn about other cultures



The Lowell Middle School “reOMvention” team at the regional competition. Pictured left to right: Jackson Pelletier, Brooklyn Jackson, Olivia Lothian, Olivia Landes, Bryleigh Thompson, Gabrielle Stodola and Zack Shea.

through a common goal. . . to be as creative as they can!

The students are beginning to raise funds to participate in the

competition. The team will need to raise approximately \$4000 to attend the World Finals Tournament. Please consider making a donation

to help the students who will be representing our community and state at the Odyssey of the Mind World Finals Competition. If you

or your organization would be interested in helping out the teams, please email lowellodyssey@gmail.com for more information.



Live the Life You Want

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

Healthy vs Unhealthy Boundaries

What exactly are boundaries and why do we need them? Boundaries are needed for others to understand your comfort levels, rules, limitations, and acceptable ways of interacting with you. According to Wikipedia “Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe

and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.”

Healthy boundaries are part of the foundation of a healthy relationship. Having healthy boundaries comes from a sense of self-worth and self-respect. Not sure if your boundaries are healthy or unhealthy? Keep reading.

Unhealthy vs Healthy Boundaries

Possible signs of unhealthy boundaries:

When interacting with someone if you feel, anxious, stressed, emotionally drained, or uncomfortable this often means a boundary is being crossed.

You find yourself in a relationship pattern (friends, work, family, romantic partners) where you feel taken advantage of, used, abused (emotionally, psychologically, sexually, or physically).

You are always the one giving and getting little to nothing in return.

You feel guilty for not doing things for others or for saying no.

You find yourself surrounded by toxic, narcissistic, manipulative, emotionally and physically draining people.

You overshare personal information about yourself with those you just met or on social media.

You share daily drama

with those not directly involved. In short, gossiping.

You dominate conversations, allowing others to barely participate.

You expect emotional therapy from friends and family whenever you need it.

You personally attack others or rant in person or on social media.

You are over involved in the problems of others even if you’re not close. i.e. You seem to know everything about everyone.

You are a people pleaser and fear rejection so you accept abuse from others.

Unhealthy boundaries are often learned in childhood and become a behavioral norm. You may not like these unhealthy boundary norms but you have become somewhat numb and accepting of them.

Healthy boundaries limit the above negative emotions, interactions, and relationships. Healthy boundaries limited the amount of stress hormones

being released in your body in turn improving your overall well-being. Having supportive, nurturing, and caring individuals in your life also helps support good mental and physical health.

Possible Signs of Healthy Boundaries:

You don’t compromise your values or beliefs for others.

You accept others saying no and are able to say no when needed making yourself and your self-care a priority.

You have self-respect, self-worth, and believe in the importance of self-care.

You don’t overshare personal information and disclose appropriately.

You are able to share your needs and wants in a healthy way.

You don’t dismiss others opinions or ideas but also know yours are also valid and important.

You are able to let someone know when they are touching you in a way that makes you feel uncomfortable. For

instance, someone tries to hug you which makes you uncomfortable. You step back not allowing the hug and relay to the person respectfully but firmly that you are not a hugger or are not comfortable with hugging. You don’t send a mixed message by allowing the hug.

You are able to let someone know respectfully but firmly when you are not okay with a topic or the way they are speaking to you.

Relaying and enforcing your boundaries is important so someone doesn’t keep crossing them. Healthy boundaries are part of the foundation of a healthy relationship.

If you have unhealthy boundaries, it may be time to make changes to improve your life and your well-being. Just as you learned these unhealthy boundaries you can unlearn them. This article is not intended to provide advice, diagnose, or treat in any way. It is for informational purposes only.

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the lowell **ledger**

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Red Arrow

- WRESTLING

SPORTS

LHS alumnus Max Dean wins national championship

by Justin Scott
sports reporter

Lowell High School's wrestling program can now boast two NCAA national champions after Max Dean won his first NCAA championship last Saturday in Detroit.

It was Dean's first season at Penn State University, where he transferred after spending his first two years at Cornell. The transfer was made primarily due to fears that the Ivy League, which Cornell is a part of, would not have a winter sports season in 2021-2022. The league dashed all winter sports during the previous season while the rest of college athletics primarily played on during the pandemic.

With his redshirt junior season, Dean went 23-1 during the season in the 197 pound weight class. His only loss came early in the season, against the 11th ranked wrestler nationally, out of Michigan State.

The first match of the NCAA Tournament, which was held at Little Caesars Arena in Detroit, Dean won with a 17-1 technical fall. The last four included tight matches and thrilling finishes that ended up being four decisions that went Dean's way. Those included the finals where he won 3-2 over Iowa's Jacob Warner.

Warner led the finals match 1-0 after two periods before Dean scored an escape and then a takedown with 36 seconds left which

all but sealed the win.

His first two years with Cornell he went 57-12 overall and scored eighth place and runner-up finishes in the NCAA Tournament. He olympic redshirted during the 2019-2020 season before the cancellation of the 2020-2021 season by the Ivy League and eventual transfer to Penn State.

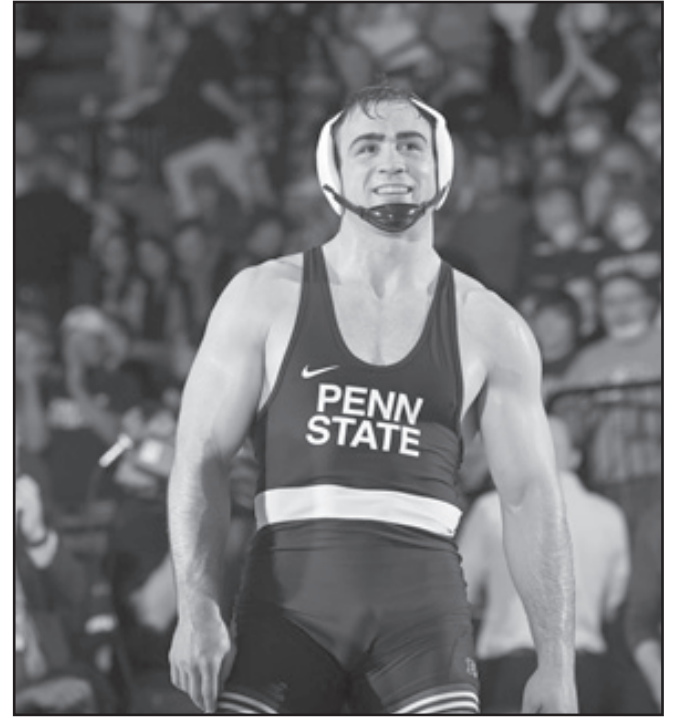
"He's an honest, hard-working, top-of-the-line human being. They don't get much better than him," Penn State wrestling head coach Cael Sanderson told Penn State student newspaper, The Daily Collegian.

Penn State is a collegiate wrestling power where they have won nine of the last eleven NCAA D1 national championships. In

addition to the team title this year, Penn State also had five individual champions, including Dean.

Max is Lowell's second ever alumnus to win a wrestling national championship. His brother Gabe Dean was a two-time national champion winning titles in 2015 and 2016 with Cornell University. At Lowell, Max went 101-10 overall and won state championships in 2014 and 2016 as an individual, while helping the team win four championships during his high school career.

Max and Gabe's father, former Lowell wrestling head coach Dave Dean, was a national runner-up during his collegiate career with Minnesota.



Max Dean's bio photo from Penn State's website.



Financial Focus

With Christopher C. Godbold

Edward Jones
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HSA: A healthy way to save for retirement

Many expenses in life are unpredictable. But there are two things you know you'll have to pay for: medical bills and retirement. You'll probably need to take a variety of steps to meet these costs, but one financial instrument that can help is a health savings account (HSA).

If you're not familiar with an HSA, here are the basics:

Eligibility – If you are enrolled in a qualified high-deductible health plan (HDHP), you can generally contribute to an HSA. While HSAs are typically offered through employers,

you can still open one if your employer doesn't provide it, or if you're self-employed, although you must have HDHP coverage. You also can't be enrolled in another health insurance plan, other than those permitted, such as dental, vision, long-term care and disability insurance, and you can't be enrolled in Medicare. Also, you can't be claimed as a dependent on another person's tax return.

Contribution limits – In 2022, you can put in up to \$3,650 to an HSA if you have single coverage, or \$7,300 for family

coverage. And if you're 55 or older, you can put in an extra \$1,000 per year.

Tax benefits – An HSA has triple tax advantages: Your contributions are made with pre-tax dollars, so they can reduce your taxable income for the year; your earnings grow tax-free; and your withdrawals are tax-free, provided the money is used for qualified medical expenses. (Withdrawals taken before age 65 that aren't used for qualified medical expenses are taxable and subject to a 20% penalty; once you reach 65, the penalty no longer applies, although withdrawals are still taxable.)

In addition to its providing tax benefits, an HSA can help you

in other ways. Perhaps most significantly, your HSA can be an additional financial resource for your retirement. That's because the money in your HSA can be carried over from year to year – you aren't obligated to "use it or lose it." So, the money not spent on annual medical expenses can continue to grow tax-deferred. Plus, an HSA is "portable" – it moves with you when you leave a job.

Furthermore, unlike a 401(k) or a traditional IRA, an HSA does not require you to begin taking withdrawals once you reach 72 – you can leave your account untouched for essentially as long as you'd like. And while you may need to use your HSA funds to meet your medical

expenses in retirement – which can be considerable, even with Medicare – you can use what you don't spend on medical costs for your other needs without penalty, once you reach age 65. (As mentioned above, any HSA withdrawals not used for qualified medical costs are taxable.)

Here's one other point to keep in mind: Your HSA likely contains investment options, along with a cash account. If you put all your funds in the cash account, as many people do, you might be depriving yourself of the growth opportunities provided by the investment options. On the other hand, of course, these investments generally carry more risk. One possible way to benefit from both parts of your

HSA is to keep enough cash to cover your health insurance's out-of-pocket maximum and invest the rest.

As you can see, an HSA can help you in numerous ways. If you have access to one, consider taking advantage of it.

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

Edward Jones,
Member SIPC

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
KENT COUNTY

NOTICE TO CREDITORS
Decedent's Estate

CASE NO. and JUDGE:
22-210724-DE

Estate of MICHELLE
DEVORE. Date of birth:
10/22/1959.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Michelle Devore, died 12/06/2021. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Amanda Gaffney AND Stephen

M. Devore, personal representatives, or to both the probate court at 180 Ottawa Avenue NW, Suite 2500, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

March 14, 2022

Meredith Curless (P78235)
410 Bridge St NW
Grand Rapids, MI 49504
616-458-3699

Amanda Gaffney AND
Stephen M. Devore
3655 16th SW & 2411
Ansonia Ave SW
Grandville 49418 & Grand
Rapids 49507
231-598-1547

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DNR collecting walleye eggs on Muskegon River this spring

Muskegon River anglers should be on the lookout for Michigan Department of Natural Resources personnel collecting walleye eggs below Croton Dam this spring.

Walleye will be collected with electrofishing boats starting as early as the week of March 20 and concluding by April 14. The date these collections begin will depend on water temperatures, the presence of ripe fish and other factors. It is anticipated most work will be completed from the

last week of March through the first week of April. Five days of electrofishing are planned, with four of those being egg-take days.

"This adult population consists of mostly stocked fish," said Ed Pearce, DNR fisheries technician supervisor who coordinates the egg take. "The Muskegon River has the largest run of walleye in the Lake Michigan watershed south of Green Bay."

Electrofishing sampling usually begins at Croton Dam each day at about 8:30 a.m. and proceeds downstream to

the Pine Street access site. If more eggs are needed, additional collections may occur downstream to the Thornapple Street access site.

Anglers who wish to avoid the walleye collection activities should fish downstream of the Pine Street access site. The DNR asks everyone to use caution when fishing near the electrofishing boats, and those wading will be asked to exit the water when a boat approaches and during electrofishing work.



DNR personnel conduct electrofish sampling on the Muskegon River near Croton Dam.



DNR personnel at the spawning location at the Pine Street access site.

The DNR also asks the public to not gather at egg collection to allow DNR staff to maintain effective social distancing and to safely and efficiently collect eggs. The DNR appreciates cooperation during this critical egg-take operation.

The DNR plans to collect approximately 24 million walleye eggs from the Muskegon River this year, which will result in fry (fish that have just hatched) for transfer to

rearing ponds and direct fry plants throughout the Lower Peninsula. Walleye fry transferred to ponds will be raised to fingerling size (approximately 1.5 to 2.5 inches) and stocked in late spring or early summer in lakes and rivers throughout the Lower Peninsula. Lake Michigan and many inland lake walleye populations in the Lower Peninsula depend on the fingerlings produced from Muskegon River eggs. The size of the walleye

spawning run in the Muskegon River is about 40,000 to 50,000 fish each year. DNR crews will strip milt (sperm) and eggs from approximately 350 adult fish, which will be returned to the river – except for 60, which will be sent to Michigan State University for fish health testing.

Learn more about how the DNR manages Michigan's fisheries at Michigan.gov/Fishing.

NOTICE OF PUBLIC HEARING LOWELL CHARTER TOWNSHIP PLANNING COMMISSION

REQUEST: The Lowell Charter Township Planning Commission will hold a Public Hearing to consider an application from Frank Burns for a Special Land Use Permit to establish an open-air business. Specifically, Mr. Burns wishes to operate an equipment rental business for compact construction equipment such as skid steers, track loaders, excavators, compactors, tillers, generators, and similar equipment. Some of this equipment would be displayed outdoors.

GENERAL LOCATION: 11797 East Fulton Street which is on the north side of Fulton Street next to State Farm Insurance Agency.

The hearing will be held as follows:

WHEN: MONDAY, APRIL 11, 2022
TIME: 7:00 P.M.
WHERE: LOWELL CHARTER TOWNSHIP HALL
2910 ALDEN NASH AVENUE SE
LOWELL, MI. 49331

Any person is welcome to attend the meeting and offer comments regarding this request. Information on the proposed request is available for review at the Lowell Charter Township Offices, 2910 Alden Nash Avenue, SE, Lowell, MI. 49331 during normal office hours on Monday, Tuesday, and Thursday or by calling 897-7600.

Materials pertaining to this request may also be viewed on the Township web site at www.lowelltpw.org five days before the meeting.

Greg Forde, Secretary
Lowell Charter Township
Planning Commission

\$400 per-vehicle refunds going out to more than 7 million insured drivers

The \$400 per-vehicle refunds are starting to land in bank accounts across Michigan, providing \$3 billion in savings thanks to bipartisan reforms to the state's broken auto no-fault law, the Insurance Alliance of Michigan announced last week.

More than seven million Michigan insured drivers will receive \$400 per-vehicle refunds between now and May 9.

The refunds come on top of savings from the Michigan Catastrophic Claims Association fee reductions in 2020 and 2021, which totaled

well over \$1 billion. Drivers across Michigan are also experiencing savings on their premiums through increased competition and by choosing different levels of personal injury protection because of the 2019 bipartisan auto no-fault reforms.

"Now through May 9, more than 7 million drivers will receive \$400 per-vehicle checks and direct deposits coming their way because of the bipartisan auto no-fault reforms. This is just one more tangible piece of evidence that these reforms are working," said Erin McDonough, executive

director of the Insurance Alliance of Michigan. "Auto no-fault reforms are providing Michigan drivers with choice for the first time, reducing fraud and reining in rampant overcharging by hospitals and other medical providers. We should stay the course and let reforms keep working."

More drivers are also buying car insurance for the first time, or for the first time in a while now that it's more affordable. According to data compiled by IAM member companies, more than 155,000 drivers have purchased car insurance

since reforms took effect on July 2, 2020. Over 66,000 of those drivers didn't have car insurance for three years or more.

Reforms have also encouraged more companies to enter Michigan's auto insurance market. To date, 37 new companies are planning to enter the market or have already done so, increasing competition and further lowering the cost of auto insurance.

Despite a massive PR and lobbying campaign by special interest groups trying to turn back the clock, auto no-fault reforms are putting money back in the pockets of Michiganders at a time of rising inflation and costs, McDonough said.

"We've heard from member companies that direct deposits are already starting to roll out and more are on their way," McDonough said. "These refunds are a direct result of staying the course on the 2019 bipartisan auto no-fault reforms, saving Michigan drivers money at a critical time."



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

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

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NOREEN K. MYERS, ATTORNEY AT LAW - Compassionate, experienced, effective legal representation. Specialties include: wills & trusts, work related injuries, employment discrimination. 307 E. Main, Lowell, 897-5460.

EMERGENCY ROAD SERVICE - Lowell & surrounding areas. On road repairs. Rob's Towing & Auto Salvage. "CHEAP HOOKER" 616-292-7649 or 616-295-8820.

TWO BROTHERS AUTO SERVICE - 5400 Ivan Rd., Saranac, 616-642-9180. 30 years experience, state certified, licensed & insured. Hours Mon. - Fri. 8 am - 5 pm. Dave Traver head mechanic.

STUMP GRINDING - Call Dan for free estimates, 616-970-3832.

DRIVER'S LICENSE SUSPENDED OR REVOKED? - Don't get sucked into \$100-\$300 evaluation fees...I NEVER charge for your record evaluation & consultation! Driver's license RESTORATION: \$3500 incl. all filing fees AND FREE consultation & evaluation of your case. Have a question? Call Attorney Martin Mead (616) 235-0330.

WHEN IN AN ACCIDENT - YOU CAN CHOOSE WHO TOWS YOUR VEHICLE - Request J&K Roadside Service, 616-690-0983.

PROFESSIONAL TREE CLIMBER - Needs work. Call Dan, 616-970-3832.

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PUZZLE SOLUTIONS

Grid of puzzle solutions with words like R U E R, M S T, R A T, O X B O W, A K A, R A B I, M O L T O, N I L, A G E E, R A C E S, I L L, S E T S, A B O L I S H E S, T R A N S L U C E N T, S H I N N E D, D N A, K O R E A, T A B E S, F A A, E B O N I E S, U N D E S I R A B L E, S U B S I D I E S, M A G I, M U T, E A G A N, E B R O, I C H, A U B E R, S E I S, Z E E, R A B B I, A R C, E R R, R E E D

9x9 grid of numbers: 9 3 5 8 7 6 1 4 2, 7 6 4 9 1 2 3 8 5, 1 2 8 3 4 5 6 9 7, 4 8 9 5 3 1 2 7 6, 2 5 7 4 6 8 9 1 3, 3 1 6 7 2 9 4 5 8, 8 4 3 6 9 7 5 2 1, 6 7 1 2 5 4 8 3 9, 5 9 2 1 8 3 7 6 4

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



The Restless Viking

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With Chuck & Martha Hayden
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~ Belding's Secret - Silk

by Martha Hayden

Did you know that 90 percent of the silk market was housed in Belding, Michigan? “Belding Brothers and Company” silk mills started operating in the late 1800’s and by 1920 the Belding business processed over one million pounds of raw silk each year. Honestly, I have lived just south of Belding for nearly 30 years and have just learned about this. I needed to know more! The Alvah N. Belding Library was my first stop! Kelly, the librarian, kindly brought me books and hanging files full of photographs. Many of these contained hand written notes. What treasures!

Beatrice Slayton

The first photo that

family, who lived less than 100 miles away. (“Belding Brothers and Company” recruited single women within a 100 mile radius. If a young lady could convinced her friends to sign on as well, then her train fare would be covered by the company.)

The Boarding Houses

I was captivated by these women who stayed at the boarding houses, earning a living. What were their lives like? I searched for more photographs and stories. I was amazed that I hadn’t known this history of Belding, Michigan.

Keeping with the era’s expectations, the Ashfield, the White Swan and the



Bands would play in the park on Sundays. Ice cream would be served at the pavilion. The Idlewilde Winnona Riverboat would entertain patrons as it traveled up and down the Flat River. The Belding Brothers and Company built an opera house, as well, to entertain their workers.

There were “Toe Socials.” Women would reveal their toes from behind a sheet and men would bid for a date based on the teeny appendages shown.

Well, some of these independent women didn’t



Beatrice Slayton slid the silken thread through the harness carefully creating soft, silk fabric. Photo Credit: Alvah Belding Library.

caught my eye was labeled with “Beatrice Slayton.” Later I found this photo in “The Images of America: Belding” history book. I was captivated and needed to learn her story.

While weaving, Beatrice thought about Alvah Belding and his many acts of kindness he had shown to the ladies who worked for the ‘Belding Brothers and Company’ silk mills. Alvah had sent a wagon to pick the young women up at the boarding houses after an extremely heavy snowfall. He had been a firm believer in treating his workers well. Alvah oversaw the manufacturing of this profitable silk business.

Ms. Slayton contemplated her good fortune. She was thankful to be able to make a living as a single woman in the early decade of this new century. Her weekly salary was a solid \$8.00. With the boarding house only costing \$2.50 each week, Beatrice was able to send some money home to her

Belrockton rooming houses held strict guidelines. The ladies needed to abide by the 9:30 pm curfew and lights were turned off by 10:00. These were comfortable dorms with hot and cold water, baths, electricity, steam heat and free libraries.

Ashfield Boarding House

The Belding brothers were firm believers in treating their workers well. After all, happy workers were more productive.

The Belrockton

Built in 1906 as a rooming house for female workers, The Belrockton now serves as the Belding Museum. It’s gorgeous!

Suitors

With the large population of single females in the area, many young men traveled by train from Greenville and Grand Rapids on Friday nights to attempt to catch the eye of a young lass. Men would come and sit on the fence railing, dangling their feet, acting innocent. There were plenty of activities around town, too!

appreciate the attention, so a few had smeared molasses along the ledge of the boarding house. As the boys sat in the thick, sticky liquid, the ladies giggled from the windowsills.

Male Workers

Male workers at the Belding Brothers and Company silk mills made up the remaining 25 percent



75 percent of the silk mill staff were females. Up to 125 women lived in each of the three boarding houses provided by The Belding Brothers and Company. Photo Credit: “Images of America: Belding”

of the staff. They worked as warpers, dryers, loom fixers and superintendents. Most were married. The Belding Brothers and Company provided their male staff members with nearby homes to rent.

The Belding Brothers

Hiram H. Jr. lived in Belding only a short time and then moved to Chicago to oversee the family’s silk industry. Hiram Jr. sadly died at 55 years old. David was a teacher in southern Ohio. It was reported that Hiram Sr. wasn’t involved in the

closed down by 1932. However, the Belding name lives on and carries the city into the future.

The Red Mill No. 1

The Red Mill No. 1 was built in 1890 with an addition made in 1892. Its primary purpose was for producing silk thread.

The White Mill No. 2

The White Mill known as No. 2 comprised of weaving. It was built in 1901 with a clock tower completed in 1903. (In 2013 the clock tower took two weeks to disassemble.)

expansion into Michigan and sold this mill to Richardson Silk. The Belding Brothers didn’t want their name tied to the Michigan silk industry until they were sure it would be a success. After having a profitable beginning, the Belding Brothers and Company repurchased the mill in 1907. You will notice the two water towers purposefully placed to create enough hydro-pressure to serve the facility.

Exactly one century later (1986) the Richardson



The Belding Brothers and their Father Hiram Sr. (Standing) Milo M. and Alvah, (seated L to R) Hiram H. Jr., David W., Hiram Sr.

silk industry. Milo was the second oldest and was the first to sell silk thread door to door at the beginning of their vocation. Milo became the company’s president. Alvah was the youngest of the Belding clan. He headed the manufacturing. Alvah advocated for his workers and left a lasting impression, naming the city’s library in his honor.

After building a successful silk business in Rockville, CT. (1866), the Belding family expanded to a mill in Northampton, MA where a variety of embroidery threads were manufactured. With demand increasing, they set roots in Michigan in 1890. The Belding Brothers left their mark and their name!

Unfortunately, with the introduction of synthetic thread, the mills were all

Elise Cuuken

The sad story of Elise Cuuken has haunted the workers of Belding. Elise had asked to leave The White Mill a little early, so she could be sure to pick up flowers for a funeral. She needed to deliver the arrangement to the train, so it could be transported on time. Sadly, Ms. Cuuken was fatally struck by a falling brick from the clock tower as it was being built. The brick had simply slipped from a worker’s hand. Dismally, the floral arrangement was used at Elise Cuuken’s funeral.

The Richardson Mill No. 4

The first silk mill to be built was the Richardson Mill, known as No. 4, in 1886. At that time the Belding Brothers were unsure of their new

Mill No. 4 was converted into apartments, “Flats On The River.” Keeping the brick facade and large windows the residences holds the charm of the past. There are a variety of floor plans available for rent.

Summary

After sorting information at the Alvah N. Belding library, I felt hungry. The Silk City Saloon provided a delicious burger! I hadn’t realized the connection of the establishment’s name until that day.

I was shocked to learn that Belding had once supplied 90 percent of the United States silk supply. With four mills they processed over one million pounds of raw silk in the 1920’s. The four Belding brothers shaped this town with their fairness for their workers. They have left a lasting legacy. I enjoyed digging into the apparent hidden history of Belding, Michigan.

Resources:

Alvah Belding Library Kelly retrieved vertical files for me with photos and notes about the Silk Industry in Belding. Check out Kelly’s blog: *The Posh Librarian*.

Images of America: Belding by Cindy M. Hughes

Belding Brothers & Company, Silk Manufacturers — Alvah N. Belding Memorial Library

Belding Brothers & Company, Silk Manufacturers — Alvah N. Belding Memori...

The Belding Brothers Company manufactured silk and silk thread and had several mills in Belding.

FUN PAGE

SUDOKU

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

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!

SPRING SEASON WORD SEARCH

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

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

Puzzle solutions on page 13

SPRING SEASON WORD SEARCH

BIRTH
BLOOM
BREEZE
BULBS

BUNNY
BUTTERFLY
CHICK
CROCUS
DAFFODIL
EGGS
FLOWERS

GREEN
GROW
HATCH
HYACINTH
LAMB
MARCH
NEST

PUDDLES
RAIN
ROBIN
SEASON
SHOWERS
SPRING

Guess Who?

I am a comedian born in New York on March 14, 1976. I am a native of Staten Island and my dad was in the Air Force. I joined a comedy troupe with a few other school friends. I star on a wildly popular show on TruTV.

Answer: Brian Quinn

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to spring.

W F S L R O E

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

Answer: Flowers

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			

CLUES ACROSS

- One who regrets
- Time zone
- Subway dweller
- Bend in a river
- Alias
- Isidor __, American Nobel physicist
- Very (music)
- Zero
- Phil __, former CIA
- Competitions
- Unwell
- Puts in place
- Gets rid of
- Allows light to pass through
- Climbed quickly
- We all have it
- There's a North & South
- Emaciation
- Supervises flying
- Very dark colors
- Unwanted
- Grants
- Three visited Jesus
- Wife of Amun
- Broadway actress Daisy
- I (German)
- French opera composer
- Six (Spanish)

CLUES DOWN

- Computer memory
- "Et __": "And wife" (Latin)
- Ancient Syrian city
- College army
- Cassava
- Talented
- Capital of Estonia
- Finger millet
- In a way, assists
- Men's fashion accessories
- Misery
- Skin disorder
- Selling at specially reduced prices
- Good friend
- Stationary portion of a generator
- Expression of disappointment
- The 17th letter of the Greek alphabet
- Where birds fly
- Midway between north and northeast
- Chaotic states
- Comedic actress
- Gasteyer
- Kids' dining accessory
- Snakelike fish
- Midway between south and southeast
- Assign lifelike qualities to
- One who cites
- Midway between east and southeast
- North wind
- One or the other
- Cavalry sword
- Of the Hungarian language
- Life stories
- Flat tableland with steep edges
- Swiss river
- Plant that makes gum
- French cleric
- One point east of northeast
- Free from

Gilda's LaughFest returned to Lowell last Friday with two shows



by Tim McAllister
lead reporter

Gilda's LaughFest, the annual series of comedy shows that benefit Gilda's Club of Grand Rapids, returned to Lowell this year with two concerts on Friday, March 18.

"This is our first step forward after a good two

years, because it was March of 2020 when we came to the screeching halt in the second weekend of LaughFest," said Gilda's Club of Grand Rapids president Wendy Wigger. "To be able to come back out, engage the community and give people



Participants bashing drums with tennis balls during the "Drums for All" event.

another reason to laugh and to smile is just so meaningful and such a connection to Gilda's Club and our emotional health message."

"I've done LaughFest many years in the past, and I've really enjoyed it," said performer Josh Dunigan. "I love Lowell, I've done the Showboat concert festival before with my band, and I always enjoy my time out here. Good food and good people!"

First up at LowellArts at 7 pm was "Drums for All with Josh Dunigan," an interactive percussion jam session with full audience participation.

"I have drums for like 50 to 60 people, and then I bring out musical equipment and looping pedals and I just get everyone playing music together - on drums for the most part," Dunigan said. "The thing that I love to do is show up and figure out who's in the room and then make every person in the room feel like they are a better musician by the time they leave."



"Josh has been a part of LaughFest for several years now," Wigger said. "LaughFest is not just about the comedy, it's about all things that bring us joy and smiles and laughter, and what he does with people through the drumming experience just really signifies that joy and laughter, so we're so glad that he's come back."

The second show, at 7:30 pm in the Old Theater, was by the River City Improv

group, who turned benign audience suggestions into hilarious comedic situations.

"They are just some awesome local talent, so we look forward to bringing them out into the community," Wigger said. "River City Improv is going to be an awesome event. I know they'll bring a lot of smiles and laughter to everybody. You know, they're just such a talented group."



Josh Dunigan



River City Improv

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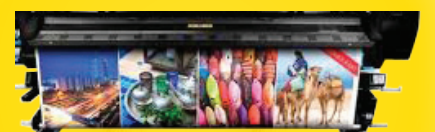
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