# the lowell of th vol. 47 issue 29

Lowell Crop Hunger Walk schedule for May 1

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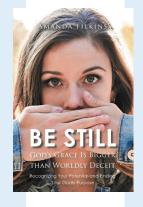
#### Torched now open

wednesday, april • 13 • 2022



page 8

#### **New Lowell** author



page 9

contributing writer On Sunday May 1,

by Bill Lee

Lowell will be hosting its annual Crop Hunger Walk, a nationwide movement sponsored by Church World Service to raise funds to end hunger and poverty in the U.S. and around the world. According to the Crop Hunger Walk website, "In 2022, we will continue to fight against disease, disaster, displacement and other challenges that leave people hungry."

Paul Benjamin, Lowell's event coordinator, who has been a part of the walk for five years, has been passionate about the event and its history since he began. "Crop Walk has been around for 50 years and for over 25 years here in Lowell," said Benjamin. "It started out in the Dakotas as just a group of hippies who wanted to help hungry people and now it's all around the world. Right here in Lowell any funds that we raise in the year, 25 percent of the total stays right here in Lowell --20 percent goes to Flat River Outreach Ministries, and five percent goes to Senior Neighbors. On average we raise about \$10,000 a year." The rest of the proceeds



#### Lowell walking Group.

help people in need across the world, particularly those in war-torn countries like Ukraine that have refugee issues. "Church World Service takes the other money to teach people how to build wells and how to garden, how to have good sanitation, how to raise farm animals," said Benjamin. "Not just throwing money at it."

This year's Crop Walk will begin at 1 pm at the United Methodist Church in Lowell with registration beginning at 12:30 pm. Ray Wolfe is the logistics coordinator and has been a part of Lowell's Crop Walk since it started. He lays out the walk which this year will start at UMC and head along Main Street west toward Alden Nash and go north and loop through the neighborhood.

There will be a shorter 1k route too. Benjamin wants people to know that they can participate in any way they see fit. To him this event is not only about supporting

Walk, continued, page 2

#### Lowell High School honor roll



#### page 14

## Palm Sunday, Happy Easter



The Passion

of our Lord, Jesus Christ, ording to Luke

## **FHS** anniversary cookbook

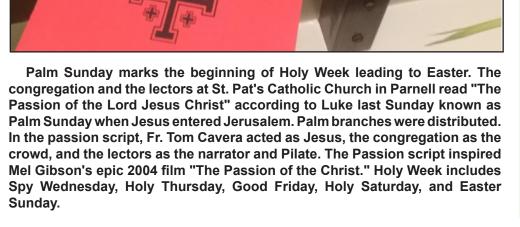
By Emma Palova contributing writer

Back by popular demand, the second reprint of the "Fallasburg Centennial Cookbook" commemorates the 150th anniversary of the Fallasburg Covered Bridge, 1871-2021. Compiled by the West Michigan Historical Society, the predecessor to the Fallasburg Historical Society (FHS), the delightful cookbook features recipes such as the lumbermen's favorite "Vinegar Pie" which won the first prize and it appears first in the cookbook "My grandmother, Mrs. C. A. Bradshaw, Stella, holds the distinction of the prize-winning recipe of 1970," Ken Tamke, FHS member said. "I have never had it and truthfully,

it sounds ghastly. Some of my cousins that have had it say it is wonderful. I have no intention of whipping it up to find out. The cookbook, if nothing else, is quite amusing and charming, a connection to the past." In the preface to the cookbook, Ellura Frost McPherson wrote, "Herein is not a host of recipes designed to outshine any others, quite the contrary. This is only a meager collection of thoughts and ideas from the local people of the Fallasburg area used many, many years ago by our ancestors." Some recipes come directly from the Fallas family which is from Edwin Fallas' Mrs.







FHS cookbook. continued, page 3

## **City council discusses** community splash pad west

#### By Emma Palova contributing writer

page 2

In a joint project planned for 2023 between the City of Lowell and Lowell Township, the community may have a splash pad instead of a municipal pool located west of the new North Grand River Riverfront Park in Lowell Charter Township.

Mayor Mike DeVore informed the Lowell City Council in a regular meeting on April 4 that he had been working with Lowell Township supervisor Jerry Hale to scout a location for a community splash pad.

"A municipal pool is

not a viable option for a community of our size," DeVore said.

The two municipalities have been seeking funding for the community splash pad in grants and fundraising over the last two years. However, in case they fall \$75,000 short of funding for the splash pad, each municipality would contribute \$37,500 if approved.

DeVore was seeking the support of the council for a letter of intent to help pay for the construction slated for 2023.

Councilmember Jim Salzwedel questioned if enough research had been done due to its short-term use in the summer months.

"They are cool. Kids love them," council member Cliff Yankovich said. "It will be \$37,500 well spent." Councilmember Leah Groves also favored the project.

"It will give another reason for people to come to Lowell," she said.

It was the consensus of the council for DeVore to go ahead with the letter of intent.

"It will be a legacy project," said DeVore.

Also, the future splash pad would attract people to the trails after the season. "It's a no-brainer," said

DeVore. "People will come back."

In other business, the city council approved the purchase of a 2022 Police Interceptor Utility AWD hybrid from Signature Ford in Owosso, the up-fitting from Great Lakes Up-fitting, and the graphics from B&K

announced her candidacy for the 78th House District

Graphics for \$54,587. Christine Barnes

on the Republican ticket.

All Aboard! Book Club

Thurs., April 14 from 10:30 - 11:30 am. Join a fun, informal discussion of great books. This month, we'll discuss The Guest Book by Sarah Blake. For adults.

#### Adult Craft and Create

Thurs., April 14 from 6:30 - 7:30 pm. Create together! Features a painting craft for you to make and take home.

## Walk, continued

Crop Walk, but it is also being involved in one's community.

"With the pandemic going on it's more important to walk whatever (distance) you want," said Benjamin. "It's more important to bring people together and making people more aware. It's not about donating the money and more about how much do you care about this and how much do you want to be involved and helping people right here. It's about coming together to get people to food and water that everybody deserves as a basic human right."

Although Benjamin is a member of the First Congregational Church, his message to everyone is that you don't need to be religious to be a part of this great event. "People can help out in any way they want," said Benjamin. "Let's get together and do this. And keep our community strong because that will have more



If you are interested in

donating, walking, setting

up your own walking

team, or just getting more

information about Crop

Paul Benjamin and his walking team.

ramifications about this." beautiful down the road. It's not about church. It's open to everybody who wants to come out. I'm glad that Lowell keeps growing and keeps getting people excited Hunger Walk, you can go to their website at

https://events. crophungerwalk.org/2022/ event/lowellmi

#### **Security Income** benefits for children with disabilities Did you know

**Supplemental** 

that Social Security's Supplemental Security Income (SSI) program provides cash payments to children with disabilities whose families have limited income and resources?

A child must meet all of the following disability requirements to be considered medically eligible for SSI:

• The child, if not blind, must not be working or earning more than \$1,350 a month in 2022. If the child is blind, they must not be working or earning more than \$2,260 in 2022. The earning amounts usually change every year to keep up with inflation.

• The child must have a medical condition(s), when we consider the parents' income. You can learn more about children's benefits in our publication, Benefits for Children with Disabilities at www.ssa.gov/ pubs/EN-05-10026.pdf.

We also help children - and adults - through our Compassionate Allowances program. Compassionate Allowances are a way to quickly identify conditions that, by definition, meet our standard for disability benefits. You can read the list of conditions www.ssa.gov/ at compassionateallowances/ conditions.htm. Compassionate Allowances can help reduce the wait time for us to make a disability determination for children with the most serious disabilities. Thousands of children receive benefits because they have a condition on this list, but children with conditions not on this list can still qualify for SSI. If you are or know a parent, guardian, caregiver, or representative of a child you think may be eligible, visit our Disability Benefits - Apply for a Child (Under Age 18) at www.ssa.gov/ ssikids to learn more and begin an application. 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.

At Your Local Library

Kent District Library programs at Alto Branch, 6071 Linfield Ave SE. For additional information call 616-784-2007.

#### Scrabble for Seniors

Fri., April 8 from 1-3 pm. Sit down and enjoy a word game, unplugged, with other fans. All ages and skill levels welcome!

#### Family Storytime

Mondays from 10:30 - 11 am. Read and sing together as a family. Enjoy stories, music, movement and rhymes that develop early literacy skills.

# the owell

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Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not a coincidence. Erma Bombeck (1927-1996)



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that result in "marked and severe functional limitations." This means that the condition(s) must very seriously limit the child's activities.

• The child's condition(s) must last for at least a year or expected to result in death.

Some older teenagers may have part-time jobs or are involved in work programs, which may affect eligibility to SSI. In addition, if an unmarried child under age 18 is living at home, we may consider some of the parents' income as the child's income. We make allowances for the parents and their other children living in the home

## **FHS cookbook continued**

1887 cookbook loaned by granddaughter Jean Rutherford Martin.

"These are so unusual, we must share them with you," McPherson wrote. The Fallas family's original recipes include peach leather, dandelion salad, a delicious soup, oaten cakes, Mrs. Fallas' tomato pie, rice black-cap pudding, pickled carrot, pickled red cabbage, frothed eggs and beef loaf. According to McPherson,

some recipes bring to mind the wonderful meals served at Lone Pine Inn.

Other than recipes, the cookbook presents the "necessary unusuals" such as grandpa's salve by Leonora Tower, and remedies for inflammatory rheumatism and hand lotion.

However, the syrup to cure rheumatism requires some mysterious ingredients like gun gerwakum and turkey rhubarb.

And the cookbooks bring back some good memories.

"They bring another piece of our past back into our lives," said Alan Rumbaugh FHS treasurer. "It was fun at the Expo to see people going through the cookbooks and commenting on the old fun recipes and what their grandparents might have cooked."

The chronology of the societies that led to the founding of the modern FHS is below.

The West Central Michigan Historical Society (WCMHS) was founded in 1965 by Leonora Tower and preceded the Fallasburg Historical Society (FHS) circa 1988.

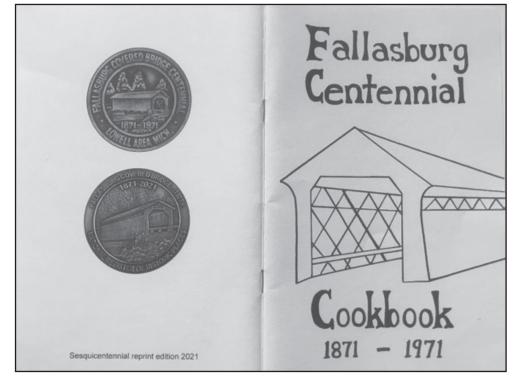
The WCMHS grew out of the Vergennes Cooperative Club (VCC) which was founded in 1914, and it is still in existence as Lowell Women's Club.

FHS has all records of the VCC including their original handwritten bylaws. These records can be viewed on Collective Access, click on Vergennes Township. https:// collection.fallasburg.org

Along with the cookbooks, commemorative coins were reminted to celebrate the sesquicentennial. Available at the places listed below.

The centennial cookbook is available for \$5 at the Lowell Area Historical Museum, Lowell Women's Club, at the one-room schoolhouse in Fallasburg during the upcoming spring into the Past tour on May 7 and 8, 2022. The one-room schoolhouse will be open on Sundays from 2 to 4 pm or by appointment.

For more info go to www. fallasburg.org



Back by popular demand, the Fallasburg Centennial Cookbook, 1871-2021 celebrates the sesquicentennial of the famous Covered Bridge.

## Czech & Slovak Easter traditions embedded in villages and towns

by Emma Palova contributing writer

What? No Easter egg hunt? Not in the Czech Republic or Slovakia. Instead, Easter revelers flock to the streets to practice the ancient custom of "schmigrust."

The Czech and Slovak Easter traditions are deeply embedded in the villages of Moravia and Slovakia, and they are not as prevalent in the big cities such as Prague or Bratislava.

Most families color eggs in dyes or onion skins for the deep brown color and polish the eggs with butter and set them on the Easter table to reward the revelers, along with a bottle of plum brandy, desserts, kolache, lamb pound cake, and openfaced sandwiches.

Easter egg artists make

"kraslice," which are decorated with empty eggshells after the yolk and white have been blown out. These pieces of delicate art painted on a fragile shell are the mainstay of Easter sold at markets and gift shops, along with handembroidered tablecloths and ceramics.

The prevailing tradition remains the mysterious "whipping" of the women of the household on Easter Monday known as "schmigrust." Men and boys traditionally braid their own whips from willow branches in all sizes. These whips are called "pomlazka" or "karabac" and then can be up to two meters long braided from 24 willow rods. Some use large special wooden spoons with ribbons or branches of juniper.

"Schmigrust is my favorite part of Easter," said Ludek Pala, a Moravian native of Stipa, now a resident of Lowell, who still practices the tradition.

The revelers get up at the crack of dawn and head out into the streets in groups of all ages. Depending on the region they also carry wooden carved noisemakers carved by local wood artists. When the door opens, the women and girls get a gentle

whipping to drive away evil spirits, according to old legends. Originating in ancient pagan fertility rites, the practice is supposed to guarantee beauty and good health for women in the

Easter traditions, continued, page 9



Anna Krocova of Vizovice, Czech Republic demonstrates Easter egg decorating at Easter markets last Saturday.



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#### Live the Life You Want

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

#### The Social Media comparison game

Have you ever looked at a friend's social media page and they always seem to be doing fun things, traveling, have great relationships, a nice house and the ideal job? You start comparing your life and it comes up short. Maybe you even start to feel envious. This leads to negative thoughts about what you don't have and what's lacking in your life. These thoughts can turn inward and you may start questioning what is wrong with you that you don't have these things. If you made better choices, worked

harder, did more fun things, made more money, had more education or a better job then you too would have those things too. You take a

direct hit to your self-worth. Maybe you start feeling resentful. You would have all those things too if you had all the "breaks" they had but instead you were given a lump of coal. If these types of thoughts continue, for some, this is not just a hit to your selfworth but can also increase stress, negative unhealthy emotions and cause feelings of depression.

<sup>the</sup>leedger

Research on Mental Health & Social Media

There are several types of social media comparisons. Two main ones are upward and downward comparisons. Upward social comparison is when you look at those you feel are doing better to become inspired. Downward social comparison is when you look at those you feel are doing worse to feel better about you and your situation.

But what happens when social comparison turns in another direction? Some recent findings show that for some, social media comparison is associated with lower self-esteem, feelings of depression, stress, greater body shame and an overall decline of mental health. Why? Because making comparisons or feeling envious can distort your views and lead you to question your own selfworth and value. It can lead to jealousy and resentment.

Another study shows that, in general, as you get older the drive to compare yourself to others decreases. It may be because as you get older you compare "where you were" to "where you are." Regardless, unhealthy comparisons can happen at any age. The good news is that researchers found those that left certain social media sites had an immediate increase in life satisfaction and positive emotions.

Ending the Comparison Game

So, here's the thing. You may be comparing their best memories to your regular life which are two very different things. This isn't a fair comparison. While comparison is a typical human impulse and is sometimes going to happen, you can work to limit the effects of making unhealthy comparisons.

The first step is to be aware that you are making unhealthy comparisons.

Until you get more control over unhealthy comparisons, reduce how much time you spend on social media. If you find yourself automatically going to your social media sites, you can limit your time using your phone or other apps.

Compare yourself to you, not others. Look at your achievements. Are you making advancements, and what goals have you achieved? What improvements have you made in your life and with yourself? Focus on what you have and your accomplishments.

Figure out why you make unhealthy comparisons. Is there something in your life that you are truly unhappy about? Do you have a selfworth issue? If so, work to change these things and ditch any unhealthy comparisons.

Figure out your triggers. Are there certain people, things, or situations that don't add value to your life and cause negative feelings? If possible, you may want to limit or avoid them.

Focusing on others lives takes away from you enjoying your own life. So, work to stay focused on living your best life and reaching your goals.

I hope you found this article helpful but it isn't intended as advice, or to diagnose or treat.

#### Dusiness directory **FRY DADDY'S** 197645 608 West Main Street Lowell, MI 49331 897-FISH Fish, Shrimp, **Chicken Strips** · Heating & air-conditioning · Wall hung boilers & water heaters · Geo Thermal systems · Radiant floor heat · Snow melt systems Hours: Tues - Sat 2-7 pm •Whole house generators • Duct work • Humidifiers SALES, SERVICE AND INSTALLATION, UPGRADES, NEW HOMES info@HeatingCoolingOnline.com ww.HeatingCoolingOnline.com **BILL WHEELER Rich's Service Co. In-Home Appliance Repair Certified Public** Dryer Vent Cleaning Accountant W.J. WHEELER **INSURED • 20+ YEARS EXPERIENCE** 103 Riverside Dr. Washers • Dryers • Refrigerators Garbage Disposals • Stoves Lowell, MI 49331 • Dishwashers

# Lowell woman appointed to state dairy program

Renee McCauley, of Lowell, has been named to serve on the Michigan Dairy Market Program Committee, according to a news release from the governor's office.

McCauley is the owner of Tumbleweed Dairy. She holds a bachelor of science degree in agriculture and natural resources communications from Michigan State University.

The Michigan Dairy Market Program Committee is dedicated to the promotion and consumer education of milk and milk products produced within the state of Michigan. The committee works in conjunction with the United Dairy Industry of Michigan to promote the sale of dairy products and to educate consumers, health professionals, and educators about the dairy industry and the nutritional benefits of Michigan's dairy products.

Others appointed Michigan Dairy Market Program Committee include Timothy Hood, of Paw Paw, owner of Hood Farms; Amy S. Martin, of Leroy, owner of Gingrich Meadows Inc.; Dwight Nash, of Elsie, owner of Nash Dairy; Kenneth P. Wieber, of Fowler, owner of Wieber Farms.

McCauley is reappointed to represent the Michigan Farm Bureau for a term commencing April 8and expiring Dec. 31, 2024.

All of these appointments are subject to the advice and consent of the Senate.

# Lowell Ledger seeks information on summer events

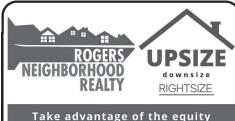
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Representatives from local organizations, clubs, businesses, municipalities or other groups planning summer events are invited to contact the Lowell Ledger for inclusion in the upcoming summer fun guide.

The special



publication will list activities throughout the area, including concerts, festivals, presentations, tours, hikes, races. shows. theatrical art performances and more. The booklet will be delivered with local papers, and also will be distributed

at Michigan Department of Transportation information centers throughout the state.

Organizers of special events are asked to contact the Lowell Ledger to share information and arrange for advertising. Advertisers also may consider coupons and promotions in this farreaching publication.

For more information, call 616-897-9555 or email ledger@lowellbuyersguide. com



<sup>the</sup>leedger

viewpoint

Looking EDGERS TYME

> 125 years ago Lowell Ledger April 16, 1897

This edition of the Lowell Ledger is missing.

#### 100 years ago The Lowell Ledger April 20, 1922

The William Rickert home in the Hunter district, Keene, was destroyed by fire Tuesday morning with most of the contents, which included the goods of two families, those of Mr. Rickert and of his daughter and husband, those of the latter being a total loss. The fire is supposed to have been caused by a defective chimney. There was some insurance.

Township Clerk F.N. White informs The Ledger that he has a letter from the State Highway department with the pleasing information that a check for \$1,407.88 had been sent to the Lowell township treasurer on its indebtedness to our highway fund and that the balance of about \$600 is expected in July.

It is expected that the public library will be moved about May 1 from the High school building to the Graham building apartment house at the corner of Main and Hudson streets, with Miss Audie Post as librarian. Rent will be free for the present, and other expenses will be divided half and half by village and school district. The reference books for strictly school purposes will be sorted out and retained at the school.

this community, has been gradually receding since last week Tuesday, when the Grand River rain gauge read 18.5 feet. Water which found its way into basement stores and cellars of homes throughout the town is also gradually finding its way into storm sewers.

#### 50 years The Lowell Ledger April 20, 1972

Several suspects are being checked out, as Lowell Police search for the culprits who entered Parker's Service on West Main Street Monday night. Making their entry through a back window, they walked off with a lot of candy and cigarettes.

Moments of frustration! That's what Police Chief Barry Emmons was put through Tuesday afternoon as he diligently tried to pick the lock of a bathroom at 606 Grindle Drive to retrieve 2-year-old Tricia Wittenbach, who had locked herself in. Emmons eventually broke the door in, reuniting the scared little miss with her mother.

Congressman Gerald R. Ford announced today that his special assistant, Gordon Vander Till, will hold office hours on his behalf in Lowell Friday, April 21, in the City Council Room from 2:30 to 5 pm.

#### 25 years The Lowell Ledger April 16, 1997

A 10-minute school board presentation by Lowell seventh-grade history teacher Jack Misner was all the confirmation Art Warning needed in his decision to donate an 1861 US map to Lowell Schools. "When you see someone so gung-ho get kids motivated about history, you feel good," Warning said.

A two-year battle over water rates has left Lowell Charter Township more than \$30,000 in the hole. "We paid \$196,000 for water we sold for \$161,000. That doesn't sound like good business," said Township trustee Alyn Fletcher.

High speed car chases are dangerous for the driver

being chased, for the police officers chasing him/her and all too often for that innocent third party that happens to be in the wrong place at the wrong time. Such incidences have many Michigan police agencies accelerating their efforts to purchase road block systems designed to bring high speed chases to a controlled end. Lowell became the first police department in Kent County to go to a road spike system.

## outdoors

#### busy times

Springtime in Michigan signals the restart of a bevy outdoor of activities. A number of fish and game seasons open up and the mild weather encourages green things to start growing and welcomes people outside. Tom turkeys strut and gobble. Turkeys are exciting to hunt and interesting to observe. Sit or walk in a nearby natural area and listen for the noisy birds. Cold nights and warm days cause sap to run. From the time buckets show up on the big maples, its game on.

Steelhead trout begin spawning runs in rivers and tributaries. The big silver fish provide recreation for fishermen as well as those who gather to watch the action. Brook, brown, and rainbow trout swim in streams, creeks, and rivers providing a great fishing experience. Walleye also run in major rivers around the state and draw anglers from throughout the Midwest. Don't forget bluegills cruising the warm shallows of area lakes.

As the soil warms, mushrooms begin popping up on sunny hillsides and other special places waiting to be discovered by beginning and experienced mushroom hunters. Sliced Morrells fried in butter are

one of nature's finest treats. Wild asparagus may still be found in secret patches.

Dave Stegehuis

Campgrounds which were shuttered for the winter begin to welcome campers back to the woods, lakes, beaches, and dunes. Camping makes it possible for many folks to have fun in new places and do new things around both peninsulas.

Home gardening has been rediscovered as a source of nutritious food. A large garden is an opportunity to enjoy the benefit and satisfaction of growing your own vegetables. Raised beds or patio garden kits make it easy for everyone to garden. Flower gardeners brighten up the summer landscape and provide habitat for birds and pollinators. Then, of course, there is always yard work and house maintenance.

All of these activities and more will be happening around the state in the coming weeks. Note that fish and game regulations vary from year to year and from one location to another, so always check the current digest in print or online for up-to-date information.

Pay attention to what is happening out there, so you don't miss out on the good times outdoors. Enjoy the season

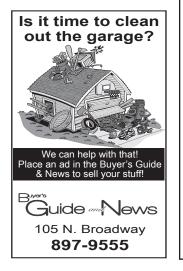


#### 75 years The Lowell Ledger April 17, 1947

An interesting story about a Mallard drake, now living in the King Wildfowl Sanctuary, was revealed in a recent letter to King Doyle, from Herbert J. Miller, state game biologist of the Conservation Department. The drake in question was rebranded last February, when the Conservation Department caught and sorted all the drakes, in the King Sanctuary, removing 170 of them to the state game farm at Mason.

Lowell, like the rest of the country, has been badly handicapped as a result of the nation-wide telephone strike. In fact, we have been set back well over half a century and it seems unbelievable that a strike of this kind, affecting the public welfare as it does, should be allowed to continue. If the threatened Western Union Strike comes off we'll all feel like throwing in the towel.

The Ledger is glad to report that the high water, which caused considerable concern to the people of



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

• Letters that contain statements that are libelous or slanderous will not be published.

• All letters are subject to editing for style, grammar

• 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,

#### Lettters can be sent to emailed to ledger@lowellbuyersguide.com Deadline is noon on Mondays

#### 

**ABCs of Lowell history** 

### HEALTH UNIVERSITY OF MICHIGAN HEALTH-WEST Johnathan G. Meier. D.O.

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Laura E. Kass, PA-C Alexandria Clum, PA-C Bradley Ophoff, PA-C Catherine S. Smith, NP-C

#### vitamin D drops and breastfeeding

D

Vitamin

supplementation is recommended for all breastfed infants, starting at hospital discharge. Low levels of Vitamin D (Vitamin D deficiency) can cause rickets (osteomalacia) in developing infants, which is softening and weakening of the young bones. Vitamin D is essential for facilitating calcium metabolism and bone mineralization for proper bone growth and development. All exclusively breastfed infants should receive 400 international units (10 micrograms) daily of Vitamin D supplements, beginning within a few days after birth.

Although breastmilk is an incredibly healthy source of nutrition for infants, breastmilk typically does not contain enough vitamin D for the rapidly developing infant. The Vitamin D content of breast milk is low (15 to 50 international units/L) even in a Vitamin D-sufficient mother. Exclusively breastfed infants consuming an average of 25 ounces of breast milk daily ingest only 10 to 40 international units/ day of Vitamin D, which is not enough for healthy bone development.

Vitamin D supplementation should be continued until the infant is weaned and drinks at least 33 ounces of vitamin D-fortified formula daily,

or until 12 months of age. Once an infant reaches 12 months of age and begins drinking Vitamin D-fortified cow's milk or fortified plantbased milk, Vitamin D supplementation is no longer needed. Infants who are formula fed also do not need Vitamin D supplementation, as formulas are fortified with Vitamin D.

Other food sources of vitamin D include sun exposure and certain solid foods (oily fish, eggs, and fortified foods). However, the intake from these sources tends to be low and inconsistent, so it is best to rely on either Vitamin D supplements or vitamin D-fortified formula to supply the necessary vitamin D. For most infants, exposure to sunlight is generally not a sufficient or safe source of Vitamin D due to the associated risk of skin cancer.

For exclusively breastfed infants, we recommend vitamin D supplementation providing 400 international units (10 micrograms). Vitamin D supplements are usually given in the form of liquid drops. Vitamin D supplementation will likely be discussed at your infant's well child visits, and parents are always welcome to contact the primary care provider or pediatrician with questions.

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.

#### X Marks the Spot! **Recreation Park** Part One

Where the rivers meet there is a spot, in the heart of Lowell, named Recreation Park, occupying over 30 acres. It was the center of social activity in Lowell and a rare gem in all of Kent County. People began coming to Recreation Park when it was Train's Track, a half mile race track for horses. From that it evolved into a park used for baseball, football, tennis, large gatherings and of course, the Kent County Youth Fair.

The earliest known occupants were the Odawa, who had a village here. Lewis Robinson was next to occupy the land, and then Jarvis C. Train. Besides being a well-known businessman, Jarvis C. Train was one of the early horse racing enthusiasts. Horse racing was very popular at the time, and horse races were held at the 'Old Fairgrounds' defined as "On the river-flat hollow west of Oakwood cemetery." It isn't known how long the "Old Fairgrounds" were in use, but newspaper references before 1878 all refer to the "Lowell Driving



Lowell Saddle Club at Recreation Park.

Park" or "Lowell track" or "Lowell Horse Fair." Later, J. C. Train made his own half mile race track on his land that we know today as Recreation Park. Horse race publicity after 1878 specifically refers to "Train's track," "Train's Driving Park" and "Island Park Race Track." In 1883, Train built grandstands at his Driving Park. In 1906, Train died as a result of a tragic accident, he was kicked by a horse.

The beginning of Recreation Park is difficult to pinpoint. Train donated the islands in the Flat River south of the mill, and at some point the land with the track and park was transferred to the city. For years Island Park was the best picnic spot in town, and the adjoining Recreation Park was known for its recreational opportunities. The Board of Trade

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would lease the grounds, and then plan events and rent out the park. Numerous homecoming celebrations were held there with picnics on the island, and baseball, balloon horse races. ascensions and foot races all at Recreation Park. Horse races and baseball continued at Recreation Park, and in 1919 the American Legion was started, with an early project of furnishing Recreation Park with playground equipment. The Board of Trade planned events such as weekly band concerts, a free Chautauqua and athletic tournaments. A new grandstand, complete with a foundation, was built inside the race track at the north end of the ball

grounds. It was 26'X20'

**APRIL 13** 

Baker, Marv DeVries, Carol

Addie

Abel,

Pete

happy

with eight rows of seats. Fall harvest picnics were held at Recreation Park, one featured an exhibition drill by the National Guard of Lowell.

In 1926, the first of several "Field Meet" days for Kent County, was held at Recreation Park in Lowell. Programs were issued with score sheets for events. Hundreds of students from all over the county came to these events.

By now Recreation Park was well known as having one of the best half mile race tracks in the state, good baseball diamonds with grandstand, two standard

ABCs continued page 12





#### page 6

FIRST CONGREGATIONAL			APRIL 16
	Joseph Fremer, Pastor <b>897-8307</b> All facilities are wheelchair accessible	Prayer & Adoration: Wednesdays 8 am to 7 pm Religious education for children to adults	Yoder, Charles Behnke, Fred Oesch Jr., Dave Carpenter, Terry Kinsley.
	Sunday Services - 10:30 am www.gslc.church	Weekend Masses: Sat 5 pm; Sun 10:30 am Confession: Saturdays 3-4:30 pm	<b>APRIL 15</b> Craig Yeiter, Margaret
	10305 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21	<b>Church</b> 402 Amity Street • 616-897-9820 Website: www.stmarylowell.com	Brenda Stuart, Cole Wade,
	GOOD SHEPHERD LUTHERAN CHURCH	St. Mary Catholic	Dennis Rasch, Joshua Anderson, Nichol Gurney, Bernie Boersma,
		Morning Worship	Brzezniak, Melissa Quada.

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

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

#### METHODIST CHURCH discover. grow. share 621 E. Main Street 897-5938 www.lowellumc.com • Barrier Free Entrance WORSHIP Traditional Service: 9 am

Contemporary Service: 10:30 am Sr. Pastor - Brad Brillhart

Kathleen Zywicki, Jack Ryder, Jacob Billingsley, Lori Gerard, Steve Kropf, Angie Farrell, Kristin Lee, William Mitchell, Rayce Darby, Olivia Foster.

Lucille Erickson, Betty Erickson, Gary Pieroni, Bowne, Jace Candice Eliason.

**APRIL 17** 

Vezino, Dennie Ryder.

Joe Merriman, Jill Harris,

Elsie Franks, Heather

#### **APRIL 18**

Rick Warner, Angela Vezino, Doug Anchors, Jon Kinsey, Jason Borton.

#### APRIL 19

Heidi Barber, Ruth Karrie Harris, Akers, Krissie Akers, Shaun Thompson, Lisa Allchin, Sharon Bowden, Michelle Billingsley.



#### <sup>™</sup>ledger

## **Guest Column** by Cliff Yankovich

#### Pot sales tax brings pavement to Lowell

In case you haven't heard, the City of Lowell received \$282,267.20 from the State of Michigan for our portion of State collected excise tax from adult use marijuana sales. This represents about nine percent of our annual general fund budget and the unanticipated high dollar amount was rightly labeled "huge" by City Manager Mike Burns. The total amount received has gone into the local streets fund to help pay for much needed road improvements. Please read that last sentence enough times to commit it

to memory. As promised by Burns and the City Council, marijuana revenues are being used for our streets.

Please indulge me as we look at a bit of pot history in Lowell. In 2017, the Council considered the question of allowing a medical marijuana facility to open here. Since I had benefitted considerably from edible marijuana following my treatment for throat cancer, I addressed the council as an advocate. They denied the application, citing the upcoming vote on Proposition 18-1 which

was the state wide measure that legalized adult use marijuana. Their decision made sense to me, even though I was advocating for acceptance.

Proposal 18-1 won a clear victory state-wide and passed in Lowell by a decisive margin of 58-42 percent. The City Council respected the will of the voters and adopted rules and regulations in order to allow adult use sales in the City. At the time. Lowell was one of the few communities in West Michigan that actually followed the will of the voters in allowing pot to be sold. Frankly, I did not understand why so many elected officials took it upon themselves to ignore the clearly expressed wishes of voters and "opt out".

## **Angie Thomas selected as Ambassador for Independent Bookstores Day**

The American Booksellers Association (ABA) has announced that Bestselling Author Angie Thomas was selected as ambassador for Independent Booksellers Day (IBD), which is celebrated on April 30, 2022. Thomas is the No. 1 New York Times bestselling, award-winning author of the novels The Hate U Give, On the Come Up, and Concrete Rose as well as Find Your Voice: A Guided Journal for Writing Your Truth. She is also a co-author of the New York Times bestselling novel Blackout. Thomas divides her time between Atlanta and her native Mississippi. You can find her online at www.angiethomas.com.

When asked about the importance of IBD, Thomas said "Indie bookstores are the heart of our industry, and we must continue to

support them in the same way that they support and champion books. With the immense impact that indie stores have made on my career, I couldn't be more honored to be the ambassador for this year's Independent Bookstore Day."

Independent Bookstore Day was established in 2013 to promote, celebrate, and highlight the value of the Independent bookstore community. The day has been observed on the last Saturday of April every year since 2013. This year there are 872 stores participating across the country.

Locally Bettie's Pages will be celebrating with a variety of giveaways, sales and more! You can find all the details on their Facebook page at www.facebook. com/bettiespagesvintage The American

Booksellers Association, a national not-for-profit trade organization, works with booksellers and industry partners to ensure the success and profitability of independently owned book retailers, and to assist in expanding the community of the book.



about Lansing and DC is that the elected bodies there pay little or no attention to the will of the people and instead vote at the beck and call of lobbyists - political mercenaries who are paid to thwart the voters' wishes. But that is another story.

By the time I was voted to Council, the pot ball was rolling with a good deal of negative feedback from the 42 percent who were on the defeated side of the issue. Dickinson Wright, the law firm that represents the City had an attorney who specialized in examining marijuana laws; Jessica Wood. (Following the retirement of Dick Wendt, Jessica is now our City Attorney.) She advised us to be very careful in any attempt to limit the number of facilities that could open in Lowell. She cited numerous examples of municipalities in other states who attempted methods like lotteries or picking applicants randomly being sued. She actually told me that her goal in advising us was to keep us from being sued by anyone. If you think about that, she was actually counseling us to take action that would make less money for her firm and potentially herself. In my 63 years, I have not met many attorneys who try to save money for their clients at a cost to themselves.

There have been many detractors of this legal

One of my main complaints have met many of them who took the time to stop in our store and let me know their opinions. While I certainly respect those with a less tolerant view of marijuana than my own, following Jessica's advice has saved Lowell thousands of dollars to say nothing of untold wasted manhours. There are some very large corporate entities behind adult use pot and they take any attempt to limit the free market approach to pot sales very seriously with their own lawyers. Spend a few minutes doing an online search and you will easily find a list of Michigan municipalities who have been or are being sued because they attempted to limit pot sales. Here is a partial list I found this morning: Port Huron, Menominee, Traverse City, Westland, Alpena and Mt. Pleasant

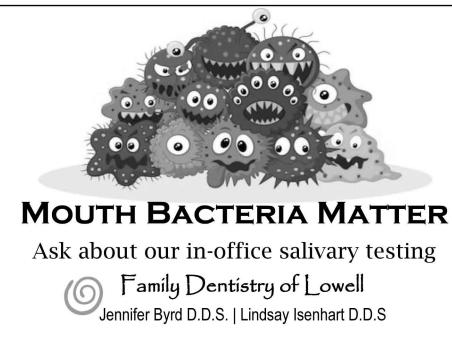
> While I am on the subject, I must mention that our Police Department has been monitoring activity in Lowell and to date have not reported any amount of nefarious behavior at any of the businesses we have allowed to open. No crime wave has hit our town on the heels of pot shops being here. On the contrary, several business locations have been greatly improved with hundreds of thousands of dollars of construction, parking lot creation and landscaping. If

not all of the shops survive, strategy. Believe me, I then at a bare minimum we have several commercial properties that have had major improvements made to them and M-21 is looking better and better from East to West.

Which brings me back around to the recent influx of over a quarter of a million dollars that we can use to make our local streets better? Having worked with him through several budget cycles, I can attest to Mike Burns' ability to crunch numbers and set and maintain a budget. One of the frustrations of funding in a small town like Lowell is that the State of Michigan has balanced its budget by limiting the shared funding that used to get distributed to us. We do not have much room to grow in our borders - Burns calculated that in order to equal the \$282,267.20 we received from pot tax, we would have had to have a construction boom to the tune of 36 million dollars to create an amount of property tax equal to the tax income from pot sales. Short of building a skyscraper somewhere, that simply would not happen.

Like it or not, adult use marijuana sales are here to stay. I applaud the City Council for following the will of the voters. I am grateful for the money and hassle saving advice of our attorney and I am really excited to see how we can best put that \$282,267.20 to use in fixing our streets.





147 North Center Street 616-897-4835

To be considered, all proposals must be submitted online by <u>May 6, 2022</u>.

## Visit www.grfoundation.org/lowell to submit your application.

The Lowell Area Community Fund, a fund of the Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations that have an impact in the Lowell Area. The LACF funds innovative projects or programs that encourage community cooperation.

#### – 🖿 🖉

## **Torched Glass Art Studio opens in Lowell**

By Emma Palova contributing writer

Glass artist Anthony Lawrence gave himself a life-changing birthday present. In January of 2016, he took an intro course to glass blowing from Stephen Wheeler of Sacred Expressions in East Town.

"I fell in love with it and dedicated my whole life to it," he said standing by the display of glass blown pipes in his store Torched on Main Street in Lowell. The main production facility owned by Joshua Trudgeon is located in Holland.

For Lawrence, who wanted to be closer to home, opening a shop in Lowell was like a homecoming. He grew up in Lowell, graduated from Lowell High School in 2009, and worked as an inserter for the Buyers Guide. He likes the proximity of Lowell to the Disc Golf course in Fallasburg.

He believes that everybody is an artist, but it takes time to find the right media. Once he saw the first glass rod melt, Lawrence knew glass blowing was his medium.

"This was it," he said. "I believe in the healing power of artwork. Every piece has a part of me in it, as it has my breath in it."

The main piece of equipment in glass blowing is the torch thus the name of the studio Torched. Lawrence also uses graphite paddlers, a reamer for opening up holes, glass cutters, tweezers and metal grabbers.

As a source of glass, he uses Mountain Glass Art, glass rods and glass tubes.

Beautiful glass-blown pieces start out as solid tubing or glass rods. To add color, Lawrence used either another piece of colored glass or powder known as frit.

The process starts out with a glass tube that has an attached smaller tube to it for handling. The glass rests in a kiln at 1,050 F for 15 minutes to get the glass evenly hot before working it.

"I take one beam at a time, add color to it and shape the piece," he said.

To shape a glass piece, he attaches a hose and puffs air into it. Another glass rod called punty, which is an iron rod used to shape glass and weld it to the end, heats up a section to stretch it out or makes a thicker section. He manipulates the rods in the plane, and once it's shaped Lawrence throws it back in the kiln and lets it rest. He uses metal grabbers to remove the smaller piece from the blow tube and puts it back in the kiln. A program



Glass artist Anthony Lawrence stands in front of his glass-blown pipes at "Torched" in Lowell on Main Street.



Glass artist Anthony Lawrence shows the equipment he uses.

lowers the temperature over time approximately 10 to 20 minutes.

"I come back, and it's done," he said.

And it's all about creating functional glass art pieces like glass pipes for tobacco, cannabis, glasses and shot glasses and some decorative pieces.

Small delightful pieces of glass called mili, which are a treat for collectors and decorators, are made much like candy that is cut from a pole piece with a wet saw.

Lawrence finds inspiration for his art in nature when he goes camping.

"I am always fully immersed in it," he said.

Nature-themed shapes in Lawrence's art range from fish and a cactus to veggies and fruit.

are hand pipes, cups and shot glasses. The pipes range in price from \$30 to \$50. If custom made, they cost more.

The production facility in Holland has two glass lathes and employs six fulltime glass blowers. A 200item catalog is available.

Lawrence plans to offer glass blowing classes within a month or so. The classes will start with the basics - melting the rod, using gravity and how to make marbles, beads and pendants.

"Each lesson will be a progression of the previous one," he said.

The classes will run for \$50 an hour with two hours to start out.

Torched studio will be participating in the community events such Among the best-sellers as Hash Rules Everything

on April 16, and the Pride Festival on June 4.

"I like spreading my art around me," he said. "I try to be active in the community."

Since traditional medicine doesn't work for everybody, Lawrence believes in the healing power of art and alternative medicine such as cannabis.

The studio also sells disc golf equipment and repairs glass. There will be discounts on April 20 at all locations in Lowell, Holland, Davison and Fremont.

The grand opening will be announced. The studio is located at 508 W. Main Street in Lowell.

For more info go to www.torchedartstudio.com



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A selection of glass blown pipes ranges from \$30 to \$50. If custom-made, the pipes cost more.

## Lowell author Amanda Filkins pens debut book "Be Still"

by Emma Palova Contributing writer

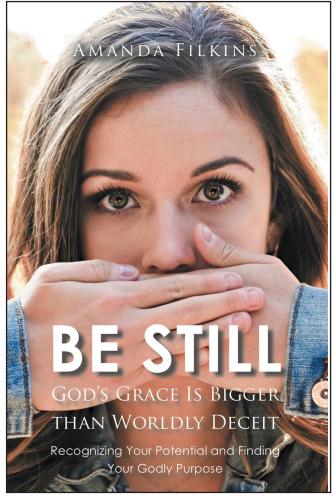
Inspired by Psalm 46:10, "Be still and know that I am God," author Amanda Filkins of Lowell has published her debut book "Be Still: God is Bigger than Worldly Deceit."

It is a book of individual experiences that focuses on specific issues such as sex, tithing, status, money, job position and more.

"I pretty much picked myself apart," she said.

At times, Filkins felt lost about her purpose in life. Equipped with a bachelor's degree in exercise science and a master's in public health from Grand Valley State University, Filkins has always been an advocate for healthy living.

"Our culture is focused on ideal body image," she said.



Amanda Filkins - Lowell author Amanda Filkins pens "Be Still: God's Grace is Bigger than Worldly Deceit."

But too much focus on body image can cause women to view everything terms of calorie in restrictions, according to

Filkins. She found herself exercising at 2 am and struggling to understand her purpose in life during the final semester of her bachelor's degree studies in 2019.

"I was praying and crying one night, asking God what was I made to do," she said.

Then she heard a whisper that flipped a switch, "Be still and know."

"That night in my heart I felt the calling to write this book," she said. "It gave me a sense of purpose."

Filkins first explored faith-related writing in her blog in 2018 sharing her individual experiences. This eventually transformed into writing her debut book that addresses women 30 and vounger.

"I worked hard to make this book relatable, and not to sound preachy," she said.

Writing from the place of her heart was important for Filkins in order to sound genuine to young women of her age.

"I am excited to let God open doors and lead me in the direction that he has planned," she said.

Filkins is passionate about helping young women to see their worth, find their gifts and live out their purpose faithfully.

Although self-published, she worked with Christian Faith Publishing based in Pennsylvania to get the publishing legwork done, while still in grad school.

"I was a nobody for traditional publishing and I wanted to write it my way," she said. "I didn't want anyone telling me what to do."

In the chapter, "Healthy Means Put Together," Filkins advocates healthy living.

"I value purpose in everything I do," she said. "I try not to be so hard on myself. We're never going to be perfect."

With the release of her debut book, Filkins hopes that readers will feel encouraged and excited that there is more meaning to life and to explore their purpose.

Her advice to prospective authors is to go for it when they have a story to tell.

"There are people who want to listen," she said.

Be Still will show readers that they are not alone facing their battles and will equip them with the encouragement and confidence to overcome societal pressures and immerse themselves in their divine purpose.

Be Still is available on Amazon, Barnes & Noble, Walmart and Kindle in the following formats

\$24.95. Hardcover softcover \$14.41 and eBook for \$8.49.

For more info go to: www.bestillamandafilkins. com

Listen in to the episode with Amanda Filkins on For the Love of Books Podcast on http://emmapalova123. podbean.com



#### FOR THE LOVE OF BOOKS PODCAST with host EMMA PALOVA

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#### **APRIL SCHEDULE**

Mikel Classen, True Tales, April 5 Elizabeth Fust, The Hungry Kittens Tale, April 8 Amanda Filkins, Be Still, April 13 Phil Bellfy, UP Colony, April 22 Mike Carrier, To China with Love, April 29

> Sponsored by Doc Chavent, the Lowell Ledger, Modern History Press

## Easter traditions, continued

coming year.

They cite the following Easter chant:

Hody, hody, doprovody, dejte vejce malovany, nedateli malovany, dejte aspon bily, slepicka vam snese jiny.

Loosely translated as: Give me a colored egg, if

you don't give me a colored to open-faced sandwiches one, give me at least a white one, and your hen will lay another.

In return for the whipping, the revelers get a ribbon tied to the whip, a colored egg, and a shot of plum brandy and they help themselves

and desserts, such as festive kolache and lamb pound cake.

"By noon you're tired," said Pala.

In some regions, if the group arrives after 12 p.m., they get doused with water. However, in Slovakia, the Easter custom is to douse the women and girls with water or perfume in the morning.

According to a 2019 survey, 60 percent of

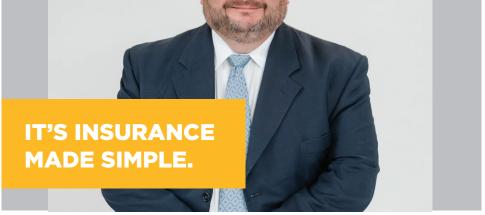
Czech households follow the tradition of spanking (or watering) someone on Easter Monday.

In the past, young boys would chase young girls in the village streets with the whips, and vintage illustrations by Josef Lada of people in traditional folk costumes show girls running or hiding as if playing tag.





Czech and Slovak egg art "kraslice."



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## 2021 WATER QUALITY REPORT FOR CITY OF LOWELL AND LOWELL CHARTER TOWNSHIP

#### Is my water safe?

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies.

#### Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

#### Where does my water come from?

Your water comes from 4 groundwater wells, each over 87 feet in depth, and drawing from the Grand River watershed. They are located at 1596 Bowes Road in Lowell behind the water plant.

## Source water assessment and its availability

The state performed an assessment of our source water in 2003 to determine the susceptibility or the relative potential of contamination. The susceptibility rating is on a seven-tiered scale from "very-low" to "veryhigh" based primarily on geologic sensitivity, water chemistry and contaminant sources. The susceptibility of our source is moderate.

## Why are there contaminants in my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not contaminants, such as salts and metals, which can be naturally occurring or result from urban storm water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses; organic Chemical Contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems; and radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

#### How can I get involved?

We invite public participation in decisions that affect drinking water quality. Lowell City Council meetings are held on the first and third Mondays of the month at 7:00pm in the Council Chambers at Lowell City Hall, 301 E. Main, Lowell, MI. Lowell Township meetings are held at 7:00pm on the first and third Mondays of each month at the Lowell Township hall, 2910 Alden Nash s.e. Lowell. MI. For more information about your water, or the contents of this report, contact Brian VanVeelen at 897-5234. For more information about safe drinking water, visit the U.S. Environmental Protection Agency at WWW.epa.gov/safewater/.

#### Level 1 Assessment

During the past year we were required to conduct one Level 1 Assessment. One Level 1 Assessment were completed. In addition, we were required to take one corrective actions and we completed one of these actions.

Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, waterborne pathogens may be present or that a potential pathway exists through which contamination may enter the drinking water distribution system. We found coliforms, indicating the need to look for potential problems in water treatment or distribution. When this occurs, we are required to conduct assessment(s) to identify problems and to correct the problems that were found during these assessments. concentrations of these contaminants are not expected to vary significantly from year to year,

#### Additional Information for Lead

Infants and children who drink water containing lead could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. City of Lowell is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/ lead.

The City of Lowell water supply has 0 lead service lines and 434 service lines of unknown material out of a total of 1302 service lines.

#### Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring levels; these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one-year-old. In this table you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we have provided the definitions below the table.

necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA) Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity:

microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic

#### Variance and Exemptions

The table below lists all the drinking water contaminants that we detected during the 2021 calendar year. The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done January 1 to December 31, 2021. The state allows us to monitor for certain contaminants less than once per year because the

Water Quality Report, continued, page 11 "ledger

## WATER QUALITY REPORT, CONTINUED

Unit Descriptions	
Term	Definition
ppm	ppm: parts per million, or milligrams per liter (mg/L)
ppb	ppb: parts per billion, or micrograms per liter ( $\mu$ g/L)
positive samples/month	positive samples/month: Number of samples taken monthly that were found to be positive
positive samples	positive samples/yr .: The number of positive samples taken that year
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required, but recommended.

Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using th best available treatment technology.
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRDL	MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfecta is necessary for control of microbial contaminants.
MNR	MNR: Monitored Not Regulated
MPL	MPL: State Assigned Maximum Permissible Level

MCLG MCL, TT, or Your Range Sample MRDLO MRDL Water Low High Date Violation Contaminants **Typical Source Disinfectants & Disinfectant By-Products** (There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants) TTHMs [Total By-product of drinking water 19.9 NA 19.9 2021 Trihalomethanes] (ppb) NA 80 No disinfection City of Lowell TTHMs [Total By-product of drinking water 16.1 Trihalomethanes] (ppb) NA 80 16.1 NA 2021 No lisinfection Lowell Twp. Total Haloacetic Acid By-product of drinking water 2.00 NA 2.0 2021 NA 60 No (ppb) City of Lowell disinfection Total Haloacetic Acid By-product of drinking water 2.97 NA 2.97 2021 NA 60 No (ppb) Lowell Twp. lisinfection Chlorine (as Cl2) (ppm) 4 4 .456 0.25 0.65 2021 No City of Lowell Water additive used to control Chlorine (as Cl2) (ppm) 4 4 .490 .37 .72 2021 No Lowell Twp Inorganic Contaminants Runoff from fertilizer use: Nitrate [measured as eaching from septic tanks. 10 10 1.0 0.9 1.1 2021 No Nitrogen] (ppm) ewage; Erosion of natural deposits Erosion of natural deposits; Water additive which promotes Fluoride (ppm) 0.71 0.35 0.88 2021 4 No strong teeth; Discharge from fertilizer and aluminum factories Erosion of natural deposits; 15.0 Sodium (optional) (ppm) MPL 18.0 21.0 2021 No eaching Microbiological Contaminants Total Coliform (positive Naturally present in the 2 NA NA 2021 0 No amples/month) environmen Fecal coliform/E. coli in the distribution 0 0 0 NA NA 2021 No Human and animal fecal waste system (positive samples) A violation occurs when a routine sample and a repeat sample, in any given month, are total coliform positive, and one is also ecal coliform or E. coli positive. Radioactive Contaminants Alpha Emitters (pCi/L) 15 2.7 2013 Erosion of natural deposits NA NA No ces (PFAS) Per- and polyfluoroalkyl subs MCLG Year Sampled Typical Source of Contaminant Regulated Contaminant Range or MRDI MRDLO Discharge and waste from industrial faci Hexafluoropropylene oxide dimer acid (HFPO-DA) (ppt) 370 ND N/A ND 2021 No utilizing the Gen X chemical process Discharge and waste from industrial Perfluorobutane sulfonic acid 420 N/A ND ND 2021 No (PFBS) (ppt) facilities; stain-resistant treatments Perfluorohexane sulfonic acid Firefighting foam; discharge and waste 51 N/A ND ND 2021 No (PFHxS) (ppt) from industrial facilities



## **Red Arrows in History the first State Champions?**

by Justin Scott Sports Reporter

Welcome to Red Arrows in history, a weekly look back at some of the most famous Lowell High School sports teams, people and moments in school history. We'll be revisiting some of the periods in time that have changed the history of Lowell High School sports.

The history of Lowell's sports teams can be visited through the Lowell High School Athletics archive on the touchscreen in the high school athletics hallway.

This week, we'll be looking back over 100 years. 111 years ago to be exact, in the 1910-1911 Lowell High School girls basketball season. The season was significant twofold. One, the interesting concept of women's/girl's sports pre-1970's. Why did these teams start up in the 1900's, last into the late 20's only to disappear until their reappearance permanently in the 70's?

Two, Lowell claimed their first state championship this year. To be clear, it's only a claim, and is not recognized, but it's a look back at a place in time where multiple "state champions" claimed titles and claimed championship games were the norm under a place in history with no athletic associations and regional-based play.

In 1910 there were five cars per 1,000 people in the United States. Despite this, travel for girls basketball was actually quite far with games against Lake Odessa, Lakeview, Holland, Edmore and Belding. All of these schools impressively still exist today, except for Edmore in name, now Montabella.

The girls basketball team of 1910-1911 went 7-2 with one unknown result, an exhibition against the teachers of Lowell High School. Lowell's team

was composed of Ruth Layer, Ina O'Harrow, Edyth Charles, Marie Perry, Ella Perrin, Lucille Tinkler and Elva Bowen. Many of these last names and families still exist around the Lowell area today. Perrin served as the team's captain, while Tinkler and Bowen led the team in scoring.

At this time in history, basketball is fairly new and far from the game

we know today. In 1891, James Naismith came up with the sport. The first girls high school game happened in Texas in 1897, the first known girls result for Lowell came ten years later a loss against Fremont in the 1906-1907 season. Dribbling and fouling out of games would not fully be integrated into the game until the 1920's.

Lowell's state championship claim was noted in the April 20, 1911 Lowell Ledger. The girls did have a great season, but with no formal athletic association and travel too difficult to make a true state tournament possible, there are no MHSAA recognized state champions before the 70's. In this era, county championships were the true grand prize for any high school sports team. Lowell's first state championship tournament win, the 1929 track team, was hardly mentioned in past yearbooks

Opponent	Result
Lake Odessa	W 12-5
Holland	L 4-5
LHS Teachers	?
Lakeview	W 33-25
Holland	Win
Holland	W 13-11
Edmore	L 9-13
Belding	W 42-8
Lake Odessa	W 15-8
Lake Odessa	Win

1910-1911 Girls basketball results

and Ledgers, though that trophy can be found in the athletic hallway. Though not MHSAA recognized, that 1929 championship was a true state tournament.

Why did women's sports seemingly thrive in the early 1900's only to disappear in the 1930's? This topic will be explored when we visit the 1970's boom of girls' high school sports, but the quick answer is the Great Depression returned many American women and girls back to the home. Prior to the 1940's, Lowell girls competed in both basketball and tennis.

Perfluorohexanoic acid (PFHxA)	400,000	N/A	ND	ND	2021	No	Firefighting foam; discharge and waste
(ppt)							from industrial facilities
Perfluorononanoic acid (PFNA)	6	N/A	ND	ND	2021	No	Discharge and waste from industrial
(ppt)	0	19/74	ND	IND .	2021	140	facilities; breakdown of precursor compounds
Perfluorooctane sulfonic acid (PFOS) (ppt)	16	N/A	ND	ND	2021	No	Firefighting foam; discharge from electroplating facilities; discharge and waste
(1100) (pp)							from industrial facilities
Perfluorooctanoic acid (PFOA)	8	N/A	ND	ND	2021	No	Discharge and waste from industrial
(ppt)	0	IN/A	ND	IND	2021	INO	facilities; stain-resistant treatments
Inorganic Contaminant Subject to Action Levels (AL)	Action Level	MCLG	Your Water <sup>1</sup>	Range of Results	Year Sampled	Number of Samples Above AL	Typical Source of Contaminant
Lead - action level at consumer taps (ppb) City of Lowell	15	0	1	<1.00 to 21.00	2019	1	Lead service lines, corrosion of household plumbing including fittings and fixtures; Erosion of natural deposits
Copper - action level at consumer taps City of Lowell Copper (ppm)	1.3	1.3	0	0.00170 to 0.0186	2019	0	Corrosion of household plumbing systems; Erosion of natural deposits
					r	,	1
Lead - action level at consumer taps (ppb) Lowell Twp.	15	0	0	<1.00	2019	0	Lead service lines, corrosion of household plumbing including fittings and fixtures; Erosion of natural deposits
Copper - action level at consumer taps Lowell Twp. Copper (ppm)	1.3	1.3	0	0.00179 to 0.0115	2019	0	Corrosion of household plumbing systems; Erosion of natural deposits

Firefighting foam; discharge and wast

Perfluorohexanoic acid (PFHxA)

<sup>1</sup>Ninety (90) percent of the samples collected were at or below the level reported for our water.

For more information, please contact:

Water Plant Superintendent: Brian VanVeelen Address: 1596 Bowes Rd. Lowell, MI 49331 Phone: (616) 897-5234 E-Mail: bvanveelen@ci.lowell.mi.us



Lowell's state championship claim was noted in the April 20, 1911 Lowell Ledger.

#### <sup>the</sup>leedger

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## obituaries

#### **AYERS**

Diana Rae Ayers, age 77 of Lowell, passed peacefully on April 6, 2022. She is survived by her husband of 52



page 12 \_

years, Benjamin; children, Gina, Jesse, Ben Jr., Kevin; grandchildren, Braeden, Caitlyn; many greatgrandchildren; brother, Denny (Penny) Allen; aunt, Joann Laper; and many friends from Lowell. Diana had an appreciation for artwork and enjoyed traveling. A private

Celebration of Life will be held at a later date. Interment Graceland Memorial Park. Memorial contributions may be directed to Lowell Pink Arrow Pride, c/o Lowell Community Wellness, P.O. Box 246, Lowell, MI 49331.



#### SMITH

Thomas Lee Smith, age 86 of Lowell, passed away Sunday, April 10, 2022. He was preceded in death by his wife Lynne; son, Robert; son-in-law, Mike Burchardt; and daughter-in-law, Lynne Smith. He is survived by



his children, Diana Burchardt, Tom (Amy) Smith II, Cindy (Randy) Scoble; 12 grandchildren; 20 and greatgrandchildren. Tom worked for 32 years Amway, was for an avid fisherman, hunter, and loved bowl. Funeral to services will be held, 1 PM on Wednesday, April 13, 2022, Roth-Gerst Chapel, 305 N.

Hudson St., Lowell, MI 49331, with visitation two hours prior. Rev. Barbara Fay officiating. Interment Chapel Hills Memorial Gardens. Memorial contributions may be made to the family to assist with funeral expenses.





#### SANFORD

Douglas "Doug" Warren Sanford passed away on March 29, 2022 at the age of 48 after battling an illness. Despite the challenges he faced throughout the illness, he remained sarcastic and strong until the end.



Law Enforcement Career with the Ionia County Sheriff Office Reserves in 2003 where he also did animal control until 2010. He then moved to Indiana in 2010 and began as an Animal Control Officer for Indianapolis until 2013. In 2013 he joined Carmel Police Department as their Community Service Officer until 2015. In 2015 he joined the Hamilton County Sheriff's Office as their

ERICKSON

Lucille Edith Erickson, age 91 of Lowell, passed away

Friday, April 8, 2022. She is survived by her husband

Doug was born in Grand Rapids, Michigan on May 4, 1973 and grew up in Lowell, Michigan with his parents, Dennis and Sharon, and sister, Jan. He then met his wife, Heather, who he married in December 1994. They raised their two children in Belding, MI and in 2010 moved to Indianapolis where they eventually settled into their home in Sheridan, Indiana. Doug began his

Humane Law Enforcement Officer, and was also the vice president of Hoosier Animal Law Officers (HALO est. 2017.) Doug was a Deputy with HCSO until the day that he passed. Though Doug was very passionate about Law Enforcement and helping the animals of Hamilton County, in his free time he enjoyed shooting guns and pheasant and deer hunting with his friends. He also enjoyed spending time on Bois Blanc Island with his family and, of course, he enjoyed sitting in his recliner, drinking watered down Kool-Aid and watching YouTube. Doug was also a proud member of the NRA and HALO. Doug is preceded in death by his father, Dennis Sanford; grandparents, Kenneth and Phoebe Sanford and Paul and Elaine Collins. Doug is survived by his beautiful wife, Heather Sanford (nee Wright); son, Holdan (Erlmae); daughter, Brittney (Earl); mother, Sharon Sanford (nee Collins); sister, Janero (Steve) Babcock; best friend/brother, Jon Stollings; and his loyal hunting dog, Deke. Doug's celebration of life will be held on April 16, 2022 at Noblesville First United Methodist Church, 2051 Monument Street, Noblesville, Indiana 46060. Visitation will be held from 1 pm to 3 pm, with the memorial service beginning at 3 pm. In lieu of flowers, the family is requesting you donate to the Hamilton County Sheriff's Office Community Foundation, 18100 Cumberland Road, Noblesville, IN. 46060, or online at https://www.hcsocommunityfoundation.com/donate

# of 55 years, John Erickson; stepchildren, Cindy O'Dlb,

Steve Thibodeaux; 5 grandchildren; sisterin-law, Esther Erickson; brother-in-law, Alvin Erickson: cousins, Steve Ridgway, Barb (Gary) Dykhouse; #1 friend, David Maltman; and feline companions, Nuisance, Blue Eyes, and Kitty. Lucille was a devoted wife, she loved to cook for her husband and take care of him. During her working

years, she was a bookkeeper. Lucille had a beautiful voice and sang in the Old Congregational Church Choir. She was an animal lover and had a fondness for her beloved cats.

Visitation will take place from 6-8 PM on Monday, April 18, 2022, at Roth-Gerst Chapel, 305 N. Hudson Lowell, MI 49331. Funeral services will be held at 1 PM on Tuesday, April 19, 2022, at the Funeral Home, with visitation one hour prior. Pastor Ken Ford

officiating. Interment Oakwood Cemetery. Memorial contributions can be directed to Humane Society of West Michigan, 3077 Wilson NW Grand Rapids, MI 49534.

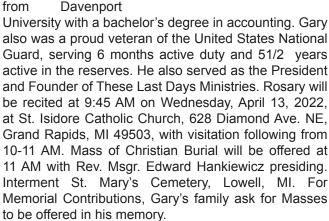


sister, Gail. Gary is survived by his wife, Gail; children, John Paul, Michael; mother-in-law, Gertrude Zygaj; brothers, David, Tom, Steve; sistersin-law, Shirley, Lucy, Gail; and nieces & nephews, Mike, Sulyn, Todd, Tom, Steve, Shannon, Charann. He graduated

#### WOHLSCHEID

Condolences: www.randallroberts.com

Gary Lee Wohlscheid, age 81 of Lowell, passed away, April 7, 2022. He was preceded in death by his father, Julius; mother & stepfather, Gertrude & Louis Wener; and twin





February 1, 1927 - April 1, 1992

Dad and Grandpa we love you and miss you everyday!



Bob & James Hahn; Anita, Dave, Patrick, Collin & Alex Roth; Gretchen, Paul, Adam & Shanice Jones



THIS AD FOR SALE!

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perception of ads in print newspapers.\*

Want to be next to trusted

newspaper and a network of

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Call this paper

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## **ABCs**, continued

concrete tennis courts and a large assortment of play equipment. In the summer two athletic directors, a man and a woman supervise village sports. Baseball teams traveled all over the state, with month long Saturday and Sunday double headers. Some events boasted over a thousand spectators. Horse racing was waning in popularity locally, but the Michigan 'Fair Circuit' was still popular. Lowell was proud of the fact that many of the horses in the circuit trained right here at Recreation Park.

Next Week: Coming in Part II...The most festive time ever seen at **Recreation Park!** 

<sup>the</sup>leedger

Office hours: Mon.-Thurs. 8 a.m.- 5 p.m. Fri. 8 a.m. - noon closed Sat. & Sun.

#### for sale

AKC BLACK LABRADOR RETRIEVERS - 5 female, \$700. 1st shots & worming. Available Easter weekend. 616-328-7908.

USED TIRES - Call with size, 616-292-7649/616-295-8820. Rob's Auto - thanks.

11 German Shepherd / Australian Shepherd cross puppies. 8 weeks. 8 male, 3 female. Vaccinated and wormed. Call David at 231-824-9071. Best time to call 4-6pm

ANTIQUE DROP LEAF TABLE - \$250 obo; Cherry wood desk, new, excellent condition, \$250 obo. sun flowerseed624@yahoo. com

#### for rent

WE DO BUSINESS IN AC-CORDANCE WITH THE FEDERAL FAIR HOUS-ING LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin.. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

PRICELESS STOR-AGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of I96. Call for specials 558-2900.

HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org. Feb, March & April Veterans Potluck at 2 pm on the 2nd Sunday of the month. Call John at 299-0486 or 897-8303.TEN EGW

#### <u>sales</u>

. . . . . . . . . . . . . . .

LEIN SALE - Whistle Stop Storage, 12661 Vergennes, Lowell, May 4, 2022, 9 am.

#### <u>misc.</u>

NEED AN AL-ANON MEETING? - AI-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 AI-Anon. For Zoom meeting ID & Password, please call Joy at 616-901-7779.

ATTN LOWELL WIDOWS - We have a widows luncheon on the last Friday of each month at Keisers. Starts promptly at 1 pm, west side. All are welcome.

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

ATTN LOWELL WIDOWS - We have started widows coffee time Monday mornings at 9:30 at Keisers, west side. Questions call Jenn at 616-490-9970.

SOYBEAN WHITE MOLD have you worried this year? We want to help with a winning strategy for 2022. Call Gary, Heads Up Plant Protectants 517/930-5370

EARN \$15,000 - \$40,000 OVER 5 YEARS. #1 Hunting Lease Company in America. Customize your contract. Call Base Camp Leasing I (888) 871-1982

Eliminate gutter cleaning forever!LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-495-1709

## help wanted

NEWSPAPER REPORT-ER WANTED - The Lowell Ledger is looking for a news/feature reporter with strong writing skills and can meet a deadline. This is a stringer position. Please send writing samples and brief resume to: The Lowell Ledger, PO Box 128, Lowell, MI 49331 or email: led ger@lowellbuyersguide. com

#### <u>services</u>

NEED A DUMPSTER? -Dumpster rental, 10-20 yards. Mention this ad for \$10 to \$20 off. Call or text Doug for estimates at 616-295-6640.

APPLIANCE, FURNI-TURE, MATTRESSES -Discount prices. Hammond Wholesale, Carson City. 989-584-1600. TEN

NOREEN K. MYERS, AT-TORNEY 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.

#### <u>services</u>

assified

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

DRIVER'S LICENSE SUS-PENDED 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.

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

#### <u>memorials</u>

In memory of Jim Fahrni 7/23/1940 - 4/15/2011 Wonderful memories of hunting trips, fishing trips and motorcycle vacation together. Thanks for all the wonderful memories. Till we meet again old friend. Tom



The Lowell Ledger is looking for a news/feature reporter with strong writing skills and can meet a deadline.

*This is a stringer position - paid by the story* 

Please send writing samples and brief resume to: The Lowell Ledger PO Box 128, Lowell, MI 49331 email: ledger@lowellbuyersguide.com



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## **PUZZLE SOLUTIONS**

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

CASH ONLY. ID required. Riding mower, Husky tool chest, hand tools, chainsaw, heater, fogger, floor jacks, sprayer, beer brewing, English saddle, horse items, 3 air rifles, pool cue, vacs, hammock, 2 step ladders, small chest freezer, lots of kitchen items, 2 wheel dolly, sled, smoker, stereo equipment, inflatable mattress, 2 walking sticks, rock tumbler, pictures, 3 bookshelves, old plant stand, clothes, games, CDs, PS-3, books & lots more. David Jefferson.



PERSON WANTED - for light housecleaning of my small Lowell home and also to drive me to the chiropractor. For info call Linda, 616-897-9202.

SEARCHING FOR A LOV-ING INDIVIDUAL - to care for a group of elderly friends. We need help with hygiene, homemade meals and medications. Some caregiving experience is best but training will be provided. This foster care facility has 30 years experience making a friendly, happy home. Please come join the Lacey's Too family. Please text or call 616-258-9911.

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## 

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## 2<sup>nd</sup> trimester Lowell High School Honor Roll

Lowell High School has announced the Honor Roll for the 2nd trimester – 2021-22 school year. 2nd trimester term GPA must be a 3.000 or higher to qualify based on final grades

Elizabeth Hoffman

#### 9th Grade Ella Acheson

James Albert Lillyan Andrews Sienna Arnett **Benjamin Atkins** Autumn Baer Benjamin Bannan Eghan Bellingar Lily Bergeron Nicholas Binns Logan Bledsoe Tyler Boersen Lily Boland Brady Boonstra Ava Boruta Leah Bryce Paige Bunting Kiah Burgess Grace Cadwell Conner Casarez Julie Celori Lucas Charboneau Noah Chipman Carter Cichocki Claire Comeaux Nolan Compton Caden Cone Olivia Cooley Brylee Craycraft Benjamin Cross Sydney Darling Lauren Deeds Owen Dennings Madison DeSmyter Cadence DeWit Evan Dial Jaidvn Dutkiewicz Rylie Elsie Kaylee Elve Jillian Fabis Anika Ferrill Erin Fife Ania Fleszar Hannah Flickinger Aliina Forester Anna Forney Clara Frederickson Ariana Fredricks Marcus Christopher French Maya Fritzsche Mercie Fuentes Brianna Fullerton Colin Garrison Gracie Gasper Abigail Geelhoed Isabel German Alison Gonzalez Kailyn Gustin Josephine Hackett Ava Halfmann Gracyn Hamilton Sarah Harper Thomas Hayes Brady Hays Austin Heydenburg

Kaitlyn Hofman Brandon Hofmann Emma Jenks Peyton Kahn Zaiden Keith Braddock King Jacob Kissinger Samuel Konyndyk Sophia Konyndyk Franklin Kraft Leah Krieger Tyler Lamoreaux Jackson Lamoreaux Molly Landgren Austin Lay Megan Lillie Ivy Marsh Quinn Massey Jordyn McClymont Julia Meier Alyse Miles Marisa Miller Jacob Mitchell Claire Mitchell **Ouinn Mitchell** Mackenzie Moore William Mrozinski Allison Munson Joset Nelson Owen Newland Claire O'Boyle Spencer Orth Norah Orth Emily Patyi Kari Petersen Elizabeth Plank Dylan Polczak Harper Postema Jonathan Rapelje Carter Ray Anna Reedy Analashia Reid Wyatt Remar Kaci Reynolds Titus Rhodes Ashlyn Richards Mva Richmond Elsie Ries Jackson Roudabush Kaylee Royer Alexandria Rovs Parker Salgat Rabina Sandhu Corey Sandman Maya Schilling Olivia Seevers Lauren Seevers Owen Segorski John Seif Gabriel Selover Makenzie Simkins Blake Sitzer Vivvenne Skinner Romyn Slagell

Isabelle Sternisha Gavin Stewart Anderson Stoner Ethan Swanson Eliana Thompson Brantley Tiede Claire Uzarski Aysha VandenBosch Avah VanderMeulen Natalie VanLaan Zachary Vaughn Hayden Videan Emmitt Visscher Benjamin Vonderheide Reese Wagamon Layna Waselewsky Maximus Wasilew Noah Wattenhofer Ariana Webber Addison Weed Alanna Wester Tucker Wilk Rowan Williams Mason Wilterink Rylan Winn Ava Winter Allie Wirth Ean Wolters

Soriano-Lopez

Braelyn Spivey

Kira Steffens

#### Hope Worsley Canon Zaske Emily Zou

#### 10th Grade

Logan Acheson Irene Albelda Zorraquino Samuel Albert Sutton Alexander Jesus Aragoncillo Bassy Gavin Barber Grace Barnett Brianna Berg Kiera Bishop Zachary Boehr Graham Boonstra Ryan Booth Emma Boston Evan Bray Teige Bredin Alice Bredwell Tyson Bruinekool Emma Bruwer Landon Burgess Gray Butler Mara Carbines Reese Carpenter Antonio Casarez Francesca Castello Kelsey Catrell Keegan Cisler Alexis Clark Olive Compton Ainsley Cooper Ella Curtis Cloey DeGlopper Caden Dennie Kyle Dietz Jace Dixon Matthew Doyle Wyatt Duimstra Hiyori Eldred Avery Elmhirst Sophie Fenn Lynsi Fetterhoff Logan Foss Jayden Franks Micheal Andrew French Mason Fuentes Wyatt Fuss Emily Garcia Isabella Garcia Benjamin Gaskin Weston Godbold Jailizza Gomez-Tellez Hayden Gough Jacob Graham Ethan Gray Anne Greenfield Kiervn Gruizenga Maris Guppy Emmah Handlon Jacob Hasapis Samantha Hayes Reese Hilton Jacob Hofman Timothy Hollern

Lincoln Homolka Charles Howe Kiara Hulbert Braylon Iakiri Taryn Jackson Rosalia Jimenez Hannah Johnson Charlotte Jones Oliver Jones Hope Kaminski Gwynneth Kelly Maya Kemp Ellen Keravec Kenneth Kinyon Jacob Kooi Joseph Korcek Marta Kowalska Isabella Kuntz Noah LaMore Jacquelyn Landman Owen LaRose Aubree Lee Liam Lincolnhol Nicholas Lothian Nolan Lowrie Ava MacPherson Lauren Malone Tru Marsh Kyra Martino Breanna Mason Megan McDonald Abigail McDonald Ari McFarland Trevor Mead Carter Melnik Cole Meyer Kaleb Meyers Carmen Mika Daniel Mitchell Nathan Mohr Madilynne Morgensen Jacob Morrell Noah Moser Kayleigh Nanninga Robert Nichols McKenna Nietupski Ellery Ostrander Vaughn Outman Todd Parcheta Austin Parcheta Mya Pender Brycen Peters Josiah Peters Elly Phillips Claire Pohl Leianna Posati Ashley Powell Victor Preiss Claudia Radamonti Joseph Rapelje Jacob Rapelje Kelsey Rasch Taylor Rasch Skylar Redumski Jackson Reisbig Alexander Repp Austin Riemer Peyton Rike Katie Rogers Christopher Rogers Andrew Rogers Jackson Schaedig Kylei Schmid Jake Schmidt Silvia Scuriatti Mykenzie Seeley Loryn Shuck Grace Simkins Andrew Smith Jacob Spaulding Kelsey Staley Haleigh Stickney Kailen Stokely Brady Swift Mitchell Swint Carter Szymanski Ella Todd Joseph Tuuri Tristan Tyler Dylan VanAssen Faith VanDuinen Spencer VanVeelen Marshall VanWagner Matilyn Vogel Melanie Wade Molly Wade Evan Wasciuk Naomi Wattenhofer Drew Weber Chase Wilder Nicholas Williams Leah Wills Alexander Winter

Nathaniel Worsley Elijah Young Jadyn Young Haley Young Samuel Zandstra

#### **11th Grade** Alyssa Aguilar

Emily Ake Jordan Alcala Rvan Baker Gracie Bassett Landon Battle Hannah Bechill Haylie Beers Olivia Berg Ian Berrington Alexander Binns Jace Blakely Collin Blattner Evan Blazo Vivianne Bledsoe **Benjamin Bromley** Alonzo Bruinekool Logan Buckingham Tristan Bulthuis Joclvnn Burkholder Colton Byrne Katie Camphouse Samantha Cazier Madison Clarida Eleanora Clark Alaina Clark Taylor Clark Samantha Conrad Carson Crace Keara Crawford Riley Curnow Jacob Davidson Leah Davidson Patrick de Voest Emma DeGlopper Josalyn Deible Aidan Dennings Kelton DeVito Maeve Dougherty Dawson Douma Gage Dutkiewicz Reid Eldred Brooke Ellsworth Drew Ferrill Isabelle Field Aidan Fitzpatrick Ezekiel Flentje Sophia Flickinger Lucinda Foreman Kyleigh Foss Aidan Foster David Foster Hannah Fountaine Noah Franz Alfredo Garcia-Tinoco Grant Gasper Lillian Geelhoed Ian George Audrie Gessler Jadelynn Ginsberg Ryan Goggins Rebecca Gray Kaden Gruizenga Amelia Hancock Tate Hare Summer Havey Anthony Havlik Mason Hesche Abigail Hewitt Lily Hornik Grace Hough Alexis Howell Dawson Huhn Case Huisman Delaney Huizinga Rylee Jannenga Nolan Jannenga William Johnston Chloe Jones Lavonda Jousma Krista Jungblut Ashlyn Karp Gwendolyn Kinney Josiah Kissinger Jonah Kniss William Kolp Jason Korzen Ethan Krieger Javlin LaForce Autumn Lamoreaux Alexis Lamoreaux Grace Larson Rhvan LeBarre Riley Lester Megan Liddle

Connor Lixie Elly Looman Macy Luce Easton Lyons Murphy Malcolm Samuel Martin Kaidance Martino Gavin Mazarka Emma McCormick Augustus McDonald Ivy McDonald Luke McMillan Janessa Mead Jack Meier Kaylee Meyer Zoey Mierendorf Avery Miles Fayth Miller Landon Miller Levi Mills Hayden Mitchell Eva Morgan McKenzie Munson Bristol Nash Gunnar Nelson Aubriegh Oswald Caroline Peal Lauren Pearson Ayden Pellerito Karina Peplinski Elisha Peters Jonah Phillips Ramsey Ponchaud Emma Proctor Ilana Rhodes Emma Rich Easton Rich Aidan Richardson Dustin Richardson Jack Rickert Logan Rittersdorf Hope Rummelt Emma Sage Rhys Sandman Katrina Sandman Keira Sandman Annika Sandman Anna Seddon Nicholas Seddon Allyson Seevers Odin Sever Julian Shafer Dannion Simmet Steven Skinner Ava Skoog Cameron Sluss Logan Smith Kaitlyn Smith David Smith Connor Smith Alex Smith Andrew Snell Kalea Sobie Makayla Socall Alyssa Spanbauer Stephanie Spinella Olivia Staley Charles Steinebach Hunter Stepanovich Noah Sternisha Trevor Stewart Brady Strouse Celso Tapia Peyton Teachworth Jacob Thomas Wyatt Thompson Kadence Tiede Brooke Tindall Kevin Topolinski Kiera Troost Brady VanAlstine Laney VanAssen Kira VanGorp Noah VanLaan Andrew Veldman Lauren Visscher Henry Vredevelt Mason Wade Emmaline Wasciuk Jordan Watkins Courtney Witten Alyssa Woern Luke Wolters Gabrielle Yeary Gavin Yonker 12th Grade Mitchell Anderson Alyssa Atkins Amber Backing Kira Bailey-Waldron Norah Baker

Bryce Balabuch Zachary Bannan Olivia Barber Emma Barnhart Paige Barnhart January Basinger Blake Bennett Samantha Bennett Kendra Berg Alexis Berrington Carter Blough Madison Borrelli Elyse Bosscher Travis Boyd Mariah Bracey Eric Bryce Hayden Burt Kaylee Byrne Cailey Calhoun Owen Carpenter Keegan Cater Tatum Chambers-Lawrence Elise Charron Nathan Cleaver William Compton Liberty Cook Chloe Coon Samuel Cooper Carra Couturier Madison Coviak Jazlynn Cowling Kalel Creasy Jacob Cremer Evan Cross Emma Cross Ella Cusack Thomas Danaher Emma Dawson Ella DeRuiter Hanna DeVries Aiden Dial Anna Doyle Brenden Duhr Wyatt Ebmeyer Jared Elliott Mackenzie Elve Savannah Escobedo Joshua Fabis Justus Farrell Lani Fetterhoff Connor Fitzpatrick Evelyn Fleszar Aden Folk Greta Forward Sawyer Fowler Jackson Fowler Emmalyne French Carson Gaines Winton Garrelts Malia Garrison Quinn Gasper Jaydon Gates Brooklyn Gavitt Emily German Jerald Gieske Rosemary Goodwin Shea Goodwin Carter Goostrey Danton Goulet Joseph Graham Jordan Groth Samantha Guinn Spencer Guppy Aaron Gutowski Leah Halstead Lancdon Hamilton Jamara Harper Caleb Hasapis Dethan Hawk Zachary Hayes Robert Hays Ty Hilton Alexis Hofmann Taylor Holdridge Alyvia Hopkins Dallas Hornik Macyen Huver Brynn Jackson Franklin Jean-Marcoux Brett Johnson Jaymie Johnson David Kaczanowski Samuel Kaminski Delaney Kelley Kayla Kermeen Evan Klein Brooke Knottnerus Ty Knottnerus Amber Koepsell

Lillian Kooistra

Briar Lacey

Brianna Laux David Lav Madison Liley James Link Hayden Lowrie Ella Luers Charlotte Lyman Logan MacLachlan Jackson MacNaughton John McCarthy Kaylee McLarty Brody McVey Aidan McWayne Mason Meadows Benjamin Mika Bailey Miller Abigail Milley Joshua Momany Nicholas Momany Ramsy Mutschler William Neeley Branch Nietling Morgan North Kyra Northup Kaden Northup Lundy Olesko Cole Opperman Peter Ostrander Olivia Outman Madalin Petersen Tyler Peterson Ethan Post Noah Proctor Eliot Raimer Aubrey Rasch Caleb Ray Roman Riccobono Colton Ritchie Carlee Rogers Dominick Ronchetti Alexis Royer Chloe Sandborn Dana Sanders Jadan Sanders Cierra Sayer Isabella Schmidt Emma Schmidt Evvn Schneider Emma Schulte Evan Schulte Noelle Schwarz Jillian Schwierking Andrew Serne Emily Shay Kaitlyn Slezak Lucas Sloma Gage Snarski Preston Sobeck Jeselyn Spaulding Kyler Spike Cassandra Sprague Savannah Steffen Lara Steffens Kelsey Stephens Zachary Stevens Haleigh Strouse Emily Struckmeyer Joseph Swanson Adam Swanson Avery Szymanski Jenna Taber Ava Tavarone Mia Tavarone Leonardo Tavarone Moira Thaver Olivia Torline Justin Troost Sean Truba Jennie Underwood Samuel VandenHout Bryson VanderMeulen Cole Vandervest Haley VanGorp Taryn VanNoy Jordyn Vriesman Alexander Weber Kennedi Weed Jonah Wegschaidler Amelia Wells Alexander Wenger Cole Weston Marissa Wever Hunter Wieland Shelby Wilcox Ethan Willard Julia Wilterink Aaron Young Sydney Zandstra Michelle Zou



Gabrielle Sluss

Yovani

\*\*\*ledger

## FUN PAGE

## SUDOKU

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

Level: Advanced

Here's How It Works:

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

## **GREEN THUMB WORD SEARCH**

G Н Υ V G Ε W R Ζ Ζ Α Α S S D Ν S Α U В Ι Ν Ρ G R Υ W Т V S 0 Ι 0 R Ν W Α Α Α L Ι R S S G F Ι Ι R Α L V L R V D Ζ G Μ Ρ R S Т G Ε G Т D D Ν Η W В Α R R D Α Ν Η Ι S D Ρ Ε Μ Ι Ν Μ L Н V Ε F 0 Υ Ν V W W Ε G Ζ V Α 0 0 Y Т М Ζ S Ε Ε S Ε U R Ζ Α Ε Ι S Α Ρ Α R Ι Ε A U W Ι Ν L Ρ Υ Ρ Ρ Α Ε Т Т F S Т Ε Ε Y R Ι L V W U U Ν L Н R S R I U G Μ Ρ Ε Μ G V R Ε V Α V Ε W Α Α F S Ε S С Ζ 0 Ν С 0 0 D V Ζ Υ Н Ν W R R Ι Ρ Ι F S R М Ν R Μ L R R Α L V Ν D U Т Ζ Ρ Ε Ζ S V Ν Т D Y 0 Y L U Т Ρ Α 0 L М L V G Η Ι 0 С Ν 0 U U Ε U Ι н Т A Ζ V В Ε Y Ζ G С 0 0 Ρ G G S A F Ρ Н Ζ G V R Т S Т Н Ρ R Υ S R Α W R R W Ν Ι Ν Α Α 0 Н Т С С Т Ε L U Т L U Т Н Α Υ Т н Ν L Α М В V С 0 F С S Ζ С Μ Μ G R Α С D Н L Ν U Ε S S 0 W Ρ S 0 R L Ε Ν R Ι С Μ Ε Ν Т Н S Ρ Ρ Ε U F V В С S S R W D L W Ε 0 D W Ι Ι Ε Ι 0 F Ζ R Ε 0 В Н W W Α Μ Ρ V W W

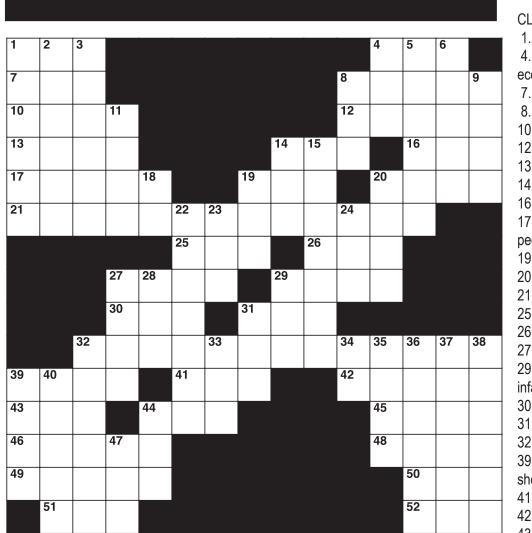
#### Find the words hidden vertically, horizontally, diagonally, and backwards.

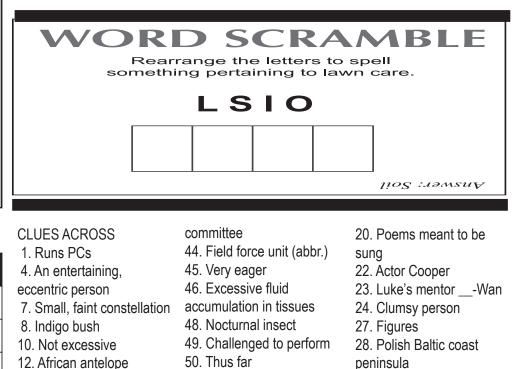
Puzzle solutions on page 13	GREEN THUMB WORD SEARCH	DROUGHT ENRICHMENT FERTILIZATION	IRRIGATION LEVELS MOLD	PRUNING RAINING RESEEDING
	AERATION	GRASS	MOLES	SOIL
	COMPOST	GREENERY	MULCH	WEEDS
	CONTROL	GRUBS	PESTS	YARD
	CRABGRASS	HOSE	PLANTS	

Guess Who?

I am an actress born in France on April 15, 1990. I rose to fame in a popular movie series based on books about wizards. I've since gone on to star in several other movies, including as a Disney beauty.

nostoW Dmmd : YowarA





13. A way to fly a glider 14. Tough softly 16. In the course of 17. Early Mesoamerican people 19. A way to drop down 20. Mistake! 21. Housing developments 25. Baseball stat 26. No (Scottish) 27. Type of cuisine 29. British Army infantrymen (abbr.) 30. Marry 31. Buffer solution 32. Legendary rock band 39. Recording industry show 41. A way to consume 42. Lake in Botswana 43. Political action

51. Famed NYC arena 52. Commercials **CLUES DOWN** 1. Small, purple-black fruit 2. Baltimore ballplayer 3. Highly seasoned sausage 4. Split pulses 5. Northwestern Mexico town 6. Edible fruit 8. Upper-class southern young woman 9. Sums up 11. The most worthless part 14. Dash 15. Sufferings 18. Clearinghouse (abbr.) 19. Indian title of respect

29. Old cloth
31. Explosive
32. Automobiles
33. 007's creator
34. The Volunteer State
35. Old Irish alphabet
36. Japanese city
37. Portrayed emotion
38. Observers
39. Mimicked
40. Polite reference to a woman
44. Male parent
47. Peter Griffin's daughter



## Tuesday, April 19 at 11:30 am Dispensary open until 9 pm

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Excludes Discounted Items Monday - 20% Off Bulk Flower **Tuesday - 20% Off Tinctures & Topicals** Wednesday - 20% Off Concentrates Thursday - 3/\$30 Single Prerolls Friday - 20% Off Carts Saturday - 20% Off Edibles Sunday - Pick Your Daily Deal or 10% Off Your Entire Purchase