

Lowell Education Foundation



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50¢



Dixon's Violin: LowellArts Artist of the Month

By Bill Lee
contributing writer

There are moments in people's lives that are turning points – when their lives begin anew, a complete change. For Dixon that moment came when he attended his first music festival in 2005. He had spent the last 17 years in the computer science industry, and at the time, was the director of technology for a corporation and was doing quite well financially. "There was a little voice inside my head that said something was missing," said Dixon. "I found myself around people (at the festival) who were alive, who were feeling and flowing and emoting and I wasn't. I was always in my head and that was a big moment for me to go 'Wow maybe I should be paying attention to my feelings and explore what is going on in my heart more than just my head.'"

From that moment his journey, from being Dixon the computer technician to Dixon the professional musical performer, began its transformation. It has been a bumpy and circuitous road for Dixon's Violin, but he has made it, and now performs over 120 shows a



Dixon's Violin, LowellArts May Artist of the Month

year. For those reasons and many others, he has been named LowellArts Artist of the Month. Honored and humbled by the distinction from Lowell, Dixon was happy to share some thoughts about his music, his message, and his journey. "My goal is to inspire people," said Dixon.

"People can walk away from a performance and see life in a brand-new way."

He does this by providing a unique live experience with his violin. He discovered that he could use foot pedals to help create different sounds and set down a background of recorded loops that he could

play over live. This sound was far from the classical education he received in his youth playing violin. "It led me into getting really weird, having a ball with all kinds of effects and live looping, and I started to find my sound," said Dixon.

It took a few years for him to get there though.

For the first few years after 2005, he played in a number of jam bands and enjoyed the experience but wanted something more from his music. That's when he started to improvise

Artist,
continued page 2

Spring weather brings shoppers to downtown



People flocked to Main Street on a beautiful Saturday afternoon for an exceptional shopping experience after a long winter. Stay tuned for Market on Main on second Saturday of the month.

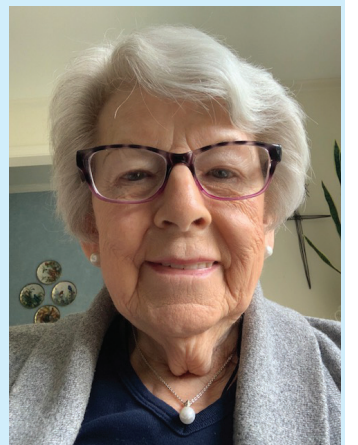
Lowell author writes second book at 90

Gladys Fletcher, a 1950 graduate of Lowell High School, has released her second book, *Unexpected...did this really happen?* At the age of 90.

Fletcher, at the age of 80, enrolled in the CALL program at Calvin College to receive instruction in writing her memoirs. Five years later, in 2017, she completed her first book, *My Garden of Stones*.

"Since the release of my first book, I have experienced so many unexpected events and experiences, some of which I shared with my college instructor. She encouraged me to author another book," commented Fletcher.

In two months, Fletcher will reach another milestone. She will be classified as a nonagenarian. She states, "I'm guessing after you turn



Gladys Fletcher

Author, continued page 8

Artist, continued

on stage a little more. “I was scared at improvising and was always worried about making a mistake,” said Dixon. “Finally, after 25 years of playing (classically), I was like you know that it’s okay to make mistakes. So I started experimenting and getting weird and I loved it. It was so rewarding to me to just get off the beaten path and try these new sounds.”

In 2010 he left the band scene and took the leap as a solo musician, and only a year later, decided it was time to jump in full time. He saw immediate feedback from his audiences. “What started to happen, especially when I started to express my own sound, my own heart, sometimes these magical moments like these times after a concert, I would look out and realized people were crying, or after the show they’d come up to me and really couldn’t put into words how moved they were, and that’s when I knew I had to quit the corporate job,” said Dixon. “That’s when I knew I had to do this full time.”

One of the mantras he has used at shows is: “You’ve never heard this before. I’ve never heard this before. We’re creating it together.” It is a theme of his music – the fact that he is going to play something new each time. It can be a

frightening feeling for him before he goes on stage, but he knows that when he pulls it off, it is a magical moment for him and his audience. “It’s a little scary but part of it is really getting in touch with my feelings,” said Dixon. “I don’t want to be an act. I feel magic happen when I’m really being authentic. It’s an interesting dynamic when I’m performing with an audience. The connection there is real. It can be really powerful but awkward too, but if you’re allowing for authenticity, more often for me the magic can happen.”

Although his music has no lyrics, he makes sure that people hear the messages he has for them. Part of his message comes from the clear joy on his face when he is performing – what he calls being in “a fully expressive flow state.” Another way he expresses himself is with his speaking before or after a song or with words on a screen behind him when he is playing. One message is that he hopes that people can find and express their own passion they may possess. “I found there are two different steps to that,” said Dixon. “Step one is the let it out. Music, great; journaling, great; painting or visual arts, sculpture, great. My challenge to people is level two: share it with others. Have an interaction with other humans. You’ll feel

this feedback loop. That’s why a smile is on my face. I’m feeling the audience and seeing the look in their eyes and know we’re experiencing this together. And that shared emotion is sacred. It’s really special.”

Getting to this place in his career has not been easy but for him it has been worth it. There is the reality of the business side of being a professional musician. Dixon calculated that for every one hour on stage, there were 40 hours spent getting ready for a show -- hustling, promoting, sales, marketing, and general administration. Financially, his first eight years he made no money. Then in 2019, he started to make a profit, and then... of course, the pandemic hit. Not the best timing, but Dixon rolled with it by playing socially-distant outdoor shows in Michigan during the summer



and in the winter, doing the same in Florida. It got him through those tough times that everyone experienced. Today, he feels he is starting to hit his stride again. “The beautiful thing is that it’s been organic growth,” said Dixon. “I just keep doing shows, most often small shows, occasionally a big

show, and over time you get more fans, your email list grows a little bit. I have no need to be famous. There’s a sweet spot in the middle. And I’m almost there.”

If you want to see Dixon’ Violin live, he’ll be playing locally this summer, including in Kalamazoo in June and at the John Ball

Zoo on July 17. Also, he’ll be at the Electric Forest 4-Day Music Festival in Rothbury, MI June 23-26 with more than 40,000 people in attendance. Also, you can follow what he is doing at his website dixonsviolin.com

Olivia and Liam top Social Security’s charts

Duo remain America’s most popular baby names for 2021

Olivia and Liam are America’s most popular baby names in 2021. Liam has been the top choice for new parents for five years in a row, and Olivia has topped the list for three years. Once again, during this unprecedented time, parents chose to stick with familiar names. Out of both Top 10 lists combined, only one name changed, with Theodore replacing Alexander in popularity. The name Theodore joins the Top 10 list for the first time--welcome to the club “Teddy!”

Here are the top 10 boys and girls names for 2021:

Boys: 1) Liam, 2) Noah, 3) Oliver, 4) Elijah, 5) James, 6) William, 7) Benjamin, 8) Lucas, 9) Henry, 10) Theodore;

Girls: 1) Olivia, 2) Emma, 3) Charlotte, 4) Amelia, 5) Ava, 6) Sophia, 7) Isabella, 8) Mia, 9) Evelyn, 10) Harper.

For all of the top baby names of 2021, and to see where your name ranks, go to Social Security’s website, www.socialsecurity.gov.

Acting Commissioner Kilolo Kijakazi encourages everyone to enjoy the baby names list and, while online, create a *my Social Security* account at www.socialsecurity.gov/myaccount. *my Social Security*, born ten years ago

this month, is a personalized online account that people can use beginning in their working years and continuing while receiving Social Security benefits.

Over the decade, more than 69 million people have signed up and benefited from the many secure and convenient self-service options. People who set up their my Social Security account have access to additional personalized services. They can request a replacement Social Security card online if they meet certain requirements. If they already receive Social Security benefits, they can start or change direct deposit online, request a replacement SSA-1099, and if they need proof of their benefits, they can print or download a current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides their earnings information

as well as estimates of their future benefits. The portal also includes a retirement estimator and links to information about other online services, such as applications for retirement, disability, and Medicare benefits.

Additional baby names information:

Social Security began compiling the baby name list in 1997, with names dating back to 1880. At the time of a child’s birth, parents supply the name to the agency when applying for a child’s Social Security card, thus making Social Security America’s source for the most popular baby names.

Each year, the list reveals the effect of pop-culture on naming trends. Here are the top five fastest rising boys and girls names in 2021:

Boys: 1) Amiri, 2) Eliam, 3) Colter, 4) Ozzy, 5) Loyal;

Girls: 1) Raya, 2) Wrenley, 3) Angelique, 4) Vida, 5) Emberlynn.

CITY OF LOWELL

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Lowell City Council will hold a public hearing on Monday, May 16, 2022 at 7:00 p.m. in the Lowell City Hall Council Chambers on the second floor of the City Hall, 301 E. Main Street in the City of Lowell to receive public comment, verbally or in writing, on the proposed 2022-2023 City Budget and the proposed 2022-2023 Millage Rates. The proposed budget provides for general fund expenditures of \$3,899,738.48. The proposed millage rates are 15.70 mills for City operations and .2259 extra voted millage for museum operations.

THE PROPERTY TAX MILLAGE RATE PROPOSED TO BE LEVIED TO SUPPORT THE PROPOSED BUDGET WILL BE A SUBJECT OF THIS HEARING.

A copy of the proposed 2022-2023 Budget is available for review and inspection during normal business hours at the Lowell City Hall and is also available on the City’s web site at www.lowell.mi.gov

Interested persons may submit written comments to the City Clerk prior to the hearing or may appear and speak in person at the hearing. Persons with special needs, as defined in the Americans with Disabilities Act, should contact the City Clerk at (616) 897-8457 or the Michigan Relay Center TDD 1-800-649-3777 for accommodations.

Susan Ullery
City Clerk

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The Lowell Education Foundation: Making a difference locally

By Bill Lee
contributing writer

The pandemic has changed everything in so many ways. One area that has seen change on many fronts is with public education. Online vs. classroom lessons, mask or no masks, vaccine or no vaccine - students, families, and teachers have gone through a lot in the last two and a half years. Unfortunately, for many reasons, thousands of educators have left the classroom and added to what has been called The Great Resignation. Michigan is one of those states which had already seen a decline in people looking to take jobs in education before the pandemic even began. The issue has become so bad in Michigan that State Superintendent, Michael Rice, in November, was quoted as saying the teacher shortage is "the single greatest issue facing Michigan schools and schoolchildren."

Fortunately, Michigan is trying to put programs in place to help mitigate this problem, which include more funding for teachers

and staff, more funding for teacher salaries and teacher recruitment, and more funding to provide safe learning environments for students and teachers. This backing is happening on a state and local level. Here in Lowell, there is an important non-profit group that has been working behind the scenes to help support students and educators in the City of Lowell. And as a Lowell resident you can help them with their goals.

The Lowell Education Foundation (LEF), a charitable organization created in 1995, has been providing financial, material, and volunteer support for innovative and creative educational activities. The LEF is not funded by public tax revenues but by private donations and fundraising. Its president, Shelly MacNaughton, along with a board of directors made up of business, education and community members, strives hard to fulfill its mission: to provide funding for innovative learning and enhanced programs for the students

of the Lowell Area Schools. "We collect and approve teacher grant requests for innovative learning," said MacNaughton. "We award over \$20,000 annually to Lowell area teachers who are eager to expand the learning environment they are providing for students. We also raise funds for supporting these initiatives."

The LEF has already used many grants to help Lowell students and teachers, including STEM introduction classes, anatomy models for science class, upgraded music equipment, and supplies to introduce new games to gym class. "A big focus right now for LEF is to connect with Lowell Area Schools alumni to help build a lasting foundation of support for our schools," said MacNaughton.

The present initiative has created a "Tribute Tree" which hangs in the entrance of Lowell High school and will honor or memorialize individuals who have helped improve the educational environment of the children of Lowell. "With your contribution of \$400 or



more, you not only leave a legacy or honor someone who made a difference, you make exciting learning opportunities possible for children in Lowell," said MacNaughton. "When in full bloom, the Tribute Tree will have an endowment of at least \$160,000."

The LEF is also trying to create more awareness for community members and alumni of the Lowell area schools about their newsletter that shares important educational

initiatives that are happening in the system. "We also invite alumni support for funding a lasting endowment for Lowell Area Schools and current grant initiatives," said MacNaughton. "We share out the projects we are funding on social media and plan to do so in our newsletter." For more information about how you can help the educational programs right here in Lowell, you can sign up for the LEF Newsletter at www.lowelleducationfoundation.org.

or, by making a donation on Facebook or the website. Also, you can purchase a brass leaf for the Tribute Tree in honor of a loved one, friend, or educator. There are many ways that residents can help students and educators locally right here in Lowell, and the Lowell Education Foundation will continue to be here to help in those areas.

Family mourns deaths of two brothers in Lowell Township trench collapse

By James Gemmell
contributing writer

A double memorial service was held Thursday for two brothers who died Friday, April 29, when a drainage trench they were working in collapsed in Lowell Township.

Kent County Sheriff's Sgt. Eric Brunner confirmed that Peter Bencker, 58, and his brother, Ron Bencker, 68, died in the backyard of a home in the 10,000 block of 60th Street, east of Snow Avenue. Pete's 59th birthday was coming up May 31. He had served 29 years on the Bowne Township Fire Department. Both brothers were Alto residents.

The Alto-Bowne Township Fire Department said, "Pete was retired from the Alto Fire Department for over a year."

The trench collapse happened around 8:30 p.m. It took crews more than six hours using a backhoe to retrieve them after the cave-in. The Kent County Sheriff's Office said it had received a report of two workers trapped in a drainage trench.

"Bowne Township Fire, assisted by Caledonia Fire, responded to the scene but found that the two adult men

were already deceased," the KCSO said in a news release around 11 o'clock that night.

"The Kentwood and Grand Rapids Fire Department technical rescue teams will be helping with the recovery."

Fire-rescue crews from Caledonia and Kentwood also responded to the scene.

The KCSO confirmed that a 14-foot-deep trench was being dug in the backyard, where a pole barn was going to be built, when the trench collapsed.

According to the Michigan Cremation & Funeral Care webpage, Pete Bencker was the son of Lyle and Delores Bencker.

"They raised three daughters (Emma, Analyse and Perry) all while they ran their construction business and enjoyed many adventures traveling and camping throughout the years ... He also was a huge advocate for the community of Alto and Lowell," the website read.

Thursday's memorial service was held at the Cascade Township campus of Ada Bible Church. It followed a short visitation and graveside services that were held for both men.

Memorial funds were established for the family through the Alto-Bowne Township Fire Department, P.O. Box 92, Alto, MI, 49302.

A GoFundMe.com webpage with the title "Pete Bencker Memorial Fund" was set up. Donations had far surpassed the listed goal of \$5,000 within a few days after it went online at gofundme.com/f/pete-bencker-memorial-fund.

"Pete was devoted to his family farm, his angus herd and spending cherished time with family and friends," the page reads. "He recently discovered his new passion for snorkeling."

A Give in Kind webpage titled "Pete Bencker Family Support" was set up by a relative of the family for people to make meals for them during their time of grief. The website is at giveinkind.com. Click on the magnifying glass icon at the top of the page to search for the family name.

The Michigan Cremation & Funeral Care webpage said Ronald Bencker is survived by his children Kelly Lemke, Daniel Bencker and Troy Sloan. His wife, Linda Bencker, died in 2010.

"Ron was a hard worker who enjoyed driving a truck, serving 29 years with Baker Furniture and 13 years with Landstar Transportation," the obituary reads. "Ron was a terrific man with a selfless heart who touched many lives."

The sheriff's department is still investigating details surrounding the accident.



Behind the many rescue vehicles that responded, a view of the home where one of the two men who died in the trench cave-in lived.

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Book Corner

The Deal of a Lifetime By Fredrik Backman

By Alison Yarger
contributing writer

What an incredible novella, comprising 65 short pages, as the book itself is physically very small. Technically a Christmas time story, it can be read at any time of the year, with the reader taking away some very important life lessons.

This is a narrative about what you would be

prepared to sacrifice in order to save a life - if it wasn't only your future on the line, but also your past. Sounds different, but reading the story will answer this question. This encompasses not only the places you are going, but the footprints you, in life, have left behind. If it was all of it, all of you, who would you give yourself up for?

Backman wrote this story late one night near Christmas in 2015. He was very tired, he said, believing it had been a long and strange year, thinking of the choices families make. Everyday, everywhere, we go down one road or another; all of us entertain ourselves, we stay at home, we fall in love and fall asleep right next to each other. We discover we need someone to sweep us off our feet to realize that time really is.

He said the story was just about how he felt about love and death: He thought this while he was sitting on the floor next to the bed his wife and kids were sleeping in. Backman also

expresses his feelings for the place where he grew up. Maybe all people have that feeling deep down, that your hometown is something you can never really escape, but can never really go home to either - because it's not home anymore and we're all just trying to make peace with it. Not with the streets and buildings, not with the businesses, not even with former neighbors or friends - just with the person we were back then. And, to maybe forgive ourselves for everything we did or didn't do or thought we would become and didn't.

This book drives home the point that you don't need money to leave a legacy - it's much more important to leave a legacy of love and

kindness and friendship and selfless devotion to family. We are at times obsessed with our legacy because none of us can bear the thought of being forgotten.

From part of the book: "It's easy to kill a person: All someone needs is a car and a few seconds. Because people like you trust me, you drive thousands of pounds of metal at high speeds; hurtling through the darkness with the people you love most sleeping in the back seat. And when someone like me approaches from the opposite direction, you trust that I don't have bad brakes. That I'm not looking at my phone or trying to find it after it has fallen between the seats. That I'm not driving too

fast. That I'm not drifting between lanes because I'm blinking back tears in my eyes. That I'm not sitting on the edge of the road with my headlights out. You trust that I'm not drunk. That I'm not going to kill you."

The novella teaches us that the majority of people simply survive, believing their possessions have a value, but truly, no material items have value. These have a price based upon expectation, but we learn through this story that the only thing of value on this earth is time.

An excellent book, which should be read by everyone, it definitely rates 5 stars. I highly recommend it.

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James Andres turns 101

James Andres is turning 101 years old on May 9, 2022. He is a Veteran of the U.S. Navy, having worked as a Mechanical Engineer. He designed launching equipment for depth charges while stationed at the Naval Ordnance Lab in D.C. In 1947, he was recruited by a Lear executive to come work in Grand Rapids, MI where Jim was a Project Engineer for remote attitude indicators for aircraft. Jim also was at Wright Patterson Air Force Base as the Chief Representative for NATO, which took him all over the world; primarily to NATO countries - which he was the Coordinator of the

standardization of aircraft installation, so that any pilot could fly any country's aircraft - as there was a pilot shortage. Jim and his wife, Polly (of 63 years), bought property in 1965 on the Thornapple River and designed and built a home there, that their son lives in today. He also designed and built two other homes during his life.

At 101 years old, Jim is happy

that he has a little mind left! He has seen so much and been so blessed with family. He has two children, seven grand children and nine



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MAY SCHEDULE

Robin Marvel, Healing Childhood Trauma, May 11
Andrew Smith, Another Slice of Fear, May 13
Diana Duell, special guest, May 13
Jon Stott, Summers at the Lake, May 20
Summer Porter, Maggie Chambers,
A Mouse Tail on Mackinac Island, May 27

great grandchildren to fill his life. When Jim and Polly were first married, they didn't have a lot of money, so he built their furniture. He also enjoyed wood carving, golf and still does cross-word puzzles today. He was in a car club with his Lear buddies and had a Sunbeam Alpine and also a Porsche 914. In addition to having designed and building homes, he also built two sailboats; one boat was a 16 ft. Skow that he helped his boss at Lear build and launched on the Potomac. The other sailboat he built was a 14 ft. boat, when they returned to Minneapolis. He also loves pie - apple, cherry or rhubarb; and his favorite dish is salmon! His favorite place is New Zealand - he said it's a very nice, friendly country. He has climbed the Tower of Pisa, and was invited to stay with his German counterparts in their homes during a NATO trip to Germany.

viewpoint



100 years ago The Lowell Ledger May 18, 1922

When the curtain rises Friday night at 8:15 on the Oriental American Fantatique, "Katcha Too," which is being staged under the auspices of the Moose Lodge as a benefit for the Moosehart school, a rare treat is in store for Lowell theatre goers, who promise to pack the City Hall to capacity.

Lowell Methodist Church - the bricks are being laid and mortar spread to the music of hammers, and we can begin to realize something of the size of the new church house, and image the great convenience it will be for Sunday school and social work.

Work at Runciman's bean elevators and "pickery" was resumed Monday after several days closing while waiting for stock.

Arrangements for the annual Memorial Day service at Lowell are nearly completed. Citizens of Lowell who have automobiles are invited to participate in the parade which will leave the West Side park at 10 o'clock a.m.

75 years ago The Lowell Ledger May 15, 1947

The Lowell High School band will travel to Belding tomorrow (Friday) to take part in a four school music festival. Other schools participating are Belding, Greenville, and Lake Odessa.

The Snow Methodist Church will celebrate the 50th anniversary of its dedication on Sunday, May 25. Many activities have been planned for the day.

The Ware School finished its 81st year of service Friday, May 9 with 35 people attending the school picnic. Twenty pupils were enrolled this year, with two, Marion Batey and John Baldry, graduating from eighth grade.

Michigan needs 25,000 migrant workers each year, says A.B. Love, state emergency farm labor supervisor at Michigan State College. The reduction in total farm labor force of the nation make competition for these workers greater than before the war.

Clark-Ellis Post of the American Legion has received many favorable comments on the book, *Memoirs*, published in memory of all those who paid the supreme sacrifice, and also in honor of those who were wounded and served in World War II.

50 years ago The Lowell Ledger May 18, 1972

Eight members of the Lowell Area Jaycees and their wives attended the Annual State Convention of the Michigan Jaycees last Saturday in Lansing. The group cheered wildly as retiring president Norm Veliquette was called to the state a total of six times during the state awards program to receive both chapter and personal awards. Lowell Area Jaycees were recognized as the most outstanding first-year chapter in Michigan.

On May 18, 19 and 20 the residents of the area will be asked to wear a red memorial poppy. By accepting one of these poppies from a member of the Clark-Ellis American Legion Post or VFW Post 8303 and its auxiliaries, aid to the living victims of the past and current wars is given, and honor is paid to those who died for they country.

The Kent County Conservation League hosted their annual husband and wife shoot; this year's winners were Al and Ginny Rowe of Lowell. The Roses won the team competition in a close race. Besides winning a trophy, the couple also won the positions of host and hostess for next year's meet, which follows a club tradition of the champs.

Lowell High School's graduating class of 1942 will hold their 30th anniversary reunion on Saturday, June 17 at Shady Acres on Bailey Drive.

25 years ago The Lowell Ledger May 14, 1997

Jim Reagan, the point man for the revitalization of the downtown, was honored as "Person of the Year" for his volunteerism, spirit and ability to start and see projects through.

Lowell Middle School principal, Jim Harden, is proud of the fact that many athletics opportunities are provided for seventh and eighth grade students. He is also proud that over 50 percent of the student population at the middle school engages in after school athletic activity.

Lowell Area Historical Association (LAHA) asked the city for \$2,000 in additional funds for Grahams

Building's caretaking needs. The city budgeted \$3,000 for the 1997-98 fiscal year to LAHA for its work in the Graham Building. LAHA also plans on writing grants to the Gram Foundation in Chicago for help on restoration work and possibly of museum planning.

Lowell Community Expo coordinators declare the first year a success. The Expo was an effort to show and inform businesses, individuals and relocation departments how Lowell has changed.

A decision on who will be the Lowell School District's next business manager is expected to be made some time this week. The list of 62 applicants has been cut down to two: Christine Annese and Connie Gillette.

outdoors

Fishing is fishing

Dave Stegehuis

Hunting and fishing equipment has evolved alongside all of the other technological advancements affecting our daily lives. With all of the choices, one must decide which gadgets will best meet our needs for what we want to accomplish.

Many years ago, fishing with my dad and brother was pretty simple. Perch fishing in Lake Michigan was done with cane poles off a pier. Inland lakes were the accessible in winter by spudding a hole in the ice. During the summer on many small inland lakes, some waterfront residents rented out homemade wooden boats which used a gallon paint can filled with cement for an anchor and a pair of oars for power. Black nylon line was wound around the end of a cane pole. A fat red worm dug from the rich black soil along the shore covered the hook and a bobber signaled the bite.

Today, the mom and pop rental boats are gone. Fishermen now own their own boats and launch them at public fishing sites. Canoes and kayaks are becoming popular, but the majority of fishing craft have aluminum or glass hulls in twelve to twenty feet

in length. An outboard hangs on the transom.

Outboard motors come in single digit horsepower and up to 250 hp or more. A smaller kicker motor is paired with the main motor for slower trolling speed and security. A bow mounted electric motor provides precise boat control and is also used for primary power on smaller craft. High end electrics receive G.P.S. input from a dash mounted sonar unit or a remote controller. Sonar fish finders also record the depth of water, describe bottom structure, locate fish and supply G.P.S navigation data. Larger boats have ample storage for rods and tackle. A live well keeps the catch fresh and allows for sorting fish. The Michigan fishery is so diverse that fishing for several species requires using a variety of methods and equipment.

Getting into fishing may appear to be complicated and expensive. It can be. But there are plenty of opportunities to enjoy the sport with little investment in time and money. Locate a rod, reel, and some bait. Then head for a pier, dock, shoreline, or river and you are in business. Fishing is still Fishing at any level of participation.

We love to hear from you!



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

The requirements are:

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

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



At Your Local Library

Alto Library, 6071 Linfield Ave. SE, Alto, Michigan 49302, (616) 784-2007. Library hours: Monday 9:30 am - 1:30 pm; Tuesday, Wednesday noon - 8 pm; Thursday noon - 6 pm; Friday 9:30 am - 6 pm; Saturday 9:30 am - 1:30 pm

ABCs of Lowell history

The ABC's of Lowell History was introduced in 2020 as a way to share some of the many fascinating stories from Lowell's past. It was initiated in part by the pandemic shutdown, which led the museum to seek alternative ways to share local history with the community.

Builder/Owner:
Robert W. Graham

Robert Graham, an immigrant of England, built this brick house as a duplex for two families, Robert Graham's own family and his in-laws, Joseph and Julia Post.

Robert, his wife Emma

School superintendent and the first librarian in Lowell. His second wife enjoyed purchasing the books.

Ernest, Robert's middle son, grew up here. He gained an interest in architecture and went to Chicago and became an apprentice to Burnham and Root. He worked around

and Anderson. His works included the Chicago Field Museum, Shedd Aquarium and Science and Industry Museum.

The Graham children gave permission for this building to be used for library purposes. The west side of the building housed the Lowell Public Library from 1922-1996, with apartments



All Aboard! Book Club

May 12, 10:30 am - 11:30 am. A fun, informal discussion of great books. This month's book is *Lila* by Marilynne Robinson. For adults.

Polymer Clay Jewelry

May 12, 6:30 - 7:30 pm. Try out clay tips and tricks to create your own, hand-made clay piece to take home and bake with easy, provided instructions. Space is limited; first come, first served. Doors open 30 minutes before the program begins.

Scrabble for Seniors

Fri., May 13 and May 27 from 1-3 pm. Sit down and enjoy a word game, unplugged, with other fans. All ages and skill levels welcome!

Summer Wonder teen crew orientation

May 31, 6:30 - 7:30 pm. Enthusiastic and energetic teen volunteers are wanted to help with Summer Wonder at KDL. Fun times are guaranteed, with the added benefit of service experience. Registration is required via a paper application available at your branch. For teens ages 11-17.

business matters



Greenridge Realty announces that Annette Belanger was Sales Person of the Month for April.

This award recognizes Belanger for her outstanding success and achievements.



After four rounds of ABCs the Lowell Area Historical Museum is introducing a new weekly series. Each week we will explore the history of one of the buildings in the downtown Historic District.

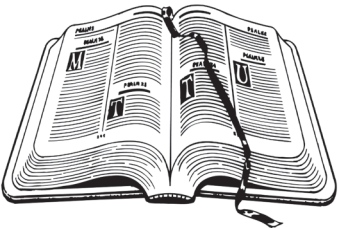
325 West Main Street
Date Built: 1873

and their three children Herbert, Ernest and Myrtice, moved into the west side. Robert's wife died weeks after moving in. Robert later remarried Elizabeth Shaw. Shaw moved in with her three children. The pair had one child, Frank, together. Robert Graham was a mason, Lowell Public

the clock as assistant to Daniel Burnham during the construction of the World's Columbian Exhibition in Chicago in 1893. With Burnham, Graham became the builder of the world's biggest buildings. Later he formed his own firm Graham, Probst, White

upstairs. The east side was home to Lowell's YMCA offices from 1960-2002. In 1954, the village of Lowell purchased the property. In 2001, The Lowell Area Historical Museum opened on the West side and in 2004, on the East side. It remains a City owned building.

area churches



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MAY 11
Carol Briggs,
Joel Uzarski, David
Kaczanowski, Gary Hoag,
Benjamin Hoag, Brad
Janowiak.

MAY 12
Michele Lindhout -
Barber, Jessica Covell,
Carrie Kiczenski, Ian
Duiven, Ryan Timmers,
Christine Vickers.

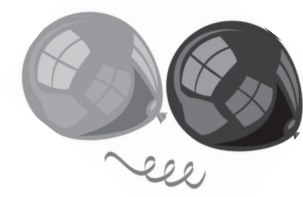
MAY 13
Melanie Ligman, Jean
Daverman, Ed Roth III.

MAY 14
Kathy Thomas.

MAY 15
Maxine Gasper, Kass
Milanowski.

MAY 16
Richie Ford, Kristi
Ford, Angela Dixon, Ryan
Phillips, Janet Boerema,
Lila Crandall.

MAY 17
Andy Dibble, Shawn
Witherell, Blake Yeiter.



Matt Schmitz – A man of letters

by Cliff Yankovich
contributing writer

Cambridge dictionary defines the idiom, “man of letters”, as “someone who knows a lot about literature.” Not knowing the extent of his literature IQ, I am exercising some creative license by using this reference for Matt, who can be found most days at Hulst-Jepsen Physical Therapy in Lowell.

Their website reads: “Matthew Schmitz, MSPT, OCS, CERT, MDT, CIDN”. Mr. Schmitz has a whole lot of letters after his name. What all that means is that once Schmitz graduated from GVSU in 1998 with a Master’s of Science Degree in Physical Therapy, he continued to expand his knowledge about the human body and learn new and different ways in which he can help people. He is certified in Mechanical Diagnosis and Therapy, and Integrative Dry Needling for pain management, and is an Orthopedic Clinical Specialist. All of this, and more, are a result of his self-directed, continuing education.

“I simply love learning,” Schmitz remarked. “Going a little deeper though, I derive great satisfaction from using what I learn and applying it or teaching others.”

Schmitz not only passes along his accumulated knowledge to his clients on a daily basis, he was also an adjunct professor at GVSU for ten

years. His passion for what he does is very evident as he moves around the Hulst-Jepsen facility interacting with patients and the other therapists. One moment he is assisting someone in a new type of stretch while explaining to them what is happening in their body, and the next, he is down on the floor demonstrating how someone could modify what they have been doing in order to facilitate a quicker road to recovery.

When asked what he enjoys most about his profession, Schmitz said, “The blessing of the interactions and relationships built with patients as I help guide them toward independence through their rehab process. There has been a deep sense of a call to serve in my life and PT is one of the ways I am fulfilling that.”

The call to serve and the decision to pursue Physical Therapy meshed when Schmitz was a track and field athlete during his junior year in high school. He had “some knee issues” and was referred to get PT. After going through that experience, he immediately began looking for physical therapy programs and ended up at Grand Valley.

Schmitz’s answers to some of my questions have put physical therapy in a completely new light. Schmitz would like to move the role of PT more in the direction of being a preventative form of self-care, rather than just a recovery plan post injury or

surgery.

“Most people go to a dentist for cleaning once or twice a year. I think it should be that way for physical therapy,” Schmitz said. “Schedule a yearly visit and get looked over. We can help you in improving your posture, setting up an exercise program tailored specifically for you. Poor posture and sedentary lifestyles are a large part of what leads to painful conditions.”

Schmitz leads by example when it comes to getting off the couch. When he is not working he loves to spend time on a bicycle – on the pavement and off-road in the gravel and dirt. He also enjoys hunting, back packing and hiking. He shares some of those activities with one or more of the seven children he and his wife Georgia are raising. Great news for the future of PT, his second oldest – Ana, is very interested in following in dad’s footsteps.

Matt had more helpful information that he wanted to pass along about Physical Therapy. Michigan law allows patients to be treated without a physician prescription for up to three weeks or ten visits. Most insurance companies participate with this. PT is not strictly for surgery or injury recovery – you can seek out help for all of your aches and pains in any region of the body. With a nod to all those letters referenced above, Matt related that he is



Matthew Schmitz, MSPT, OCS, CERT, MDT, CIDN

5 surprising benefits of hosting an exchange student

It’s a phenomenon we see time and again in student exchange: while selflessly giving of their homes and hearts, a host family will often gain just as much as they give! But what does that really look like? We want to highlight five offbeat benefits of opening your home to an exchange student.

1. See your “daily grind” with fresh eyes

We’re living in an age of speed, convenience, and automation. As calendar pages fly by, days turn to months and months turn to years in the hustle of our jam-packed schedules.

Hosting an exchange student provides a tangible way to “stop and smell the roses” as we begin to see daily life through new eyes and with new appreciation.

“When you have to

explain so much of what you do to someone else, you are given the chance to see it again like it’s the first time, and that is precious. Life became something to notice again instead of being routine.” – host mom Charlotte Powell

2. Come face-to-face with a new culture

Cultural interaction has always been a hallmark of student exchange, and it’s arguably more critical than ever in today’s world. If we want to break down prejudices and build understanding, relationships are the most likely antidote! When we invite exchange students into our communities – to share in our schools, play on our teams, and sit at our tables – we invite a new perspective. We share what is sacred to us and learn about that which is

foreign. These interactions with the “other” lead us into new layers of empathy and understanding, and we, in turn, model to our children exactly what it looks like to embrace differences.

“The magic of student exchange is that you get to look behind the curtain into how people actually function in their day-to-day

Exchange student, continued page 12

prepared to deal with special problems including vertigo, women’s health issues and drug free pain relief from “dry needling”, which is similar to acupuncture “with a Western medical twist”.

There is a great vibe in the air at the Lowell Hulst-Jepsen. People joke about coming in for their “torture session”, but watching the way people interact with Schmitz and his crew make it clear no one is being tortured.

The lady who runs the logistics in Lowell is Keagan Locke. She is the patient advocate who handles all the scheduling

and paperwork. She has worked with Schmitz in Lowell since they opened here in September 2016.

“What I appreciate about Matt is that I can go to him and talk to him about anything,” Keagan said. “We have that relationship that I can go to him, and he is always open to hearing things and talking about them.”

Schmitz explained that the way in which he tries to manage the Lowell office is a reflection of the model that has allowed Hulst-Jepsen to grow to the point that they have 22 locations in West

Michigan. “We have set ourselves up to be a small community-based clinic, where the atmosphere is more like a barber shop or coffee shop, and we strive to get you in within 48 hours,” Schmitz commented.

Locke concluded her remarks about Schmitz with this, “It is very obvious that he cares for his patients. He cares for them and he cares for all of us who work here. He is very kind.”

Perfect. We can add four more letters behind Matthew Schmitz, KIND.

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Author, continued

90 this is what you are called...non-age-narian!"

Fletcher keeps herself busy, in the summertime she gardens and in the winter months she enjoys reading and quilting.

"God has blessed me with a good life, a very special family and wonderful friends," commented Fletcher.

Fletcher has had many unexpected and unusual events in her lifetime, one such experienced happened while waiting to board a

United Airlines flight in Grand Rapids on her way to California. "The flight Captain paused as he passed where I was seated and remarked, 'Good morning, young lady.' A few steps further and he stopped, looked my way again and made another comment."

Her book, *Unexpected*, includes unusual events, relationships, making new ones and the ending of a lifelong friendship. The reader will follow Fletcher as she navigated through the

isolation of the pandemic with illness and death.

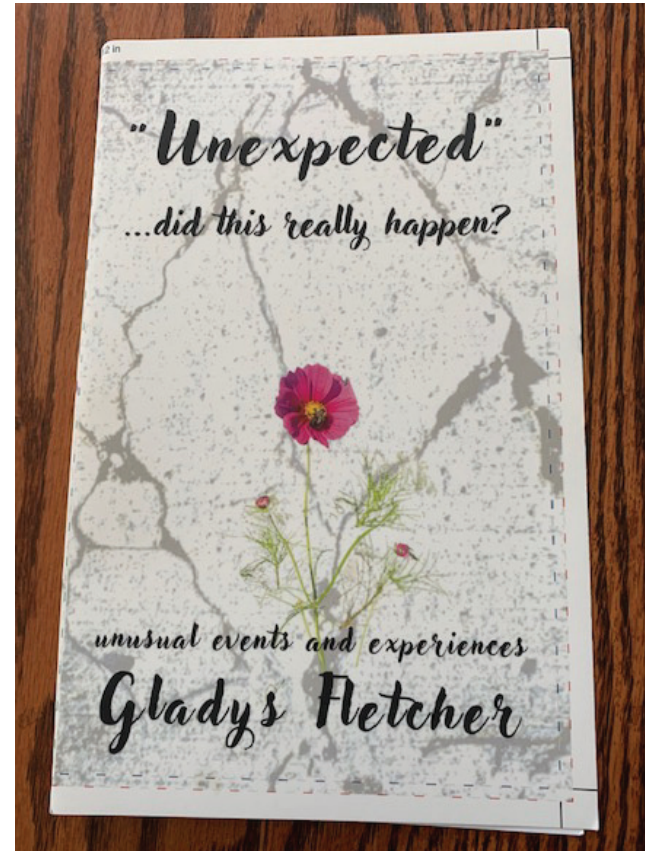
"I discovered you can turn negatives into positives. I was exposed to parenting one of God's creations, an exciting and unexpected adventure. I thought I had found love again with someone I had known for over 50 years, but discovered some things are meant to happen, just not meant to be," said Fletcher.

After a few nudges from family and friends, she accepted the challenge and

with God's help, authored this book.

"I did some soul-searching while writing this book. Do I expose my true feelings and be vulnerable? Some may think I unmasked too much of myself. Perhaps. However, God has been and always will be number one in my life. He forgives and loves me unconditionally. What more can I say?"

Fletcher chose to self-publish her books, not wanting others to tell her story. She lived the



Unexpected...did this really happen? Gladys Fletcher's second book.

experiences and wished to express her adventures in her own voice. Her books can be obtained by contacting her through email at alysfletch@att.net.

There will be a book signing on Sat., May 21 between 2 and 4 pm at Cascade Christian Church,

2829 Thornapple River Dr. in Cascade in the Coffee House on the church campus.

Fletcher will also have a tent at the Flea on the Flat River during Riverwalk Festival, July 8 & 9 along the river walk in Lowell.

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The Old Theater coming to life in downtown Lowell

by Michelle Smith
contributing writer

Original, historic and unique are a few words that describe an old gem that is carefully being renovated right in the midst of downtown Lowell.

Shuttered from its original purpose for about 36 years, an exciting project is unfolding in the building formerly known as the Strand Theater near the corner of Main and Hudson streets. The marquee, which has been the old building's only regular interaction with the community, is now showing new signs of life from within its historic walls.

New owners and long-time Lowell residents, David and Lisa Reed, are working diligently

movie projector that was used to show films and was left behind in the building. The Reeds hope to display more antique items like this.

"After restoring the structural aspects of the building, we hope to incorporate design features that give homage to the building's history. The projector helps tell the story," Lisa Reed said.

It's in the auditorium where most of the Reed's work has taken place, which has allowed them to open the building for a limited number of performances and events. The three-tiered floor is able to accommodate a dinner theater set-up of about 200 guests or a seating arrangement of about 500 seats.

construction or needs to be renovated in order to make full use of the facility. It is unknown how long a complete restoration will take.

Built in 1928, the building originally hosted vaudeville shows and "talking pictures" of that time. It changed uses over time and also served as a furniture store.

The hardwood floor on the stage and dramatic light that pours from a huge domed ceiling shows that this is still a place where magic can happen. The main structure of the auditorium still accommodates its original intent - to entertain a live audience.

Originally furnished with 504 red velvet folding "opera" chairs, the Reeds are tasked with deciding on the future look of the building. With the old chairs now dismantled and unusable, the building is almost a clean slate on which its new owners can create how it will look.

"We don't know what it looked like originally, so it's probably going to change again.

We're trying to decide on the "look" for the building. Wrought iron, rustic, formal? We need to pick a theme and run with it," Lisa Reed said.

Having the original chairs removed creates versatility in the auditorium. The original floor has been built over into three level tiers, with the lowest, largest tier available to be a dance floor.

The auditorium can also be set up for dinner theater style, holding up to 200 seats.



Lisa and David Reed, owners of The Old Theater.

The Reeds are currently doing most of the renovations themselves.

With experience in construction and property management, as well as sound equipment technology, theater productions, and music, the couple is well-suited to take on this task. With their five children now adults, the time seemed right to incorporate their talents and abilities toward something new.

"On one hand it feels like a natural next step," Lisa Reed said.

In November 2021, when the Reeds purchased the building, the former owners were doing a series of comedy shows. The Reeds chose to honor the planned schedule with family-friendly "clean comedy" and found themselves in a crash course of marketing, website design, and ticket sales.

"All of a sudden, we were in show business," Lisa Reed said.

One of the challenges the Reeds have faced is finding acts that can

accommodate their current space. Right now, single-person acts like stand up comedians and small musical groups are the types of acts they will be seeking.

David Reed said the first priority for renovations will be installing an air conditioning system. The building has a heating system. He said many structural repairs will also happen this summer.

One of the things that have surprised the Reeds since purchasing the building is how many people have contacted

them to rent the marquee. Community members have been able to rent the marquee for announcements and messages, and this will continue with the Reeds as owners. David Reed said he changes the message often to draw attention to the building.

"If you change it, people will look at it," he said.

The Old Theater will be closing June 2 and not booking any events or acts so they can focus on renovations. The Reeds hope to re-open late summer or early fall.



View from the stage.

to prioritize projects and make plans to restore the building, now renamed The Old Theater, into a beautiful space of which Lowell can be proud.

When you walk into The Old Theater your first sight is a glass-walled ticket booth. This lobby area also has a concessions area and is graced with an antique

Currently, single performers, such as comedian Heywood Banks, have been hosted in recent weeks. The building is also available to rent as a party venue. It has recently hosted a family reunion and a local high school formal dance.

Much of the building, including underground corridors, is under



Marquee letters to be repaired.



Antique movie projector.

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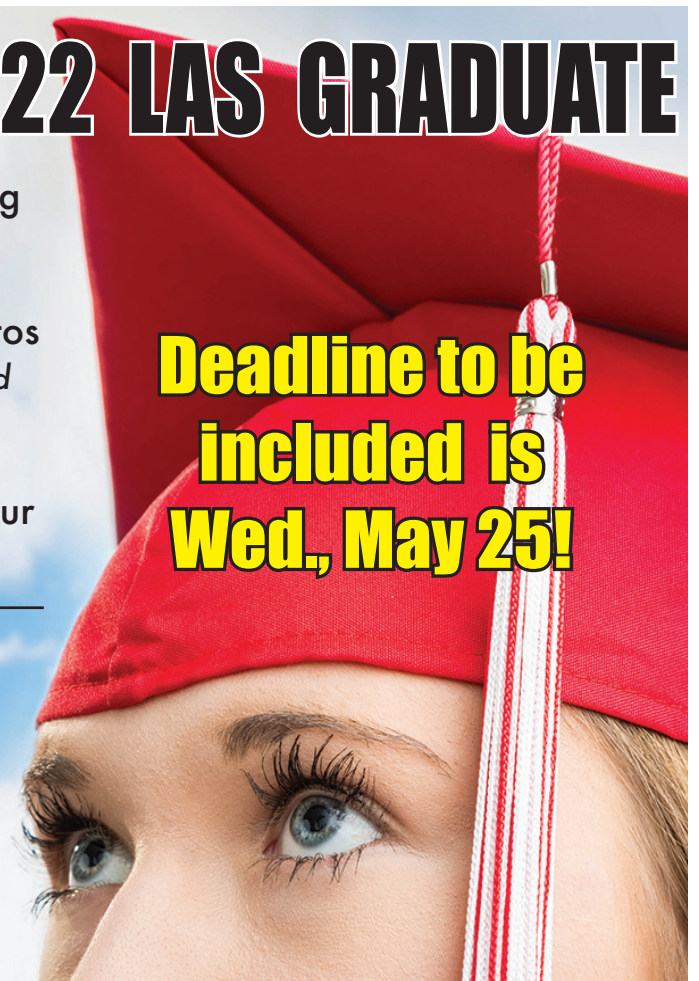
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Red Arrow

- SOCCER

SPORTS



Season defining win for girls soccer

By Justin Scott
sports reporter

In a season filled with plenty of narrow losses, Lowell broke through for the first time since 2018 by beating Forest Hills Northern. It is just the second win for Lowell over the Huskies since the girls program started in 1998.

The Huskies jumped out to a 1-0 lead, but Lowell would respond quickly with Lauren Malone assisting Emily Ake on the equalizing goal. In the second half, senior Lilly Kooistra scored the game winner on another Malone assist. Goalkeeper

Aubree Lee had nine saves in the night, as Lowell held on for a 2-1 win.

On Friday it was senior night against Jenison. Lowell honored seniors Madison Borrelli, Kooistra and Jennie Underwood in a pre-game ceremony, as it was the program's first ever senior night at the new field. The Red Arrows scored first

with just 1:24 left in the first half on a Jenison own-goal. The second goal came from freshman Alyse Miles, who scored on a free kick misplayed by the Jenison defense, to round out the scoring.

Midweek, Lowell fell 2-0 at East Grand Rapids. Lowell is 5-8 on the season.

Defender Leah Davidson (3), clearing the ball against Jenison.



- GOLF

Golfers rack up the miles and low scores

by Justin Scott
contributing writer

The Lowell golf program put a lot of transportation miles on the books this week. Traveling to Montague and Grand Blanc, Lowell also brought home one trophy to make the trips that much sweeter. In the 10-team Montague Invitational,

Adam Swanson, in the fifth slot, shot a respectable 92. No Lowell golfers recorded any worse than a double bogey.

"We're a good team and we finally showed what we can do; shooting 327 to win the tournament. Our goal was to reach this number before Regionals," head coach Tom Koert said.

and Flint Powers, led by individual medalist Robert Burns (68), finished in third with a 323. Lowell tied for 12th in the 22-team tournament with a 347, which beat out the score of Detroit Catholic Central who finished as state runner-up last year.

The tournament was packed with big names in

"Monday at Warwick Hills we shot 347, a good score for the most difficult course our team will ever play. Warwick Hills has been the site of a PGA Tour event for decades and the challenges were there to hurt your score," Koert added.

Drew Veldman earned medalist honors with a top 10 finish and a round of 80. After starting out the round with four consecutive pars, Veldman had a tough hole recording an eight, before bouncing back with three birdies through the end of

the round for a score of 80. De Voest (85), Sluss (87), and Knottnerus (95) rounded out the scoring. Swanson finished with a round of 100.

Wednesday at Quail Ridge in the only nine hole event of the week, Lowell took third in the OK White Jamboree hosted by Grand Rapids Christian with a score of 167, just two strokes off second-place Byron Center. Grand Rapids Christian won the event with a score of 153. EGR, Northview, and Greenville. Veldman led

the way with a two-over-par 38. De Voest (40), Sluss (44), and Knottnerus (45) concluded the scoring.

Lowell is at Kent Country Club for the EGR Jamboree this week, and on Friday will travel to Lincoln Golf Club for the Reeths-Puffer Invitational.

"These guys are a dedicated group at our practices. They understand how important our drills are to improving as a team. They are so fun to be with, and I have a ton of respect for each of them," Coach Koert concluded.



Golfers rack up the miles and low scores

hosted at Old Channel Golf Course, Lowell dominated the field to bring home the championship trophy. Lowell shot a 327 as a team. The next closest team in second place was Whitehall with a 349, then Montague (350), Spring Lake (350), Pentwater (366), North Muskegon (368), and Hart (386) rounded out the teams who shot below 400.

All four Red Arrows who scored were in the 80's for 18 holes. Drew Veldman led the way with an 80, followed by Cam Sluss at 81, Patrick de Voest at 82, and Ty Knottnerus rounded out the scoring at 84. Senior

Drew Veldman birdied the par 5 10th hole. Sluss picked up a birdie on hole 14. De Voest birdied a par 3, hole 8. Knottnerus started out the day with three consecutive pars.

LHS started out the week traveling to their most exciting event of the season, hosted at a former PGA host course, Warwick Hills. Golf teams on the east side of the state tend to be a lot stronger than their westside competition and that showed at Warwick Hills, hosted by Grand Blanc High School.

Northville won the event with a 320. Chelsea took 2nd with a 322,

the Michigan golf world, including Powers, who finished state runner-up in Division 2 last year, defending D2 state champions Birmingham Brother Rice, fifth, sixth, and eighth in Division 2 last year Chelsea, Orchard Lake St. Mary's, and Spring Lake. fourth in Division 3 last year, Tawas Area. It was a preview of what a team state finals would look like for Lowell. Simply being invited to such a tournament was a notch of the golf program, and the respectable finish gives the Lowell golf program a significant accomplishment to hang their hat on.

- BOYS VOLLEYBALL

Volleyball top of conference

By Justin Scott
contributing writer

The Lowell boys volleyball team sits atop of the Grand Rapids North Conference. The club team got two-set wins over Rockford and Forest Hills Eastern at Sparta this past week.

As the defending state runners-up, Lowell has plenty of returners from that cast of players who have been instrumental in leading the team this season.

"Some of our key returning players are

Lanndon Hamilton, our setter, and Jacob Davidson, an outside hitter," said coach Drew Davidson.

At 10-1, Lowell sits with a two-game gap ahead of second place Sparta and Grand Rapids Christian. In this week's action, against the Rockford Rams, Lowell won 25-18, 25-17. Against the Hawks of Forest Hills Eastern, Lowell won 25-10, 25-19.

"Nick Williams, Ean Walters and Brant Tiede are all first year players who have made a huge

impact for our team," coach Davidson said.

Nineteen new schools in the state added boys volleyball this year, making it the next sport up for consideration for MHSAA status. There are 37 schools currently participating.

The Red Arrows are looking to make a run at a state championship, having lost to Hudsonville 3-0 in the finals last year. This week begins the last week of conference play before the postseason begins.

Catch Up On Lowell High School Sports

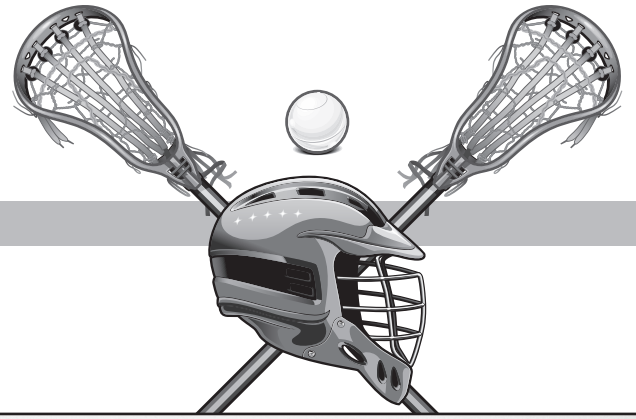
Go Red Arrows!

the lowell ledger

Red Arrow

- LACROSSE

SPORTS



Lacrosse teams honor heroes

By Justin Scott
sports reporter

It was the best weather day for Lowell lacrosse all year and it couldn't have come at a more perfect time as both programs hosted a tribute game honoring their everyday heroes.

The boys program would do a focused Military-themed tribute where they honored current and former armed forces personnel. The

Michigan National Guard was there part of the 3rd Battalion, 126th Infantry Regiment, along with Military vehicles, catered food with free meals for veterans, "Patriot Game" Lowell lacrosse t-shirts, and special Military-themed uniforms.

"We are playing for more than just ourselves. We are playing the game we love while honoring

the brave men and women that have and continue to fight for our country so we can continue to have the opportunity to play the game," boys lacrosse head coach Austin Buckius said of the Military game.

On the field, Lowell hosted Jenison, who came into the game on a hot streak, having won their last four games in the month of April.

Early on it was CJ Steinebach making the Wildcats worry every time he touched the ball. He had three goals in the first quarter to help Lowell vault out to a 5-0 lead. Owen Carpenter finished the game with five goals, while Sprency Guppy (2) and Weston Godbold also got on the scoresheet. Steinebach added one more goal during the game, as Lowell coasted on to a 12-6



The boys lacrosse pre-game jersey ceremony.

victory following the strong start.

"We played our game. We were able to set the pace, move the ball and execute the way the boys know how.

They played for all four quarters," Buckius said of the win.

The girls program also made a splash with their Heroes Game. To expand upon the Military Tribute, players honored local heroes that included veterans, teachers, health care

workers, and other personal heroes.

Lowell went on to win their first game of the season in emphatic fashion by a score of 14-4 over Jenison.

Proceeds from both games went to Flat River Outreach Ministries.



Lowell girls lacrosse player Hope Kaminski, with her brother Sam, representing sister Maddie.

- TRACK & FIELD

Arrows defeat Greenville on record setting night

submitted by Paul Judd
LHS track coach

The Arrows worked on passing the baton from the senior class to the returning team members, as the line-up saw scoring from some new faces as they took the win from Greenville.

The boys sort of worked through the meet, which made the results even brighter, considering the poor weather at Red Arrow Stadium. Twenty Lowell athletes set personal records

(PRs), and a few moved up the record board to close out the regular season. The highlight of the evening saw senior Josh Rau beat the 38-year-old school record in the 300m hurdles. Rau's time of 39.96 moves him past Rob Kings time of 40.01 (converted), which was set in 1984. In the 3200m, Cole Weston and Jackson Fowler worked together to go 1-2 running 9:52.73 and 9:53.20,

respectively. Fowler's mark moves him to No. 5 on the record board right behind Weston.

Final team scores were: Lowell 102, Greenville 35. Taking first places for the Arrows were: Aiden Fitzpatrick 100m, 12.11 (PR) and long jump, 18-01.00 (PR); Josh Rau 200m, 23.85; 110HH, 15.07; 300H 39.96 (new school record) and shot put, 37-02.50; Kaden Northup

400m, 53.97 (PR); Dannion Simmet 800m, 2:17.49; Cole Weston 1600m, 5:13.66 and 3200m, 9:52.73; Keegan Cater discus, 125-02; 1600m relay (Cater, Wittenbach, Fowler, Northup), 3:45.23; 3200m relay (Simmet, Cater, Bromley, Sandman), 9:13.54.

Earning second place were: Kaden Northup 100m, 12.21 (PR); Brenden Wittenbach 200m, 24.57; Levi Mills 400m, 54.10;

Keegan Cater 800m, 2:17.62; Dannion Simmet 1600m, 5:16.83; Jackson Fowler 3200m, 9:53.20 (No. 5 on the LHS record board); Drew Weber shot put, 36-10.25 (PR); Isaac Graham discus, 119-10; Noah VanLaan high jump, 5-06.00; Ramsey Ponchaud long jump, 17-08.00.

Third place finishers were: Brenden Wittenbach

400m, 57.30; Sawyer Fowler 800m, 2:17.71; Rhys Sandman 1600m, 5:16.93; Benjamin Bromley 3200m, 11:26.97; Ramsey Ponchaud 300H, 43.73 (PR); Kelton DeVito shot put, 36-03.75 (PR) and discus, 87-10.

The Arrows are off until the OK White Conference meet next Thursday and Friday at Red Arrow Stadium.

Lady Arrows defeat Greenville

submitted by Paul Judd
LHS track coach

Last Tuesday the Red Arrows sent their seniors off in fine fashion by using points from all over to close the OK White regular season with a win over Greenville. Lowell had its typical rain, wind, cold day but kept things warm with some great times and multiple point scorers to make it a good night.

Final team scores were Lowell 105, Greenville 32.

Earning first place

finishes for the Arrows were: Isabel German 100m, 13.66 and 200m, 28.10 (PR); Jadan Sanders 400m, 1:07.65; Annika Sandman 800m, 2:40.31; 1600m, 5:33.96 and 3200m, 12:01.92; Emily German 100H, 16.88; Leah Krieger 300H, 52.92; Aubriegh Oswald shot put, 34-06.25; Liberty Cook discus, 100-02; 400m relay (Spaulding, Sayers, I. German, Gustin), 55.66; 800m relay (Spaulding, Sayers, Gustin, Krieger), 1:56.42; 400m

relay (Sanders, Harper, E. German, Flickinger), 4:36.80; 3200m relay (Haper, Young, Sandman, A. German), 11:18.47.

Second place finishers were: Leah Krieger 100m, 13.77; Hanna Flickinger 400m, 1:08.59; Katrina Sandman 800m, 2:40.38; 1600m, 6:00.40 and 3200m, 12:04.30 (No.5 LHS record board); Emily German 300H, 53.56; Kaylee Byrne shot put, 28-05.25 and discus, 83-01.

Third place finishers

were: Jamara Harper 400m, 1:09.07; Keira Sandman 800m, 2:42.99; Anna Forney 3200m, 15:05.54; Daniela Dujat 100H, 19.72; Liberty Cook shot put, 27-08.50; Leah Krieger high jump, 4-00.00.

The Arrows are off for a week until they host the OK White Conference meet on Thursday and Friday, May 12 and 13. Field events and prelims are on Thursday starting at 4 pm, with all finals starting Friday at 6 pm.

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obituaries

BRAMBLE

Linda Lee Bramble went to be with her Lord and Savior on December 29, 2021. She was born to Eunice Anne Schwegel and Harry Hess on May 14, 1952. She was preceded in death by her husband, Michael Foster Bramble. She is survived by her husband, William (Billy)



Gibson; sister, Evelyn (Randy) Beck; children, Mike (Lori) Bramble, Dan (Kari) Bramble, Rick (Shannon) Bramble; grandchildren, Zachary (Nicole) Bramble, Mikayla (Jake) Chandler, Kyle Bramble, Timothy Bramble, Curtis Bramble, Casey Bramble, Cameron

Bramble; and great-grandchildren, Emmitt, and Zoey Bramble. Linda was a wonderful wife, mother, grandmother, and friend to many. She will be dearly missed but has been given the ultimate reward and is now in heaven with her Heavenly Father. We will see you again. A celebration of life service will be held at Lowell Baptist Church on Saturday, May 21 at 11:00 am. In lieu of flowers, donations may be made to Lowell Baptist Church, 2275 W. Main Street, Lowell, MI 49331.

BROWN

Sara Kay Brown, age 74 of Lowell, passed away on May 1, 2022. She was preceded in death by her parents, Roy and Velma Hays; and sister, Janet Taylor. She is survived by her children, Lisa (Edward) Stormzand, Danette Wells, Darren (Kim) Brown; grandchildren, Max (Kelsey)



Stormzand, Reed (Jordan Lillie) Stormzand, Sophia Brown, Brennan Brown, Nolan Wells; great-grandson, Grey Stormzand; sister, Betty (Tom) Czehowski; and nieces and nephews. Sara graduated from Rogers High School, Wyoming,

MI. She had a long-term career with Canteen Food Services at Amway and Knoll Group, and throughout the years also worked with Detroit Diesel, ITM, and Ventra. Sara's greatest love was spending time with her family. Visitation will be held 11am - 1pm, Saturday, May 21, 2022, Roth-Gerst Chapel, 305 N. Hudson St., Lowell, MI 49331. Memorial contributions may be made to, Faith Hospice, 2100 Raybrook SE, Suite 300, Grand Rapids, MI 49546.

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KELLEY

Kelley, Marcia Ann, 79, passed away peacefully with her family by her side on Saturday, May 7th. She was born to the late LeRoy and Harriet (Riegel) Schmitzer of Grand Rapids, MI in 1942. Marcia was married to Gordon Kelley Sr. in 1959. She was preceded in death

by her sister Mary Jane and survived by her sister Sandra Rebel (Louisville, KY). She is survived by her husband Gordon Sr. and her children Gordon Jr. (Susan) of Ionia, MI, Donna Ashlock of Whitewright, TX, Kathy Davis of Mesquite, TX, Annette Finkbeiner (Larry) of Caledonia, MI, Daniel (Joan) of Suffolk, VA, and Shawn (Carmen) of Sherman, TX. She is survived by 17 grandchildren, 14 great-grandchildren and numerous nieces and nephews. Marcia was a bus driver for 28 years for Wayland and Kentwood Public Schools. Not sitting still, she then spent her retirement volunteering and spending time with her husband doing various projects and traveling. A visitation will be held Friday, May 13th at 11a.m. and service at 12p.m. at the Roth-Gerst Chapel, 305 N. Hudson St., Lowell, MI 49331. Following the service there will be a luncheon at the Lowell United Methodist Church, 621 E. Main St., Lowell, MI 49331. The family requests that people make donations in support of Ionia Area Hospice, PO Box 124, Ionia, MI 48846, in lieu of sending flowers.



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NICKLESS

Marilyn D. Nickless, age 87 of Lowell, passed away unexpectedly on May 1, 2022. She was preceded in death by her parents, Lloyd and Wilma Goff; and first husband, Vern Keim (1982). She is survived by her husband of 38 years, Walter G. Nickless; children, Diana (Randy) Schultz, JoAnn Pfaff, Sharon (Kevin) Bull, Linda Keim, Kirk Nickless, Rhonda Nickless; grandchildren, Ryan (Raechel), Laura, Melissa, and Michael Schultz, Christopher Pfaff, Kristen Bull, Isabella Galperin, RJ O'Neill; great-grandchildren, Carl and Calvin Pfaff, Aria O'Neill; and sisters-in-law, Noreen Peters, and Nadine Denkins. Marilyn graduated from Saranac High School in 1952 and attended a certificate course at Davenport College. She was a campfire leader throughout



the 60's and 70's, was a softball coach for the Lowell YMCA, an avid bowler, she loved a good game of golf, and wasn't afraid to try her luck at the slot machines. Marilyn was a huge sports fan and was a season ticket holder for the Lowell Red Arrows for many years. She spent her free time baking cookies, pies, and banana bread for those she loved. She will be missed dearly, and the memories will be remembered forever. Services were held 1:30PM, Saturday, May 7, 2022, Roth-Gerst Chapel, 305 N. Hudson St., Lowell, MI 49331, with visitation one hour prior. Pastor James Schultz officiating. Interment Saranac Cemetery. Memorial contributions may be made to the Pink Arrow Pride, 11700 Vergennes St., Lowell, MI 49331.

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Exchange student, continued

life. We find that we are different, but we are much, much more the same." – host mom Jill Amunrud

3. Adopt a mentor for your kids

Exchange powerfully shapes the worldview of children of all ages, giving them a lasting relationship with the outside world. It's a common misconception that host families should have a teen son or daughter in the home. While teens generally love the chance to help a student plug into the high school, younger children make fantastic hosts as well. Young children are generally

very open and bond easily with their new "big brother" or "big sister." And since the very nature of hosting requires learning about and "adopting" somebody who is different than their own family, the life-lesson of growing up with an exchange student is invaluable. Of course, the daily connections are perhaps the sweetest in the end.

"I thought it would feel a little weird having someone other than family in our house all of the time, but it's not weird at all. She feels like she really is part of our family. And I love to show her stuff, and she tells me all about her country. It's really cool!" – host sister Emily, age 11

4. Stay connected for life

Time and again, host families report an ongoing relationship with their student and his/her natural parents that outlasts the original five or 10 month program. These family connections, that span continents, are probably the most unique and impressive component to student exchange. Host parents are truly expanding their family throughout the world.

"You get to know people, and it (student exchange) gives you a more long-term relationship. I was an exchange student in Denmark when I was younger, and I've kept in touch with my Danish host families. We were even able to take the kids to Denmark to visit them, and I know that for the rest of our lives we'll be in touch

with our German exchange student Stina, too. Exchange shows you that the world is still big, but it's not THAT big." – host mom Jill Fisher

5. Laugh! (seriously!)

You might be surprised to find that IE students don't need a lot of possessions, excursions, or special treatment. What do they need? They need you! A warm, supportive "home away from home." A place where they feel safe. A place where they can be goofy. Candid connections and good-natured fumbles – these are often the most memorable and endearing.



"It's like our family expanded when we hosted Henrik. We have so much fun remembering all the silly things we did together, like teaching him that shouting 'shotgun' meant you wanted to ride in the front seat of the car. (When the kids first did this in front of him, he couldn't figure out what we were doing. Were we going to shoot guns or what?!) I can now say I have three children - two in the US and one in Germany." – host mom Sharon Parry

Curious about what it takes to become a host family? All you need is a spare bed, an open heart and a desire to be an involved and active family. Students come with their own spending money and insurance, and hosts provide: "room and board," help with local transportation, and (most importantly) the support of family.

To learn more about how you can experience cultural exchange in your own home and community as a Host Family or Local Coordinator, contact your local coordinator Sarah Boucher at 517-331-3460 or s.boucher@international-experience.net

LEGAL NOTICE

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

In the matter of Fannie Wilson Guardianship File No. 22-211,314-GA

TO ALL INTERESTED PERSONS including her son, Brynell or Brynell Haynes, and any unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: A hearing will be held on July 13, 2022, at 1:30 P.M. at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids,

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

Dated: May 6, 2022,

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 401-7113

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



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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. TFN EDW

WHISTLE STOP MINI STORAGE - 12661 Vergennes, N. of Lowell. 5x10; 10x10; 10x20; 10x30; 12x40. Fenced lighted, key code entry. Call for more information, 897-8872.

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

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

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sales

LIL RED BARN SALE - 12795 Burroughs, May 13 & 14, 9 am - 3 pm.

ADA ESTATE SALE - Sponsored by the Kent Garden Club, May 19-20, 9-5:30 at the Ada Historical Museum "Red Barn," 7144 Headley St., SE, Ada (across from the post office). Rain or shine! Floral demonstration each day at 1 pm. Up to 100 members participating in this sale. Vintage, collectable items, household goods, clothing, furniture. Proceeds help fund our community gardening projects at GR Public Museum, Veterans Home, CAC Healing Garden, Southwood School youth gardening.

20th ANNUAL PERENNIAL PLANT FUNDRAISER - 520 N. Monroe St., Lowell. Hundreds of hardy, local perennials, 50¢ - \$3. Memorial Day weekend, Saturday (Only), 8-3 pm. Donations being accepted now. Questions or donations, call Karen at 301-5838.

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CALL FOR AUTHORS TO BE FEATURED - on "For the Love of Books Podcast" hosted by author and journalist Emma Palova of Lowell. Celebrating its one-year anniversary with 50 episodes, the show features Indie and small press authors, and their events. Email emmapalova123@gmail.com. Listen in on podbean and other major podcast apps: For the Love of Books Podcast

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PUZZLE SOLUTIONS

Grid of puzzle solutions with letters filled in.

Grid of puzzle solutions with numbers filled in.

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



Live the Life You Want

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

Not always so golden

You've probably heard the term "golden years" used to describe ones retirement years. But for some, they're not so golden and can actually be very stressful and challenging. According to the World Health Organization (WHO), about 20 percent of people age 55 plus have some type of mental health issue. Some studies have found that one in three aged 65-85 have some type of mental disorder. The most common mental health issues are severe cognitive impairment, anxiety, suicide ideation, substance abuse,

and mood disorders such as depression. Yet, older adults don't seek out counseling as often as other age groups. Why?

Some may not seek out counseling because they don't know who to reach out to for help. There may also be a mindset that problems should not be shared or they feel there is a stigma about obtaining mental health services. There are also other factors that can play a part, such as mobility, transportation, and financial issues, to name a few. Even with telehealth being widely

available, some may not be tech savvy or may not have the resources to use these options. It's time to reach out to our older community members and make sure they have the information and resources to get the assistance they deserve.

What Can Be Done?

Work to strengthen social supports:

Social supports include emotional support (sharing problems or venting emotions), informational support (advice and guidance), and instrumental support (housekeeping, grocery shopping, or ride assistance). When someone receives the needed social and emotional support it reduces the risk of mental illness, physical illness, and mortality.

Work to increase life satisfaction:

This is influenced by socioeconomic, health, and

environmental factors. Life dissatisfaction is associated with obesity, health conditions, smoking, heavy drinking, and physical inactivity. So, eating healthy, getting exercise (get sign off from your doctor first), not overusing substances, not isolating from others, and having a good support system all help. Eating healthier can also help to decrease inflammation which in turn can help with pain management. If possible, try growing your own fruit and vegetables. Even if you only have a small space you can try container gardening. Seek out fun, healthy connections, and find things to inspire you. If you feel like you don't have a purpose, consider volunteering to mentor and help others.

Mental health can affect physical health and



vice versa. So, it's important to seek treatment for mental health issues just as you would a physical ailment. Your overall wellbeing

depends on it. This article is not meant to diagnose or treat. It is for information purposed only.



Financial Focus

With Christopher C. Godbold

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Market decline offers buying opportunities

The financial markets have gotten off to a rocky start this year. What's caused this volatility? And does it present opportunities for patient investors?

First of all, several factors are behind the market volatility, including the war in Ukraine, higher inflation, rising interest rates and the lingering

effects of the COVID-19 pandemic. However, while these factors may be specific to the recent market decline, volatility itself is a common feature of the investment environment. In fact, history shows that corrections of 10% or more happen about every year, and declines of 15% or more have happened every other year, on average. Furthermore, while 2022 has thus far been challenging for investors, it was preceded by a long period of strong markets, with the S&P 500 averaging more than a 20% return over the past three years.

Knowing the typical frequency of market volatility and reviewing the results of the past few years may make the current situation seem less shocking. But you don't have to simply "ride out" the downturn - because a down market may give you the opportunity to buy more investment shares at good prices. Specifically, you can expand your holdings

in companies that have good growth prospects due to strong management and products or services that provide sustainable competitive advantages. And this type of opportunity is important, because one of the keys to building wealth is to increase the number of shares you own in your various investments and hold them for the long term. While the market will always fluctuate, the long-term trend has been positive, particularly for well-diversified portfolios built with quality investments.

Of course, while it is a good idea to boost your share ownership at favorable prices, you still want to be strategic about it, rather than just buying whatever seems to be the biggest bargain. In reviewing your existing portfolio, can you identify any gaps that could be filled with new investments? Are there opportunities to further diversify your holdings?

By owning different types of stocks, bonds, government securities and other investments, you can help reduce the impact of volatility on your portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent losses in declining markets.) Or, if your portfolio has become "unbalanced" in some way, you could also use this time to rebalance it back to its original long-term targets. You might also consider setting up a systematic investing program in which you invest the same amounts in the same investments on a regular basis, such as monthly. When prices go down, you'll automatically buy more shares, and when prices rise, you'll buy fewer shares. (However, systematic investing does not guarantee a profit or protect against loss and you'll need to be willing to keep investing when share prices are declining.)

Before this year, average annual returns have been solid for about

a decade, which makes it somewhat easy to forget about normal market volatility and may have led to overly optimistic performance expectations. So, it would not be surprising if your initial reaction to the current downturn is one of concern. But by viewing the current investment environment as a chance to add quality investments at attractive prices, you can help yourself develop a behavior that can serve you well throughout your life as an investor.

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

Edward Jones, Member SIPC.

Past performance of the markets is not a guarantee of how they will perform in the future. Investors should understand the risks involved in owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates, and investors can lose some or all of their principal.

AUCTION

Kendall Tobias Auctioneer
1-269-945-5016, Hastings, MI 49058

HUGE ESTATE AUCTION

Sat., May 14, 2022 at 10:00 am.
Kent County Youth Fairgrounds, 225 S. Hudson St., Lowell

Antiques & Collectibles: 1500+ license plates, road signs, many mini license plates, huge collection baseball cards, sports cards, post-cards, books, jewelry, model cars, magazines, 33 records, sports pennants, large knife collection & more! Household: Dishes, toys, more! Tools & Misc: bug zappers, plumbing repair kit & more! Don't miss this once-in-a-lifetime auction of unique antiques & collectibles not often seen!

For more go to www.auctionzip.com #233711
Kendall Tobias, Auctioneer, 1-269-998-7813
No credit cards, no out-of-state checks. Items sell "As Is"

LEGAL NOTICE

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

In the matter of Michael Pillette Guardianship File No. 21-211,321-DD

TO ALL INTERESTED PERSONS including his father, siblings, and other heirs or children whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: A hearing will be held on June 15, 2022, at 8:45 a.m. at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids,

MI 49503 via Zoom before Judge David M. Murkowski (P35026) for the following purpose: Appointment of a Guardian for a person with a developmental disability.

Dated: May 09, 2022

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

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

LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT KENT COUNTY

NOTICE TO CREDITORS Decedent's Estate

CASE NO. and JUDGE: 21-210317-DE, Hon. Judge David M. Murkowski

Estate of JUNE ELIZABETH DEKKERS.
Date of birth: May 08, 1925.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, June Elizabeth Dekkers, died 10/16/2021. Creditors of the decedent are notified that all claims against

the estate will be forever barred unless presented to Bonnie J. Clark, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Suite 2500, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

Date: May 9, 2022

Thomas E. Lane (P36477)
688 Cascade W Pkwy SE
Suite 230
Grand Rapids, MI 49546
616-285-6050

Bonnie J. Clark
4763 Locust
Newaygo, MI 49337
231-335-8188



THANKS

for supporting local business!

FUN PAGE

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

GREAT GARDEN WORD SEARCH

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

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

Puzzle solutions on page 13

GREAT GARDEN WORD SEARCH

ANNUAL
CLAY
CLIMATE
CLIMBING

COMPOST CONTAINER
DAPPLED
DECIDUOUS
DROUGHT
FERTILIZER
FILLER

HARDINESS HOSE
HOUSEPLANT
IRRIGATE
MOUNDED
MULCH
PERENNIAL

ROOTS SHADE
SOIL
SUN
TOLERANCE
TRAILING

Guess Who?

I am an actor born in California on May 12, 1981. I had minor roles before landing a role in a popular TV series about a shy computer hacker. In 2019, I won an Academy Award for playing a world famous rock singer.

Answer: *Rami Malek*

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gardening.

D R T I

--	--	--	--

Answer: *Dirt*

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

CLUES ACROSS

- Amounts of time
- A ship's place at a wharf
- Point a finger at
- Large, burrowing rodent
- Raises the stakes
- Measure of illumination
- Cast out
- One who is staid
- A word used for emphasis
- Military missions
- Wet with rain
- Selling at specially reduced prices
- Word element meaning ear
- __ student,
- Blood relation
- Make into leather
- One billionth of a second (abbr.)
- Containing salt
- A seat
- A type of fine pottery
- You're caught red-__!
- "Heat" director Michael
- Expression of creative skill
- Title of respect
- Crony
- Payroll experts
- Actress Remini
- Famed consumer

CLUES DOWN

- Old EU money
- Some put it on steak
- Sign language
- Sowed on the ground
- Tags
- Everyone has one
- Arguments
- N. African capital
- Midgame (abbr.)
- Change as needed
- Functioning as a consonant
- An island in the north Atlantic
- Carpenter's tool
- Small football player
- Ghosts say it
- Explain through logic
- Having ten
- Criticize
- Arms of the sea
- Belonging to a bottom layer
- __ Caesar, comedian
- Licensed health care pro (abbr.)
- Swiss cottage
- Cleft lip
- Loud, unpleasant noise
- Disfigure
- Kayakers traverse them
- Authored
- Small freshwater fishes
- Macabre poet
- Carthaginian statesman
- Principle underlying the universe
- Common Japanese surname
- The bill in a restaurant
- Small constellation
- Chap
- Equal
- One quintillion bytes (abbr.)

2022 FOOD FIGHT

NOW THROUGH JUNE 1!



FROM the heart **Matching Sponsors** Total Match: \$37,250.00
Match Used: \$29,240.08



PARTNER CONNECTOR

Chimera Design
 Lowell United Methodist Church
 Metric Manufacturing
 Poultry Management Systems, Inc.

2022 FOOD FIGHT FROM the heart WEEKLY BOX SCORE

	Week 1	Week 2	Week 3	Week 4	Week 5	TOTALS
NORTH	14505	12,335	XXXXX	XXXXX	XXXXX	26,860
SOUTH	12095	32,425	XXXXX	XXXXX	XXXXX	44,520

COMMUNITY CONNECTOR

Boulder Ridge Wild Animal Park, Edward Jones, Lake Michigan Credit Union

NEIGHBOR CONNECTOR

Rogers Neighborhood Realty

FAMILY CONNECTOR

Kaminski Chiropractic
 Roth-Gerst Funeral Home

FRIEND CONNECTOR

Alpha Care Center, Centrie Concrete Cutting & Drilling, LLC, Fuller Septic Services, The TRUE Group, Key Heights Village MHC, Key Vista MHC

MEDIA SPONSOR



Please enclose payment (checks payable to FROM) with the form below

DONATION FORM
 or donate online at www.fromlowell.org

NAME _____
 PHONE _____ EMAIL _____
 ADDRESS _____
 DONATION AMOUNT \$ _____
 NORTH TEAM _____ SOUTH TEAM _____
 Visa/MasterCard # _____
 Expiration Date _____ Security Code _____

Please mail to FROM, 11535 Fulton Street East, Lowell, MI 49331

Neighbor Helping Neighbor



We are so thankful for our community. As we reflect on the impact of our programs in 2021 we know that none of it would be possible without our community.

Together we were able to provide: 1,745 food pantry shopping trips, 173 backpacks filled with school supplies, lend 581 items from our Medical Loan Closet, and help provide presents for 324 kids.

Thank you for giving from the heart during Food Fight and making it possible to serve neighbors in need in our community.