

Parker Liu – A homegrown candidate for Lowell Board of Education

by Cliff Yankovich
contributing writer

Anyone who knows Parker Liu will attest to the fact that he is not someone who acts impulsively or makes important decisions on a whim. It comes as no surprise that the lifelong Lowell resident, minus one year spent in Indiana, took his time and discussed the matter with family and friends before he decided to run for a seat on the Lowell Board of Education.

“I believe a vote for me is a vote in the growth and development of our young people into becoming the leaders of tomorrow,” Liu stated. “I have a passion to leave this world better than I found it and believe it hinges on how we teach our youth about their impact on the world around them.”

Liu has a long history with Lowell Schools – he attended them from first grade until he graduated in 2010. He took his education very seriously, finishing in the top ten of his class, and never earned anything other than an A on his report cards. His favorite classes at LHS were AP Biology and AP

Government. He combined a love of science classes with an interest in music, that started with a violin in third grade, before he transitioned to the cello. He served his fellow students as Student Body President as a junior and senior. After graduating, Liu earned his Doctorate in Pharmacy from Ferris State University, and currently works for Cherry Health, where he dispenses prescriptions through the pharmacy at the Heart of The City Clinic, as well as working with patients and providers in complex medication therapy management.

It is worth noting that during his high school tenure, Liu was the student representative to the Board of Education. By any measure, Liu thoroughly enjoyed the education he received at Lowell and mentioned that a highlight for him was participating in the Model United Nations at Hope College all four

Parker Liu,
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Parker Liu is running for a seat on the Lowell Board of Education.



Movie Review



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Restless Viking



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Lowell High School Sports



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Kent District Library accepting nominations for the Literacy Champion Award

Kent District Library is introducing the KDL Literacy Champion Award for outstanding leadership and advocacy of literacy. The award will go to one individual and one organization who does or has done something exceptional to promote literacy. Nominations are open through July 31 and may be submitted online at kdl.org/literacychampion. Winners will receive \$1,000, a crystal trophy and two tickets to KDL's Literary Libations Gala taking place on September 15.

“Literacy is the foundation of all learning for our children and throughout life,” said Lance Werner, Executive Director of Kent District

Library. “There are many people and organizations who have an exceptional passion for literacy, creating a profound impact on lives in our community. The KDL Literacy Champion Award shines a light on and celebrates them.”

Awards will be selected from public nominations received by July 31, then given to one individual and one organization who has demonstrated leadership and exceptional achievement in advancing reading. Individuals can be teachers, tutors, school librarians, authors and others. Organizations

Continued, page 7

Fire millage for Lowell Township residents on Aug. 2 ballot

by Emma Palova
contributing writer

Lowell Charter Township residents will be asked to consider a millage of one mill for eight years to support fire and emergency services on Aug. 2. The millage would cost the average homeowner of a \$225,000 house, \$112 annually.

The cost to provide these services by the Lowell Area Fire & Emergency Services Authority has been steadily increasing, according to fire chief, Shannon Witherell.

“It’s vitally important that the millage is approved,” said Witherell. “It will provide a secured funding source that will allow us to plan. The current model does not guarantee funding. Our equipment

costs have gone up by 25 percent.”

The current model of funding for fire & emergency services for Lowell Charter Township residents is from the township’s general fund, unlike many other communities.

If approved, it will allow the township to direct funds from the general fund on resident priorities such as paving and maintaining roads and investing in parks and trails.

In the absence of additional dollars provided by the proposed millage, the township must dip deeper into its general fund to support fire and emergency services, according to supervisor, Jerry Hale.

“We’re a growing community and costs are

rising,” said Hale. “The township needs to secure a reliable way to fund these critical services and ensure we are prepared to serve our community’s needs now and into the future.”

The former farming community has changed over the past two decades with many farms giving way to new development, apartments, condos, and single-family homes, thus increasing population density.

According to the 2020 census, the township had a 5.5 percent increase in population and a 28 percent increase from 2020 to 2021 in 911 calls.

“Most of our services

Fire millage,
continued page 4

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Two Sizzlin' Summer Concerts offered week of July 4

by Bill Lee
contributing writer

Lowell's Sizzlin' Summer Concerts, presented by LowellArts and the Lowell Area Chamber of Commerce, will offer two concerts directly after the

July 4th weekend.

First up on Thursday, July 7 beginning at 7 pm - The Insiders: Tom Petty Tribute Band.

The Insiders are made up of six highly-experienced musicians: Max Lockwood

(lead singer/guitar), Phil Barry (lead guitar/vocals), Eric O'Daly (multi-instrumentalist/vocals), Mike Lynch (keyboards), Dane Hammerle (drums/vocals), and Joe VanAcker (bass). "We are very excited

wouldn't back down." The Insiders are excited about their 2022 summer tour and depicting Tom Petty and the Heartbreakers. "Our plans are to keep doing our small part to carry on the legacy of one of the

greatest American rock and roll bands and songwriters of all time, in Michigan and beyond," said Lockwood. You can find out more about the band by following them on Instagram, Facebook, or

going to their website at theinsidertribute.com

The second concert will be on Friday, July 8 beginning at 7 pm and will feature The Sea Cruisers with their special brand of 50s, 60s, and 70s music. The band is excited to play the Lowell venue. "We are very much looking forward to playing music in Lowell," said Don Dove, singer and drummer for The Sea Cruisers. "The setting is beautiful, and the water makes for an excellent backdrop." The band plans to play everything from The Beatles and Van Morrison to Elvis, Dion, and The Belmonts. "Overall, we'll be playing a good variety of older tunes," said Dove.

The Sea Cruisers will continue to play in the west Michigan area this summer, and as Dove says, "Keep performing and trying to give folks a smile."



The Insiders: Tom Petty Tribute Band will perform at the Showboat on Thursday, July 7 beginning at 7 pm.



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to perform in Lowell!" said Max Lockwood. "Our last show at the Showboat series was fantastic, and we're looking forward to another great summer night on the river."

Based out of Grand Rapids, The Insiders have been playing a mix of Tom Petty hits and some deeper cuts for almost five years now. According to their website, After the passing of Tom Petty in October of 2017, Lockwood organized the band by pulling together some of his favorite musicians for a benefit concert. After a sold-out show that raised thousands for a local domestic violence shelter, The Insiders decided "they



The Sea Cruisers will appear on the Showboat stage Friday, July 8 at 7 pm.

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City and township set restrictions for outdoor water usage

by Emma Palova
contributing writer

The city of Lowell and Lowell Township set restrictions for outdoor water use after the water treatment plan reached its capacity in mid-June.

“The water treatment plant can’t handle increased water use,” said city manager Mike Burns. “There’s a lot of water being pumped in the summer.”

Recently, 680,000 gallons were pumped for Lowell Township coming close to the water treatment plant’s capacity of 840,000 gallons a day.

“This is taxing the water system,” said Burns. “We have to have odd-even day water restrictions.”

According to a 1992 agreement between the

city and the township, the city must follow the same restrictions as the one placed on the township.

“We will be instituting restrictions for outdoor irrigation for odd address numbers on odd days, and for even address numbers on even days,” he said. “I wish I didn’t have to do it, but we have to be consistent.”

This has never happened before in the city or in the township, according to both Burns and Hale.

“This is the first time I am aware this occurred,” said Burns. “We’re seeing more consumption from the township as they are seeing growth in our service area.”

To address the problem, the city will be installing additional water pumps. In

the future, if the problem persists, the city will need to look at expanding the water treatment plant due to continued growth in the township’s service area.

“Both the city and the township will be monitoring this,” said Burns. “It is our hope we can do enforcement through education rather than issuing citations.”

Burns said he understands the inconvenience, however, everyone needs to adhere to the restriction the best they can to avoid additional restrictions.

Until the new pumps are installed at the city water plant, and the municipalities are experiencing a hot dry stretch, the restrictions will remain in effect through Sept. 30.

“It is important for us to take proactive steps to prevent an outright ban on landscape irrigation,” said Hale.

The restriction limits

bathing purposes. Under the restriction, outdoor watering is allowed for properties in the city and township with an address that ends in an odd number on odd days.

amount of water it can produce and, with recent demand, we are pushing the limit,” Burns said.

Outdoor watering makes up a significant portion of water consumption during the warmer months.

“We ask for our community’s partnership in ensuring we can continue to provide reliable water service to our customers,” Burns said.

Hale joined Burns asking for the community’s compliance.

“Working together, we can level the demand and maintain the sustainability of the current water system,” Hale said. “This short-term restriction will have long-term dividends for all of us.”

For example, an address of 611 can water on the first, third, fifth, seventh, etc. day of the month. For properties with an even address – for example, 610 – outdoor watering is allowed on the second, fourth, sixth, eighth, etc. day of the month.

“Our water treatment plant has a limit on the

when residents and businesses can water their lawns and landscaping to minimize the burden on the city’s water treatment plant during dry, hot months. However, the new limit prompted by a recent double-digit spike in water demand does not affect water used for drinking and

I wish I didn't have to do it, but we have to be consistent.
Mike Burns on water restrictions

Parker Liu, continued

years of High School. For him, the Model UN program was his first exposure to deep research to help with understanding issues that transcended Lowell and helped provide a more global perspective.

“I am fortunate enough to come from a top-notch school district and believe that the opportunities I was given as a student in LAS helped shape me to be the person I am today,” Liu commented. “Working as a pharmacist, I have learned how to approach any issue systematically and learning as much as I can about that issue before helping to develop a path forward; I often use a variety of resources including consulting others when making decisions for my patients. I plan to bring this same dedication to my work on [the] Board.”

As a person of mixed-race, Liu knows from both

experience and first-hand observations about some of the negative aspects of growing up in a largely homogenized environment, where many people have a limited exposure to the diversities present in the world that surrounds us. He, along with other LAS students, shared his experiences in a video that was shown to LAS staff members in 2020.

“The stories some of the students shared in that video truly shocked me and told me that we need to do better and can do better by our students,” Liu recalled. “We cannot create the leaders of tomorrow without understanding how our world view can be limited to the small communities of our upbringing and how damaging that can be in the worst case scenarios.”

Liu has great respect for the work of the LAS Diversity, Equity, and

Inclusion (DEI) team and their progress over the last two years. He has a personal goal that no student should ever feel that they cannot express who they are because of either overt or covert discrimination or judgement from their peers or educators. He does not see forward progress in this regard as a rigid step-by-step program, but rather wants to keep it more fluid by incorporating conversations with family and community members in order to address the most critical issues in a timely fashion. He wants to ensure that administrators and educators involved in the DEI effort have the resources necessary to be successful.

Liu is a firm believer in public education, in general and LAS, in particular. He credits the commitment level of the various teachers and administrators he

worked with in the school system over the years as a spark that ignited in him the desire to match their level of commitment with his own. Incidents that have occurred both locally and nationally over the last couple of years prompted him to become more involved in the community and to work toward social justice.

“Over that same period of time, I watched the LAS Board of Education, as well as the LAS administration and educators, continue to be battered by a small but very vocal group of citizens pushing an agenda I did not believe was in the best interest of the students,”

Liu reflected. “When I heard that a member of the Board was not planning to seek re-election, I started to seriously consider a run for the position.”

As he has done when approaching any challenge, Parker is putting in a lot of study and effort in order to be the best candidate and school board member he can be. It is his intention to devote a significant amount of time between now and the election to better understand the policies and procedures of the Board and to be prepared to grapple with the challenges facing them. He also wants to meet and communicate with as

many LAS family members as possible.

“Anybody is able to reach out to me via my campaign’s Facebook page or by sending me an email,” Liu concluded. “I will be sure to listen and make decisions that will have the best impact possible on our district. I will be a leader for the families and members of the Lowell community.”

Liu’s Facebook page is: www.facebook.com/ParkerLiuforLASBOE and his email address is parkerliuforLASBOE@gmail.com.

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The Insiders: Tom
Petty Tribute Band



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Book Corner

Shiner

By Amy Joe Burns
Fiction

by Alison Yarger
Staff Writer

What a delightfully different book, one that I whipped through quickly, as it was only 255 pages. Set in modern day Appalachia, it did seem a bit disingenuous, as I simply cannot fathom someone living in an area so remote that a wife and child are not exposed to anything other than a monthly trip to town to buy groceries at the

local small town market in Trap, West Virginia. And of course, those groceries were reminiscent of the Ingall's family in 1800s Minnesota – flour, sugar, canned peaches and pears, just staples.

But while the story was a bit implausible, there was a feather stroke of believability to it, a whisp of wanting to believe in the core friendship shared between Ruby and Ivy, along with Wren, Ruby Bird's daughter. Daily trips over the rugged terrain by Ivy from her trailer, leaving behind her

four boys and drunk husband Ricky. to visit Rubys, set the tone of a friendship that knows no bounds. Ruby's husband, Briar, aka White-Eye Bird, thus named as he was allegedly struck by lightning, turning one eye white and giving him the power of the word, was a church going snake handler who spoke at times in tongues.

A bit far fetched considering this is set in modern day West Virginia – moonshiners, people getting beaten and murdered with no police being called, no protection for children, opiod use, lack of hygiene, most people living in rusted trailers, and no

schools, perhaps pushed the stereotype button over the top, but it did set a mood for the storyline.

I found this to be an engrossing novel about life in poverty stricken small town West Virginia. The characters were well developed and while some are appealing, others are horrendously damaged. The storyline is engaging with an

overall sense of misery and impending doom; however, the novel's conclusion is satisfying and unexpectedly upbeat.

Burns' prose was beautiful, and truly painted a picture of life in the mountains of West Virginia. There are heartbreaking moments throughout the book, but I believe for most people the book will be absorbing

and captivating. Yes, these people live rough and lonely lives, but the sacrifices made for friendship, pull for tough life choices. And, because snake handling still does exist in Appalachia, it draws on your emotional and religious conscience.

I'd give *Shiner* a 4.5 out of 5.

Fire millage, continued

in the township are EMS," said Witherell. "We are an EMT-licensed department. We cover a large territory."

Approximately 72 percent of calls in the township are EMS partly due to the aging population.

Also, the authority had to transition to creating a staff daytime position to provide a better service to the growing population. Currently, it has one full-time position, bringing in a second full-time position, one part-time position, and 27 paid-on-call firefighters.

The authority is currently funded by the city of Lowell from its general fund, 0.75 millage from Vergennes Township approved by the voters last fall, and from the Lowell Township general fund.

The fire department will have a new fire engine mandated for replacement every 17 years. The total cost of \$667,000 will be

partly funded by the Kent County Fire Commission in the amount of \$202,000. The balance is split between the three governmental entities.

Lowell township's share is \$223,300, which will have to come out of the general fund if the millage is not approved.

The city's contribution to the fire authority is approximately \$173,000 in the upcoming fiscal year. The city's share is approximately \$154,000 for the fire truck.

The township currently contracts for its fire and emergency services through the authority and the Bowne Township Fire Department. The township spends \$262,472 annually for the two services, which is a 40 percent increase since 2019.

According to Witherell, there has been an eight

percent increase in calls compared to the previous record year.

Currently, only 0.025 percent of each dollar paid in property taxes stays with the township. The remaining property taxes go to other entities in Kent County, paying for education, the library, senior services, jail, and other critical services.

"Residents need to understand that we keep a very small fraction of what we collect in property taxes," Hale said.

Lowell Township is the largest consumer of the authority's services out of the three governmental entities.

For more info go to: https://www.lowelltpw.org/aug_2_fire_millage_proposal/index.php

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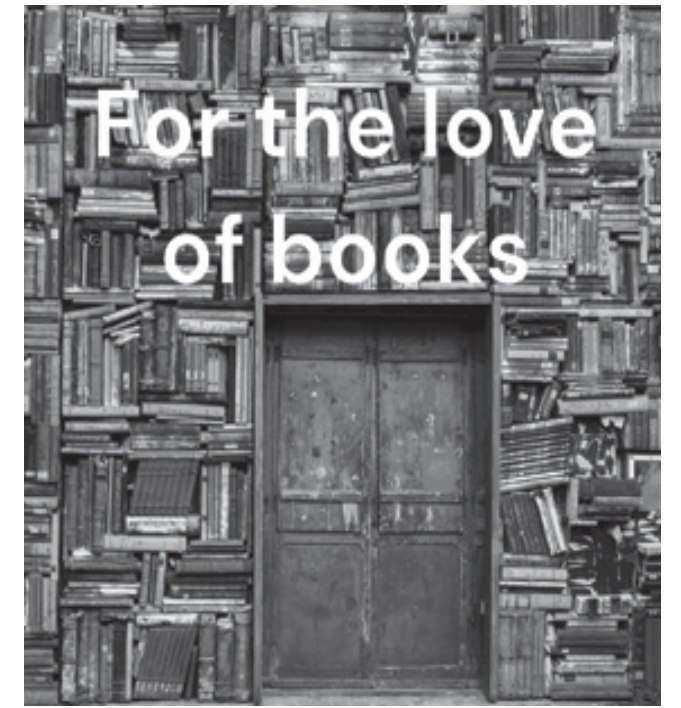
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Nikki Mitchell, Nightshade Forest, June 22
Deborah Frontiera, Superior Tapestry, June 22
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viewpoint



100 years ago The Lowell Ledger July 6, 1922

Mrs. Harmon Clark discovered a novel use for a discarded cream can. She fills it with water, puts on the cover and turns it upside down in a shallow pan and makes a fine drinking fountain for her children. This will supply a large flock with clean water and can equally be used by anyone.

Main Street bridges have been substantially resurfaced and cleaned for traffic - a fine improvement.

Having purchased the F.E. Perkins grocery, the undersigned cordially invites the friendly interest of the people of Lowell and vicinity and solicits the continued favors of the old patrons of the store and a fair share of the general trade as well, all of which we shall endeavor to merit by strict attention to business and honest treatment and the sale of the meritorious goods at fair prices. F.P. MacFarland

75 years ago The Lowell Ledger July 3, 1947

The Lowell Showboat Committee will renew its pre-ware custom of inviting members of the Michigan Press Association to the opening night performance. Invitations are being extended through Gene Alleman, secretary-manager of the association.

The Marathon Oil station on US-16, operated by Philip Schneider of Lowell, was broken into Friday night, the cash register emptied of considerable silver and all the cigarettes stolen.

Lowell's mallards gain national magazine publicity in an illustrated article in the July issue of Cappers Farmer, entitled "Mallards Move to Town," written by K. K. Vining, Kent County agent. The story tells of how the late Frank King started the flock 20 years ago with just a few ducks.

At the annual meeting of the Community Christmas Committee, on Tuesday evening at the City Hall, the activities of last year were reviewed and elaborate plans made for the coming Christmas Festival.

Alto Businessmen's Club chose Ronald Watts as their delegate to Boy's State and he spent 8 very enjoyable and instructive days at M.S.C. in East Lansing.

50 years ago The Lowell Ledger July 1, 1972

A neighborhood Carnival against Muscular

Dystrophy will be held Thursday, July 6 at Richards Park from 10 am - 2 pm. The carnival will feature such games at Toss Across, Coin Toss, Fortune Telling, Fish Pond, Basketball Throw, Fish Gallery, Ring the Pop, Unlock the Chest, Clown and Raffle. All proceeds will go to aid the fight against Muscular Dystrophy and related diseases afflicting millions.

West Central Michigan Historial Society is completing plans for the annual Fallasburg Arts and Crafts Show on the Fourth of July. Twenty-five artists are coming to display their variety of arts and crafts.

As the first woman rural mail carrier out of Alto, Mrs. Grace Neubecker is tackling her job with enthusiasm, and finds it "quite interesting." Working as a postal clerk for five years, she was moved into the rural carrier's seat upon the retirement of Harvey Slater.

The first swim meet for the Lowell YMCA was held June 29 at King Memorial Pool.

When the Lowell Showboat comes sailing around Cattail Bend on the River, in its 40th anniversary runs, the last two weekends in July, it will be carrying a boat load of amateur and professional talent, selected for the entertainment of the whole family. Top professional stars on the 1972 show are Jerry Reed and Bobby Goldsboro.

25 years ago The Lowell Ledger July 2, 1997

Four running for the Lowell City Council in November: Donald Green, Jim Hodges, Jeanne Shores and Mike Blough.

Vergennes Township clerk, Mari Stone, said the township will begin surveying the Bailey and Fallasburg cemeteries. The survey is necessary because lot availability has become scarce. The township will survey a two-acre parcel near Bailey Cemetery because a waiting list has begun.

Wendell Christoff was recognized with the Service Above-Self Award Rotary award.

An explosion was averted Thursday morning after a propane pipe broke when Chrystal Flash authorities were removing a 1,000 gallon tank at the Lowell bus garage. It took Crystal Flash authorities roughly an hour to seal the leak before continuing with the tank removal process.

Darlene Wescott, a second-generation owner of the family restaurant, died Wednesday, June 25. She was 70.

The second annual Lowell Youth Football camp put 75 second-seventh graders through four days of drills.

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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.

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- 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.

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Every weekday through Aug. 12, 12:30 - 1 pm. KDL is partnering with Feeding America West Michigan to provide free lunches for students under the age of 18. Easy pickup, shelf stable.

Family Storytime

Thursday, June 30, 10 am - 11 am. Read and sing together as a family. Enjoy stories, music, movement and rhymes that develop early literacy skills. For ages 0-5 years.

Night Owls Book Discussion

Wednesday, July 6, 6:30 - 7:30 pm. Join a fun, informal discussion of great books. This month, we'll discuss *Between the World and Me* by Ta-Nehisi Coates. For ages 18+

Friends of the Library Used Book Sale

Friday, July 8, 5-9 pm and Saturday, July 9, 10 am - 4 pm. There will be bargains galore at the Friends of the Library's used book sale.

The Wonderful World of Henna

Monday, July 11, 3:30 - 4:30 pm. Explore the history and culture of henna, then practice designs using henna cones and basic worksheets. Space is limited; first come, first served. Doors open 15 minutes before the program begins and you may save one seat for a friend. For teens 11-17.

ABCs of Lowell history

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

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Date Built: 1883
Builder: Morgan Lyon
1st business: Collar & Weekes Dry Goods

Morgan Lyon built this four storefront Lyon Block in 1883 after a fire burned the hotel here.

Collar & Weekes, a leading dry goods and carpet establishment, were the first to move here in 1884. In 1888, A. W. Weekes retired due to ill health and couldn't work for two years. E. R. Collar continued the business here until he died in 1920. His son Clyde Collar took over until 1928. A 1913 ad reads "Specialists in



Take a look inside the Village Inn in 1968 when Herb Keyser was Manager and Mr. and Mrs. Charles Bartlette owned it. Always Serving- Dinners: T-bone steak, club steak, pork chops, chicken, roast beef, baked ham and Italian spaghetti. sea food – lobster tail, jumbo shrimp, fish. Dinners include: tomato juice or soup, salad, potatoes, bread & butter, beverage and ice cream. Fish fry every Friday night. Take out: beer-wine and fine foods.

Ready-to-Wear Garments." In the beginning they employed a dressmaker.

Next, the storefront

became home to restaurants. Staal's Lunch Room with Beer (1929-1940s) was operated by George Staal, who was a brother to the owners, Claude and Leah Staal. George was nicknamed "Bake-A-Cake George" by Raymond Barber of B & O Grocery next door. It was the "Village Inn Bar and Restaurant" from 1961-1983 and again

from 1987-1988. It was Mr. Bill's from 1983-1985, and briefly, the Celtic Isle Restaurant.

Other businesses that were here included: The Boomerang consignment clothing store, The Victorian Thymes Floral Shop, Shorebird gifts with a hunting theme, Rare Finds Antiques, Dovetail Antiques and North Star Antiques.



Edgar R. Collar: His dry goods business was at this location for 36 years, 1884-1920. He was a leader and sang in the choir of the Methodist Church. He served on the Village Council and was a Mason.

business matters



Greenridge Realty announced that Josh McCracken received Realtor of the Month for May.

This award recognizes McCracken for his outstanding success and achievements.



area churches

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL

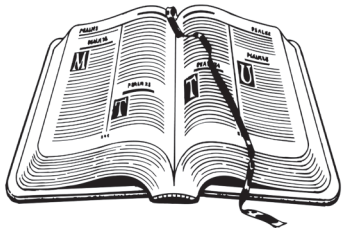
897-7060
Pastor Ryan Landt
1151 West Main Street, Lowell, MI
Website: calvarylowell.org
Morning Worship..... 10:00 AM
Weekly Prayer Meeting - Mondays7 PM
Barrier-Free

GOOD SHEPHERD LUTHERAN CHURCH

10305 Bluewater Highway
(Missouri Synod)
Halfway between Lowell & Saranac on M-21
Sunday Services - 10:30 am
www.gslc.church
Richard Boshoven, Pastor 897-8307
All facilities are wheelchair accessible

St. Mary Catholic Church

402 Amity Street • 616-897-9820
Website: www.stmarylowell.com
Weekend Masses: Sat 5 pm; Sun 10:30 am
Confession: Saturdays 3-4:30 pm
Prayer & Adoration: Wednesdays 8 am to 7 pm
RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS



FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST

865 Lincoln Lake SE • lowellucc.org
Pastor Alyssa Anten
Worship Service - Sundays 10 AM
Open Table (No-cost meal) - Thursdays 5 - 6 PM
Open & Affirming • LGBTQ+ Inclusive
616-897-5906

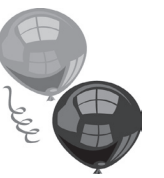
FIRST BAPTIST CHURCH OF LOWELL

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

LOWELL UNITED METHODIST CHURCH

discover. grow. share
621 E. Main Street
897-5938
www.lowellumc.com • Barrier Free Entrance
WORSHIP
Traditional Service: 9 am
Contemporary Service: 10:30 am
Sr. Pastor - Brad Brillhart

happy birthday



JUNE 29

Stephanie Yonker,
Jackson Simmons, Trevor Wernet.

JULY 3

Jamie Capen, Maxin Ligman, Alice Ryder.

JUNE 30

Sheila Yeiter, Kayleigh Page, Miranda Jo Zalewski, Noah Garrett, Louise Kamphuis.

JULY 4

Barb Austin, Zachary Rhodes, Tara Sherman, Dan DeHaan.

JULY 5

Dave Burdette, Jacob Hiskey, Randi Ellis, Brennan Page, Devinne Ossewaarde, Dee Doyle, Junie Hoag, Kylei Mae Nearing.

JULY 1

Brandon Hewitt, Dylan Borton, Amy Markel.

JULY 2

Bradley Ball, Marilyn Sauber, Brandon Lee, Logan Brenk, Landon Trierweiler, Ryan Lynne Golczynski, Mary Jo Buechler, Calihan Janowiak, Teresa Beachum.



MIOSHA and West Michigan employers stand down to raise awareness of trenching and excavation hazards

The Michigan Occupational Safety and Health Administration (MIOSHA) joined with employers in west Michigan for Trench Safety Stand Down Week to reinforce the critical message of trench safety and help stop unprotected trenches from becoming early graves.

The agency visited with more than 115 employees at sites ranging from company offices, new builds and excavation sites, involving the installation of underground utilities, to encourage open dialogue and training on trenching hazards.

Excavation and trenching operations are among some of the most hazardous jobs in the construction industry. Just one cubic yard of soil can weigh as much as a car. That's why MIOSHA is encouraging employers to talk directly with their workers about hazard recognition and how to

implement safety measures when working in a trench.

"The key to reducing trenching accidents is training and the use of appropriate protections," said MIOSHA Director Bart Pickelman. "We urge all construction companies involved in excavation work to take time this month, and beyond, to talk with their teams about trench safety and take advantage of our free consultative assistance to help protect their employees from cave-ins."

One of the deadliest hazards associated with excavation and trenching are cave-ins, which cause serious and often fatal injuries to Michigan workers and employees across the nation. Other potential dangers include falling loads, standing water, hazardous atmospheres and mobile equipment.

In April, two Michigan workers were killed in a cave-in accident in Alto, while placing

underground drainage tiles for a building project. The incident is currently under investigation by MIOSHA.

Despite the many safety hazards underground work poses, it can be performed safely with the aid of proper protections. There are three main ways to protect workers during excavation and trenching work:

Sloping or benching trench walls

Shoring trench walls with supports, or

Shielding trench walls with trench boxes

A trench box is a fundamental piece of equipment when excavating and can be rented, purchased or built. By using a trench box, following the rules contained in MIOSHA's Excavation, Trenching, and Shoring Construction Safety and Health Standard and having qualified, trained employees on the job, employers can avoid cave-ins and other serious incidents.

"Kamminga and Roodvoets greatly values the importance of partnering with MIOSHA in taking part of the trench safety stand down," said John Schnittker, Kamminga & Roodvoets, Inc. safety and health director. "Educating and equipping our employees with the right tools and knowledge on ways to remain safe during excavation is a top priority for us. We see firsthand the benefit of training, as it is a major factor in reducing

workplace injuries. This is a great opportunity for employers and workers to further enhance their knowledge in excavation safety."

Trench Safety Stand Down Week is an annual initiative spearheaded by the National Utility Contractors Association and supported by both MIOSHA and federal OSHA, which are focused on reducing trenching and excavation hazards. MIOSHA has adopted the national

emphasis program on excavation and trenching to help prevent future incidents.

For help with identifying excavation hazards, understanding MIOSHA regulations and more, employers can submit a request for free, confidential, consultative assistance at www.michigan.gov/cet or call 517-284-7720. For more resources on trench safety, visit the MIOSHA website.

college news

The following students have been named to the Dean's List for the spring 2022 semester at Marquette University in Milwaukee, Wisconsin.

To make the Dean's List, students must have earned at least 12 credits for the spring 2021 semester and have no disqualifying grades. The GPA threshold varies by college - for the College of Education and the Klingler College of Arts and Sciences, undergraduate students must have at least a 3.7 to be named to the Dean's List.

The undergraduate GPA requirement is 3.5 for the following colleges: the Diederich College of Communication, the

College of Business Administration, the College of Health Sciences, the Opus College of Engineering and the College of Nursing. All other programs have a 3.75 GPA minimum.

Local students: of Ada: Ellie Sullivan is pursuing

a Bachelor of Science in Nursing; of Lowell: Jenna Reitsma is pursuing a Bachelor of Arts in Public Relations.

This past spring, Ellie Sullivan of Ada, graduated from Marquette University in Milwaukee, Wisconsin. Sullivan earned a Bachelor of Science in Nursing.

Continued page 12

Continued from page 1

can be schools, non-profit services, for-profit businesses and government entities.

Nominations will be reviewed by a panel from Kent District Library and its Board of Trustees. Winners will be publicly announced and celebrated on September 15, 2022 at the eighth annual Literary Libations Gala. For complete details, visit kdl.org/literacychampion.

LOWELL CHARTER TOWNSHIP NOTICE OF POSTING

The Lowell Charter Township Board will consider the adoption of the following amendment to the Township Zoning Ordinance and Map at its meeting on July 18, 2022.

- Ordinance 05-2022Z, being the rezoning of 11969 60th Street SE, parcel 41-20-33-400-021 containing 6.98 acres from AG-1 - Prime Agricultural District to LI - Light Industrial District.

The proposed ordinance is available for review at the office of the Township Clerk, 2910 Alden Nash Avenue, SE, Lowell, Michigan, 49331 during normal office hours on Monday, Tuesday, & Thursday or by calling 897-7600. The ordinance is also available on the Township Website at www.lowelltwp.org.

The Township Board will consider this ordinance at its meeting on July 18, 2022, at 7:00 PM at the Lowell Charter Township offices, 2910 Alden Nash Avenue SE Lowell, MI 49331. Any person is welcome to attend this meeting and to offer comments or ask questions regarding the proposed ordinance.

Monica Burt, Clerk
Lowell Charter Township

CITY OF LOWELL REQUEST FOR PROPOSALS FOR THE PURCHASE AND DEVELOPMENT OF CITY OF LOWELL OWNED PROPERTY

The City of Lowell is seeking proposals for the purchase and development of a City-owned parcel of property consisting of approximately 0.10 acres with an approximately 1,800 square foot building (commonly called the Line Shack Building) located at 115 Riverside Drive in the City, finding it not necessary for the operation of the utility. This RFP is not an offer to enter into a contract. This RFP may not contain all matters upon which agreement must be reached.

Any proposal for the purchase of the property must include a plan for development of the property. A restaurant, retail complex, or residential development has been identified as the desired use of the property; however, the City is willing to consider other uses. The property was recently rezoned from Public Facility to C-2 Central Business District.

A responsive proposal shall include the offered purchase price (the City is required to sell the property at its fair market value), identification of development partners and development team, identification of similar projects developer has developed, the proposed use or uses and related approximate square footages, a drawing or sketch of the proposed development, estimated total investment and job creation, any economic development incentives being requested and an estimated timeline for completion of the development. **Based on a fair market value appraisal, the City of Lowell has set a minimum offer amount of one hundred thousand dollars (\$100,000).**

If selected, prior to the purchase of the property, the developer, will be required to enter into a purchase and development agreement with the City to include but not be limited to, provisions related to submission of plans and specifications for review and acceptance by City, the details of any economic development incentives requested, development milestones, and performance requirements including financing. The transfer of property shall be by way of quitclaim deed, as-is, and subject to all easement or other encumbrances.

It will be the responsibility of the proposer to become familiar with the property including zoning requirements and to review environmental studies related to the property which are available for review at City Hall.

Sealed proposals marked "FORMER LINE SHACK REDEVELOPMENT RFP - CITY OF LOWELL" must be received by the City Clerk on or before 11:00 a.m., local time, on Monday July 11, 2022, at the City of Lowell, 301 E. Main, Lowell, MI 49331 in the City.

The City reserves the right to accept or reject any proposal at its sole discretion, waive any irregularities, and may negotiate the terms of purchase with one or more proposers. The selected proposal must be considered by the City Council.

Any bidder submitting a proposal hereto certifies that it is not an Iran linked business as that term is defined by the Iran Economic Sanctions Act, Act 517 of 2012 and that it and its subcontractors shall not discriminate against an employee or applicant for employment with respect to hire, tenure, terms, conditions, or privileges of employment, or a matter directly or indirectly related to employment, because of race, color, religion, national origin, age, sex, height, weight, or marital status or because of a disability that is unrelated to the individual's ability to perform the duties of a particular job or position.

Any questions regarding this request should be addressed to Michael Burns, City Manager at 616-897-8457.



Michael Burns
City Manager



Lightyear: Not your typical Toy Story

By Bill Lee
contributing reporter

Lightyear, a Disney and Pixar production, has been playing for over a week in theaters, grossing over 50 million dollars so far, and has been doing its best to catch *Jurassic Park*, which has grossed four times that in two weeks. If you are expecting *Lightyear* to have some sort of connection to *Toy Story*, the 2005 movie also produced by Disney and Pixar, you will be very disappointed. There is no Woody, Mr. and Mrs. Potato Head, or Slinky Dog in this movie. The only reference to *Toy Story* that is given is that Andy received Buzz Lightyear as a present because it was his favorite movie and that *Lightyear*, the movie, is what he saw. This is sort of like *Rogue One*, *The Star Wars* prequel, which was a story about how the alliance got its top-secret information – related but separate.

Lightyear stars Chris Evans as Lightyear, Keke Palmer, Peter Sohn, James Brolin, Taika Waititi, Dale Soules, and Uzo Aduba as the voices of the other main characters.

The story opens with Space Rangers Buzz Lightyear and his partner Commander Alisha Hawthorne, voice by Uzo Aduba, landing on and investigating a mysterious planet. Lightyear and Hawthorne are carrying precious cargo: hundreds of people who are in a peaceful deep-sleep inside containers on the ship. The spaceship, that Buzz likes to call the Turnip (because of its shape), waits as Lightyear and Hawthorne investigate the planet. Immediately, we see that Buzz, like in *Toy Story*, is a by-the-book and confident ranger, while Alisha provides some good laid-back humor,

teasing Lightyear and keeping his serious nature in-check. Some of Buzz's first sentences are "respect the suit" and "I'm Buzz Lightyear; I'm always sure." Their relationship is built off of mutual respect for each other's strengths and weaknesses.

Buzz and Alisha find that the planet is indeed hostile, and when trying to escape, their ship malfunctions and they and the passengers become stranded on the planet until Buzz can develop a new formula for the ship's hyperdrive. The hundreds of people in the spaceship will now have to call this new planet home, causing Buzz to feel tremendous guilt, thus motivating him to find an escape. "Everyone is stuck here because of me," he says.

The movie presents itself in two parts. The first is Buzz's attempts to find the right formula to fix the hyperspace drive so that they all can get off the planet. This entails Buzz taking several test-runs to perfect the formula so that he can fix The Turnip and return everybody home. Unfortunately, each time Buzz goes off into space for another test run, he loses four years of time back at the planet. In a montage, we see Buzz leaving and coming back several times while Alisha, his best friend and fellow Space Ranger, gets older and is always at a new stage in her life -- married, pregnant, then with a son, with a grand-daughter and finally...

Buzz's guilt gets stronger each time he fails, as he feels solely responsible for the entire colony being stuck on the planet. Alisha makes it clear to Buzz in a posthumous video that without being stranded, she would never have met her husband, had children, grandchildren, etc. In other words, she had a great life. This is one of the themes that is presented throughout the story: you may not be able to choose your circumstances in life but you can choose how you live under those circumstances.

The second part of the movie begins when one of Buzz's attempts to find how hyperspace finally works. This time he comes back but now twenty years have gone by and most of the original members of the colony are gone, and those who have been born on the planet are no longer interested in leaving. They like their new home because they have known nothing else. Immediately, Buzz finds out that the planet (except for the colony which is now protected by a bubble with impenetrable walls) has been taken over by evil and powerful robots, The Zurg, who are trying to destroy the colony. This is where he meets Alisha's granddaughter, Izzy (voice by Keke Palmer), who is now the leader of a rag-tag threesome on the "Junior Patrol."

Buzz has no patience for this group of amateurs, and

as usual, wants to do everything himself, but as they face one conflict after another together, he begins to see that they have talents and courage. Here, a second theme of the movie becomes apparent. Izzy says to Buzz, "You don't need to save us; you need to join us."

The story offers plenty of action with fighting, shooting, and robots being destroyed. Also, it provides a great twist at the ending in regard to who the evil robots really are. In regards to children watching *Lightyear*, there are many scary parts, including monsters with long tentacles, laser-shooting robots, and the evil Zurg, who looks to destroy everything in its way.

Even though there are many serious parts to the plot of *Lightyear*, there are also parts that allow for comedy, mostly between Buzz and Alisha/Izzy and with Izzy's partners - Darby Steel, a paroled old lady, and Mo Morrison, a clumsy freeloader looking for fun -who play major roles in the second half of the movie. At one point, Buzz puts out his index finger to Izzy and begins his famous saying, "To infinity..." hoping for her to say "And beyond", but she has never heard of the phrase and asks, "Are you trying to get me to pull your finger?" Probably the biggest comedic relief comes in



the form of Buzz's robotic cat, Sox, voiced by Peter Sohn. Sox not only is unable to fix complex problems, but coughs up electronic furballs and provides white noise for Buzz while he's sleeping.

Also, as you can imagine, anything done by Pixar and Disney has pretty incredible computer animation technology. In many of the scenes in space, if you didn't know it was animation, you might think that you were watching the latest *Star Wars* movie. Spaceships, planets, stars, and so many other things looked as real as any other space movie. With every new release, Pixar's technology seems to bring more surprises. Overall, *Lightyear* was a very entertaining movie with a strong story and believable, empathetic characters. It is very different from the *Toy Story* movies, so please don't expect a lot of funny moments. For reference, *Toy Story* was rated G and *Lightyear* is rated PG. It is very much an action movie with some violence but also characters you'll care about. Again, more reason not to bring young children who might be scared easily. Pixar and Disney rarely go wrong with their productions and *Lightyear* is no exception. It is not one of their best movie releases over the years, but *Lightyear* holds its own in many categories and I give it a good recommendation -- 4 out of 5 popcorn kernels.



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LEGAL NOTICE

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

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

In the matter of Joquetta Kridler Guardianship File No. 22-211,512-GA

Dated: June 20, 2022

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 690-7173

TO ALL INTERESTED PERSONS including her daughter, Dee Gibbs, 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 August 16, 2022, at 9:00 A.M. at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids,

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

The Hoover Dam – way cool thing in a very hot place

by Cliff Yankovich
contributing reporter

On our recent trip to Las Vegas to visit a trade show, the number one thing on my list was to visit the mighty Hoover Dam. Ever since I first heard about the intense construction of this modern wonder, as an elementary student, I wanted to see it with my own peepers. If you are hoping for an article filled with all the facts about the constant mixing, transporting, and pouring of umpty-umpty thousands of thousands of square feet of concrete and the tensile strength of the rebar used, you might want to do an internet search for “Hoover Dam” because all of that, while fascinating, is not my mission here.

the country. Have yourself some educational fun and go learn more about it.

The nice ranger in the booth informed me that since I was over 62, I could get a year-long pass for any National Park for only \$20. Boom – here is my second Cool thing. I love State and National Parks and happily support them. In hindsight, I probably should have opted for the \$80 Lifetime Pass, but I was too excited when I found out that we were just a few miles from the Hoover Dam and my money management brain cells were all geeked to see it and not paying attention.

Sometimes words let me down. There is no way I can do proper justice to the

into the oven-dry 109 degree full sun Nevada afternoon. It was even more surreal to see sail boats dry, read very-very dry, docked in the desert.

My mind was completely blown when we drove down the entrance to the one remaining marina at the Hemenway Harbor. I write “one remaining” because a Ranger told us that when Lake Mead was full, there were five marinas. According to the signage at the boat launch, people can wait in line up to four hours to launch their watercraft. There was a half dozen trucks putting things in or taking them out when we arrived, but I am guessing a week day in June is not a super busy time.



This is from behind the Hoover Dam.



Midway between Nevada and Arizona on the bridge.

Being a Boomer, the word “cool” has been in my lexicon for decades and will probably stay with me to the end. After seeing the Hoover twice in six days, I have to bump up to “Way Cool” or “Super Cool” in order to do justice to what we saw. The Hoover Dam is Freaking COOL.

That being said, mid-June is a very HOT time to visit. Our first visit actually happened by accident on the day we landed in Vegas. The place we were staying had a 4 pm check-in time and we were way ahead of schedule, so we decided to just take a drive in the desert near where we were staying on Lake Las Vegas. (Yes, Virginia – there is a Lake Las Vegas.)

We had no particular destination in mind, but luck would have it that we headed east on Lake Mead Parkway, and within a few miles, found ourselves at the gate to the Lake Mead National Recreation Area (www.nps.gov/lake), which is part of the National Parks and is the very first National Recreation Area in

wonder of riding through a desert, and I mean nothing green in sight, and then coming upon a huge body of water. Julie and I pulled over at least half a dozen times on the short ride before the entrance and during the 5.3 miles from the entrance to the Hoover Dam. It was like being on another planet to step out of our air-conditioned vehicle

By the time we arrived at the security check point by the dam, we were both a bit tired and we decided to not make the climb to see the dam from the perspective of a fantastic bridge that spans the canyon, until our next visit.

Instead, we drove over the dam and pulled out on the Eastern side to look at the waters behind it. You

can clearly see the high water mark from the days before the drought. Both of us were speechless, yes – I was speechless, at the immense structure of the Hoover Dam. Words and pictures pale in comparison to being there and taking it all in.

Wait – There Is A Really Cool Bridge, Too

The Hoover Dam was strategically placed in its location for two reasons. First, the Black Canyon is very narrow there and the bedrock in the area provides a solid anchor for the dam. It just so happens that the borders of Arizona and Nevada are also within spitting distance by the dam. In October of 2010 a magnificent concrete arch bridge that is 1,900 feet long and an amazing 890 feet above the Colorado River was completed. The Bypass Bridge, as it was originally called, cut travel time from Phoenix to places further west by many hours and saved truckers a lot of fuel and shifting.

The bridge was renamed the Mike O’Callaghan-Pat Tillman Memorial Bridge to honor a former governor of Nevada,

and Tillman, a professional football player who stepped away from his career to serve in the Army and was killed in Afghanistan. The best part about the bridge is that it was constructed with the intention of letting people walk across it. Say it with me: COOL!

There is a turnoff before the dam where you can park and then walk up to the bridge and take a stroll across to the Arizona side and back again. The walk up to the bridge can be done with a series of staircases, or you can do what we did, and take advantage of the gradual slope of an ADA approved handicap accessible ramp that winds its way up the hill. If you are traveling across the bridge in a vehicle, you will probably not even notice that you are crossing the river almost 900 feet below you and you cannot see the dam. The sides are shoulder high, both to help the wind from buffeting trucks and other vehicles, and to stop people from rubbernecking the dam. Walking across the bridge and back supplies yet another wonderful, surreal experience. It took a couple minutes to get used to traffic whizzing by at highway speeds while walking over a very tall

bridge. I read somewhere that if you dropped a pebble, which signs order you NOT to do, it would take about 8 seconds to fall to the river.

I took the picture here about mid-way between the Nevada and Arizona sides of the bridge. The majority of the people who shared the walk-way with us that morning went to the middle and turned around, but there were a good number of us who enjoyed walking over to Arizona and back. I felt like a kid on a carnival ride.

Our initial plan in the morning was to walk the bridge and then take a tour inside the dam, but both of us were so fired up about the experience crossing the bridge, we decided going inside would be a letdown.

So we drove to Bullhead City, AZ to have a most excellent lunch at Karina’s Mexican Kitchen – a tiny restaurant with 5 tables and the fantastic aroma of homemade food. Bullhead City also provided the opportunity to see a desert town with jet skis blasting up and down the fast-flowing Colorado River. But that is another story for another day.

PS –if you are ever in or near Bullhead City, stop and meet Karina. The food was delicious and her Horchata is the best I have ever had.



This is the walkway across the bridge.

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

Silencing your inner bully

Most call this voice an inner critic but I think of it more like an inner bully. Most of us want to do better and be the best version of ourselves that we can. But some struggle due to a poisonous voice that tells them there is something wrong with them and they are not good enough. This cruel inner voice is not helpful, and in fact, can cause harm to self-worth, confidence, overall wellbeing and much more. If you have this inner bully, think about this. If you talked to others the way this inner bully talks to you, you would most likely drive most people away. So, why then is it okay to talk to yourself this way? Isn't it time to change this inner voice and start treating yourself with more compassion and caring?

The Start of the Inner

Bully

This inner bully typically starts to develop in childhood as a result of painful experiences. It's often the result of a critical parent/adult, abuse, or neglect. Children look to parents or other adults to feel safe, for comfort, acceptance, support, and love. When children don't have these basic needs met, they can't imagine it's the parents/adults fault and turn the blame inward. They may try to be the perfect child to win the persons love and/or acceptance, but when this fails over and over, the result can be the start of the inner bully.

Along with this inner bully, many start to experience anxiety, social anxiety, perfectionism tendencies, and it sets the child on a path to have interpersonal issues. All of

these issues often follow them into adulthood. Some children may become people pleasers but then start to feel frustrated because they never seem to meet the expectations of others. So, for some, this can turn into anger or rage issues. They stuff the pain down until they no longer have their own voice...just the voice of the bully in their head. There is help if you have an inner bully. You can work to silence it and find your own true voice again.

Steps to Help Silence Your Inner Bully

As with anything related to mental health, there are several ways therapists try to help someone overcome this critical inner voice. To get you started, you can try some of the suggestions below and see what works best for you.

Some suggest Acceptance and Commitment Therapy (ACT) as one of the best methods for silencing an inner critic. This involves listening to that inner critic and accepting what it's telling you. Then work to let it go. Sounds easy but letting go is difficult for many. This is how it works. You name

the critical inner voice (harpy, nag, bully...), and then think about and process how it truly affects your emotions and actions. You work to separate it from your real self. Eventually, you will come to the realization that you are not these negative thoughts. Your inner voice is not showing you how things really are (reality). It, instead, has created a skewed version of reality developed from painful experiences, and at some point in your life, you accepted this altered viewpoint. See the below resources for additional help with this step.

Try writing down your thoughts in "you" statements instead of "I" statements to help you look at these thoughts more objectively for processing. So, instead of "I always fail, I am worthless", you write "You always fail, you are worthless". Then really process this statement. It can't be true, as no one always fails and no one is worthless. We all have something to contribute. Write down the thoughts you have the most for processing.

The next step is to

address the negative thoughts you wrote out in "you" statements and change them to a more realistic and supportive statement. For instance, the example above, "You always fail, you are worthless", can be changed to "I have succeeded in finishing my education and getting a decent job. While sometimes I struggle, I'm not worthless because I am able to support myself". Keep it real. This isn't meant to be an ego boost. The purpose is to work to rewrite the brain's pathways from an unhealthy inner voice to something more realistic and honest.

It's important to NOT act on what the inner bully is saying. You will most likely start to hear this inner bully more often, which is not unusual when working to change unhealthy thoughts and behaviors. Work to replace this inner bully through thoughts and actions that are in-line with your true self and goals. Eventually, this negative voice will grow weaker and be replaced by healthier thoughts and emotions.

There are many resources available to help you with your journey. You

may want to check out the following resources:

Kristin Neff's book *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* (2011) or *Self-Compassion: The Proven Power of Being Kind to Yourself*

How to Be Nice to Yourself: The Everyday Guide to Self-Compassion – Laura Silberstein-Tirch, PsyD

Shirzad Chamine's New York Times bestseller *Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours* (2012). He also had a TED talk about his research.

Melissa Ambrosini's *How Your Inner Critic Is Holding You Back* is another TED talk, based on her personal insights.

You can also search the internet for additional resources or go to <https://positivepsychology.com/self-compassion-books/>

Your voice matters and you matter. I hope you find this information helpful but as always, it's not intended to diagnose or treat. I hope everyone stays safe and healthy.



HELP WANTED

Inserting Crew Member Needed

Part-time Wednesday & Friday with possible Thursday hours. Hours are very flexible, but Friday from 7:30 am - noonish is required. Hours will vary from week to week, usually about 10-15 hours
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Please apply in person

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Absentee ballots for Aug. 2 primary election now available

Absentee ballots for the Tuesday, Aug. 2 statewide primary election are now available at local clerk offices and will soon be mailed to voters who have already applied to vote absentee.

"Voters have numerous secure options for how to cast their ballots this August," said Secretary of State, Jocelyn Benson. "Whether they choose to vote from home, by mail, via secure drop box, in person by absentee ballot at their local clerk office, or at their polling location on Election Day, Michigan voters can be confident their vote will be counted and their voice will be heard."

Voters on the permanent absentee list have been mailed applications by their local clerk and some clerks may mail applications to all registered voters in their jurisdiction. Regardless of if they have received an application in the mail, voters can apply to vote absentee at Michigan.gov/Vote. At the same site, voters who have already submitted their application can track that it has been received and track the mailing of their ballot.

Voters on the permanent absentee application list will



receive their application at the last address the clerk has on file. Political parties, candidates, and partisan and nonpartisan organizations also frequently mail absentee applications directly to voters. Clerks only provide one absentee ballot to each voter, and only after verifying the signature on the application matches the voter's signature the clerk has on file.

Voters who wish to request and submit their absentee ballot in person may now do so at their local city or township clerk offices. Voters can find their clerk's office information at

Michigan.gov/Vote.

Absentee ballots are available at local clerk offices across Michigan, except for in Genesee County, where staff vacancies resulted in the county clerk's office failing to prepare and print the ballots in time to have them in local clerk offices today.

The county clerk's office acknowledged they missed mandatory deadlines in an email sent yesterday to all city and township clerks in the county. The Michigan Bureau of Elections has directed the office to fill its vacant positions and make additional hires

as necessary, as soon as possible, and has urged the county administration to support such expedited hiring in order to prevent future violations of the state constitution that deny Genesee residents the ability to fully exercise their voting rights. The bureau also continues to support the staff currently working at the county clerk's office.

To apply for an absentee ballot, track your absentee ballot, or find more information on the election, visit Michigan.gov/Vote.

Red Arrow SPORTS

Lowell High School updating historical archive

by Justin Scott sports reporter

Following its implementation in the summer of 2021, the Lowell High School athletics archive will be getting an update this summer. The archive is one of the state's largest publicly accessible sources of a school's high school sports history. The archive can be accessed through the website link <https://redarrows.touchpros.com/> on desktop or through the interactive touchscreen in the LHS athletics hallway next to the main cafeteria.

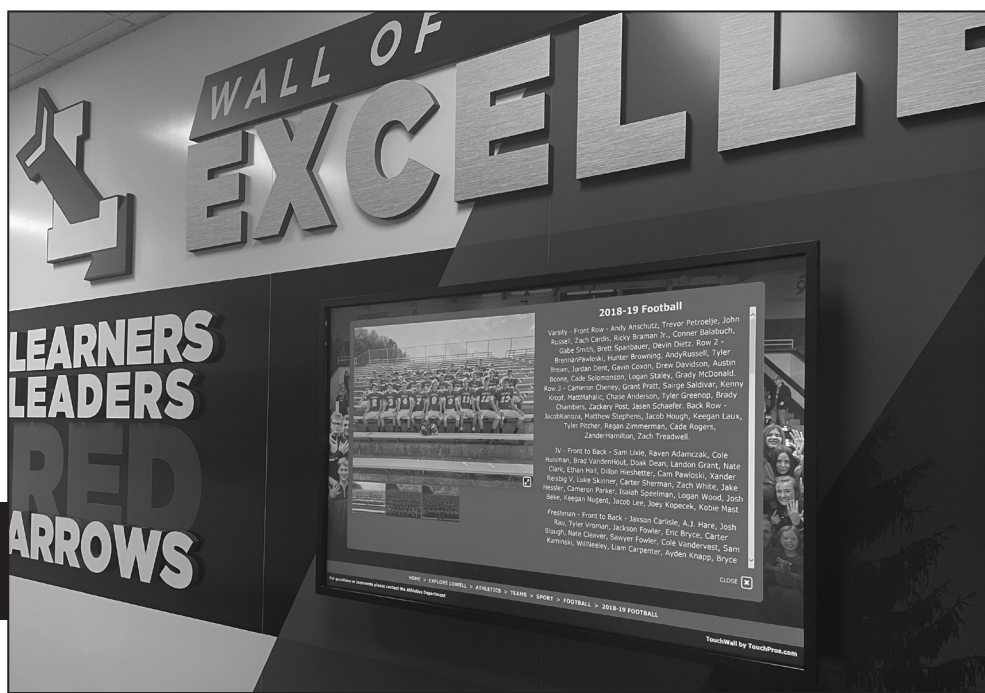
This year's update will include the 2021-2022 school teams, in addition to updated all-time rosters and results spreadsheets. These will be spread across each of Lowell's 29 sports individually and for LHS overall.

Organizers of the archive hope to add an expanded scope of features including more historical

research into sports in the early 20th century, as well as updated leaderboards such as an in-progress soccer goal leaderboard. Gymnastics is one of the most in-depth sports with an individual gymnast score leaderboard across all four apparatuses.

The board and website is scheduled to be updated by the beginning of the fall sports season in August.

The touchscreen at LHS will be getting a major update this summer.



Fifty years of Title IX

by Justin Scott sports reporter

A big milestone for women in education happened last week. The introduction of Title IX of the 1964 Civil Rights Acts was enacted fifty years ago, the amendment taking effect on June 23, 1972.

The original text of the document, signed into law in 1972 by then President Richard Nixon, says "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." The legislation was not meant for sports, but today it is often referred to in the field of women's athletics. ESPN even called them

the 37 words that changed everything in women's sports. Public schools, which receive federal funds, saw a major increase in women's sports participation in the 1970's. Colleges and high schools across the country have seen increases in participation of over 400 percent since the legislation went into effect.

At Lowell High School, girls tennis and girls basketball began in 1972, girls track began in 1974, gymnastics in 1975, and volleyball in 1978. Gymnastics was the first sport the MHSAA held girls state championships for in 1972. In the 1971-1972 school year nationwide, just seven percent of high school athletes were girls. Now that number is 43 percent and nearly 120,000 girls participate in high

school sports in Michigan. There is no doubt fifty years later that Title IX has had a tremendous impact on female athletics. Triumphs of female athletes at Lowell High School, including runs at state championships for girls basketball, volleyball, golf, and individual championships in the past decade, can date back to this important legislation.

For schools there are three prongs to Title IX, proportionality, expansion, and accommodating interests. Title IX requires equal treatment for boys and girls sports in regards to things like equipment, uniforms, coaching, and travel opportunities. The work for equality in women's sports continues at the professional, collegiate, and high school level. That work is still

in progress, and nowhere has that been more evident than in the media over the past decade. After years of being underrepresented on ESPN, the WNBA has seen a substantial increase in media coverage, and thanks in part to that, an increase in viewership. Compare Instagram posts from ESPN in 2017 and 2022 and it is evident the clear emphasis that sport media has had in their own version of Title IX, not legally required but something that society has placed emphasis on in a time of tremendous social turbulence.

While there is plenty of work still to be done for women's sports to have true equality in the field of athletics, thanks to Title IX, we have made tremendous strides in this regard.

Red Arrows take on trap state competition

by Justin Scott sports reporter

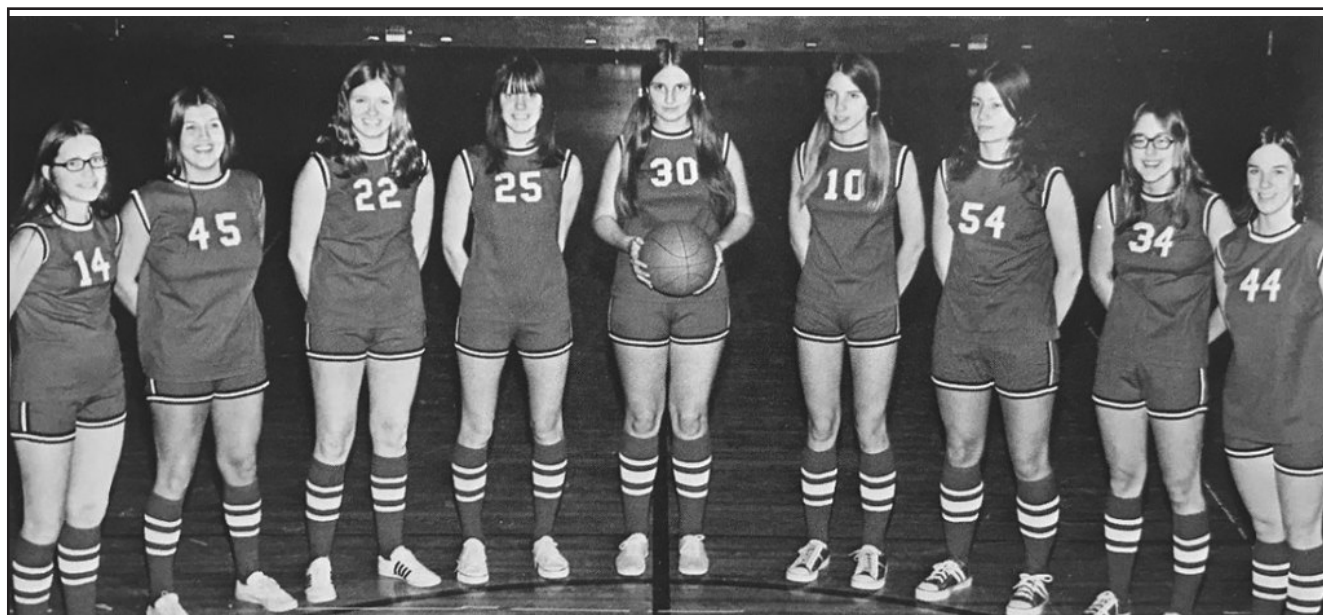
The last of Lowell High School's spring sports lineup is closing in on the end of their 2021-2022 campaign. Lowell's scholastic clay target team traveled to Mason this past Saturday where they took part in the SCTP state trap shoot, the second to last event of the season.

The idea of trapshooting involves the replication of a bird fleeing a hunter. The spring trap launches 4 1/4 inch disks, referred to as "birds", at 42 miles per hour away from the shooter. The distance from the shooter to the clay target disk increases as time increases.

Overseen by the Scholastic Clay Target

Program at a national level, safety is of the utmost importance in these events. The sport is growing increasingly popular in Michigan, with more schools adopting it each year, though is not an MHSAA sanctioned sport at this time.

During the event, each team member shoots at 200 targets. Tyler Weller led the varsity squad shooting 190. Carra Couturier and David Johnston followed up with a 178 each. Joe Korcek followed with a 140. Alanna Wester led the JV team with a 182. Cole Schutz (184) and Isaac Johnson (180) paced the Red Arrows in the intermediate/advanced division.



After a near 50 year hiatus, Lowell girls basketball returned in 1972-1973, shortly after the enactment of Title IX. Left to Right - B. Schmidt, R. Green, C. Hill, R. Ritzer, M. Bailey, T. McMahon, A. Parsons, N. Gwatkin.

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obituaries

MCPHERSON

Joanne Marie McPherson, age 75, died on June 23, 2022, at her home in McLean, Virginia surrounded by family. She is survived by her husband, Peter McPherson; children, Susan McPherson Shea (Jack), Marc Bielawski, Bruce McPherson (Hanh), Michael Kircher (Donna); and seven grandchildren. The daughter of Patrick & Catherine Paddock, she was born October 22, 1946, in Washington, D.C. Joanne attended the University of Maryland at College Park. Joanne accomplished many things in her lifetime. Peter served as MSU's president from 1993 to 2005, and Joanne served as First Lady of Michigan State University. During that time, she founded Safe Place, the first shelter at any university to house and protect victims of domestic violence and stalking, and their families. Joanne was awarded the Honorary Alumni Award from the MSU Alumni Association. She also was known for revitalizing Homecoming at the university, helping to transform many traditional celebratory events to focus on student academic and public service achievement. While at MSU, she was known for opening the President's residence, Cowles House, to numerous fund-raising, alumni, and faculty and student events. Joanne was also appointed by Gov. John Engler to the Michigan Judicial Tenure Commission. Visitation will take place from 6-8 PM on Thursday, June 30, 2022, at Roth-Gerst Funeral Chapel, 305 Hudson, Lowell, Michigan 49331. Funeral services will be held at 2PM on Friday, July 1, 2022, at Vergennes United Methodist Church, 10411 Bailey Dr. NE, Lowell, Michigan 49331. Interment Bailey Cemetery. In lieu of flowers, donations can be made to MSU Safe Place, 155 Service Road, Room 113A, East Lansing, MI 48824.



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RICH

July 22, 1931 – April 20, 2022

Margaret Loree Rich, age 90, of Lighthouse Point, FL, passed away peacefully and went to be with the Lord and finally able to join her husband, Larry. She is survived by her two younger sisters (Leola and Joyce) and their families, also her three children; Kirk (Sue), Craig (Sandy), Val (Jay), her daughter-in-law (Marlene), 9 grandchildren, 25 great-grandchildren, many nieces, nephews and cousins. She was preceded in death by her husband and a son. Born at home in rural Lowell, MI, she is the daughter of the late Frank and Vena Ruegseger. She graduated from Lowell High School, attended Michigan State University, married her high school sweetheart, began a family quickly, worked for Fideler Publishing Co. Transitioned to Grand Valley State University as an Executive Secretary for the V. President, and then became involved in their Amway business for the next 45 years, becoming highly successful. They traveled extensively. They had a home in FL and also MI and loved life. They were very involved with their grandchildren and great-grandchildren, and would be with them as much as possible. Her Memorial Service will be held at Alton Bible Church, Lincoln Lake Road, Lowell, MI on Sunday, July 3, 2022 at 3pm. Reception to follow. The family wishes to thank everyone for their words of comfort during this difficult time. Fond memories and expressions of sympathy may be shared at www.forestlawnnorth.com. Those we love don't go away, they walk beside us every day Unseen, unheard but always near, still loved, still missed and very dear.



SYTSMA

Arlene Ruth Sytsma, age 82 of Lowell, passed away Sunday, June 26, 2022. She is survived by her loving husband of 62 years, Theodore "Ted" Sytsma; children, Amy (Darryl) McGregor, Jodi (David) Nelson; grandchildren, Austin (Beth) McGregor, Logan McGregor, Keaton (Ivory Hoang) McGregor, Morgan (Chris) Markowski, Hunter Nelson; great-grandchildren, Addison McGregor, Owen, and Lily Markowski; sister-in-law, Joann (Joe) Hinton; and several nieces and nephews. She was longtime member of New Community Church. Arlene enjoyed spending time at Heartland RV Resort with her dear friend, Donna Jenkins, along with many others. She had a soft spot for animals. Above all Arlene loved spending time with her family and cherished the time she spent with her grandkids. Per her wishes, cremation has taken place. A private family graveside service will take place at a later date. Memorial contributions can be made to New Community Church: Community Recovery Program, 2340 Dean Lake Ave NE, Grand Rapids 49505



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college news

Sullivan was one of 2,855 students to graduate from Marquette in May. The university celebrated its 141st Commencement with a series of events, including Graduate Recognition Ceremonies at Summerfest's American Family Insurance Amphitheater and a Baccalaureate Mass on campus. Learn more about the weekend.

Anneka Boomsma, of Alto, has graduated from the University of Findlay. Boomsma received the following: Doctor of Physical Therapy.

Boomsma was invited to walk in the University's commencement ceremonies on Saturday, May 7. 790 graduates earned doctoral, master's, bachelor's or associate degrees for the academic year 2021 - 2022.

Five Social Security resources that can protect elders from scams

World Elder Abuse Awareness Day is on June 15. On this day, communities, seniors, caregivers, governments, organizations, and the private sector unite to prevent the mistreatment of and violence against older people.

Social Security scams are widespread across the United States. Scammers use sophisticated tactics to deceive you into providing sensitive information or money. They target everyone – especially the elderly – and their tactics continue to evolve.

Here are five easy-to-use resources to prevent Social Security fraud:

Check out our Fraud Prevention and Reporting page to learn about Social Security fraud – and how we fight scammers at www.ssa.gov/fraud.

Read our *Scam Alert* fact sheet to learn what tactics scammers use and how to protect yourself at www.ssa.gov/fraud/assets/materials/EN-05-10597.pdf.

Create your own personal my Social Security account at www.ssa.gov/myaccount to stay one step ahead of scammers. Please read our blog

post at blog.ssa.gov/my-social-security-what-to-know-about-signing-up-or-signing-in for more information about creating or signing in to your personal my Social Security account.

Learn about other types of fraud on our Office of the Inspector General's (OIG) Scam Awareness page at oig.ssa.gov/scam-awareness/scam-alert. You'll also see how to report these scams to our OIG and other government agencies.

Read our blog post to learn how to guard your Social Security card – and protect your personal information at blog.ssa.gov/guard-your-card-protect-whats-important-to-you/.

Please share this information with your friends and family to help spread awareness about Social Security imposter scams.


Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

LEGAL NOTICE

Notice to Creditors and Others in the estate of Zoa E. Speerstra deceased, late of 725 Bowes Rd, Lowell, MI, who died on 6/14/2022. Take notice that all persons having claims upon the estate of the above named must file with

the undersigned Estate Trustee by July 15, 2022 a full statement of their claims and of securities held by them. Contact: Thomas Speerstra (Trustee) 23484 Waubacon Rd. Battle Creek, MI 49017

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for sale

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CEMETERY SPACES - Chapel Hill Memorial Garden, Patterson Ave, Grand Rapids. Big Savings!! Lots include: vault, interment, memorial markers. 4 spaces available, located in Garden of Victory. Live out of state, 865-828-6015 or traveler2@frontiernet.net

SIMMONS BEAUTY REST MATTRESS - King (in plastic), new \$1800, sell \$400 due to freight damage. 616-585-1709.

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

SHIH TZU PUPPIES for sale. Small, super cute. 1st shots and wormed. \$600. Call 517-852-4881.

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PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. Call for specials 558-2900.

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

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.

misc.

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. Starts promptly at 1 pm. All are welcome. Questions on location, call Elaine 616-856-8022 or Jenn at 616-490-9970.

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

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

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sales

MOVING SALE - at 11000 Grand River Dr SE and Yard Sale at 11010 Grand River Dr SE. Sales will be on 6-30 and 7-1 from 10 am to 3 pm, no early sales! Items include Antiques, furniture, camping, fishing, tools, toys and more. 50 years of stuff....ALL MUST GO!



services

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

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PUZZLE SOLUTIONS

Grid of puzzle solutions with words like FRESH, COOLER, SCHRIILL, ELLEVATE, SENATOR, GEAN, VOTE, ENDS, MAM, ETHIC, SSST, ODER, IONA, HORAEV, GEARING, URETHERA, SLIDER, RESTART, UNDONE, ALAI, RID, EG, HILTON, ACE, GLEANS, EON.

Grid of numbers for a crossword puzzle.

Vertical crossword puzzle solutions: IAGTUDGMKF, NUREKARBTD, BKRCBSHTEIOSNDILTTHL, ISSENTHUSIASSTMGERAIL, CDNECSAWBARRELERFHE, UEEPDLPBNSIUERATTDDBD, TAMHARAVERNMFCTCMSDSNO, BCLICCARPWEGWIWMDAARP, AMEVTOCEBERDNTIUCRICV, CLCIPRRCSAMOACHAINRH, KDPPPIAIKERTRFORVAGIKD, TMDGNNPASLRIEWEFRCMV, SRRVDTVKCCAEATPFMANOU, EOSCBSPEVFRRIIVROWWH, RFRKPPPOBRVWEANTLGOLH, DTAHVEDUASMFWTTPLVBV, AACBSLLOPOIIVLOIHDIMG, ELPRESTNEBHCOLOPOHTIO, HPRESEOIIMMRGNFCNLCB, LSREPVEDESOLCNECTEHOH, HMSCMDGTETKKEENSFGOTDI



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~ Badger Car Ferry

by Martha Hayden

The Badger's motto is "BIG SHIP! MORE FUN!" We made memories on our voyage across Lake Michigan from Ludington to Manitowoc, and then on our return trip, several days later. The Badger Car Ferry is the last coal-fired passenger steamship in operation in the United States. My first trip aboard was in the late 1970's. Then from 1998 – 2007, we traveled on The Badger several times with our kids. Come along with us on our cruise caper!

This car ferry is able to carry up to 600 passengers and 180 vehicles. She has 50-60 crew members.

We were impressed

a game room and walking around the ship. I bought souvenirs in the gift shop and snacks in the cafe. There are 40 state rooms that can be rented for an extra cost.

The staterooms can be rented for \$49.00. I felt like we stepped back into the 1950's. The ship's design has been kept in their original splendor. There are two beds. The window and fan created airflow. The rumble of the motor and the rock of the waves made for pleasant reading and relaxing. Each stateroom has it's own restroom, too. It was a charming step back in time.



hot dogs, baked pretzels, fruit cups and yogurt were popular with passengers.

Badger BINGO and Trivia

Todd Hansen has been the voice of Badger BINGO, trivia and jokes for seventeen years! He makes the four-hour cruise a memorable party!

Many summers were spent making this trip with our kids, Charlotte and Noah. Todd was always as personable and fun, as he is today. Learning the audience member's names, he'd engage them with

football facts from around the country.

As a teacher in Lowell, I knew the football coach Noel Dean. Todd and I exchanged email addresses and the challenge was on. Emails flew between the three of us. Coach Dean was reluctant at first. Todd

from the University of Wisconsin's mascot, The Badger.

After providing excursions for decades, the industry saw a downturn in the late 1970's. In October of 1980 the car ferry service ended.

Glen Bowden and some

the environment. In 2015, a conveyor system was established. The coal is now unloaded in Ludington and used for making cement.

Unloading Vehicles

Dressed in brightly colored vests, crew members sprint into the bottom level



At 410 feet long and seven stories high, the Badger can travel at 18 miles per hour.

and Noel corresponded on their own. Coach Dean retired shortly after this correspondence. I have been curious about Todd's helmet habit ever since. On this trip I finally found out the conclusion to the saga. Todd shared that he does own a Lowell helmet. It had been properly added to his collection years ago.

Before we knew it, we could see land and the four-hour journey was coming to a close.

Ludington businessmen bought the three car ferries in 1983: Badger, Spartan and City of Midland for one dollar each. The Michigan-Wisconsin Transportation Company struggled for years. Sadly, in 1990 all three were permanently docked.

Charles Conrad invested 1.5 million dollars into The Badger and renamed the company, Lake Michigan Carferry. In 1992 The Badger was re-

of the Badger and drive out each vehicle.

BIG SHIP! MORE FUN!

The Badger fulfills the motto: "BIG SHIP! MORE FUN!" I encourage you to take a cruise on the Badger! It's far more enjoyable than driving for hours through Chicago or the Upper Peninsula of Michigan! Stay tuned for Da Viking's video of our journey on the Badger! Keep an eye out



The Badger was launched in 1952. She was designed to carry train cars for the Chesapeake and Ohio Railroad Company. Daily routes started in 1953. Back then, there were three ports in Wisconsin: Manitowoc, Milwaukee, and Kewaunee. Ludington, Michigan was the fourth port of call.

with the captain's ability to pull this ship into port using the anchor team. They are dressed in orange on the platform.

The Four Hour Tour

There's a lot to do on the Badger cruise across the lake. They have free entertainment: a movie theater, BINGO, a museum,

Available Food

It's always a good time for a snack! You are permitted to carry on your own non-alcoholic beverages, but coolers and food need to be left in your vehicle. There's a grand selection of goodies to eat on both the top and middle decks. Hamburgers,

kid-friendly jokes. After winning BINGO he'd ask where the person was from.

Years ago, when we shared that we were from Lowell, Michigan, Todd sat up straight, "I have nearly every high school football helmet in my collection, except Lowell!" It turns out that Todd is also a sports announcer and knows



Even semi trucks make the trip!

The Docking of The Badger

I marveled at the skill and teamwork that it takes to bring the Badger into port.

This is truly a step back in time for the captain. The docking procedures and communication with the crew is authentic to when the ship was built in the 1950's.

There are no bow thrusts. Rather, the Badger captain uses the anchor and crew to dock this large ship.

The anchor team on land and on the ship do a fascinating 'dance' of choreographed steps to bring the Badger into port.

Badger History

The boat's name came

dedicated. Conrad's hope was to have at least 80,000 passengers that first season. He was thrilled to end up with 115,000 attendees.

In 2002, The Badger was registered as a Wisconsin Historic Site. The car ferry has once again been providing a successful service! The Badger makes 450 crossings annually. On select dates, shoreline cruises in both Ludington and Manitowoc are available too!

What happens to all the coal?

When my great Uncle Gus was a captain, the used coal was dumped into Lake Michigan. This was found to be irresponsible to

for articles about our capers on Washington Island, Wisconsin. It's a charming place with Icelandic immigrants!

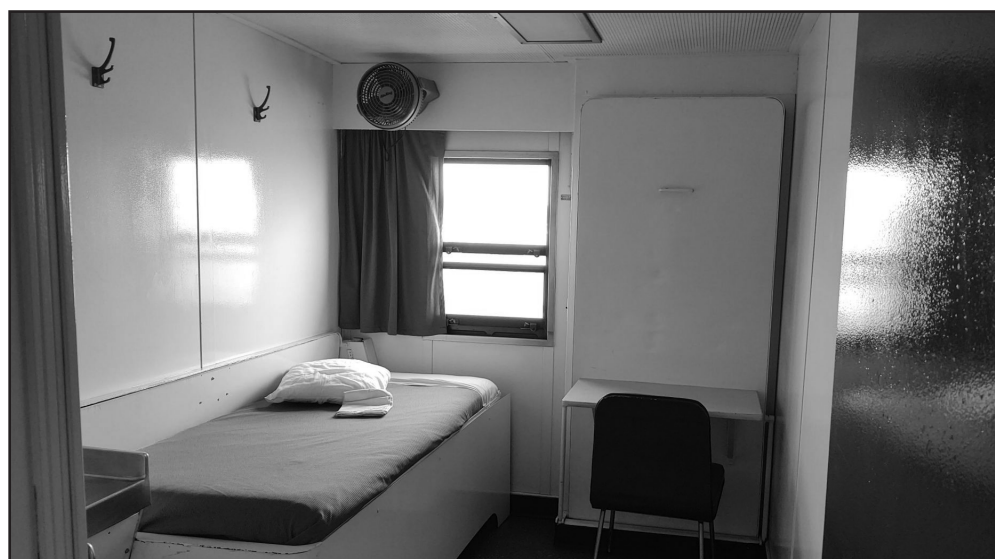
Restless Viking merchandise is now available: <https://restless-viking.myshopify.com/>

Resources:

https://www.visitludington.com/stories/historic_lake_michigan_carferry_ss_badger_history_ludington_manitowoc
<https://www.ssbadger.com/about/>

<https://www.ssbadger.com/userfiles/filemanager/825/>

Todd Hansen, announcer, joke teller, BINGO caller



The desk can be folded down as another bed! Clever!

FUN PAGE

ROLLER COASTER WORD SEARCH

SUDOKU

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

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!

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

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

Puzzle solutions on page 13

ROLLER COASTER WORD SEARCH

ACCELERATION
 AIRTIME
 ASCEND
 BARREL

BENTS
 BOOMERANG
 BRAKE RUN
 CARS
 CHAIN
 CIRCUIT
 CORKSCREW

CUTBACK
 ENCLOSED
 ENTHUSIAST
 HEADREST
 INVERSION
 LAPBAR
 LIFT

LOOP
 PLATFORM
 RESTRAINT
 STEEL
 TRACK
 WOODEN

Guess Who?

I am a reality star and entrepreneur born in California on June 27, 1984. Together with my sisters, I am part of a famous family. My father was a prominent attorney, and my mother was once married to a legendary Olympic athlete.

Answer: Khloe Kardashian

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to roller coasters.

T K R C A

--	--	--	--	--

Answer: Track

			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					

CLUES ACROSS

- Basics
- In a new way
- ___ Paulo, city
- Jailhouse
- Expresses surprise
- Trigraph
- A small stream
- Dissimilar
- Promote
- Gives a boost
- Lawmaker
- Orthodox Jews
- Actor Harris
- Wild cherry
- Participate in democracy
- Opposite of begins
- A Brit's mother
- Set of moral principles
- Very fast airplane
- Czech river
- Private school in New York
- Israeli dance
- Electron volt
- Adjusting
- Duct by the bladder
- Small burger

CLUES DOWN

- Begin again
- Unstuck
- Jai __, sport
- Get free of
- For instance
- Hotel chain
- A team's best pitcher
- Extracts from various sources
- Indefinite period of time
- German expressionist painter
- What drives you
- N. Vietnamese ethnic group
- Gold coin used in British India
- Have deep affection for
- Ponds
- Breaks between words
- Hairstyle
- Print errors
- Family of iron alloys
- Sideline in bed
- Many couples say it
- Brazilian hoopster
- Allman Brothers late frontman
- German city
- One hundred grams (abbr.)
- One billionth of a second (abbr.)

Ramos Institute students compete in Meijer State Games

Since 2010 World Class Tae Kwon Do has hosted the Tae Kwon Do tournament for Meijer's State Games of Michigan. Ramos Institute of the Lowell YMCA and Ionia Parks

and Recreation has been a continuing participant for all 12 years and medaled in events of Forms (a pattern of techniques,) Board breaking, and Sparring. In 2020 and 2021 students

stayed engaged by doing the tournaments virtually.

The tournament was back live and in person at Aquinas College on Saturday, June 25, 2022.

Ramos Institute had 27 students participate in the 2022 Meijer State Games. Participants earned 18 gold medals, 15 silver medals and 12 bronze medals.



Pictured left to right: Jack Benedict, Dominic Benedict, Kiera Stoutjesdyk (Ionia,) Meara Douglas, Lydia Parsons, and Lauren Parsons; 2nd row: Noah Visser, Merrick Douglas, Teo Sequeira, Mr. George Parsons, Mr. Ransom Rathbun, Mr. Max Munger; 3rd row: Master Patricia Ramos, Mr. Kevin Cashen (Head Instructor Ionia,) Sydney Graham (Ionia,) Ms. Krysta Cashen (Ionia,) Garrett Graham (Ionia,) Mr. Lance Miller, Mr. Max Benedict, Jessica West (Ionia,) Calihan Janowiak, Grand Master Richard Warren.

Missing from picture: Xander Walstra Hadley, Caroline DeJong, Avery DeJong, Noah Luebs, Oliver Manning, Tristan Catanach, Sebastian Salinas, and Markus Hemminger (Ionia.)

Gilda's Club presents Camp Sparkle July 12-21

Free day camp for K-fifth grade students explores ways of coping with cancer and grief

Gilda's Club Grand Rapids (GCGR) continues the tradition of Camp Sparkle. The annual day camp, for children in kindergarten through fifth grade, explores ways of coping with cancer or grief for any reason. Camp will be held on Tuesdays and Thursdays, July 12-21 with a special family day to be held Tuesday, July 26.

Camp Sparkle, which supports overall emotional health, is free to attend and open to children from all surrounding communities. It provides children with a chance to connect and interact with other children who having gone through cancer, have been impacted by a cancer journey of a loved one, or experienced grief because of the death of a family member or friend.

Camp Sparkle is facilitated by Gilda's Club professional program staff, is supported by

trained volunteers, and will feature activities focusing on emotional well-being. The camp will host guests from community partners including Blandford Nature Center, John Ball Zoo, Grand Rapids Children's Museum, Hearts for the Arts and others.

Pre-registration is required. Those interested should contact the Gilda's Club Grand Rapids by emailing cfaust@gildasclubgr.org, or by calling 616-453-8300 ext. 212.

Camp Sparkle runs Tuesday, July 12, 10 am to 2 pm; Thursday, July 14, 10 am to 2 pm; Tuesday, July 19, 10 am to 2 pm; and Thursday, July 21, 10 am to 2 pm.

Family day activities will be scheduled on Tuesday, July 26.

Note: Campers may join and attend any or all camp dates.

All activities take place at Gilda's Club Grand Rapids Clubhouse, 1806 Bridge Street NW.

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For more information or schedule an interview, please contact Charlie Jeffrey (cjeffrey@bettenbaker.com).

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