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## Katie Brim is going international

by Cliff Yankovich  
contributing writer

By the time you read this, Lowell resident, Katie Brim, will be on her way to compete in her first-ever international para-cycling competition. Brim will be a member of Team USA and they will be competing in two events put on by the UCI (Union Cycliste International). The first is the UCI 2022 Para Cycling World Cup that will be held in Quebec City, Canada August 4-7, followed by the 2022 Road World Champions, August 11-14 in Baie Comeau, Canada.

"I am extremely nervous and excited for this amazing opportunity as this will be my first time racing internationally," Brim stated. "I am going into these races like I have every race I have done this year and that is to do the best that I personally can do and learn as much as I can."

You may have seen Brim whiz by on her low-slung hand-powered racing bike. She rides/trains six days a week on the roads around Lowell and Ionia.



Katie Brim will be a member of Team USA in the UCI Para Cycling World Cup and the 2022 Road World Champions, both events will be held in Canada.

Nasty weather doesn't slow her down a bit because she has a stationary smart trainer in the garage that is set up to mimic the changing elevations of riding on a

road course. Brim attended Lowell schools from kindergarten until she graduated in 2016. She spent four years on the crew team and loved

every minute of it. She was attending Ferris State University in pursuit of a degree in construction management. Her life changed in December of

2017, when she went in for surgery to address an ongoing issue with a disc in her lower back. As she  
Continued, page 3

## Lowell School Board readies for fall, parents bring concerns, issues

By Michelle Smith  
contributing writer

The Lowell Area Schools Board of Education met for its regular meeting July 11 at the Administrative Offices building.

The full board approved a Lowell Area School Operating Millage Restoration Proposal. The proposal will restore and extend the authority of the school district to levy the statutory rate of 18 mills against all property, minus property exempted by law.

This proposal will be brought to a public vote Nov. 8. The full text of the ballot proposal can be obtained by contacting the administrative office of Lowell Area Schools.

The board approved a bid for a new athletic trainer for Lowell High School. Hulst-Jepsen Physical Therapy will

now be providing physical therapy for student athletes.

Dan VanderMeulen, director of curriculum, said there are two separate pilot groups trying out new K-5 math programs. The pilot curriculum names are "Reveal Math" and "Bridges." The current math curriculum for these students is "Everyday Math." There is also a pilot group for fourth and fifth grade social studies. The pilot curriculum is "Social Studies Alive."

During the public comments section of the meeting, several parents spoke regarding concerns they have with the school district overstepping from their main purpose of teaching core subjects to students.

Lowell parent and Forest Hills teacher Kirk Vredevelt

said he is concerned when teachers post signs in their classrooms declaring their room is LGBTQ "safe." Vredevelt said this gives students the impression that rooms that do not have these postings are not safe places for these students. "I have LGBTQ students in my classroom every day, and they're safe. There becomes this kind of "us/them" thing that I don't think is helpful," Vredevelt said.

Candidate for Kent County Commissioner Stefanie Boone shared an article from the New York Post about the recent National Education Association convention pushing to have mandatory masks and Covid vaccinations for all public school students. Boone asked

Continued, page 2

## Stone Street Revival to Perform July 28

By Bill Lee  
contributing writer

Lowell's Sizzlin' Summer Concerts, presented by LowellArts and the Lowell Area Chamber of Commerce, finishes the month of July with Michigan's own Stone Street Revival, performing on July 28 at 7 pm.

The eight-piece band, complete with horn section, is looking forward to the evening. "We're always excited to get in front of people who have not heard our band," said Donny Brown, drummer and singer for the band. "The whole band would like to thank the Lowell Chamber for having us and to especially extend our huge thanks to Dar Lalone and family and all at Balls Softee Creme for so graciously embracing us and making it possible for us to get over your way!"

Known for their mix of 50's, 60's, and 70's hits, the band has a sound for everyone – mellow, dance, ballads, and upbeat. From Van Morrison, Abba, Paul McCartney, and everything in between, Stone Street Revival will keep you swaying on the dance floor or in your lawn chairs.

Stone Street Revival have a few more shows this summer and are also involved in some new projects. "We've begun a new project called Pure AM Gold where we recreate a live AM radio broadcast complete with a live interactive disc jockey, live commercials, great trivia and an unbelievable and an impeccably performed song selection," said Brown.

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# Continued from page 1

the board to pay attention to the potential demands the NEA may be making in the near future.

Boone agreed with Vredevelt regarding his statements on LGBTQ 'safe rooms.' "Can't we keep our schools neutral and not give in to politicization? Let's take the pressure off of the individual teachers and be a guardian of safety for them and all of our students," Boone said.

Lowell parent Candi

Harper is pulling her two children from Lowell schools this year. She said this decision was made largely because the teachers at the school her children were attending were pushing their political and moral beliefs on the students.

"Children are influenced enough by their peers and their culture around them, and it is up to me as a parent to instill political, moral and social values to my children," Harper said.

"I don't need an outside authority figure influencing the way they look at the world around them."

Harper said students are afraid to speak up if they have an opposing view than their teacher, and that if a child tried to defend a belief that was different from the majority, they would be accused of "bullying." She said her family also encountered struggles with how teachers addressed mental health issues.

Dustin Hawk addressed the board regarding teachers encouraging children to choose gender pronouns and purposely keep this information from the parent.

Hawk also addressed Superintendent Nate Fowler and the board regarding the district overruling the parents' role of deciding what is best for their children in the classroom and the resource center.

"It's your job to teach our kids how to think, not

what to think. When I was in school I would only be guessing when asked which way my teachers would lean politically," Hawk said.

Superintendent Fowler said he encourages students to have conversations regarding these issues with their parents.

"It's a difficult topic, and it's one that we are trying to navigate as best we can. I appreciate the sentiment as we head into the November elections of maintaining

neutrality throughout that. Our country's facing a lot of issues right now, and we're going through transitions with technology, political systems, economic systems, and all those things and providing the best information that we can. We'll continue to navigate that the best we can while we support all kids," Fowler said.

## Lowell Weaving and Fiber Arts Fair coming July 30

Ability Weavers will be hosting the third annual Lowell Weaving and Fiber Arts Fair on Saturday, July 30 from 10 am to 4 pm in downtown Lowell on Riverside Drive along the Flat River.

There will be many demonstrations including weaving on an antique rug loom, twining, spinning, macrame and circular sock knitting. Included are vintage machines that are used to prepare fibers just

like they have been for hundreds of years. Fifteen artists will be available selling handwoven rugs and towels, handcrafted clothing items and macramé art. Tools, supplies and yarns for weaving and twining will also be available.

Ability Weavers is a dealer for Leclerc Looms in Canada, one of the largest and oldest weaving equipment suppliers. New floor looms come with three hours of one-on-one

instruction covering all aspects of weaving.

This year's event has expanded to include all types of fiber arts. Traditionally fiber artists use natural fibers like wool, linen and cotton to create fabric or pieces of art. At this event you will see looms and spinning wheels in action as well as some machines you may have never seen before. A rug loom will be available for those interested in trying

weaving themselves.

The Ability Weavers (AW) store is located at 215 W Main Street in downtown Lowell. The primary purpose of the shop is to provide employment and a sense of purpose for their employees. The AW store may look like a simple rug shop, but it is an integrated work site. Adults with disabilities learn skills that help them earn a living and increase their sense of purpose.

Beryl and Eric Bartkus started AW in 2016 to help their oldest daughter who has autism. Adults with disabilities lose the services of the school system at age 26 and sometimes find it challenging to gain employment. Today 10 employees and nine volunteers work as a team to create beautiful handwoven products. These products can be found in the store as well as online at AbilityWeavers.com.

Hundreds of items are shipped to homes and businesses all over the US each year. In addition to the Lowell store, Ability Weavers has products for sale at nearby Sweet Seasons Café and Bakery in Lowell and Parcels Gift Shop in

Danvers, Massachusetts.

Inside the shop you will find 14 vintage floor looms which are used to produce hundreds of rugs and thousands of towels each year. The largest loom in the studio, called a Kebec, is nearly ten feet wide and can produce rugs up to eight feet wide. It is one of the largest manual looms produced for weaving fabric or rugs.

AW is a social enterprise, which is in business, to improve the lives of people, society, and the common good. All profits at AW are used only to hire more weavers. All production weavers are paid the same wage, regardless of ability, and teamwork is stressed. Donations of new unused fabric from furniture companies, Haworth and RT London, are cut into strips

and used to weave rugs, keeping those materials out of landfills. Numerous yarns and a number of the looms in the store have been kindly donated by local weavers, helping to keep the costs lower.

The first Lowell Weaving Fair started in the summer of 2020 during COVID when Beryl wanted to provide an outdoor event that would fit with the restrictions. It has grown to now include all types of fiber arts. You may even decide you would like to become a fiber artist after attending.

The public is welcome to attend the Lowell Weaving and Fiber Arts Fair which will be held on Riverside Drive just north of the former Backwater Café along the Flat River (directly behind the Ability Weavers shop).



Photos Courtesy by Ability Weavers.



Photos Courtesy by Ability Weavers.

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## Continued from page 1

came out of the surgery, Brim had numbness and paralysis that affected her from the collar bones on down. She was transferred from Spectrum to Mary Free Bed. To date, there are no clear answers as to what happened during surgery. It is nearly impossible to imagine the impact such an occurrence would have on a person, especially an active teen-ager.

“The days in Mary Free Bed were very difficult, but thanks to the amazing team there, I was introduced to all the possibilities that can still be after a traumatic experience like mine,”

Brim recalled. “I was very fortunate to have an amazing rehabilitation hospital like Mary Free Bed in my backyard.”

Brim admitted to being “pretty down” for about 18 months after having her life turned inside-out. She started interacting with Nick Long, who works with adaptive athletes in all kinds of sports, at Mary Free Bed. She credits him with helping her to see that her future was not as grim as she first imagined.

The thing that really helped her turn a corner and move forward with her new life was a quote she read

from painter and author Walter Inglis Anderson. “Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have – life itself.”

Adaptive sports became a tool in turning her life around. Brim got serious about wheelchair rugby first because it was a winter sport. Then she took up hand cycling, but never really imagined that

she would compete on a national or international level. Fast forward to 2022 and that has all changed. When asked how many races she had been in so far this year, Brim was hard pressed to come up with an exact number, but she knew it was “more than 20”. She has competed all over the country traveling around in a truck with a fellow hand cyclist from the area. This has also turned her into quite the bicycle mechanic. In order to travel, her racing bike needs to be disassembled to fit in the truck. Along the way, she has gained the confidence to change out the gear cassettes, work on the brakes, etc.

Brim’s ability to train year-round helped her step up her competitive game. She noticed a significant gain in the force she was able to transfer from her body to the bicycle, but she still underestimated her abilities even after competing in several races around the country, including the past two years at the River Bank Run in Grand Rapids.

She filled out an application for the International competition before she went to the U.S. Para-cycling National Championships in Chattanooga, TN in June of this year. Even though she filed the paperwork, Brim told me that she was really not thinking she had any kind of a shot at going to Canada because the course in Chattanooga was the toughest one she had ever ridden on, with over 500



Katie Brim and her dog Peanut.

feet of elevation gains over the five and a half mile loop they raced on.

“It was really shocking when I got the invitation to Canada in an email from the coach of Team USA,” Brim recalled, with a lot of excitement in her voice. “One thing led to another this year and I out-did the needed expectations in the National race.”

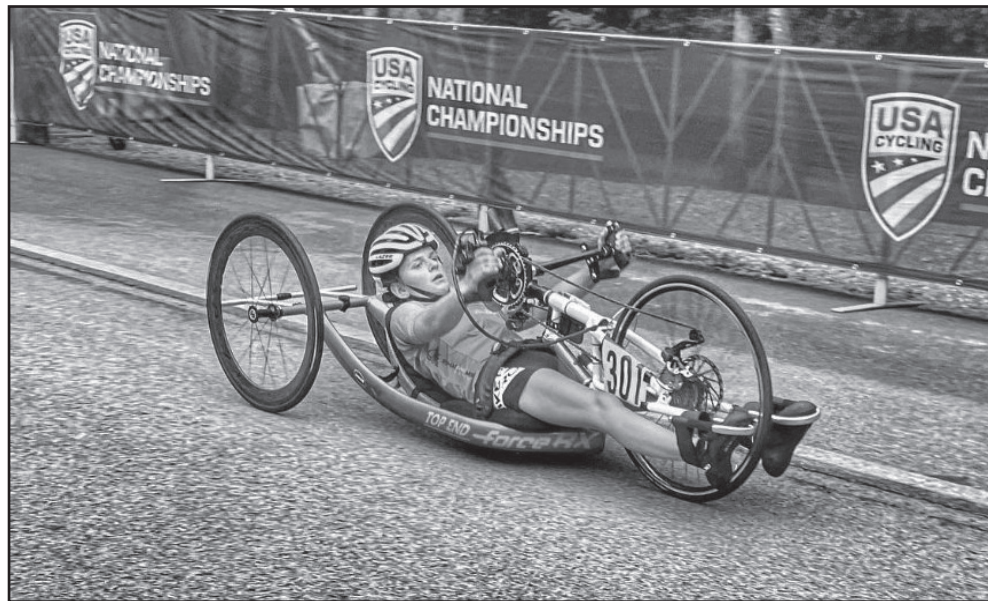
Brim expressed how important sports were in her life. She works at Amazon, and during the peak of COVID, was working 60-hour weeks that left her with little to no energy or time to practice her sports, and more importantly, engage with her fellow athletes.

“They truly understand what makes life more

tolerable,” Brim said.

Brim was happy to relate that Amazon was generous in giving her time off to race, and granted her a six-week leave of absence, which will allow her to go to Colorado and then to Canada with the other members of Team USA. She was getting ready to leave to begin her trip to Canada in a couple of days when she spoke with me. Brim had to cut our interview a little short because she was going to squeeze in one more wheelchair rugby practice. Wheelchair rugby sounds very interesting – maybe that is another story for another day.

How about this – we should all face North on August 4 and holler out, “GO KATIE GO!”



Brim in competition at the 2022 U.S. Para-cycling Champions in Chattanooga, TN.

## Michigan Cottage Food Law

Learn how to prepare and sell foods to the public under Michigan’s Cottage Food Law. This two-hour workshop combines education about the Michigan Cottage Food Law and the food safety aspects of preparing and selling cottage foods safely and successfully. Michigan Cottage Food Law allows residents to manufacture foods in home kitchens and storing those products at home.

Topics include preparing, packaging, labeling, storing, and transporting cottage foods. The Michigan Department of Agriculture and Rural Development Inspector will be available for the Q&A portion of this workshop. MSU Product Center joins us to cover the business aspects of the Michigan Cottage Food Law. Participants that attend the full program will receive a Michigan Cottage Food Law/ Food Safety Certificate.

This is a free workshop, taught by MSU Extension Food Safety Educators and MSU Product Center Educators. Dates are: Tuesday, July 12, 2-4 p.m. / Tuesday, Aug. 9, 6-8 p.m. / Thursday, Sept. 8, 10 a.m. - 12 p.m. / Tuesday, Oct. 11, 3-5 p.m. / Thursday, Nov. 3, 10 a.m. - 12 p.m. / Wednesday, Dec. 7, 6-8 p.m. Register at <https://www.canr.msu.edu/events/michigan-cottage-food-law-2022>.

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# to the editor

Letter writer opinions are their own and do not necessarily reflect the opinion of this publication.

Editor:

"Summertime . . . and the Livin' is easy." (George Gershwin, "Porgy and Bess," 1935)

That was surely true for us Lowell kids after World War II, in 1946-54.

School ended happily in early June, with a day of all-school picnics, and free ice cream from Christiansen's locker plant on East Main.

Younger grades gathered under big maple trees in front of the schools on Monroe Street.

Middle grades met at Recreation Park on the shaded tennis courts, while hundreds of Lowell High School students and their teachers took over Fallsburg Park for a day of fun and food.

After that, kids spent

joyful summers mostly outdoors on their own, until school started up again in September.

No formal youth sports organized by adults. And home TV was limited until the mid-1950s.

Travel vacations were rare for "baby boomer" families with four or five children. Home cooling was only by electric fans, open windows, and swinging screen doors.

Dozens of children lived in our eastside neighborhood north of the schools. More boys than girls, but we all played outside together until street lights turned on at dark, the signal to hasten home.

Impromptu ball games named "work-up" or "knock-

up and lay-down" found a vacant lot in the 600-block of North Lafayette, or the southwest corner of Washington and North streets.

No matter if an errant throw or long hit rolled down the riverbank, or shattered an unfortunate glass pane.

"No chips on windows" meant you paid by yourself -- but I don't remember any actual payments. Homeowners were forgiving.

No swimming pools in Lowell, but an old-time "swimming hole" near the north end of Lafayette Street had a long rope tied to a high tree branch, by which to swing out and drop into the cool Flat River.

Many a hot summer night saw multi-block games of hide-and-seek, "kick the can" or "sixty-more" played by eager youngsters of all ages.

Every few weeks would be a backyard carnival or a pretend circus featuring hesitant family pets, or a

small Kool-Aid stand on the front sidewalk, exhorting "two cents a glass!"

"Summer school" was play for junior high girls as "teachers" for younger kids, with reading books, worksheets, math problems -- and, of course, supervised recess.

There was always Bible school: two weeks at the Nazarene church, followed by two weeks at the Congregational Church, then two more weeks with the Baptists or Methodists. We went to them all, one after the other, 50 -75+ kids each.

Late July was Showboat Week with thousands of daily visitors. Boys selling programs, seat cushions, soda pop or popcorn in the huge nearly-full grandstands just off Main Street.

Soon after that was the 4-H Fair, with its bustling crowds, noisy barnyard animals, thrilling rides and challenging carnival games.

Occasional backyard campouts in army surplus pup tents, and pretend

shootouts with capguns versus robbers or "enemy" soldiers hiding behind neighbors' trees.

Not to forget backyard swings, sandboxes, tree huts, basketball hoops, and tending family vegetable gardens.

Maybe a week at scout camp or church camp. Fishing below the dams, or cheering men's softball at the old ballpark south of the railroad bridge by the King mill.

Yep, summer was never boring for Lowell kids growing up after World War II.

"Those were the days, my friend, we thought they'd never end..." (Mary Hopkin, 1968)

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Bob Thaler  
LHS Class of 1960  
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#### JULY SCHEDULE

Victor Volkman, U.P. Reader, July 2  
Mackenzie Flohr, The Rite of Wands, July 2  
Emma Palova, Shifting Sands: The Lost Town, July 15  
Special episode Once Upon a Book, Frankenmuth, July 21  
Kyle Brown, Farmer Brown's Beekeeping Basics, July 29  
Lowell author Gladys Fletcher, TBA

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# viewpoint



## 100 years ago The Lowell Ledger July 27, 1922

Members of Masonic Lowell lodge No. 90, F. & A. M., and their families enjoyed a picnic and social gathering at Island Park last Thursday. The Lodge committee provided sandwiches, salad, pickles, iced tea, ice cream and cake.

William S. Dollaway, 59, driver of the Grand Rapids to Lowell bus line, is in Butterworth hospital with a fractured skull, as a result of a fight with another bus driver, whose name could not be learned.

The beautiful little pheasants, which the state issued to this locality about two years ago, have become extinct, as well as numerous flocks of the line quail, through the lawless hunting of men and boys coming here from a distance.

No reason why the farmers of this locality couldn't have their wheat threshed this week, as the Weiland Mescar & Blough crews were all here threshing at one time.

## 75 years ago The Lowell Ledger July 24, 1947

The 12th year of the Lowell Showboat opened Tuesday night at the stadium on Flat river and covered herself with glory before an audience of 6,000 people. It marked the 45th time that the Showboat had dropped anchor in the home port.

The Fairchild Oilers shut out the Muskegon Continentals, 8 to 0, at Recreation Park Sunday.

Funeral rites were held at St. Patrick's church, Parnell, Wednesday morning for Robert C. Hefferan, aged 29, who was fatally injured in an automobile accident late Saturday night.

The assessed valuation of the Village of Lowell for the fiscal year has been fixed as follows: Real estate, \$1,215,450; personal, \$319,500; total, \$1,534,950. The tax rate is \$12.

The annual picnic and meeting of the Loyal Lowellites was held at Fallasburg Park on Wednesday of last week.

The new Alto fire truck rushed to Ed Clark's about 10 Saturday night when their new ceiling caught fire around the chimney, but was soon out with slight loss.

## 50 years ago The Lowell Ledger July 27, 1972

Cherry Creek Nursing home, located at the end

of North Center Street in Lowell, is well along in its construction and an October opening is planned. Designed of red brick with a charcoal gray mansard roof, the 122 bed facility will provide both basic and skilled nursing care.

The 1972 Lowell Showboat will 'round 'Cattail' bend for its final three nights, bringing to its dock-side stage and many talents of Bobby Goldsboro - singer, composer and lyricist.

The City of Lowell has received word from Representative Gerald R. Ford that the Department of Housing and Urban Development has granted an additional \$117,345 to the previously announced \$411,054, bringing it to \$528,399 - the amount available from federal funds for Lowell's \$1,900,000 program of separation of storm water from the sanitary sewer system.

Mrs. Lyle (Errollyn) Weeks was injured in a car-train accident on the Ashley Road crossing last Friday evening. Although sustaining injuries to both legs she is reported to be in good condition.

## 25 years ago The Lowell Ledger July 23, 1997

Lowell Charter Township and the city of Lowell unanimously approved an amendment to their water supply agreement, ending a two-year dispute over how water rates are calculated.

The wait finally ended Tuesday as Pitsch Construction began tearing down Lee's Landing. Approximately 50 residents gathered on the south side of Main Street to watch the demolition of the historical building.

Alto's Sally Beaudoin bought a box of items at an auction back in the early 80's. About three years ago, she went through the box and discovered a war bond that was issued in Cedar Springs in 1942. It was a \$25 war bond, which matured approximately 10 years after it was purchased. The bond was made out to Miss Elinore M. Ryan of Sand Lake or Mrs. Amber Olsen of Grand Rapids. Beaudoin would like to find a relative or family member to give the war bond back as a family keepsake.

Amway Corp. announced that it would turn over \$45,000 to Lowell High School's Youth Development program during the next three years.

The Lowell Charter Township Board defeated a motion by superior John Timpson to help support the Lowell Area Arts Council.

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## outdoors

### Michigan History

Dave Stegehuis

American history was one of my favorite subjects in high school. The United States has an interesting history partly because of so many significant events happening in a young country in a short period of time. Michigan history is particularly fascinating for those of us who live here. The historical accounts and stories are about places we have been and people whose names we may recognize.

This spring a friend in the U.P. gave me two books published by the local historical society. The books recounted the history of several small communities in the central U.P. from settlement to the mid 70's. The area developed quickly due to the importance of mining and logging to a fast-growing nation. As these resources became depleted so did the economy and the population decreased as fast as it grew. I have spent a fair amount of time in the area over the years but did not fully realize what had transpired there and why. I

now have more appreciation for the time and experiences I had there and intend to return to explore new places from a different perspective.

We in the Lowell area have the good fortune to have friends and neighbors who have developed written and tangible historical records of our own area and continue to work to expand our knowledge of the past. Understanding what went on before us puts our own lives in perspective. Hopefully we can see more clearly what worked and what did not work and what values and priorities are important in the long run.

When traveling around the state to fish, camp, visit waterfalls or whatever gets you out and about, check out local history to generate more interest and value from your travels. You will probably come away with more of an appreciation of where you are in life today and how you might reconsider where you are going. Best of all it is fun and interesting.

Eat. Shop. Explore.  
**LOCAL**

## We love to hear from you!



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

The requirements are:

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

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



## At Your Local Library

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

### Scrabble for Seniors

Fri., July 8 from 1-3 pm. Sit down and enjoy a word game, unplugged, with other fans. For 18+ and skill levels welcome!

### Family Storytime

Mondays 10:30 am - 11:30 am. Read and sing together as a family. Enjoy stories, music, movement and rhymes that develop early literacy skills. For ages 0-5 with parent or guardian.

### Explore Tai Chi

Thursday, July 21, 1:30 - 2:30 pm. Tai Chi is an ancient practice known for improving balance, flexibility, strength and overall well-being. Join certified Tai Chi instructor Brenda Schroeder, who will lead participants through some basic choreographed movements. No experience required. 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 adults 18+

### Tom Plunkard's Amazing Adventures

Tuesday, July 26, 1:30 - 2:30 pm. Family-friendly hilarious magic show filled with live animals, audience participation and amazing magic! For all ages.

### Make a Sock Gnome

Tuesday, July 26, 4-5 pm. Teen crafting guru Wendy is back to guide you through making an adorable sock gnome. 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.

### Craft and Create

Wednesday, July 27, 6:30 - 7:30 pm. Create together! Features a new craft each time for you to make and take home. For adults 18+

### Drawing sea creatures

Wednesday, August 3, 3-4 pm. Corinne will teach you to use basic shape construction and simple line techniques to create imaginative sea creatures! No prior drawing experience needed in this follow-along program. Bring your favorite pencil, some paper and an eraser. For ages 5-10.

# 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.

**Address:** 123 W. Main  
**Date Built:** 1939  
**Owner when built:** Frank Schlernitzauer  
**1st business:** Frank's 5c to \$1

Another building once stood on this site. J. E. Lee built the two-story Lee Block from this corner eastward to 117 W. Main in 1877. The Lee Block contained five storefronts. Fire destroyed it in 1884; Lee rebuilt it using "corrugated iron covering on the sides." The buildings were partially destroyed in another fire in 1906. Lee died in 1907 while superintending the rebuilding.

Frank Schlernitzauer tore down the two-story



Postcard of Frank's 5c to \$1 Store in 1939 when it was new.

portion of the Lee block in 1939, including the upper floor that was over 119 W. Main. He then built a new brick one-story building for his business "Frank's 5c to \$1" store, which he and then his son, Dick, operated until 1974 when it was sold to "Ben Franklin"



The Lee Block, on this site, as it looked in 1893 when it housed the James McPherson Bazaar and a saloon. There was a photographer upstairs, 1893-1906.

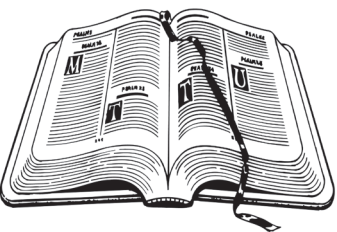


Mike Sprenger operated Springgrove Variety from 1995-2020. He continued the tradition of Lambert Variety which preceded Springgrove.

stores. In 1981, Duane and Arlene Lambert bought it and it became "Lambert's Variety." In 1995, Mike Sprenger opened "Springgrove Variety", which operated until 2020. These businesses were truly old-time dime stores with a candy counter, yarn, craft supplies, toys, cards and gifts.

Greg Canfield purchased the building in 2020 and transformed it into the "Ripple Restaurant." Windows were added along Riverside Dr. and along the river so patrons would have views of the street, the Showboat or the river from their seats.

# 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 - Mondays ....7 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 Bolkom • 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

**JULY 20**  
 Cara Thaler, David Thaler III, Maureen Pawloski, Beth Berry, Amber Brown, Jerry Taylor.

**JULY 21**  
 Dara Anchors, Stephanie Wade, Carolyn Mercer, Jeff Gurney, Kelly Tulecki, Alexander Stiles.

**JULY 22**  
 Kelly Marie Roth, Laurie Fonger, Eric Shear, Noreen Myers, T.J. Butler, Allie Stuckey.

**JULY 23**  
 Dave Fosburg, Nathan Swift, Heather Pretzel, Robert Jahnke.

**JULY 24**  
 Nathan Bush.

**JULY 26**  
 Elaine Gregersen, Eric Baird, Josh Geldersma, Ellen Dilly.



# Renewable energy and protecting the environment should not be partisan politics

By Cliff Yankovich  
contributing writer

Why on Earth has protecting our environment and conserving natural resources by “going green”, in any way we can, turned into a partisan, Democrat vs Republican thing? It should not be this way. Please stick with me and read this whole column before you toss the paper in the trash bin, or better yet, the recycle bin. I am hoping I can challenge the thinking of both Blue and Red readers.

The Eagle is the symbol of our country – it is not a mascot for the Red or Blue team. One of the best things I have seen in my lifetime is the return of eagles, not only in Michigan, but all over the country they symbolize. When I was a kid in the early 1970s, my mom had me read Rachel Carson’s “Silent Spring”, a book about how we were trashing our environment. At that time, DDT and other pesticides were decimating eagles and other birds of prey. Carson and others painted a bleak picture of our future if we did not begin to be proactive in caring for our environment.

The president who made that giant leap for mankind was Richard M. Nixon. President Nixon was not a tree-hugging hippie, nor was he even a Democrat. For whatever reason, I would like to believe it was COMMON SENSE; he signed on to the formation of the Environmental Protection Agency, and things started to change, when it came to what we dumped and sprayed on the ground, in the air, and in the water. Fast forward to 2022 and we get to watch Bald Eagles patrolling the Flat and Grand Rivers.

My mom was the daughter of a lady raised on a farm. My Grandma Wright had a fantastic garden on the double lot where she and Grandpa lived on Manning Street in the City of Detroit. She grew grapes, corn, beans, and other veggies and had two or three cherry trees. She “put up” all kinds of fruits and veggies in her basement. She did not waste anything and passed that

along to my mother. My mom taught me to recycle anything we could, before recycling was a thing. My mom used laundry soap from Amway because it was less harmful to the earth. My mom was a very, very conservative, born-again Christian Republican. For her, recycling was common sense – if glass bottles, tin cans, newspaper, and cardboard could be used again and again, it made sense to do so.

My older brother and I do not agree on much of anything when it comes to politics. However, he and I both have driven fuel-efficient Toyota Prius cars. In fact, he bought one when they were first introduced and probably had four or five of them over the years, before he got wild last year and bought a Tesla. He was a Court Officer who put thousands of miles on his car every month, and to drive one that consistently gave him 45 miles per gallon and better, was just common sense. He did mostly city driving and watched his mileage like a hawk, sometimes he would average 50 or more mpg. Back when I had a full size Prius, he and I would try and outdo each other when it came to mpg, and he always came out ahead.

Okay, so far, we have a Republican president helping to save the environment, a very conservative Republican teaching, yours truly, to recycle and a Republican Court Officer, who pulled better mpg from his Prius than his Democrat brother.

Are you aware that George W. Bush kicked off wind power in 1999 in Texas when he was Governor Bush? A few years later, President Bush was powering his ranch with wind and geothermal power and collecting rainwater, while Al Gore was working on his book and living on a compound that used way more electricity than did Bush’s ranch. I don’t know if it is still true, but at the time, Bush out-greened Gore by a big margin. GWB is considered a hero when it comes to making electricity



Solar carport initiative at MSU. Photo courtesy of msu.edu.

with wind power. Go ahead, get on your search engine to double check me, I will wait right here.

And now my closing argument: Georgetown, Texas. Ever heard of it?

Well, Georgetown is a very Red city of 50,000 people or so, in the middle of a mostly Red state that does a lot of oil and gasoline business. (I believe they refer to it as “awl bidness” in Texas.) I learned how Georgetown was the very first city in the entire country to get all of its power from renewable energy in a documentary I watched. They hit the 100 percent Green Energy goal back in 2015.

They did not jump ship and become Democrats. They were not “converted” to the Blue camp – they went all out with green, renewable energy because it made sense. It especially made sense to Texas Republicans, since their former governor is considered by many to be a wind-energy leader. Admittedly, it has not been all sunshine and roses

for Georgetown or the electricity grid in Texas, but the point I am making here is that the first city in the US to be totally powered by renewable energy was not some liberal Democratic stronghold like Ann Arbor, MI or Berkeley, CA – it was Georgetown, TX. This should be a challenge for Blue and Red folks. Blue people need to figure out why a Red city did it first, and Red people need to quit thinking that renewable energy is something that only tree-hugging lefties are in favor of.

My perspective on the pursuit of green, renewable energy is that it is just common sense. More

importantly, it makes dollars and cents. The leadership of Georgetown harnessed green energy because it served to save them money. My brother drove a Prius because he saved hundreds and thousands of dollars at the gas pump over the years. President Bush opened the door to, and became a practitioner of, the harvesting of energy from wind power because of the

economic savings.

MSU installed one of the largest solar panel projects in parking lots at the school. A total of 5,000 parking spots are covered. Talk about win-win. The cars are protected from rain, snow, and sun and the panels generate thousands of kilowatts of energy. Hmmm, maybe renewable energy is not Blue nor Red – Go Green!

## VERGENNES TOWNSHIP PLANNING COMMISSION

### PUBLIC HEARING NOTICE

PLEASE TAKE NOTICE that at the meeting of the Vergennes Township Planning Commission to be held on **Monday, August 8, 2022, at 7:00 pm at the Vergennes Township Hall, located at 69 Lincoln Lake Ave NE, Lowell, MI** there will be a public hearing regarding the following:

1. A special exception use application has been received for the following address: 2320 Alden Nash Ave NE, Lowell, MI 49331, also known as permanent parcel #41-16-10-300-008. The request would allow the expansion of a legal nonconforming use of a rural recreation facility at what is currently known as Arrowhead Golf Course. The expansion is to include a new two story, 2,800 square foot facility consisting of driving range bays, refreshments, and related activities that would operate on a year-round basis.

A complete copy of the proposed special exception use can be reviewed at the **Vergennes Township Hall, 69 Lincoln Lake Ave NE, PO Box 208, Lowell, MI 49331 - Phone: (616) 897-5671 or on the website: [www.vergennestwp.org](http://www.vergennestwp.org)**. To view the application on the website, click on “Departments”, then “Planning Commission” then “Pending Applications.” Written comments may be mailed, dropped off, or placed in the drop box at the Township Offices. Comments may be emailed to the Planning Commission at: [zoning@vergennestwp.org](mailto:zoning@vergennestwp.org)

**Vergennes Township Planning Commission**

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# Brown's Bee Service rescues and relocates honey bee colonies

By Emma Palova  
contributing writer

Kyle Brown started his rescue and relocation of bee colonies service when he had health issues in 2017 in Portland. "I figure they're going to keep making honey whether I am sick or not," he said.

But he dabbled in beekeeping before when he was stationed in Kansas. "It was a lot of trial and error," he said. An atypical day is when Brown doesn't get stung. "When you're not

because the colony moves depending on the strength of the queen.

"If you notice them coming in and out of the window sill or siding, call right away," he said. "It's a lot harder to get them out of your walls." Swarm removals out in the open are free; however, when they're in the walls, Brown charges a \$550 cut-out removal fee.

Other than high gas prices, the challenges of cut-out removals from

Brown shakes them off into a box. "I close up the box to make sure they calm down," he said.

Brown keeps the beehive inside the house for the first year to make sure the bees survive the winter. The second year he takes them out into the orchards to ensure pollination upon making an arrangement with a land owner. If landowners come to Brown asking for a beehive, he charges them. There should be approximately two beehives on a five-acre plot of orchards. "That will cover local pollination and it helps out neighbors as well," he said.

The bees travel up to five miles but stay within three miles of the beehive. "It's their halfway point," he said. "If they don't find nectar they can go back."

To ensure proper pollination, people should use natural pesticides, not chemicals, and plant early spring and late fall blooming plants. Small sunflowers three to four feet tall bloom early to mid-spring. Marigolds and golden rods bloom in the fall. The bees are most active during the summer into September.

Brown finds the most satisfying thing about his job is when a colony makes it through the winter and doesn't starve. Winters should be as cold as possible because the bees will group and share body heat like penguins. "If the winter is mild, they eat all their food before spring and they unfortunately die," he said.

According to Brown, one-third of our food, comes from pollination by honeybees as the primary source. Other sources of pollination are flies, insects, bats, and the wind.

How do you recognize



A large swarm on a tree. Photo Courtesy of Brown's Bee Service Facebook page.



Cutout in a ceiling. Photo Courtesy of Brown's Bee Service Facebook page.

stung, it's a day when you're not working," he said.

Brown, a self-taught beekeeper, focuses on a commercial beekeeping business and products such as raw honey, queen bees, and beeswax.

"I can handle most calls within 24 hours," he said. His service radius is within 45 minutes of Ionia County. So, when should people call Brown's Bee Service? "When they see a swarm that's easy to remove," he said, "on a tree or on a car." Brown advises not to wait

walls, include cutting the siding, and then it needs to be repaired. "When they do go away, they go into your walls and you have a bigger problem," he said. It takes three to seven hours, depending on the size of the hive, to remove out of a building.

If the swarm is out on a low-hanging branch, Brown can collect them within 10 minutes or half an hour if it's a bigger swarm. "I have to make sure I get everybody," he said. If the swarms are on branches,

the queen from the workers?

The queen is 1.5 to 2 times bigger than a worker; she is either cinnamon color, light brown, or even black, and doesn't have stripes on the abdomen. When the queen dies, the workers pick a larva, and super feed it with royal jelly. "She grows larger than a regular bee and will have more energy to become the queen," Brown said.

He feeds the bees sugar water in the spring. Dangerous for bee colonies are long hot dry periods in the summer when the plants are not producing any nectar known as dearth.

"The main takeaway about cutouts and swarms," he said, "is call as soon as you see a swarm before they get into the buildings. It's not easy and free. It's not just me charging to remove the bees but you have to cover the costs of any damage done."

According to Brown, the bees can't tell the difference between the cavity of a tree or a house. If the colony is big and a lot of damage has been done, the cost of removal will go up. A big colony is considered six feet or



Cutouts in the walls. Photo Courtesy of Brown's Bee Service Facebook page.

longer. The average size of a swarm is three to five pounds. The average size of a cutout is three to four feet. The easiest way to reach Brown is on Facebook Messenger (Brown's Bee Service).

Brown published a

beekeeping book in the spring, *Farmer Brown's Beekeeping Basics*. He will be a featured guest on For the Love of Books Podcast with host Emma Palova on <http://emmapalova123.podbean.com>



Bees products. Photo Courtesy of Brown's Bee Service Facebook page.



# St. Mary and St. Anthony churches welcome new priest

By Emma Palova  
contributing writer

Fr. Michael Goodwin is the new priest at St. Mary and St. Anthony churches in Lowell and Saranac as of July 1, 2022. He replaces Fr. Aaron Ferris, who has gone on to be a chaplain. Before coming to Lowell, Goodwin served as the associate priest at St. Paul the Apostle parish in Grand Rapids.

“I am very excited to be here and to live here and meet people,” he said.

Goodwin calls himself a convert since he became a Catholic on Easter Sunday in 2011 after attending a mass at an army base. “I’ve never attended a Catholic mass before and I was drawn into the encounters with Christ that you can have during mass,” he said. “It has changed the whole course of my life.”

Goodwin grew up as a protestant evangelical christian on the east coast of Long Island in the state of New York, where he lived until the end of high school. He attended a christian college at Cedarville University and received a B.A. in education.

He was weeks away from completing Army Chaplain Officer school when he had experienced his first encounter with Catholic Christianity. After extensive discussions with a Catholic seminarian, Goodwin concluded that the fullest and richest expression of the christian faith endures in the Catholic church.

“After prayer, interviewing priests, and being encouraged by my Catholic friends, I discerned the priestly vocation and began Catholic seminary in 2013,” he said.

Goodwin attended Mundelein Seminary, north of Chicago, from 2013 to 2019 and was ordained at the Cathedral of St. Andrew in Grand Rapids on June 6, 2020, amid the Coronavirus pandemic. He enjoyed his seminarian studies. “I’ve learned about faith and being closer to Christ,” he said.

His goals at both parishes are to help people grow closer to Jesus through the encounters with sacraments. “I hope to be equipped to share the good news with parishioners and neighbors, to be a good witness to the Gospel,” he said. “Anybody can worship here.”

Goodwin wishes to create something that is vibrant and joyful. “I don’t want St. Mary’s to be the best-kept secret in Lowell,” he said.

Among the challenges are learning the daily routines of visits to hospitals, and meeting people in their specific situations. “I want to be a consistent witness of Christ in different situations,” he said, “to meet people where they need to be met.”

On the other hand, the rewards of being a priest are many. “It’s rewarding



Fr. Michael Goodwin is the new priest at St. Mary and St. Anthony churches in Lowell and Saranac.

to see people develop in their faith,” he said. “I like walking with people from the moment their first child is born, baptized and through all the sacraments to see how the Lord can work through us.”

Goodwin bases his homily during the mass on Scripture readings that give a rhythm throughout the year. “I listen to other priests, utilize some Scripture reflections, and highlight

themes in Scriptures,” he said.

He loves Michigan and being close to the Great Lakes. “Michigan has become home and the diocese with the two parishes are like a family,” he said. “My hope is to grow the congregation. Many Catholics don’t realize what they have in faith.”

He hopes that people will rediscover their faith. Goodwin has reached out to

other pastors to collaborate in caring and helping people. “I hope people will turn their sights back on the risen Lord who has called us into mission,” he said.

His interests and hobbies are: travel, walks, sharing meals together, ultimate frisbee, water activities, books, mini-golf, baseball, football, ice cream, and movies.

“I am excited to get to know the communities of St.

Mary’s and St. Anthony’s and look forward to praying with you and joining you in following the call of Jesus; to preach the gospel in word and deed to everyone we meet,” he said.

Sunday masses at St. Mary Church are at 10:30 am, Saturday at 5 pm, and Confessions on Saturday from 3 pm to 4:40 pm

For more info go to: <https://www.stmarylowell.com/>

# 988 crisis line helping connect Michigan residents experiencing behavioral health crises to resources

Michigananders in crisis now have an easy-to-remember three-digit number to call for help – 988. Michigan has joined the nation in transitioning to the 988-dialing code, which will operate through the existing National Suicide Prevention

mental health services in our state, which is a key focus of the department,” said Elizabeth Hertel, Michigan Department of Health and Human Services (MDHHS) Director. “This universal number means no matter where you live or call from, you can reach a trained crisis counselor who can help. We encourage Michigan residents, or their family members, to call 988 if they are experiencing mental health-related distress, emotional distress or a substance-use crisis.”

In 2020, Congress designated the new 988 dialing code to operate through the National Suicide Prevention Lifeline. This action expands the existing Lifeline beyond people who are feeling suicidal to all individuals experiencing a behavioral health crisis, including suicidal thoughts or

substance-abuse issues.

“Crisis is defined by the caller,” said Dr. Debra Pinals, medical director for Behavioral Health and Forensic Programs, Michigan Department of Health and Human Services. “And by providing an easy-to-remember number, we are making help more accessible and strengthening support to those in need. Trained counselors will be available 24/7 to field calls. They will listen to the caller’s problems, assess their needs and provide support by connecting them with resources, and alert local emergency crisis teams, if necessary. The roll out of 988, as an easier number to remember, will provide a natural extension to the already promising work of the department in implementing the Michigan Crisis and Access Line.”

Anyone with these concerns can call:

Mental health-related distress.

- Thoughts of suicide.
- Substance-use crisis.
- Emotional distress.

There are specialized services available for veterans, LGBTQ individuals and other groups.

People who are worried about a loved one who may need support also can call.

The 988-dialing code does not replace the National Suicide Prevention Lifeline (800-273-TALK (8255)) or other locally operated crisis lines. Instead, it serves as

a universal entry point to connect individuals in need to trained crisis counselors who can help. MDHHS is working to ensure a solid infrastructure is built through coordination with 911 and other crisis service providers as the 988-dialing code launches.

Prior to the development of 988, the Michigan Crisis and Access Line (MiCAL) was funded by the Michigan Legislature in December 2018. MDHHS was charged with the development of MiCAL, which is currently

operating in Oakland County and the Upper Peninsula, and with 988 implementation.

MiCAL is built on the SAMHSA’s National Guidelines for Behavioral Health Crisis Care, which is also the foundation for 988. In Michigan, MiCAL is responsible for answering 988 calls in all areas of Michigan. In Macomb and Kent counties, Macomb County Community Mental Health and Network 180 will answer 988 calls with MiCAL providing back-up call coverage.



Lifeline’s network of more than 200 locally operated and funded crisis centers across the country

“The 988 number is another step toward strengthening and transforming crisis care and



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Call or email the Ledger 616-897-9261 or email: [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)

# The Restless Viking

The World Less Traveled  
With Chuck & Martha Hayden  
www.restless-viking.com

## ~ The Jam Pot - Byzantine Monks

by Martha Hayden

I had heard about The Jam Pot bakery, located in the Keweenaw Peninsula of Michigan, when I watched an episode of Gordon Ramsey's "Uncharted" series about culinary and cultural occurrences. I distinctly recalled a grinning Monk, dressed in a flapping black gown, competing in a wheelbarrow race with the famous chef. I wanted to meet the monks and sample their tasty treats!

### Our Arrival

During early June The

"We moved up here from Wisconsin seven years ago. My wife works in the shop and I tend the gardens." He explained, as he adjusted the hose. "Ya know, Father Basil and Father Nicholas weren't monks when they started this place in the 1980's." He continued to water the rose bushes surrounding the ledge of the patio. "These (the rose bushes) keep the kids from climbing up here." He smiled.



naming their monastery Holy Transfiguration Skete. A Skete is a monastic community in Eastern Christianity order.

"The Poor Rock Abbey" is another name for the establishment. "Poor Rock" refers to the gravel and sand that's left over after the copper mining process, which had been prevalent in this area.

"You should come to vespers." The gardener invited us to the evening prayer service. "Everyone is welcome. It's tonight at 5:30." He started wrapping up the hose. "It's really something to see." He gestured toward the Holy Transfiguration Skete, their monastery building.

"It was nice to meet you." I called as he took leave around the corner of the building. Then, I turned to the door to await The Jam Pot's opening.

### Waiting

The line was forming quickly as the minute-hand marched toward the twelve. The anticipation thickened the air as did the bugs in the shade. I could see the gardener's wife through the glass. She was busily setting out goodies.

### Father Sergius

Father Sergius greeted us warmly as we walked into the shop. Raising his eyebrows, he was ready to take my order, but I was overwhelmed by all the delicious offerings. I glanced at the lady behind me, "You can go ahead. I'm not sure what I'm going to get." She stepped forward and asked about the baked goods. Others filed up behind her. They seemed to know exactly what to request. I wandered around the small shop carefully

evaluating each treasured sweet.

Next, a couple stepped forward and ordered a case of delicious treats. The gardener's wife found a box in the back. "They're still warm." She handed the man the cardboard container. Cinnamon scents wafted near me.

monks close the day with vespers, a prayer service. Their devotion and hard work is commendable!

### Father Basil

This captivating portrait hung just inside the door of The Jam Pot. Father Basil, along with Father Nicholas, came to the Keweenaw

Keweenaw Peninsula, they hadn't seen another car for sometime and felt this land could bring them seclusion and peace. They found a small group of weathered summer rentals. These buildings were not equipped with running water or heat.

"When we told friends we were thinking about



**Father Surgius: Father Surgius patiently explained some ingredients of the baked treats to a customer.**

### Why Gooseberry Jam?

The gooseberry jam would be a delightful delicacy for my father, William J. Meade. His favorite Irish toast is, "May the skin of the gooseberry cover the heads of all your enemies."

Peninsula to find purpose and the greater meaning of life. The pair had started this monastery. I wanted to learn more about Father Basil, his motivation and his life.

Basil and Nicholas were Catholic friends living in the Detroit area. They both had wanted more out of life. "It wasn't a bolt of lightning," Father Basil told John Carlisle, a Detroit

doing a monastery, they thought we were a little bit screwy for thinking that," Father Basil shared with John Carlisle. "But when we told them this would be a good place for it, some friends told us, 'That's insane. You guys are certifiable.'"

### The First Winter

At the tip of the

### A Day In The Life Of A Byzantine Monk

The Byzantine Monks



**The monks eat together. Father Ephrem passed plates of stew to his fellow monks. This was taken in 2016 by Ryan Garza from the Detroit Free Press.**

support their monastery "by the work of their own hands." Any surplus revenue is donated to the poor. They pick berries in the woods and make jam: gooseberry, thimbleberry, plum, orange marmalade, spiced peach. They also have baked goods, chocolates and trail mixes available for purchase in their store, The Jam Pot, and online at www.poorrockabbey.com.

The Byzantine monks, (currently there are three at Poor Rock Abbey) wake early. By 6:00 am they join together in prayer. Next they eat and begin their work day of berry collecting, processing and baking. The

Free Press journalist in 2016. "It comes in that still, small voice, various little things in circumstances of life. So it was something that grew over a period of time in discussing our own personal spiritual growth, how we could benefit the world." They could start a monastery, becoming monks, who would be steadfast in praying for the world.

In 1983 Basil and Nicholas took a scouting trip to the upper peninsula of Michigan, northwest of where Basil had grown up in the unincorporated community of Gwimm. After driving along the

Keweenaw Peninsula, it snowed daily, typically at least six inches. Halfway through the winter, their wood supply ran out. The men would scavenge branches from the wooded shoreline surrounding the cabin. I can only imagine how cold it would be with Lake Superior squalls just outside their back door.

Father Basil shared with the Detroit reporter that a neighbor had brought a load of wood claiming it was cut too big for his wood stove. The heat produced by the cords of wood provided the men with warmth, which

Continued next page



**The bugs were busy, so I wore my adventuring bug shirt.**

Jam Pot would be open on Fridays and Saturdays from 10:00 am – 5:00 pm or until they had sold out. We arrived Friday morning shortly after 9:30, as we'd read that the line forms early.

DaViking always searches for unusual and interesting places. This didn't seem to fit his qualifications, but he was willing to indulge my desires. We were about to be dazzled by the dedication and devotion of these Byzantine Catholic monks!

### The Gardener

This kind man shared about how he and his wife assist at Poor Rock Abbey as he watered roses outside The Jam Pot bakery shop.

The retiree looked up, only for a moment and saw my bug shirt. "Yup." He nodded in agreement, "The mosquitos, gnats and black flies are bad up here." He continued working without being bothered by the flying insects. "Sadly, Father Basil passed away last November."

"Now they are trying to have Ukrainian monks come join the three that live here." He explained how a Bishop (leader) from a Ukrainian Catholic Church in Chicago had 'adopted' the duo in the late 1980's when Father Basil and Father Nicholas had started this endeavor. Under this jurisdiction it became the Society of St. John,



Red Arrow

- SHOOTING

# SPORTS

## Clay target team closes season at Nationals

By Justin Scott  
sports reporter

It's a four-hour drive and nearly 300 mile one way trip from Lowell to Marengo, Ohio, the home of the 2022 Scholastic Clay Target Program national competition. The Lowell Scholastic Clay Target team can count themselves fortunate though to have the national tournament be so close.

Teams came from 37 states all over the country for the two week event, including one team called Northern Lights SCTP. To drive by car from the program's base in Anchorage, Alaska, you would have to drive 4,000 miles and 68 hours one way, take a ferry across the Yukon River, and cross the Canadian border twice.

A plane ride would be a lot faster, but would still be six hours one way, require rental cars after reaching

your destination airport, and go through the strict process of transporting the firearms and ammunition required for the clay target nationals competition.

For Lowell, the journey was still a long trek, but the memories made was all worth it. After starting competition early last week, Lowell concluded their time at the national competition this week.

The 200 target singles trap and the 100 target skeet doubles were the events held in the closing week. In the singles trap competition, competitors had the aims of shooting all 200 of the clay targets. Of the 2606 competitors, only two were able to do so.

Lowell's Tyler Weller hit 186 targets to lead the team. He was followed by Carra Couturier (180), Alanna Wester (177), Isaac Johnson (177), Jacob Johnson (173), David



Lowell team photo at the 2022 SCTP Nationals.

Johnston (171), Hunter VanSpronsen (165), Logen Steffen (142), Joseph Korcek (134), and Rylei Weller (133).

It's a unique week of

competition that includes camping, practice in between competitions, and team-bonding events with players, coaches, and parents, like nightly bonfires

and trips to local area restaurants and attractions.

For the 100 target skeet doubles, Lowell was led by Jacob Johnson's 92. Tyler Weller (78), Logan Steffen

(67), and Rylei Weller (65)

followed to pace the team. The Lowell program is on break until September, where they will begin the 2022-2023 competition year.

## Continued from previous page

they desperately needed.

Over the decades the team of monks have improved the existing buildings, raised a Skete (church), constructed a workshop and store, as well as planted gardens.

"Monasticism is like anyone's life — you have to go shopping, you have to go to the doctor," Father Ephrem explained in 2016. As a Michigan Technological University student, he'd come for a few days on a retreat. Ten years later he was still there.

"It's constantly changing," Father Basil poetically described his surroundings to the Detroit Free Press interviewer. "The sky is always different. It seems the lake has got many different moods. Sometimes it's calm as glass, still as can be, and then other times just furious. And everywhere in between. I remember telling people we don't have anything at all except the view, but somehow the view was enough. It got us through the real tough times."

Father Basil and Father Nicholas' determination impressed me. Father Basil had told John Carlisle, "Well, I don't pat myself on the back. I'm looking ahead at how far there is to go. But

once in a while, if you stand back, stop, turn around and look back, it is kind of amazing."

When Father Basil passed last November, he was surrounded by his colleagues. They had posted "May his memory be eternal" under Father Basil's portrait in The Jam Pot store. By telling his story, I feel that we will honor Father Basil and keep his memory alive.

### Vespers Prayer Service

Then we walked to the Skete (church building). It was adorned with a shiny dome, similar to Russian onion-looking domes. I wondered if they'd speak in Latin, Ukrainian or possibly Russian. We entered quietly and noticed a basket of scarves and a sign requesting women to cover their heads. I obliged.

The incense odor and blackness clung to the artwork-filled walls. Below the cut out circle, two painted doors waited patiently for a monk to enter and shake the incense burner, which hangs from a string of bells.

There was one long pew along the back wall where we sat. One gentleman was already seated to the far left.

Two women entered and sat next to me. Then another woman came through an internal door and sat next to the man who'd already been there. We surmised that she was probably a monastery worker.

Silently each priest entered individually. They stopped behind three different stations in the room. Making the sign of the cross (opposite shoulder touches from the Roman Catholic tradition), followed by a bow. They repeated the movement three times at each of the stations. The black folds of their robes flapped from the movement creating a muted clapping of cloth.

There was an element of theatrics, yet these men don't hold power over a congregation. They weren't trying to impress anyone but God. They humbly pray for humanity. every. single. day. They work hard to sustain their monastery by making jam. This is the purest form of dedication that I have ever witnessed.

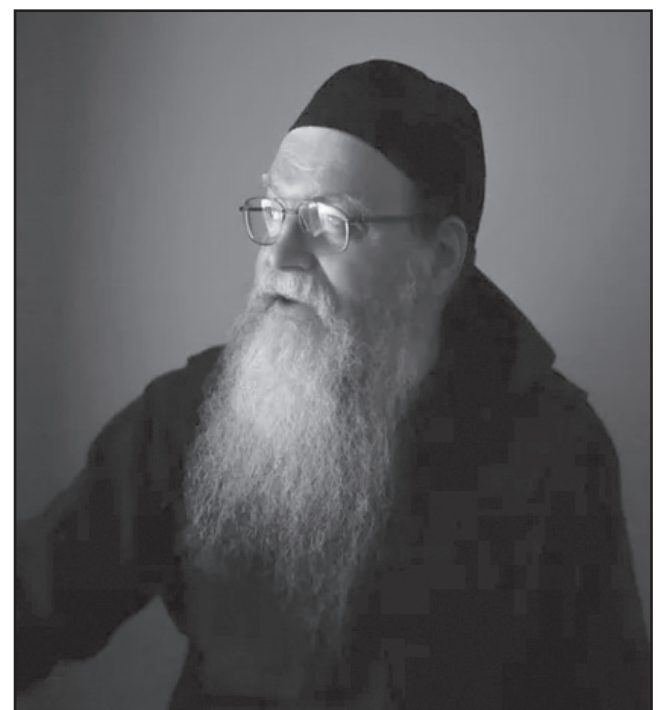
The first monk who'd entered led the prayers. These three men harmonized their invocations in English. The leader priest went through the center doors and waved the incense burner, which hung on a string of

bells, purifying the Skete, while the other two sang.

At one point we were invited to follow along. The gentleman on the bench passed out prayer books. The two women left (almost quietly). The orison continued. I was mesmerized.

Afterward, two of the priests waited to greet us outside on the walkway. I had so many questions for them, but I didn't want to break the reverence and serenity that followed an hour of invocation. I had spent the time focused on my friend who is terminally ill. I appreciated this hour of worship and benediction, and will continue to carry this experience with me. I will reflect on the monk's dedication and devotion. I learn something from each person I meet and all the places we travel. My hope is that by bringing you along, you were able to learn the 'behind the curtain' story of The Jam Pot. Together, we can share Father Basil's memory.

Resources:  
The Jam Pot 6500 State Highway M26, Eagle Harbor, MI 49950 email: jampot@poorrockabbey.com  
John Carlisle's Detroit Free Press article 2016



Father Basil. Photo Credit: Ryan Garza, The Detroit Free Press.

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# obituaries

## BALLARD

Janice Ann Ballard, age 87, formerly of Naples, FL., passed away Thursday, July 14, 2022. She was preceded in death by her parents, Victor and Wilma Varnagatas; siblings, Elaine White, Ron Varnagatas,



Margaret Bugai, and David Varnagatas. Jan is survived by her children, Debbie Kulmer, Denise (Dave) Ballard Schomaker, Bob Ballard Jr.; grandchildren, Kari (Brian Tittle) Kulmer, Christopher (Melissa) Kulmer, Kelly Merlihan, Michelle Merlihan-DeWall, Ryan Ballard, Heather (Heath) Reid; great-grandchildren,

Olivia Otteman, Maxwell DeWall, Aurora DeWall; and brother, Victor Varnagatas Jr. Jan was known for her fun and feisty personality. She enjoyed cheering on her Detroit teams in any sport, boating with her family, and was an avid reader. Jan was an amazing mother and found great joy in being a mom. Private family services will take place at a later date.

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## McDONALD

### Kathryn Cowan McDonald 1937 – 2021

Kathryn "Kay" Elizabeth (Cowan) McDonald joined her eternal sweetheart, Charlie, on June 21, 2021. Born May 17, 1937 in Grand Rapids, Michigan, she lived an amazing 84 years surrounded by loving family and friends, enjoying lake life! Kay grew up in East Grand Rapids with parents, Mildred (Shupert) Cowan, Hugh Reid Cowan, and Thelma (Sorter) Cowan. She is fondly remembered by her siblings, Ron (Sue Harrison) Cowan, Stuart (Mary) Cowan, Laura (Richard May) Cowan, and Peggy (Richard) Cowan-Wood. Kay leaves behind a precious legacy of devoted relatives including her daughters, Ann Marie (Tim) Nelson and Lorelee (David) McCleary; grandchildren, Kathryn (Aaron), Adam, Nick (Christyn), David Lee and Carlie; as well as several great-grandchildren, and an extended group of cousins, nieces and nephews. All three of Kay's parents predeceased her. Her beloved husband, Charles McDonald, passed away in November 2018. "Kay-Kay", as she was called by her siblings, was a special part of Grand Rapids' YWCA Camp Newaygo, as a camper and eventually, a counselor. Over the years, she continued the 'camp' experience with her own children and grandchildren. Last summer they created a commemorative "KK's Grand Camp" at Murray Lake for her great-grandchildren. The beginning of a new tradition Kay-Kay would love! Kay was a graduate of THE University of Michigan and was proud to share her passion with anyone else sporting maize and blue. With her camp



experience, caring demeanor, and patience, it is not surprising Kay pursued a career as an elementary teacher. She spent 36 years teaching in the Lansing area, wrapping up her career by being awarded the Mid-Michigan Teacher of the Year in 1997! Kay creatively captured her adventures and extended family history in dozens of albums for future generations to enjoy and learn from. Some of her Kropf and Rennels family research is displayed in the Lowell History Museum. She enjoyed several activities with friends, including the United States Power Squadron, bridge club and bowling in Lansing and her Lowell YMCA exercise class. Kay's adventures included boating on the Great Lakes, camping, winters in Gulf Shores and traveling to England and Alaska. However, there was nothing more special than an evening pontoon ride around Murray Lake. She devoted the past 40 years to creating a welcoming home on Murray Lake, where family and friends could come to reminisce and create new memories. The family will be hosting a celebration of life on August 15 at 2 pm at their home on Murray Lake. Friends and family can also join virtually via a live broadcast from her Facebook page – Kay Cowan McDonald. You can't miss the big "M". In lieu of flowers or donations, we ask that the next time you take a pontoon boat ride or see a U of M fan, you give a big wave and shout Go Blue!!! (Yep, even if you are a State fan.)



## SAUBER

Rudolph Stuart Sauber, age 91 of Lowell, passed away Sunday, June 26, 2022. He was preceded in death by his parents, Rudolph Stewart Sauber and Dorothy Konowski; son Rudolph S. Sauber Jr. Stuart is survived by his loving wife, Marilyn K. Sauber; children, James A. Sauber, Patricia K. Cusick, Richard E. Sauber, Kelly L. Scheer, Ryan A. Sauber, Randolph C. Sauber; several grandchildren; sister-in-law, Jan Sauber; many nieces and nephews; and his canine companion, Cowboy. Stuart attended Michigan State University and went on to serve as the Vice President of Engineering for White Consolidated Industries. He was also a lifetime member of the ARRL, and a member



of the local ham radio club. Stuart enjoyed working on computers, woodworking, ham radio, and pursuing anything mechanical. Per his wishes, cremation has taken place and no services will take place.

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## LOVETT

Colleen Marie Delaney Lovett made her final transition on July 7, 2022 at the age of 85, after recent illnesses complicated by Covid-19. Colleen is survived by her sons, Patrick Sean, Christopher Davis and Kerry Damian; daughter, Debbie Lovett-Ortiz; son-in-law, Rick Ortiz; daughter-in-law, Lorine Lovett; and grandson-in-law, Lane Ververs; her grandchildren, Nathan Ortiz, Rachel Ortiz-Ververs and Aryana Lovett; and her great-grandchild, Toby Ververs. She is also survived by her life-long best friend and "sister", Donna Vanderlann and JoAnne Schreur. She was preceded in death by her sons, Kevin Andrew and James Andrew; parents, William and Blanche Wood Delaney; sisters, Ardis, Doris, Maureen, Rosemary; and brother, Merwin. Colleen was born on September 9, 1936 to William John Delaney and Blanche Wood Delaney in Lowell, Michigan. She graduated from the Davenport Business School with a degree in office and clerical work. She was employed by Boeing, formally Douglas Aircraft Company, and was recognized as the first Certified Public Secretary for the company and retired after 27 years as a manager in Field Services Support. Although Colleen knew more than her share of sorrow and hardship throughout her life, she was a beautiful soul who could get any group, large or small, laughing with her infectious sharp wit and loud and joyful laugh. She once had Tim Conway and Harvey Korman stop their show just to hear her laugh! Her final years were

beset with medical problems, but she was determined and strong and her final hours was a testament to her strength and courage. She always said, "I am a Delaney! You never quit and you never give up." She lived up to that motto until her final breath. She loved reading, history, bingo, movies, her garden and watching the birds and squirrels fight over food. She volunteered in early retirement with The Bixby Ranch, where she conducted tours of the house and gardens and shared her passions with those whose paths she crossed. She was a parishioner at Our Lady of Refuge Catholic Church for many years. A simple graveside service for the immediate family is scheduled for July 27 at 11am at All Souls Cemetery in Long Beach, California, where she will be laid to rest near her sons, Kevin and Jimmy. Father Al Scott, her friend and priest for over 40 years, will officiate the ceremony. A Celebration of Life will be held on October 11 at Our Lady of Refuge Catholic Church in Long Beach, with a reception to follow at The Bixby Ranch. All are welcome to attend and celebrate Colleen's life. In lieu of flowers, please send donations to the Women's Shelter of Long Beach, 4201 Long Beach Blvd., Ste 102, Long Beach, CA 90807. Colleen was a survivor of domestic violence and a strong supporter of the shelter who had helped her in her time of need. The family would like to thank the doctors and nurses of Orange Coast Memorial Hospital for taking such generous care of Colleen during her final days.

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9x9 Magic square grid with numbers: 8 7 5 2 6 9 4 3 1, 6 2 4 5 3 1 8 7 9, 3 9 1 4 8 7 5 2 6, 2 5 6 1 9 3 7 8 4, 7 4 3 8 5 6 1 9 2, 9 1 8 7 2 4 3 6 5, 4 6 9 3 1 8 2 5 7, 5 8 7 6 4 2 9 1 3, 1 3 2 9 7 5 6 4 8

Word search grid with solutions: M D S N P E A K D F B R T T U O L H F T, P C E I Y D S C K A X G N I K O O B Y R, X A E K Y S L A N O S A E S L B E T M I, L W F C V X R P L O D G I N G X R C X P, C K H E I F O A E X C U R S I O N A V A, A D W H C U D E S T I N A T I O N S D K, K H Y C X F N B E H D D S D A H U N M I, I N O I T A V R E S E R F R F V D R E E, T G D N A P L F G M N Y C I L O P O Y W, I G K B O I L A C O N F I R M A T I O N, N H K E Y G R R P B L A C K O U T U E H, E D X G N I P E E K E S U O H B O S L B, R S E I T I N E M A E T D F T Y B R A U, A N T A X N N N O I T A L L E C N A C X, R F F L N O I T A C A V R N O Y Y O I C, Y X R H R U M A N A G E R E V I A W E D, A F E C A X L G X A I I N S U R A N C E, O R E N T A L K B G F G O T W I D A M V, U W T U O K C E H C K Y M A T W W C V C, E P A G X H M H O T E L F D N K S B N F



## Live the Life You Want

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

### Is finding life satisfaction a fantasy?

I've read some recent studies about life satisfaction and thought it would be an interesting topic to write about. Especially since it's a concern I hear often from clients. We live in a country where most have a decent job/career, a place to live, a vehicle (if needed or wanted), companionship (friends, family, partner, pets), hobbies/interests, and entertainment (internet, TV, radio, movies, books...). We have so much in our lives and so many options available, but yet, at times, we feel restless and unsatisfied. We push to get more and do better. Why, when we already have so much? Research suggests it's hardwired in our brain.

### Why Finding Satisfaction Is Difficult

Below are the main reasons satisfaction with life seems to be short lived.

**Boredom**—this happens when someone feels they are stuck in a routine, just going through the motions. There is a lack of mental stimulation. We are meant to learn and grow, so getting healthy mental stimulation is critical to avoid boredom.

**State of change** — We are always in a state of change. So, feeling restless or unsatisfied, both is and isn't about wanting more. We will always want to reach that next goal but part of it is also being mindful of where we are in life and who we are. Sometimes

we don't live in the present moment to enjoy our current stage of life. Who we were, who we are, and who we are going to be are different people because we learn, change, and grow. So, try to appreciate the journey.

**Negativity bias** - it's said that we give more attention to, and are affected more, by negative events. Negative events also tend to get our attention quicker because they could be potential safety issues and cause harm. Sadly, this means we remember negative things easier.

**Rumination** — this often goes hand in hand with negativity bias. We have a tendency to think about negative experiences. We've all had the "hamster wheel" spinning over and over thinking about something someone did to us that we felt was hurtful or unfair or vice versa. While this may be helpful to adapt and avoid a similar future situation it isn't fun to ruminate.

**Hedonic adaptation** — this is when emotions (positive or negative) that affect happiness fade over time. So, what we think is going to make us happier may only do so for a short time, if at all. We then return to our baseline.

After reading this you might wonder, what's the point of trying to learn and

grow? Even though we are hardwired to pursue happiness and enjoy it as a temporary state, there are benefits. If we didn't strive to do more, we wouldn't have all the technological and other advancements we currently enjoy. We would also be stagnant and just existing. So, don't stop pursuing your goals

and growing; instead, work to shift your focus to the present moment and accept/appreciate the journey and who you are currently. This article is not meant to treat or diagnose. I hope everyone stays safe and healthy.



## Financial Focus

With Christopher C. Godbold

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### Strengthen your 'three-legged stool' for retirement

For many years, Americans provided for their retirement needs through three sources: employer-sponsored pension plans, Social Security income, and savings and investments accumulated through employer plans or individual accounts — the so-called "three-legged stool." But today, that stool is shakier than it used to be. What can you do to strengthen it?

To begin with, all three legs of the stool are facing challenges. Let's consider them:

**Employer pensions** — A generation ago, workers employed in many companies could count on a set monthly pension income to help them through their retirement years. Today, pensions — also known as defined benefit plans — are mostly found in public sector employment, as most private-sector employers have replaced their pensions with 401(k) and similar plans. These plans can be quite effective at helping build resources for retirement, but they do place most of the responsibility for saving on the employee.

**Social Security** — Social Security has come under financial pressure because the workers-to-

retirees ratio has declined significantly, according to the Social Security Administration's 2021 Board of Trustees Report. A number of proposals have been brought forward on how to improve the long-term financial security of the Social Security system.

**Personal savings and investments** — In terms of building savings and investments for retirement, the picture is somewhat mixed. The national savings rate has increased in recent years, but more than half of American workers still say their retirement savings are not where they should be, according to a 2021 survey from Bankrate, a personal finance website. And the same survey found that just over half of investors with a 401(k) or IRA have taken early withdrawals — that is, they withdrew money before they retired. Furthermore, we may be waiting too long even to begin saving/investing for retirement. A survey from Age Wave and Edward Jones found that respondents began saving for retirement at an average age of 38, but the majority said they should have started saving a decade earlier.

You have options for improving some parts of

your own three-legged stool. For example, no matter what happens to Social Security, you can still decide when to start taking payments. You can begin collecting benefits as early as 62, but your monthly checks will be larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You can even delay taking benefits until they "max out" at age 70.

As for a pension, you can't control what's available to you through your employer, but you can create your own retirement income stream by contributing as much as you can afford to your 401(k) or other employer-sponsored plan and by increasing your contributions whenever your salary goes up. And you can also contribute to an IRA or other investment vehicle to further boost your retirement funds. Try to leave these accounts intact until you need them for retirement. This will be easier if you've built an emergency fund, with the money kept in a liquid, low-risk account, to pay for unexpected costs, such as those resulting from a major car or home repair.

The three-legged stool may not be as universal as it once was — but you can still construct a sturdy structure to support your retirement needs in the future.

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

*Edward Jones, Member SIPC*

## LEGAL NOTICE

# Big Crooked Lake Improvement Board Kent County, Michigan

## HEARING OF PRACTICABILITY AND HEARING OF ASSESSMENT

TAKE NOTICE that the Big Crooked Lake Improvement Board will hold a public hearing at 6:00 pm on Thursday, August 18, 2022 at the Grattan Township Hall, 12050 Old Belding Road, Belding, Michigan to determine the practicability of a five-year improvement project for Big Crooked Lake. The lake improvement project would include aquatic plant control, lake management consulting, water quality monitoring, phosphorus reduction program, and administration and contingency. The project would begin in 2023 and continue through 2027, with an annual budget of \$42,000.

NOTICE IS FURTHER GIVEN that a special assessment roll has been prepared and is available for public examination during normal business hours at the Grattan Township Hall, 12050 Old Belding Road, Belding, Michigan. Said special assessment roll has been prepared for the purpose of assessing the cost of the improvement project to benefiting properties.

NOTICE IS FURTHER GIVEN that, if the project is found practicable, the Big Crooked Lake Improvement Board will hold a hearing of assessment immediately following the aforementioned hearing of practicability for the purpose of reviewing said special assessment roll and for hearing any objections thereto. An owner of or party with interest in real property to be assessed or his/her agent may appear in person to object to the special assessment or may protest such special assessment by letter filed with the Lake Board at or prior to the time of the hearing, in which case personal appearance is not required. Written objections may be filed with or mailed to the Big Crooked Lake Improvement Board c/o Grattan Township Treasurer, 12050 Old Belding Road, Belding, MI 48809.

NOTICE IS FURTHER GIVEN that the owner of or any party with interest in real property within the Big Crooked Lake Special Assessment District who, having protested said special assessment either in person or in writing, may, within thirty (30) days after the confirmation of the special assessment roll has been published in a newspaper of general circulation, appeal such special assessment to the Michigan Tax Tribunal or other court of competent jurisdiction.

The above-referenced hearings are being held pursuant to Part 309 of Public Act No. 451 of 1994, as amended.

Big Crooked Lake Improvement Board  
Kent County, Michigan

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# FUN PAGE

## SUDOKU

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

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!

# VACATION RENTAL WORD SEARCH

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

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

Puzzle solutions on page 13

### VACATION RENTAL WORD SEARCH

AMENITIES  
 BLACKOUT  
 BOOKING  
 CANCELLATION

CHECK-IN  
 CHECK-OUT  
 CONFIRMATION  
 DESTINATION  
 EXCURSION  
 FEES  
 HOTEL

HOUSEKEEPING  
 INSURANCE  
 ITINERARY  
 LODGING  
 MANAGER  
 PEAK  
 POLICY

RENTAL RESERVATION  
 SEASONAL TRIP  
 VACATION WAIVER

## Guess Who?

I am a pop singer born in Texas on July 22, 1992. I grew up watching my mother rehearse for theater productions. I rose to fame on a Disney show, and later formed a band and released hit albums before going solo.

Answer: Selena Gomez

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to vacation.

C T E T K I

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

Answer: Ticket

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17					18					19	
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
		34	35					36		37				
38	39									40				
41					42			43						
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62					63			64	
65		66						67				68		
	69							70						

### CLUES ACROSS

- Eurasian shrubs
- Strikes and rebounds
- Group of advisers
- Modern necessity
- Top lawyer in the land
- Philadelphia university
- Of I
- Functions as a laser
- Basketball phenomenon
- Jeremy
- Famed island
- Parent-teacher groups
- Distributes
- Self-immolation by fire ritual
- Ad \_\_
- Circulation problem (abbr.)
- Brother or sister
- A famous "Squad"
- Stage actor Anthony
- Violent seizure of property
- Sa-like cavities
- Sound units
- Counts on
- Dad
- Woman (French)
- A digital tape recording of sound
- Polish Baltic peninsula
- Recipe measurement
- Requests out of dire need

### CLUES DOWN

- Precious stone weight unit
- The immaterial part of a person
- Anoint
- Golf score
- Supernatural
- Northwest Territories
- Can be made suitable
- A professor's helper
- Having a toothlike edge
- Got atop a horse
- Judged
- Static balance between opposing forces
- Small island (British)
- Misuse of the sacred
- Covers with a thin sheet
- Most valuable player
- Title of respect
- Investigated discreetly
- Belonging to the bottom layer
- Black tropical American cuckoo
- Music genre
- Indicates one is in mourning
- Secured forever
- Bodily cavity
- A dog is one
- Chose to do something
- Annoy persistently
- Large hotel rooms
- Beg
- Docket
- Subway dwelling rodent
- Sources
- Mild Dutch cheese
- Spanish city
- Consumed
- Ballplayer's tool
- Midway between north and east
- Atomic #3

# Meijer joins ranks of Gold-level Veteran-Friendly Employers

Meijer achieved Gold-level status as a Veteran-Friendly Employer (VFE) from the Michigan Veterans Affairs Agency (MVAA) for its commitment to hiring, retaining and supporting military veterans.

Meijer is the first retailer to earn the MVAA's prestigious Gold-level honor as a VFE and is only the 20th to receive the Gold-level status, an achievement reached by just three percent of the more than 532 Michigan VFEs.

"Given the numerous Michigan team members identifying as veteran or active-duty service men and women, this recognition means a lot to us," said Tim

Williams, Vice President of Diversity & Inclusion at Meijer. "Our focus is not just on hiring those who served, but also offering a workplace that values the unique strengths their service provides and offers the resources they need to thrive."

One such resource is mVets, the retailer's team member affinity group devoted to creating a safe space for service members, veterans and their allies to build community and share their voices and experiences. Meijer mVets Co-Lead, Director of Food Safety & Quality Compliance and current Army Reserve Col. Thomas McMahan played

a significant role in building the submission describing the retailer's commitment to serving Meijer military service members, veterans and their families that secured the retailer's Gold-level VFE certification.

"The work mVets is doing is important to our team members," said McMahan, who's served in the U.S. Army Reserve for more than 30 years. "Not only are we supporting active and veteran service members and their families, but we're also helping to build an environment of education and understanding around what it means to have served."



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MVAA, the state's central coordinating agency for Michigan's more than 550,000 veterans, launched the VFE program 8 years ago to support, recognize and enhance employers' veteran-centric initiatives. Starting with just 10 companies in 2014, the VFE program has grown to include 532 employers – 20 Gold, 57 Silver and 455 Bronze.

"Meijer is a Michigan staple and I am proud to see them become a Gold-level Veteran-Friendly Employer," said MVAA Director Zaneta Adams. "Our veterans are equipped with valuable skills and abilities that make them excellent job candidates and we are proud to see one of the nation's most trusted retailers join the ranks of other Gold-level VFEs. The work they do to hire, retain and support our veterans is part of what makes Michigan a great place to live, raise a family, work and retire."

Through the VFE program, employers are certified Bronze, Silver or Gold depending on their commitment to recruiting, training and retaining veterans. Bronze-Level Employers must commit to hiring a specific number of veterans, among other requirements, while Silver-Level Employers must meet all Bronze requirements and implement a certain number of veteran-friendly programs, such as on-the-job training.

Gold-Level VFEs must meet all Bronze and Silver requirements, show they retain a significant number of veteran employees over a 12-month period and implement a set number of veteran-centric programs.