

River of Time photos



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LHS Class of 1957 celebrates 65th year reunion

Lowell High School class of 1957 met at Schneider Manor on July 22 to celebrate. 17 were in attendance. Since graduating 65 years ago, they have met every five years until the 50th. Since then, they have met every spring for coffee.

In 2017, the class celebrated their 60th-year reunion. They did not meet in 2020 and 2021 because of the pandemic.

Pictured are classmates in attendance, left to right: Orison Abel, Ray Kleefisch, Chuck Dykhuisen, Dan DeGraw, Judy (Dalstra) Ellison, John Alderink, Marcia (Keech) Alderink, Francis Backstrom (in front), Sally (Hoover) Johnson, Donna (Heim) Geiger, Margaret (Wood) Kehrer, and Larry Wittenbach. Those in attendance but not pictured: Gary DeArmand, Norann (Alexander) DeLoof, Adrian Gilder, LeRoy Geiger, and John Norton.



Lowell High School class of 1957 celebrated their 65th year class reunion at a gathering on July 22.

Lowell Veterans Center receives new flag drop box



Saturday, July 23, installation of the new, used flag drop was put into position at the Lowell Veterans Center, at 3116 Alden Nash Ave SE. The flag drop was presented to the Lowell Veterans Center in March by Joel and Amanda Lynch of Lynch Metal Fabrication, Alto. Pictured are Ken Adamy, U.S. Navy retired (Vietnam service) and member of both VFW Post 8303 and Legion Post 152; and David Maltman, U.S. Navy retired (Iraq service) and a member of VFW Post 8303.

Lowell Showboat Garden Club installs officers for 2022-23

The Lowell Showboat Garden Club (LSGC) recently installed its new officers for the coming year, which began in June. Rex Byrne and Cinnie Gould are serving as co-presidents this term. Amanda Lynch and Carol McGregor are serving as first and second vice-presidents, respectively, along with Liz Ripley as secretary, and Mona Banta as treasurer.

LSGC is celebrating

its 73rd year of providing educational activities and service in the Lowell community. The club will be holding workshops throughout the month of August, in preparation for its involvement at the Fallsburg Arts Festival in September. For more information, interested persons are encouraged to reach out to the club at lowellshowboatgardenclub@gmail.com.



LSGC's new officers at a July club event. Pictured left to right: Liz Ripley, Mona Banta, Rex Byrne, Cinnie Gould, Amanda Lynch, and Carol McGregor. Photo by David Drain.

50¢



Advanced Eyecare Professionals welcomes new doctor

Advanced Eyecare Professionals (AEP), a full service, multi-location eye care practice in; Lowell, Ionia, Hastings and clinic in Sheridan, announces that Trevor Smith, M.D., has joined the AEP eye care team and is accepting new patients.

In an effort to provide more availability and additional ophthalmic care for local patients, AEP has hired Dr. Smith. He joins fellow ophthalmologists, Dr. Michael Flohr and Dr. David Harrell, in providing medical treatment of the eye to the community. The practice also consists of two optometrists; Dr. Chad Jackson and Dr. Brian Weller.

Dr. Smith is a board-certified ophthalmologist and cataract surgeon that has a passion for advanced glaucoma treatments. He earned his Doctor of Medicine degree from the University of Michigan Medical School in Ann Arbor, and did his residency at Beaumont Hospital in Royal Oak. He performed his fellowship at the American Society of Ophthalmic Plastic and Reconstructive Surgery in Cincinnati, OH.

Dr. Smith received his undergraduate from Hope College in Holland, where he was on the Dean's List and part of the Sigma Chi and Alpha Epsilon Delta Societies. He is currently a member of the American

Medical Association and the American Academy of Ophthalmology.

Dr. Smith grew up going on mission trips with his family that fostered the desire to help others. After completing his medical training, he was able to continue mission work by performing cataract and cornea surgeries in Jamaica for one year, prior to joining Advanced Eyecare Professionals. Dr. Smith says "life's special moments are enhanced by the gift of sight, and helping others see their best brings me fulfillment."

Dr. Smith grew up in the Holland area and enjoys spending time with his family at the beach. He is

also an active member of his church and has a passion for technology, including home eye-pressure monitoring.

Dr. Smith has gained a wealth of knowledge from collaborating with multiple subspecialties while doing eye surgeries for mission work. He looks forward to utilizing all his experience in his care for patients at Advanced Eyecare Professionals.

Dr. Trevor Smith is accepting new patients; more information about Trevor Smith, M.D. and the services provided by Advanced Eyecare Professionals is available at www.AEPeyecare.com. or call 616-897-7000



Trevor Smith, M.D.

Les Fleurs de Fallasburg V returns Aug. 6

Watch for flying plastic! Les Fleurs de Fallasburg V, part of the Michigan Women's Series, disc golf tournament is returning to Lowell, August 6.

This tournament ("the flowers of Fallasburg") has been part of the PDGA Women's Global Event (WGE) since 2014, and is the ninth tournament in the 2022 Michigan Women's (disc golf) Series. The WGE happens every two years, with its inaugural year in 2012 (2020 was rescheduled for 2021 due to Covid lockdown). Les Fleurs had a turnout of 44 players in 2021 and are

hoping to reach 72 players this year. The 2018 event had over 90 players, so the WGE had to expand for the weekend, instead of one day. The 2021 global event had a record-breaking 3,000+ participants in a single demographic, across 23 countries.

This event is to help grow the sport of disc golf, world wide. "The kids are our future, and we also love to cater to people who have been playing since the 70's (the inception of disc golf). We welcome women of all ages and abilities. A familiarity with the PDGA rules of disc golf is important, and also, be

able to play two rounds of short tees at Fallasburg disc golf course in one day, but please don't hesitate to have this be your first tournament experience ever!" said Jennifer Kuehle, tournament director. Kuehle's past participation in all women's tournaments has been a wonderful experience. She feels that it's more of a sisterhood trying to beat a course instead of heavy competing against each other.

Fallasburg is a championship-style course, and challenging, but has some hole-in-one opportunities playing from the short tee pads. A tournament is not made for first-time players, so Kuehle encourages any women new to the sport, to check out Airwave Disc Golf, a women's league in Grand Rapids, to familiarize yourself with rules of play and make friends at the same time. It is a doubles format, so you're sure to meet lots



of women disc golfers that are knowledgeable and willing to lend tips and camaraderie.

Les Fleurs V will offer junior divisions, as well as 70-years-plus age divisions, novice to professional. The main sponsors are Great Lakes Disc of Grand Rapids, and Jennifer Kuehle, a local small business owner and disc golfer of 20 years, with local ties to Lowell.

For your paid entry fee, you'll receive a players

pack, valued at over \$30. This year entrants will receive a custom event disc, lip balm made with simple ingredients, hand-made jewelry item, a perennial plant or self-sowing flower/herb, and any other wonderful items we can find, specially made or items that will benefit women and women in sports. Kuehle is also happy to promote other small businesses by accepting your promotional or handmade items for the players packs. (No political or religious items, please).

"We are hopefully going to fill at 72 players, so a minimum of 75 items would be beyond amazing; otherwise, there will be prize packs to win on every hole, even 20 items would be a welcome addition. Please include business cards, as these ladies will be coming from all over Michigan and states beyond our borders. You will also get global recognition on discgolfsce.com, an international social media for disc golfers. We have 18 holes to load up with

prize packs for "closest to the pin" or "longest putt" contests, so donations are very welcome. We also have a few hole sponsorships left at \$35 per tee sign, and event sponsorships for \$150: this sponsorship package includes a commemorative disc signed by the players, a tee sign with your business logo, and an amateur entry into the tournament. A players pack, valued at over \$30, and a catered "to order" healthy and allergen conscious lunch will be provided for players, and caddies are also provided lunch," stated Kuehle.

"Please show your support of this wonderful sport, and come out and participate, volunteer, donate or caddy! You're sure to gain something great from this experience. Keep calm & disc on!" concluded Kuehle

You can sign up or look for further details at discgolfsce.com, then tournament info: Les Fleurs de Fallasburg V.



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City approves parking variance for King Milling employees, updates fire ordinance, denounces accusations of selling Scout property

By Emma Palova
contributing writer

The Lowell City Council has approved a parking variance for King Milling employees during the construction of the new mill at the King Milling parking lot.

“Employees need to park at the building while construction is happening during normal business hours,” said mayor Mike DeVore.

Resident Perry Beachum reiterated his previous request to the city council, not to support pop-up auto sales on city properties, such as the fairgrounds.

“My tax dollars should be supporting a for-profit company,” he said. “The city should write something into their ordinance about who can use the parks.”

Beachum also announced Aug. 18 as the community day for Pink Arrow with the Pink Arrow game set for Sept. 1.

In other business, DeVore reported the update of the Fire Authority Agreement, due to the changes in the fire department with Shannon Witherell being a full-time fire chief.

“When it was written, it was a volunteer fire

department,” he said. “As a board, we didn’t want to hinder what Shannon was doing.”

In response to the circulating flyers about

to developers,” he said. “If you see it on the flyers, it’s not true, repeating a lie doesn’t make it the truth.”

Council member Cliff Yankovich said the city

Council member Jim Salzwedel reported the Annual Showboat Bath is set for July 25. A discussion about the title to the Showboat ensued.

“It’s not a building or a boat,” he said. “We got our own insurance that’s saving \$7,000.”

The city is not using the city insurance for the Showboat, according to Salzwedel.

According to council member Leah Groves, during the election year, people should not believe everything that is out there. “I think that during the election season people will

say whatever they want to say to believe their agenda,” she said. “You should do your own research.”

Manager Mike Burns was not present at the meeting for the manager’s report.

The next city council meeting takes place on Monday, August 1, beginning at 7 pm at city hall.

Nobody has any interest in selling the Scout property to developers,” he said. “If you see it on the flyers, it’s not true, repeating a lie doesn’t make it the truth.

Mayor Mike DeVore

the city trying to sell the Boy Scout property and social media posts, DeVore said it’s simply not true. “Nobody has any interest in selling the Scout property

council is not coercing anyone to put solar panels on their buildings. “We have no solar-panel program,” he said. “Consumers did it for a while.”

Governor signs Huizenga’s NRTF funding bill

Measure includes 13 projects in Kent and Ottawa counties

Sen. Mark Huizenga’s legislation to support \$84.6 million in park and trail developments and acquisitions across Michigan was signed last Tuesday by Gov. Gretchen Whitmer.

“This outdoor recreation funding is an example of the great things that can be done when we work together to build a better Michigan,” said Huizenga, R-Walker. “We are putting constitutionally restricted funding to positive use to improve access to our great outdoors

for families to enjoy, encourage active lifestyles, and make our region and state more attractive for talent and jobs.

“In West Michigan, local communities will receive over \$4 million in trust fund grants to help make over \$14.4 million in total improvements to public outdoor spaces that enhance our quality of life.”

The Michigan Natural Resources Trust Fund is supported by interest earned on funds generated from the development of state-owned mineral rights. Since its inception in 1976, the NRTF has been used to fund 2,715 projects totaling \$1.3 billion.

Senate Bill 1028, now Public Act 151 of 2022, authorizes the NRTF to use \$45.6 million in restricted funds to support 22 acquisition projects and 95 development projects. Matching funds of \$39 million would bring the total investment to \$84.6 million.

Kent County projects include a total of \$900,000 in grants toward the \$3.96 million development of 4,464 feet of the nonmotorized Rivers Edge Trail from Ann Street to Leonard Street in Grand Rapids with river frontage along the east bank of the Grand River. The three

segments include street underpasses, a universally accessible 12-foot wide shared-use trail, river access, LED lighting, seating and signage. Ultimately, the trail will connect downtown Grand Rapids to the Fred Meijer White Pine Trail State Park.

Other grants in the bill for trail projects in Kent and Ottawa counties include:

- \$300,000 toward a \$1.4 million development of 2.1 miles of the River Valley Rail-Trail through

the city of Lowell, including a pedestrian bridge across the Grand River. This trail is part of the 125-mile Fred Meijer Mid-West Regional Trail network.

- \$300,000 toward a \$1.5 million project to construct an Iron Belle-North Country Trail connector at Luton Park in Cannon Township along with a trail map, bike fix station, benches, rain garden and bike racks.
- \$300,000 toward a \$3.5 million development

of a 2.3-mile segment of the Idema Explorers Trail that will provide the final nonmotorized connection between the existing trail and Grand Haven — completing a 13-mile path from the Grand Haven Pier to Riverside Park.

SB 1028 also features NRTF grants for five park improvements in Kent and Ottawa counties, including:

- \$214,100 for the \$428,200 development of

Continued page 12



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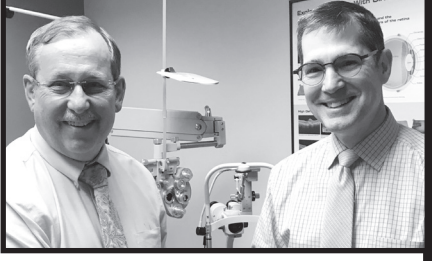
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In My View

By Cliff Yankovich

We need to consider taxation of church-owned property

Please take a couple minutes to read to the end before you write me off as anti-religion or some nut case with an axe to grind against religious institutions. What made perfect sense in the past, no longer makes any sense, in my opinion. Also, please understand from the get-go, that taxing church property will have to be addressed on a national level. The City Council

cannot mandate property taxes on all the churches in Lowell.

Once upon a time, way back before the condition of our infrastructure on a local, state and national level was deplorable, it was decided to not tax church property. Back when this decision was made, the only "infrastructure" were dirt roads connecting people of one locality to another. There

were no paved roads, no sewer systems, no municipal water delivery, no 911 emergency services, and the fire departments consisted of everyone in town showing up with a bucket and hoping for the best. These things all cost money, and with some exceptions, the infrastructure in our country is a mess. Lowell is not the only city in Michigan with terrible streets and sewers that need to be replaced. Michigan is not the only State in the Union with antiquated, crumbling bridges, roads, sewers, and water-delivery systems.

My research makes me think two things laid the foundation for not collecting

property tax from churches. Churches are considered charities and do good works. Furthermore, the founders wanted to keep government and church separate – remember, the Pilgrims came here to get away from a National Religion. Back in the day when a church owned a building and maybe a house for the pastor, exemption from property tax was no big deal. Fast forward to today, and if one takes the time to examine the massive real estate holdings of some churches, it is ludicrous to maintain the status quo.

Consider Trinity Church, a member of the Episcopal Diocese of New York. The original one-story Trinity Church building was constructed in 1698. The church is now in its third building, a massive multi-story facility at the corner of Wall Street and Broadway. Can you say, Prime Real Estate? In addition to the church building, it is estimated that Trinity now controls an estimated six billion dollars plus of real estate in Manhattan. That would be one whopper of a property tax bill, right? On the other coast, it is estimated that the Church of Scientology owns property in just the Hollywood area with an estimated value of 400 million dollars. Taxation on that will pave some roads and fix some bridges.

Who cares about New York City and Hollywood? Okay, consider the Grand Rapids area. Not only are there plenty of pieces of church property there, it is also home to many religious-based colleges. None of them

pay property tax. How does this affect Joe Public? Well, what if you owned a home in an area in which one or more of these religious schools were buying up property? (This was brought to my attention by a family member several years ago.) Consider the expansion of Calvin, Aquinas and other religious schools. Every piece of land they purchase becomes tax exempt. In addition, these schools buy homes in which to house faculty and/or students on a temporary or permanent basis. They were once taxed, but are not now.

So, if you own a home in a neighborhood and two or three or six of the homes get purchased by a religious school(s), you can expect your taxes to increase. When a church or church school makes the purchase, then those properties are taken off the tax rolls. That loss of tax revenue is going to be recovered by raising taxes on surrounding property. Someone has to pay for the roads, street lights, water, sewer, police and fire departments, etc. I contend that all property served by the infrastructure in a given area should contribute taxes toward the upkeep.

There are numerous pieces of property owned by churches in Michigan that are located on prime real estate. Think of all the various church camps on rivers, small lakes, and even on one or more of our Great Lakes. Acreage overlooking Lake Michigan is probably the closest we have to approximating the value of property in the financial

district of Manhattan owned by Trinity Church. These properties are served by infrastructure of various kinds, and I believe it is time to collect property tax from ALL the property in a given district, in order to help pay for the infrastructure used by everyone in that district, town, city or municipality.

In my futile search to determine just how much untaxed real estate is owned by churches in Michigan, I did come across some sobering numbers. The United Methodist Church estimated it owned some 50 billion in real estate nationwide in 2021. There was a big kerfuffle in Detroit in 2018, as the Catholic Archdiocese there was moving hundreds of properties it owns into "a separate real estate corporation". This was done in an attempt to shield assets in the ongoing sex-abuse scandals. There are lots of church properties listed for sale in Michigan – a quick scan found examples of non-taxed real estate selling anywhere from \$69,000 to 2.2 million dollars, with several listed at over one million dollars on just one page.

The Bible has something to say on the subject. After his instructions to obey those in authority, Paul wrote this to the Romans (13:6-7 New King James translation): "For because of this you also pay taxes, for they are God's ministers attending continually to this very thing. Render therefore to all their due: taxes to whom taxes are due, customs to whom customs, fear to whom fear, honor to whom honor." Jesus also advised that his followers render to Caesar (the government) what is due to, and to God, what is due.

Without a doubt, churches do a lot of good in Lowell, the State of Michigan and our country, as a whole. However, in my opinion that does not exempt them from helping to pay for the infrastructure that serves them. Taxing of church real estate will have to be done on a national level, but there is a rising tide of citizens who believe the laws written when times were very, very different than they are now, needs to be addressed and changed. I would suggest that a gradual change would be best. Maybe a 50 percent tax rate for the main church building and any living quarters for the staff, but all property outside of the main building should be taxed at the prevailing percentage. But even that could be done gradually over a period of time, like five or seven years. Our infrastructure is a mess and it is time to see that everyone helps to pay for it to be improved and maintained.

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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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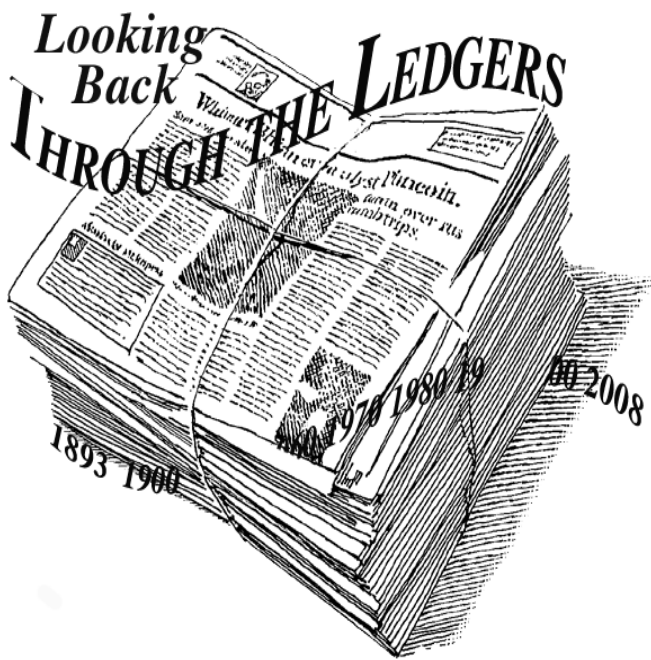
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viewpoint



125 years ago The Lowell Ledger July 29, 1897

Robert Hardy, one of Lowell's most respected citizens, died at his home in this village, Thursday afternoon, July 22.

The fire bell was sounded last Friday at 7 pm by reason of a blaze in the dry kiln of the Lowell cutter factory. With its customary energy, the fire department responded so promptly and efficiently that the fire was extinguished with but slight loss.

At the Lowell cutter factory, last Friday morning, J. Lasby had the misfortune to lose two fingers, and a portion of a third, while operating a band saw.

Last Tuesday, the 20th of July, at midnight, Mr. Frank Sales and wife were suddenly awakened by being almost strangled with smoke. The fire started in the kitchen, and not knowing how it happened, they managed to get out in the night clothes and called for help. The house was so near gone that they could not do much but saved their organ and a few pieces of clothing.

100 years ago The Lowell Ledger August 3, 1922

The transformer station of the Lowell Light and Power plant was struck by lightning Monday, at about 3 o'clock am, and gutted by fire.

The Lowell Specialty company will add to its already commodious factory floor space, a brick building 40x125 feet, two stories high; work to begin immediately on its site between the present factory buildings at the Hotel Wavery block.

Geo B. Shaw has bought the west side corner grocery of E.A. Anderson and took possession Monday. Frank G. Taylor will remain with the new proprietor, who is well-known to the Lowell trade, having formerly been in business on the east side several years.

Congressman Carl Makes made brief calls upon some of his Lowell friends recently. We do not think he found his fences hereabouts in need of much fixing. It is pretty well understood by his constituents that Mr. Mapes is steadily on the job during congressional sessions.

Walter Clark found a top to a gasoline can lying on his gasoline drum. He says the owner can have same by calling at his home and identifying it.

75 years ago The Lowell Ledger July 31, 1947

Lowell was honored by the presence of Governor Kim Sigler at Saturday night's Showboat. The governor had as much fun as the next one. In a very brief address, the governor said: "All of Michigan should come to Lowell and see what a community can do with co-operation."

The Fairchild Oilers took two games over the week-end. Friday, they defeated the fast Michigan Reformatory Nine in a twilight contest, 10-9. Sunday, the Older played before one of the season's largest crowds. The Oilers edged out a 5-4 decision over Jess Elster's colored Athletics.

Lowell Moose won their 16th game against two defeats Monday night in walloping the Porter Machine Company team of Grand Rapids, 15 to 1.

Little Miss Ruth Fisher was seriously injured late Sunday afternoon, when she fell from her father's (Rev. Arthur Fisher) car, near the Bryon Weeks home. She is at Blodgett hospital. She suffered a goodly number of bruises and it was feared that she had a basal skull injury. Doctors were awaiting the reports of x-rays taken.

50 years ago Lowell Ledger Suburban Life August 3, 1972

Grant Higgins brought the first load of Michigan Soft White Wheat into the King Milling Company on July 20. The wheat was from the Al Hart farm in Belding.

The 38th annual Kent County 4-H Youth Fair begins in Lowell Monday, August 7, to run through Saturday, August 12. Over 3,000 4-H members, youth between the ages of 9 and 19, will climax the year's club work with the project and animals they will enter.

The Lowell Moose Civic Affairs committee is preparing for their annual Fishing Derby for kids. This year's events will be Sat., August 19.

A "Punch and Grow" packet of tomatoes has produced an eight foot tomato plant for Quine Sullivan of Lowell, who purchased the packet in February and set the plant in March, keeping it moist with a glass of water daily.

A Saranac girl, Pammy Hardy, fell while skating in Lowell Saturday. She received a fracture of the right shoulder which was treated at Ionia County Memorial Hospital. She is the 11-year-old daughter of Mr. and Mrs. James Hardy.

25 years ago The Lowell Ledger July 30, 1997

Lowell residents spent late Tuesday afternoon and early evening cleaning the Fall River of unwanted debris. Pipes, tires, rims, a refrigerator, bicycle, chairs, a sofa cushion, railroad ties and a non-millimeter gun were retrieved from the bottom of the river.

Jerry Hale and Jim Stiehl save, Ken Schoenborn, a Rockford man, from drowning in Cowden Lake.

The 63rd Annual Kent County Youth Fair opens Monday. Over 1,000 4-H youths are expected to display their exhibits and livestock. Ron Wenger, President of the Kent County Youth Fair said he anticipates over 4,500 exhibits in all.

Christiansen Drugstore has been torn down and Ruby Christiansen shares fond memories.

Bootsie, the cat, came up missing on July 5th and was found 12 miles away from his home on Whites Bridge Road. Steve and Betty Nelson had given up hope of finding Bootsie, after three weeks went by. An ad was placed that a cat fitting Bootsie's description was found on Vergennes Street. Sure enough it was Bootsie!

For the first time in quite a while, the Showboat covered its costs, and quite possibly, made a little money. For the first time in a decade, the weather on Showboat weekend was wonderful. The success of this year's shows, while helped by the weather, also got a boost from eye-catching quality entertainment, a good crowd and the help of volunteers.

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- 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. We have a 700-word limit.

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



At Your Local Library

Kent District Library programs at Englehardt Branch, 200 N. Monroe St. For additional information call 616-784-2007.

Mahjongg

Fridays from 1-3 pm. American Mahjongg, a game of skill, strategy and calculation. All skill levels welcome.

Gather 2 Grow! Lunches at the Library

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

Family Storytime

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

Movie Madness

Saturday, July 30, 1-3 pm. Enjoy a movie at the library! All you need to do is show up and we'll have a family movie ready-to-roll. The library will post the movie titles on our Facebook page and in the branch. All movies will be rated G or PG. For all ages.

Painting Flowers with acrylic Paint on Canvas

Monday, August 1, 3:30 - 4:30 pm. Create a bright, intuitive, botanical art piece after learning techniques for brush strokes that are whimsical and flowing. Learn mark-making to create a layered affect and take home an uplifting, beautiful painting on canvas. 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

Drawing Sea Creatures

Wednesday, August 3, 1-2 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.

Night Owls Book Discussion

Wednesday, August 3, 6:30 - 7:30 pm. Join a fun, informal discussion of great books. This month, we'll discuss *The Giver of Stars* by Jojo Moyes. For adults 18+

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: 117 W. Main
Date Built: 1906; 2010
Owner when built: J. E. Lee; Greg Canfield
1st businesses: Klumpp and White Meats, Jud Tinkler-Barber, Thomas Shiels Saloon; Main Street Inn

J.E. Lee and Jake Young built the Lee Block in 1877. Fire destroyed it in the conflagration of 1884; Lee rebuilt it using "corrugated iron covering on the sides." The buildings were partially destroyed in another fire in 1906 and the iron covering made it difficult to get water on the fire. Lee died in 1907 while superintending the rebuilding.

The Lee building originally had five storefronts with the

addresses 123, 121, 119, 117 and 115 W. Main. The Main Street Inn, 117 W. Main, replaces the three eastern storefronts. The builder had his business, J. E. Lee's Meat Market, in the easternmost store from 1877-1903. It continued as a meat market though the 1920s with A. L. Weyrick, Klumpp and White, and finally Klumpp's Meats. There was a wooden walkway around the east side of the building to a platform in the back which held the bubbling iron pot of freshly made bologna.

Other businesses in these three storefronts through the years have included: Tony Gazella's Novelty and Shoe Repair, White Jewelry and Gifts, Avery Jewelry, Lowell Loan Co., Speerstra Insurance, Tummino Law, Meyers, Mika, Beckett and Jones Law, Fashion Fashionista, Reedy Realty, a shoe store, and The Dam Store.

In 2009, the buildings



The three storefronts 115, 117, and 119 W. Main, notice the barber pole on the center storefront. Among the barbers were Jud Tinkler, John Bannan, Mabel Scott and Owen Ellis, Dick and Owen's, Stiles Beauty Shop.

were condemned because their foundations were falling into the river. The

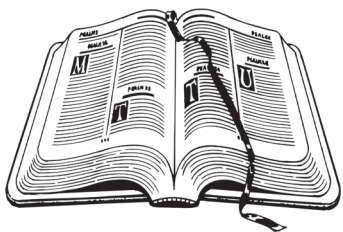
Main Street bridges over the Flat River were being replaced and the water level would be lowered and foundation work could be done. Greg Canfield took up the challenge. He purchased the buildings, repaired the foundations and seawall and in 2010, did the renovation. The Main Street Inn was a labor to save Lowell's Main Street charm.



Chris Klumpp's Meat Market, 1917-c.1930, was in the easternmost store.

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Nancy Raymor, Sandy Roth, Rochelle Bieri, Morris Robert Young. |
| JULY 28
Tom Speerstra, Rachel Shanne Smith, Bobby Wright, Tiffany Hunt, Alexander Barr. | AUGUST 1
Barbara Callihan, Bailee Emelander. |
| JULY 29
Rachael Vegter, Mary Fox, Matt Lee. | AUGUST 2
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Art in the Park returns to Lake Odessa Aug. 6

Art in the Park is back and marking its 47th year. The fun - the browsing, the ability to see and buy various forms of art and crafts from local and regional artists and artisans - takes place on Saturday, Aug. 6, in Lake Odessa's shady and picturesque Village Park, beginning at 9 am.

The annual tradition is hosted by the Lake Odessa Area Arts Commission. Whether people are in the market for a unique piece of jewelry, pebble art, painting, home décor, folk art or apparel, there will be plenty to spark the imagination, and organizers expect a good turnout of vendors and people coming to look and buy this year.

Organizers say more than 5,000 people attend Art in the Park, where more than 70 artists and crafters

display a rich variety of crafts and artwork, along with vendors offering food and drink.

Throughout the day, visitors will be treated to the sounds of some favorite Michigan-area musicians. This year's entertainment line-up includes:

9 am - Opening Flag Ceremony: Veterans from VFW Post 4461 and a local Boy Scout troop present the colors, followed by Metro Johnny, playing favorites from the '70s to today, in an easygoing and fun style.

10:15 am - The Wild Honey Collective: A five-piece acoustic ensemble, performing original songs and traditional American folk music.

11:30 am - Punch Drunk: A band with moxie, they are diverse in the music and instruments that they play, from Tin Pan Alley

to 80's Pop to Folk and beyond.

12:45 pm - Michigan Mafia String Band: Featuring a vast repertoire of styles, from blues to country to bluegrass.

2 pm - Michigan Mafia String Band.

3:15 pm - Center Stage Dance Academy: Students showcase the dance skills they've learned throughout the year

4 pm - Door prize announcements

In addition to great musical entertainment, activities for children of all ages will be available at the Kids' Zone from 11 am to 3 pm. Children will be able to enjoy a variety of make-and-take craft projects and balloon animals.

For adults, "Art of the Vine," a wine-tasting venue, returns for its second year. "In 2021, we



just decided we would try something new as a way to celebrate this opportunity to gather together again following COVID," said Arts Commission chair Meg Hermes. A variety of wines from Michigan vintners will be available for sampling, and a limited number of commemorative glasses will be available for guests. Tickets for guests 21 years of age and older may be purchased at the entrance to the wine-tasting venue, which will be open from

noon to 4 pm.

While strolling the park and browsing the various booths, visitors will want to take time to relax and enjoy a snack or meal. There will be many food vendors with a variety of foods.

The 2022 Art in the Park has been made possible with generous support from local area businesses and community organizations, as well as a grant from the Michigan Council for Arts & Cultural Affairs. "These businesses

and organizations commit their precious resources to support the quality of life we enjoy here in the Lake Odessa area," commented Hermes. "We are grateful for the strong support we receive, which allows us to continue this favorite annual tradition."

For more information, pick up a copy of the 2022 Art in the Park Visitors Guide at area merchants or view it online at www.LakeOdessaArts.com.

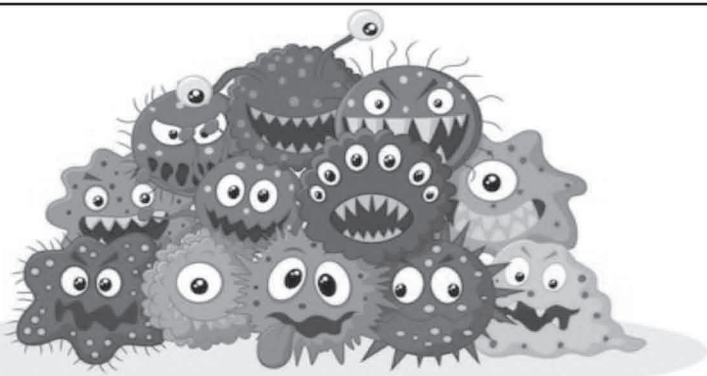


Wild Honey Collective



Emma Palova's Book Signings of *The Lost Town*

Fallasburg Village Celebration, July 30, 2-5 pm
 Holland Art in the Park, Aug. 6
 Paradise Wild Blueberry Festival, Aug. 18-20
 Saugatuck, Blue Coast Artists, Oct. 1 & 2
 Englehardt Library, TBA



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River of Time Pageant

Sponsored by the Lowell Area Historical Museum and presented by Alto Active Achievers & Friends, The River of Time Pageant took place on July 23 at 1 pm on the banks of Flat River on Lowell Fairgrounds.

The play, which teaches the early history of Lowell, takes place every five years.



I, Gary Dietzel, with wife Sandy Bartlett, have lived in this city house on N. Washington for 43 years. Our lease will expire October 1. The map depicts a "wing" of Vergennes Twp., the City of Lowell intends to annex. By removing this 1892 house, they avoid many State Boundary Commission conditions; one being a public hearing. I am not surprised. They have done this before. City residents, neighbors, health and nature enthusiasts would have many objections and options that need exploring. With my current letter to the editor, I overlap on some facts to maintain continuity. I embolden all to act to preserve something precious. I believe. This has happened here before.

Being home, I've followed the nature of the river valley and the history of N. Washington Rd. Most of this history comes from this Ledger's reporting over 100 years, and our town's Historical Society and some others. Once, we were told to be the 14th family to reside here. Perhaps we are the last, with respect. Following is a snapshot, not quite chronological.

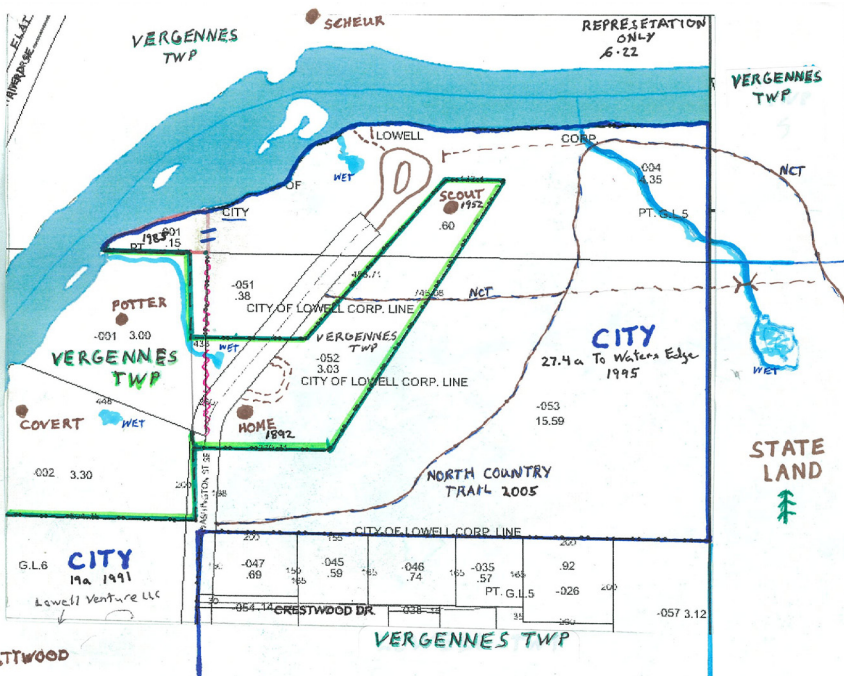
About 400 Native Americans occupied where now is Oakwood Cemetery and Attwood properties until about 1860. They left some burial mounds. A GVSU professor confirmed some on the immediate State land but wouldn't divulge their location. Two separate neighbors claim there is at least one next to our garden near the road. She (GVSU) said the expense and cultural respect prohibited research.

In the 1870's was Buchanan's dam and sawmill, creating a lake upstream. With other water wells failing, an open well was dug in the N. Washington turnaround. A connection to the Flat River saved the city from total loss to fire in 1905. The dam was rebuilt by Muskegon Electric but washed out in 1901; rebuilt, and washed again in 1903. The lake was gone. Jabez Hall and wife Celeste bought the adjacent 20a and built this house with full basement in 1892. After passing, they moved to Oakwood Cemetery in 1917; the land was sold to the city for \$1,000. City then bought the nearby water system for \$25,000; drilled the E. Kelly well; added pumps to put water in the Shepard's Hill Reservoir. The pumps were housed by that lovely brick building - now gone. The pines (10,000) were planted by the Legion Post in 1930. Consumers Power gave the City 7a of riverfront for \$1 in 1944. The scout cabin was built in 1952. The Attwood factory property was annexed in 1960 with common agreement. The Houseman's partial acre at the narrow river was given in 1985 (\$1). After a required hearing and much objection by DNR (Natural Scenic River Protection) and other groups, the State Boundary Commission granted the annexation of Attwood's remaining 19a (1991). Two further annex attempts ('92 and '94), to consolidate the private and scout property, were denied. Questionable surveying found 15' of contiguity between the Attwood piece and the scouts 27a. Excluding the then 5 buildings (3.6a "wing"), City was able to avoid Boundary Commission hearings and annex 24a in 1995. Light and Power/Cable erect a pole barn and pour concrete storage pads. Lights and years of heavy trucks followed regrettably. Wanting to expand in 2004 and denied by public, they moved to Newell factory location. Again, council's discussion of eviction and development motivates opposition. A coordinated effort by some good leaders and participants led to granting two 10-year leases, a North Country Trail, and introduced a park in 2008: democracy at work. That brings us close to now: a different manager and council. I only note the pole barn was sold for \$12,000 and it cost \$80,000 to build, even though there was interest in public use. The other buildings razed - still leaning to annex. My point is to save the quiet character and accessibility of this property. It provides a variety of habitats. The values and possibilities are endless. "Democracy is a verb"; constant effort is needed. Doing so here will promote health of the mental and physical climate now and for our children's children. It is painful to leave, but hopeful.

Adding to that property plea, I'll continue with Sandy's and my predicament. It is quite daunting. Rarely has so much coincided to put a burden on hope. The housing market, inflation, interest rates and variants in the pandemic might leave us two, usually comfortable people, out of luck. We've been offered help from family and friends to buy if needed. But, rental housing availability is our biggest problem in this area. We both have part-time work here. Self-employed most of our lives, Social Security doesn't quite meet all our needs at 72. We're grateful for our health; mobile, with nothing chronic. We've managed to stay ahead of rent, utilities and insurances for 43 years without complaint. But never have I established other credit than with all the people I've worked with keeping their homes fit - some for extended periods, and family.

Each of us have done community things, slowing a bit lately. We don't have our heads in the "cloud." Rather, buried in the sand does aggravate our situation. We have two nice cats at a mature age. Sandy needs a small garden or container space to keep her mind green. I need a small area to store tools and craft. I have a movable space if necessary.

I'm open to creative solutions: a fixer-upper; building, animal or plant caretaking; people caregiving; etc., etc. A 20 minute radius is desirable.



Gratefully, we wish you all well.

Gary Dietzel

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Bushido-Ryu Karate in Lowell fends off bullies of all ages

By Emma Palova
contributing writer

Fight, flee or freeze. That is the response we have been conditioned to use. However, there are other methods to react in case of fear or facing a bully and Bushido-Ryu Karate is one of them.

Bushido is the code of honor and morals developed and followed by the Samurai of Japan, and by Sensei Milton, the instructor at Milton Bushido-Ryu, now open in Lowell inside the strip mall by Speedway.

Bushido-Ryu has its roots in Okinawan Martial Arts, along with the disciplines of Bushido.

Owner Sam Milton is a certified self-defense instructor who holds a 6th degree Black Belt and has been studying martial arts for 40 years. He opened the "Dojo" in Lowell on July 11, with his first class. Having a daughter and a granddaughter who were bullied in school, Milton decided it was time to take action.

"I felt like it was time," he said. "My youngest daughter, Alyssa, was bullied in school and my granddaughter, Anabell, was also bullied."

The karate business is still Milton's sidekick, apart from his day job, working for an insurance company.

"I want to help the kids and the bullies themselves," he said. The anti-bullying motif of Bushido-Ryu Karate is all about self-respect and respecting others. The classes in small groups are an hour long and teach self-confidence, along with compassion, to face the bully. "The bully is always on the lookout for easy finds," Milton said.

Other than the physical components of Bushido, the classes teach the tenants of the Bushido code. "It teaches honor and respect," he said. "It's all about being able to have the right attitude."

Milton picks one of the tenants of the code for each class. For example, he picked integrity for one

class. He doesn't have any problems seeing the results, if the students have been practicing the tenant of integrity.

"It ties into things that happen in real life, like if mom says clean up your room," he said. And then you get a reward from mom when you lied about cleaning up your room. Do you feel guilty? Milton can always tell.

Each class starts with physical warm-ups, followed by specific routines consisting of several steps. "Kids improve within a few lessons," he said. "It's all about what the child puts into it."

Milton plans on working with the Lowell Area Schools that would recommend a bully to come to the "Dojo." "It's a great way to release all the frustrations they feel," he said.

Milton Bushido-Ryu Karate is not just for kids, but it is recommended for adults, as well. Milton is a firm believer that bullying takes place at the workplace,



Sensei Milton demonstrates karate moves in his "Dojo", inside the strip mall by Speedway.

as well. Much like children, adults need to find their own voice, and the discipline of karate helps. It starts with your stance and holding your head up high. "The bullies are looking for troubled or scared kids," he said.

One of the first pillars of the code is being observant. "You can't get caught off guard," he said. "The Bushido code teaches you to be respectful to others."

As part of the Bushido code, you always maintain eye contact and stand up tall. "Always be polite and escape when you can," Milton said.

However, if you cannot escape, the last resort is self-defense taught in karate. "It should be the last part of the equation," he said. "Everyone should be capable of defending themselves."

There are five styles of

fighting taken from the old teachings of the Okinawan arts, combined with the teachings of the Five Rings: Earth, Wind, Water, Fire and Void.

"We teach how to get a hit and how to get out of a hit," he said. The element of water represents flow, while the fire element represents the attack. Void represents the mental aspects of the discipline.

"If you have no recourse, you do the attack first," he said. "If you don't you could end up dead."

"Our focus is on bullying and helping the community," Milton said.

Bushido-Ryu differs from other martial arts in several aspects: the kicks are lower and the stances are deeper. There are vertical punches, rollover punches, upper body locks, and lower body blocks.

Traditionally, you announce the kata, which means the series of movements for practice. In Milton's "Dojo," students learn how to avoid the traditional freeze response, and mainly, how to focus. In line with Bushido Karate, you always punch next to the head and learn how to stop in time to prevent a direct hit. "It's all about maintaining your control," he said. "In the end, we're doing this for the kids."

Milton hopes to fill his "Dojo" and move on to a bigger one. "I want the kids to be happy and feel safe in this world," he said.

The swords in Milton's Bushido-Ryu Karate logo are the Katana swords, which are the long swords of the Samurai. His higher classes teach weapons, as well.

For more info go to: www.miltonbushido-ryu.com



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~ Lime Island Caper

Traveling by our zodiac, Thor, Da Viking and I headed to Lime Island for a caper. There are only footpaths on this two and half-mile long island in the St. Mary's Seaway. It lies along the shipping lane connecting Lake Huron to Lake Superior. The 980 acre island holds an interesting and long history, including natives, lime kilns, then French explorers and a ship refueling community. Join us on our adventure!

Ojibwe History

Lime Island served as a meeting place for native tribes. With its centralized location, Ojibwe tribes from the area could paddle to the island for gatherings. Flint artifacts were found on the highest point, giving evidence of human inhabitants that dated back 6,000 years. The cohorts would conduct meetings and play a game similar to lacrosse. They used this ground for burials too.

I marveled at how the natives survived in this climate for centuries. The idea of traveling to Lime Island with bark canoes, knocked my swim socks off, as I relaxed in our motorized boat.

St. Mary's River

The St. Mary's River is three miles wide. The waves can suddenly become wicked, especially when traveling in a small boat. We were fortunate that it was an exquisite day for traversing this waterway! (For perspective, the Mississippi's shipping channel is two miles wide.)

As we motored toward the island, I thought about the French voyagers and missionaries who had inhabited the island in the 1700's. They had PADDLED

this distance as the natives had. "Shoot! I've only sat here in the fresh air and I'm tuckered out!" I thought, "These explorers had a tenacity that I'll never grasp."

Our Arrival

As we motored around the break wall, we passed the squawking seagulls and terns to find the boat slips in a rumpled heap near the shore.

Da Viking improvised and casually guided Thor to two cleats for a secure tie-up. He's always calm in any adverse situation!

Jennifer, the July caretaker, greeted us at the shore and told us that we could leave our gear at the bottom of the hill. She said her husband, Sheldon, would bring it up in his Gator, an off-road golf-cart vehicle.

Climbing this hill from our boat took a lot more effort than I'd remembered. In fact, in the video, Da Viking had to speed up the clip which provided an illusion that I was in much better shape than the reality. Haha!

The Red Cabin

The memories of Charlotte and Noah playing cards and doing puzzles brought a smile as we entered the "red cavin", as Noah had called it.

Cabin amenities include solar power lighting and one outlet above the counter top. This long counter across the back wall can be used for food prep. Unfortunately, we had forgotten our camp stove so we had cold oatmeal, fresh-from-the-can Spaghetios and cold soup.

We could have used the fire rings with firewood,

situated by each cabin, but we were low-effort and cautious. (There are warnings to only have fires in these designated spots. With coal scattered all over the island from coal refueling days, a campfire could quickly get out of control.)

Two port-a-johns stood at attention behind the cabins for residents. There's another near the shoreline for campers who set-up on the boardwalk platforms.

As I was fitting the sheets on our beds, this freighter whispered over the calm waters. The parade of vessels was a treat all weekend!

When planning your visit, be sure to bring your own garbage bags, as it's the campers' responsibility to carry out their own refuse.

Lime Kilns

Did you know that Lime Island, "Isle du Plastre", appeared on a 1744 map in Paris? Lime Island had been noted in Charlevoix's Journal d'un Voyage L'Americque. Lime is a key ingredient in making sturdy cement mortar.

Sixteen lime kilns were uncovered in the 1790's. This discovery proved that the processing of lime into a strong mortar had been an important resource and driving force in the 1700's economy. The men from Fort St. Joseph, located on a Canadian island to the northeast, used this natural resource as a construction material for their fort.

Ownership of Lime Island Has Changed Many Times

The Native tribes

relinquished much of the land in the Upper Peninsula, including Lime Island, to the United States government in the 1836 Treaty of Washington. In 1837, Michigan was granted statehood.

Later, in 1842, Lime Island became a demarcation for the boundary line between the US and Canada. This was called the Webster-

though, this resort never gained nearly the same notoriety that The Grand Hotel had achieved.

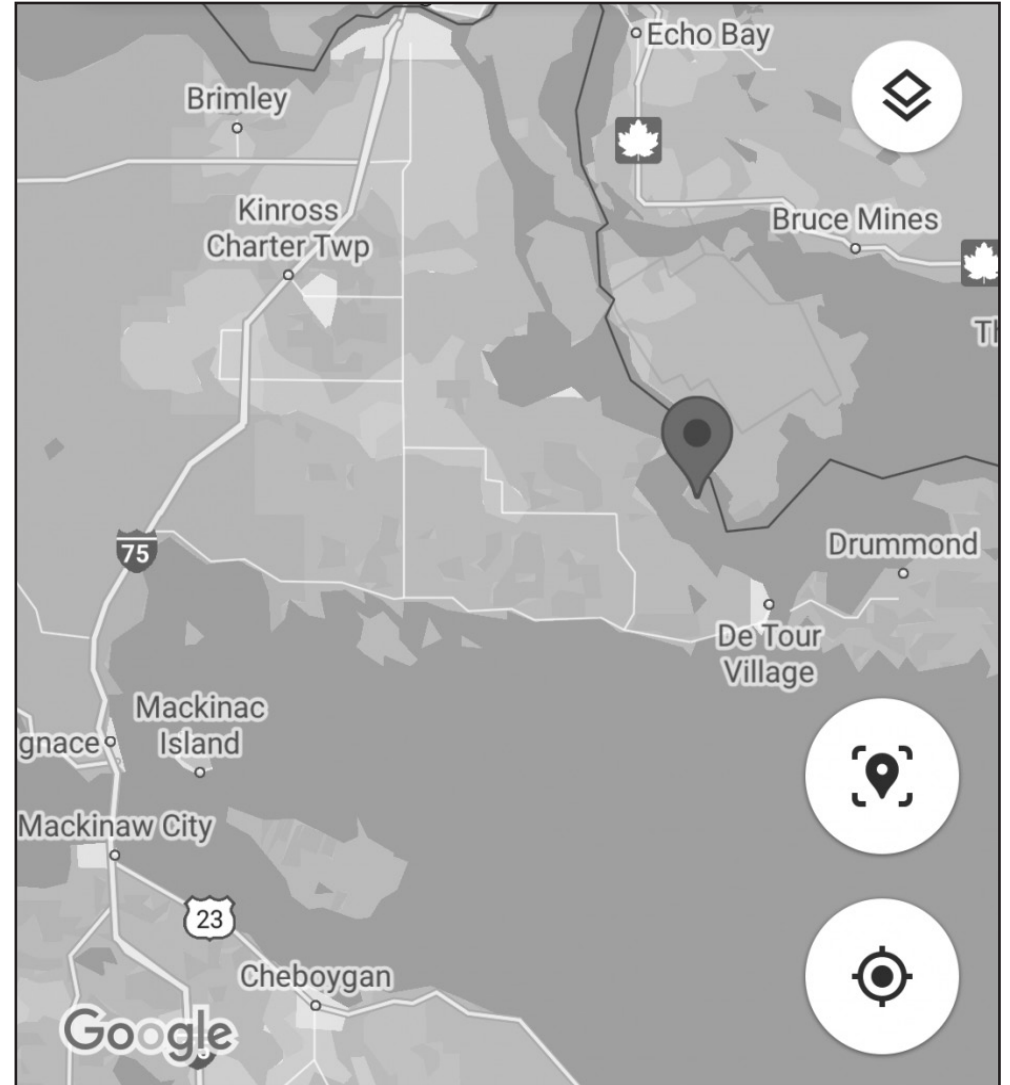
Pittsburg Coal Company

Twenty years later (1910), the ownership changed to the Pittsburg Coal Company. An enormous coal dock was built. There was a need to refuel steam ships with coal

The One Room Schoolhouse

A schoolhouse was added to the small neighborhood in 1912. Anna Ballem taught the first class of K-8th graders in 1913. The building served the entire community as a meeting place, church and a barber shop.

By 1928, the community grew to fourteen



Lime Island has a curious, diverse history. It is now a state park.

Ashburton Treaty.

Joseph Kemp

Joseph Kemp acquired Lime Island in 1848. President Fillmore had signed the deed. Joseph Kemp owned the island for 37 years. He grew hay, wheat and potatoes. He was known for building trust with the natives and trading with them. While still owning Lime Island, Kemp had moved to Ste. St. Marie from 1853-1878. He returned to his island home in 1878 and lived there until he decided to sell it to "Lime Island Manufacturing" in 1885 for \$5,200.00. Barrels of lime were sold as a valuable construction material.

Lime Island Manufacturing

The visionary and retired Navy man, Frances Davenport, stepped into ownership in 1890. He built a 30-room hotel with a two-story cook house off to the side. After all, Mackinac Island's Grand Hotel, to the north, had opened three years before and had proven to be a smashing success!

Mae West, the movie star, was said to have stayed at Davenport's Hotel on Lime Island. Unfortunately

at this nearly halfway point between Chicago/ Detroit/ Duluth.

Alfred Newton, the first superintendent of the Pittsburg Coal Company, had this house "delivered." A team of horses slid this Victorian home across the ice from Pte. Aux Fienes in Canada. Other small homes were brought over the ice as well.

Then they used the horses and a pulley system to place the buildings on pre-made foundations. (I paused to think of my own slow pace when I came up the hill, and I wasn't pulling a house or even carrying gear.)

"The Big House" Constructed

Next "The Big House" was constructed (1910). This brick building served as a dormitory for workers who were on duty. There were bunks, a kitchen and showers. Unfortunately, with this building securely locked, we were unable to give you a peek inside.

It amazed me to learn that the Lime Island community grew to nearly 200 people in the early 1900's. Each homestead had a small garden, chicken coop and apple trees.

families living on the island. The school served their seventeen children.

According to Norma Mieras, a caretaker of the island who compiled island history, there wasn't a specific denomination for religious gatherings. "Everyone would come together when a minister came to the island."

The school closed in 1961. Children had to be transported to Raber (on the mainland) and then bussed to attend a school in the nearby towns (DeTour, Pickford, Goetzville or Sault Ste. Marie). Now, that's quite a commute for a child! Some youngsters would live on the mainland with relatives or friends during the winter.

1918 Flu Epidemic

As I sat alone in the dark Victorian house, which now serves as an island museum, I held my flashlight over the faded pages. I read William W. Cruickshank's words.

"In the beginning of the flu pandemic of 1918, the dock would be sanitized after each ship had left port. Then sick sailors were falling down while trying



Freighters could line up along this dock for quick refueling.

Continued next page

Continued from previous page

to secure lines, so islanders went to help. Soon after, illness overtook the island," William W. Cruickshank told his son Raymond in the 1950's. Raymond recorded his father's stories.

"Only four men were able to walk around. They'd move from house to house to keep the fires burning and doing a few chores." William recalled, "I tapped on my bedroom window to ask a passing neighbor for help."

William remembered that they had fed their pet rabbits potato peels, and sadly, the whole fluffie died. William believed they had

parallels of other plagues throughout history and today.

Mulberry Tree

Near the schoolhouse grows a large mulberry tree. The fruit is sweet and holds a rich lavender color for dyeing textiles, as well as one's fingers. I enjoyed mulberries each day in my cold oatmeal and as a dessert.

Coal Refueling Dock

In 1937, the Pittsburg Coal Company updated the coal refueling dock under superintendent, Percy Elliott.

A Partnership

In 1948, the Pittsburg Coal Company combined with Northwest Hanna Coal Company. James Fulton took the leadership position as superintendent after Elliott's resignation. The hotel was torn down and cabins were built. A new conveyer and coal hopper were constructed in 1951. Lime Island, 'the gas station for freighters,' could refuel a ship in just 20 minutes!

Fuel Tanks

Thick "Number 6" oil had to be kept warm, so two 1,750,000 gallon insulated, fuel-bunker tanks were



As we approached Lime Island, we could see the red cabin. We'd rented the same cabin when our kids were much younger. It was nostalgic for me to return to Lime Island.

contracted the flu virus from the peels.

Both of his brothers, Marshall and Sam, had permanent heart damage, (William believed from having the flu), and died of sudden cardiac arrest in their mid-40's.

These vivid recollections about William's childhood have made a lasting impression with me. Imagining the whole island being crippled by a virus draws to mind

The far side of the dock is now a protected nesting area for terns. However, the seagulls have dominated much of this area.

As we walked onto the coal dock, one seagull, perched on an abandoned buoy, repeatedly announced our arrival. Each bird chattered endlessly, paying no attention to the "emcee." The noise was deafening!

constructed in 1952.

Merging of Northwest and Consolidated

Northwest Hanna and Consolidated Coal Company merged in 1965. Grouting the coal dock was a priority, as it was crumbling after decades of use. Engineers were transported daily on a small ice boat during these operations in 1968, 1970 and 1979.



This is one of sixteen lime kilns discovered in the 1790's.

Refueling Dock Closed

In the 1970's, vessels were being built larger and didn't need to be refueled as often. In 1981, Lime Island was put up for sale. James Fulton, Superintendent 1949-1979, offered \$300,000 to Consolidated Coal Company to purchase his long-time island home. Curiously, however, Lime Island was sold to the State of Michigan for \$1.00.

Residents were forced to leave their homes. Many expressed their sadness over having to move back to the mainland.

Purchased in 1982, Lime Island was managed by the state's Forest Management Division. Vandals spray-painted the cabins and left trash all over the island. Funding was a struggle, and at meetings, there was talk of shutting down the island completely.

Restoration

Still under the Forest Management Division, along with volunteers, the schoolhouse restoration began in 1992. By 1993, the group had achieved an official registration with Historic Places. Several annual open houses were held ('94, '95, '96) to create interest and build financial support for further improvements to the island. Repainting of the Victorian home took place in 1996, along with remodeling the cabins.

Around 2003, Chuck's Fortune Bay Expedition group had been kayaking the St. Mary's River as a storm was kicking up. They pulled off at Lime Island. Janet and Howard, the caretakers, surprised the group as Expedition hadn't realized the island was inhabited. Janet and Howard rented the adventurers a cabin as refuge until the bad weather passed.

By 2004, a Master Plan had been developed by the Michigan Department of Natural Resources. Their report included prioritizing needed renovations.

Caretakers living on the island managed volunteers doing the work.

In 2011, Lime Island was transferred to the Parks Department and it became the 99th park unit. Lime Island is the newest state park and I'd say the most unique.

Research

A group from Michigan State University came to study the tern population (1997). They have protected nesting grounds on the refueling dock. The terns and seagulls made a constant chatter at all hours, around the clock, every day!

Betsy Cook worked on her master's degree by studying the shipwreck, Rome. On November 17, 1909, the Rome caught on fire near Lime Island's shoreline. All crew members survived. The rubble was left and became a break wall.

Freighters

Lime Island's entertainment is unlike any other place I've seen! Freighters slide by, day and night. When Janet and Howard were caretakers in 2006, they'd rush outside and heartily wave at each ship. Janet would announce the name of the captain and encourage our kids, Charlotte and Noah, to join in the full-arm greeting. We were all giddy when the captains would sound their horns as a friendly, "Hello!"

Saturday

The morning greeted us with a blanket of fog. It was peaceful, damp and chilly.

We decided to cruise around the island in Thor. We wondered what we'd find on this misty morning.

As we looped over the northern tip of Lime Island, a freighter came into view. I think I was giggling like a kid when I told Chuck, "I've never been this close to a freighter!" Da Viking made sure it was a memorable meeting.

He scaled close to the ship and we rode the wake.

The billowing waves rose five feet tall. I squealed as if I was riding a roller coaster!

Sunday's Departure

As we cleaned the cabin and loaded our gear into Thor, I felt a connection to the people who have lived on Lime Island. I held a better appreciation for their hearty grit as they survived on a distant dot of land.

Suddenly we heard, "Hey, Poppins! Da Viking! It's you!", a man pulled up in his boat. "Hello!", I called and searched my 'rusty rolodex' in my brain trying to place who he was. As a retired teacher, I often have people approach me and it takes me some time to place who they are.

"I saw on Facebook that you were on Lime Island and I was hoping to meet you!", He called from his boat. "I'm Kevin.", he introduced himself. I realized this was someone from our new chapter of life. After a pause of realization, we called back to our fan, "Gosh, it's great to meet you!" He explained that he was on his way from DeTour to the Sault Ste. Marie, and stopped by, hoping to meet us.

Speaking of connections, it was GREAT to meet Kevin! Chuck and I want to inspire others to travel, embrace history, meet locals and learn their stories. It was heartwarming to have Kevin seek us out for a "Hello!"

Resources

For reservations, please call Michigan Department of Natural Resources at (906) 643-8620
<https://www.michigan.org/property/lime-island-recreation-area>
https://www.michigan.gov/documents/LimeIslandMasterPlanFinalDraft9-15-04_164726_7.pdf
 9&10 News - 5 November 2014 article "Northern Michigan Islands: Lime Island"



The two insulated fuel oil tanks held precious "Number 6" fuel.

obituaries

ASHENBREMER

Sherrie Ashenbrenner, 64, passed away to join the Lord on Monday, July 18, 2022. She is survived by her husband John, of 32 years and their three children, Bradley, Kiersten, and Bryan. Sherrie was born on November 29, 1957, in Detroit Michigan. She was an only child of William and Edith Childs. Sherrie graduated from Western Michigan University with a BS degree in marketing. She then spent 27 successful years with Kraft Foods in sales before retirement. After retirement, she pursued her true passion of working with dogs. She spent several years volunteering weekly at MacKenzie's Animal Sanctuary before finding her dream job at The Pack in Comstock Park, Michigan. While working at The Pack she formed many bonding relationships with dog owners and coworkers. Sherrie was an exceptional mother and wife, always putting others before herself. She often wrote handwritten letters to her family and friends and stayed busy during retirement. Sherrie left this earth with one final act of giving through organ donation to save lives of ones she never met. Her true and genuine heart will be missed by many. Her family invites all who would like to attend a celebration of Sherrie's life on Saturday, August 6th from 10:00 am to 12:00 pm at Roth-Gerst Funeral Home located at 305 N Hudson Ave, Lowell, MI. In lieu of flowers, the family has asked for donations to be made to GoFundMe-Sherrie's Mural Memorial. This will allow The Pack to paint a professional mural of Sherrie and a few of her own dogs on the wall of fame. Her passion for dogs will always be remembered and admired.



gerst
FUNERAL CARE
Roth-Gerst

GERIG

L. Esther Gerig Lois "Esther" (Lehman) Gerig, age 90, of Lowell, MI, went home to be with Jesus July 19, 2022. Esther was born November 8, 1931, in Orville, OH. After growing up on the family farm, she attended Ft. Wayne Bible Institute where she earned a Bible Studies degree and found herself to be the "brown eyed girl" her co-collegian, Zenas Gerig, was looking for! They were married June 12, 1952. After Zenas received his MDiv degree from New York Theological Seminary, they were called to go to Jamaica as missionaries. They ministered there for 43 years, first by pastoring churches, then starting both a Bible College (JTS) and seminary (CGST) in Kingston, the capital. In those years Esther served Jesus faithfully, alongside Zenas, filling many roles: wife, mother of 3, church pianist, children's ministry director, chalk artist, campus hostess, photographer, supplies purchaser, kitchen manager, landscaper, graduation gown seamstress, newsletter writer, women's counselor, music teacher and (very strict) typing instructor. Tucked between these responsibilities were her hobbies of swimming, snorkeling, shell collecting, hiking, flower gardening, cats, dogs, fish and running her own "budgie" (parakeet) business. Esther was preceded in death by her dear husband of 59 years, Zenas, in 2011; sisters, Eunice Weber, and Dorcas Sutherland; and grandson, Andrew Gerig. She is survived by her children, Stephen Jay (Roxanne) Gerig of Houston, TX, Laurel Faye (Mervin) Charles of Millersville, PA, and Stanley Ray (Cindy) Gerig, (Esther, the reason for the rhyming), 11 grandchildren, and 5 great-grandchildren. The funeral service was held Saturday, July 23, 11:00 am, with visitation starting at 9:30 am at Evergreen Missionary Church, 10501 Settlewood Dr. SE, Lowell, MI, Pastor Doug Connelly officiating. Interment Oakwood Cemetery, Lowell. Memorial contributions may be given through Evergreen Church for the schools in Jamaica. Zenas and Esther's gravestone, designed by Esther, says: "Not here, alive with Christ!" It's true! Jesus never breaks a promise!



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Support the Local Businesses
Who Help Support
Our Community!

Continued from page 3

East Paris Park in Kentwood to renovate the existing bituminous trails, which will be replaced with an 8-foot-wide limestone path to provide an accessible surface that can easily be repaired when roots appear. The project also provides a trail map kiosk, LED lighting, benches, bike racks, grills, picnic tables, serving tables, and a reading trail.

- \$231,300 toward \$462,600 of improvements to the Buck Creek Trailhead at Mill Race Park in Grandville, including adding a pavilion, interpretive signage, "naturescape" playground, a trail loop with a bridge over Buck Creek, native plantings, and parking.

- \$300,000 toward a \$604,600 development of the Grand Rogue Park in Plainfield Charter Township at the confluence of the Rogue and Grand rivers. The project will add the first water access at the site via a dock, kayak launch, and observation deck. It also includes a pavilion, a road and parking lot, and improvements to the existing play equipment, benches, picnic tables, grills, bike racks, and signage.

- \$237,000 toward a \$474,000 project to renovate the restroom facility at Ottawa County's Kirk Park and install a new accessible playground and trailhead amenities for three key regional trails.

- \$152,600 toward a \$305,200 development of the newly established 10.4-acre Buttermilk Creek Park natural area in Hudsonville to provide a public restroom building, rain garden, and parking lot. These amenities will serve both the park and the Buttermilk Trail, which is the public pathway system the city has been constructing over the past 10 years to enhance walkability and connectivity within the city and surrounding townships.

Kent County has two land acquisition projects included in the bill, including:

- \$1.12 million toward the \$1.6 million purchase of 106 acres adjacent to Townsend Park, bringing it to regional park status with a proposed total of 250 acres. The property would add bird watching opportunities and access to Bear Creek for fishing. The conceptual planning envisions three miles of trails, connection to the existing park, parking for the trail system, and a pavilion featuring unobstructed views of the landscape.

- \$44,800 toward the \$89,600 acquisition of 0.77 of an acre in the Plaza Roosevelt area of Grand Rapids for the purpose of developing a public park to serve nearby residents and children attending a school immediately adjacent to the new park.



Mount Arvon, the state's highest point lies in the Upper Peninsula. More than 40% of the state is covered in water, which is more than any other state.

BOWNE TOWNSHIP PUBLIC HEARING NOTICE PLANNING COMMISSION

On Tuesday, August 9, 2022, the Planning Commission for Bowne Township will hear public comments on the following request. The public hearing will be held at 7:00 P.M. at the Historic Township Hall, located at 8240 Alden Nash SE, Alto, concerning the following:

1. 10130 Baker Avenue Site Condominium Development Review

Mr. Ryan Prichard has applied for the development of a site condominium located at 10130 Baker Avenue SE (PPN 41-24-34-200-001). The application will construct a private road accessed off Baker Avenue and develop a site condominium with five lots. The parcel under review is approximately 18 acres. It is located south of the 100th Street intersection.

The application and plans are available for review, and written comments will be received until 4:00 P.M. Tuesday, August 9, 2022, at Bowne Township Hall, 8240 Alden Nash SE, Alto, Michigan 49302. All interested parties will be heard at the meeting.

Bradley S. Kotrba
(616) 988-3526

LOWELL CHARTER TOWNSHIP

NOTICE OF POSTING OF ORDINANCE ADOPTION

On July 18, 2022, the Lowell Charter Township Board adopted the following ordinance.

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

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

Monica Burt, Clerk
Lowell Charter Township

office hours:
Mon.-Thurs. 8 a.m.- 5 p.m.
Closed Fri., Sat. & Sun.

classifieds

for sale

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for rent

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

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

memorials

In memory of Jim Fahrni July 23, 1940 - April 15, 2011 Miss you old friend. Until we meet again RIP. Tom

misc.

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

ATTN LOWELL WIDOWS - We have a widows luncheon on the last Friday of each month. Starts promptly at 1 pm. All are welcome. Questions on location, call Elaine 616-856-8022 or Jenn at 616-490-9970.

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

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

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wanted

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I WANT TO BUY - a twin or full bed for cash. Call 616-585-1709.

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

services

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

PROFESSIONAL TREE CLIMBER NEEDS WORK - Call Dan, 616-970-3832.

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WORK WANTED - Double D's Tree Service Plus 40' & 70' bucket trucks. Tree trimming and removal, brush chipping. Free Estimates and Insured. Call Dave Delinsky, 616-212-3008.

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

services

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

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SCANNING SERVICE - Do you need something scanned & emailed? The Buyers Guide/Lowell Ledger offers this service! Mon. - Thurs., 8 - 5 p.m. & Fri., 8 - noon.

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Crossword puzzle grid with letters filled in.

Number crossword puzzle grid with numbers filled in.

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



Nope: A Unique Maybe

By Bill Lee
contributing writer

Ten years ago, my teenage son turned me onto “Key and Peele,” the television sketch comedy by Keegan-Michael Key and Jordan Peele. At the time, I didn’t really get into the show, and it wasn’t until some time later, did I see how great the show was. Both actors went on to different projects, with Jordan Peele taking his shot at writing and directing movies. His debut movie, *Get Out*, was a critically acclaimed smash

hit. When I got around to watching it over a year later, I was blown away by the movie’s unique story and deep-rooted themes. Simply put, I thought *Get Out* was brilliant. So when Peele’s third movie, *Nope*, was released last week, I was excited to see what he was up to this time. Would the movie live up to the hype?

Although the movie opens with a bloody scene of a chimpanzee killing people on a television set (more on that later), most of the story takes place on a family-

owned horse ranch located on a prairie, nestled in between the mountains, just outside of Hollywood. The owners are the Haywood family, an African American family with generations of experience working in Hollywood as horse trainers for movies. Peele wastes no time in presenting conflict to the viewer in this first main scene. While OJ Haywood (played by Daniel Kaluuya) and his father (played by Keith David) are out on the ranch, the sky becomes still and then starts to spit down metallic objects, one of which strikes OJ’s father, eventually killing him. The death is blamed on debris from an airplane, but OJ doesn’t seem to buy that premise.

Six months later, OJ and his younger sister Emerald (played by a dynamic Keke Palmer), are left to run the horse ranch that has been losing money for a long time. This leads OJ to make a business decision to sell some of his horses to a local cowboy-theme park called Jupiter’s Ranch, ironically owned by the lone survivor of the television chimpanzee attack, Ricky “Jupe” Park (played by Steven Yeun). Ricky was a child actor on the set when the attacks took place. The connection between Ricky, the chimpanzee, and the rest of the movie is a befuddling one, a plot point that kept me in the dark even after the movie.

It’s at this point when OJ and Emerald begin to see what may have killed their father. In the sky, behind a cloud, is a large, mysterious object that seems to appear and attack at random times. Is it a UFO? They think so, and if they can capture it on film, maybe they can cash in and help pay some bills. Enter Angel Torres (played by Brandon Perea), a young and ambitious video tech who works for a local tech store and who also has a penchant for the show “Ancient Aliens.” The three will work together to capture the spaceship on camera, but the object is savvy, avoiding detection by its ability to disable electricity and battery power. Then one day, OJ discovers a horrific scene. He visits Jupiter’s Ranch to retrieve one of his sold horses only to find everyone has been gone missing – as though the entire crowd was suddenly swept away. It is at this point that he begins to ask the key question: “What if it isn’t a ship?”

From there, the three main characters, with a little help from an old television director (played by Michael Wincott) whom they employ to capture “the impossible shot,” decide they need to attack the spaceship/alien/creature and become the hunters not the hunted. A plan is hatched as the heroes set out to do the improbable: destroy this huge alien object that seems to be stalking their every move AND get

the impossible shot at the same time.

There are a number of techniques that Jordan Peele uses to keep you on the edge of the seat in this movie. The biggest and best is tension. Similar to *Get Out*, the viewer knows that something is amiss right from the beginning, and Peele keeps dropping clues to help build that tension – whether it’s the alien’s distaste for inanimate objects, the constantly spooked horses, or OJ’s discovery that the object can’t hurt you unless you look directly at it – you want to put the pieces of the puzzle together but are held just out of reach until the end. The ominous-sounding music in the film also adds to the tension but begins to noticeably change once the gang begins to attack the alien. Western themes and music become more prevalent – allowing us to see OJ as the hero of the film for the very first time. Also, I liked the fact that *Nope* did not follow a certain genre and that many genres were touched upon – science fiction, horror and even western. In fact, with its beautiful cinematography of the mountains and prairie and music, the movie might be more of a western than any other genre, with an ending reminiscent of *Django Unchained*.

When the end finally does come after two hours, I have to honestly say that I was a little disappointed. I’m not the type of movie-goer who needs everything wrapped up in a little bow, but I felt that *Nope* left too many questions to answer and maybe tried too hard to impose theme, metaphor, and symbol, leaving the audience to figure out more than they needed to. Apparently, one of the themes discussed by reviewers is that of “the spectacle.” In fact, the opening quote, before the movie begins, is from Nahum 3:6, which says “I will pelt you with filth, I

will treat you with contempt and make you a spectacle.” Jordan Peele has a fascination with the idea of the spectacle and one could look deep into this movie to find those connections – one possibly being the killer chimpanzee storyline that opened the movie and is referred to throughout; another being the old director who sacrifices himself while trying to capture ‘the impossible shot’, while at the same time saying earlier, “We don’t deserve the impossible.” To me, these concepts fell flat and only caused disjointed confusion and took me out of the “dream” of watching the film.

Maybe I’m being unfair to Jordan Peele and *Nope*. After all, he hit it out-of-the-park with *Get Out* and maybe attained ‘the impossible shot’ too early in his career, for you may remember he won an Academy Award for Best Original Screenplay in 2018. *Get Out* had a profound message to portray, and it did so in a unique and unprecedented way. It would be hard to replicate that - ever. Clearly, he is not trying to do that with *Nope*, but a little more clarity and a little less sleuthing on our part would go a long way. Looking back, it felt more like an art film than a Hollywood blockbuster.

In the end, would I recommend the film? The answer is, yes. The acting is strong and the plot kept me on the edge of my seat, and it certainly is different from most films you will see this year. Just don’t expect a film wrapped in a pretty package with all your questions answered. Already, the film is getting mixed reviews from critics – some love it and some don’t. See for yourself. When the movie is over, you will have questions, and that’s not necessarily a bad thing. Overall, I give *Nope* 3.5 popcorn kernels.



CITY OF LOWELL PUBLIC NOTICE

Please take notice that the Lowell Planning Citizens Advisory Commission will hold a public hearing on Monday, August 8, 2022 at 7:00 pm., in the City Hall at 301 East Main Street, Lowell, Michigan. The subject of the hearing will be:

Proposal to rezone 815 West Main Street, 807 West Main Street, and 803 West Main Street from C-3 General Business to C-1 Neighborhood Business

Mr. William McElroy has submitted an application to rezone his property located at 815 West Main Street from the C-3 General Business District to the C-1 Neighborhood Business District. The City of Lowell has expanded this request to include 807 West Main Street and 803 West Main Street, which are also proposed to be rezoned from the C-3 General Business District to the C-1 Neighborhood Business District.

Copies of documentation on the rezoning request and the City’s Zoning Ordinance are available for public viewing during regular business hours at Lowell City Hall, 301 East Main Street, Lowell, Michigan. Written Comments will be received until the night of the hearing.

If you are planning to attend this hearing and are handicapped requiring any special assistance, please notify the City Clerk by calling at (616) 897-8457 as soon as possible.



Respectfully,
Susan Ullery
Lowell City Clerk

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FUN PAGE

SUDOKU

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

Level: Advanced

Here's How It Works:

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

IRRIGATION WORD SEARCH

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

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

Puzzle solutions on page 13

- | | | | |
|--|---|---|--|
| IRRIGATION
WORD SEARCH | CONFINEMENT
CROPS
DISTRIBUTION | FLOOD
FLOW
HOSES
MANAGEMENT
PIVOT
PRESSURE
PUMP | SELF-PROPELLED
SPRINKLERS
SURFACE
SYSTEM
WATER |
| BASIN
BERN
BORDER
CHEMIGATION | DRIPPER
EFFICIENCY
EMITTER
FIELD | | |

Guess Who?

I am an actor born in Massachusetts on July 25, 1967. I worked as a model before getting into acting. I was one of a group of friends who starred in one of the biggest television hits of the 1990s.

Answer: *Matt LeBlanc*

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to irrigation.

S M S Y T E S

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

Answer: *Systems*

		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		

- CLUES ACROSS
- America's WW2 President
 - Move earth
 - Insecticide
 - Naturally occurring solid material
 - State of fuss
 - Bhutanese wine
 - Greek island
 - Taxi
 - Tanzanian ethnic group
 - Metrical foot
 - Boasted
 - Eel-like vertebrate
 - Small freshwater lakes
 - Morally base
 - Not odd
 - Where you live
 - Fixed in place
 - A very large body of water
 - Moved quickly
 - Winged horse
 - Small waterfall
 - Hoopster Gasol
 - One who mimics
 - Tropical plant
 - Used of walls
 - A citizen of Iran
 - Christian hermit
 - She marries the groom
 - American patriotic society
 - Wine grape
 - School of Buddhism
 - A team's best pitcher
 - Consumed
 - Time zone
 - Part of a company name
 - Type of bulb
 - Eccentric person
 - A way to save for your future
 - Young boy
 - Midway between northeast and east
 - Changed
 - Prominent
 - Genus of seabirds
 - Event regarded as wrong
 - Skipped in a lively way
 - Multi-function radar (abbr.)
 - A country in W. Africa
 - Burn a corpse
 - Women's ___ movement
 - NHL great Bobby
 - Coarse, green material
 - Treated with calcium oxide
 - When you hope to get there
 - "Partridge" actress Susan
 - What thespians do
- CLUES DOWN
- Marine protozoan
 - You use it for your eyes
 - Set aside for a later time
 - Metrical foot
 - Famed journalist Tarbell
 - Consumes quickly
 - Rewards in a civil suit
 - Kamodo are some
 - Ballroom dance
 - Chum
 - Comedienne Gasteyer
 - A room to relax
 - Commercials
 - Six (Spanish)
 - Wild party
 - Small European viper
 - Baseballer Gordon



Live the Life You Want

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

How diet affects mental and emotional health

Most of us know how diet affects our physical health but did you know it can also affect your mental and emotional health? Research suggests that those suffering from mental health issues such as depression, bipolar disorder, anxiety disorders, attention deficit disorder, attention deficit hyperactivity disorder (ADD/ADHD), among others, often have a severe deficiency of essential vitamins, minerals, and omega-3 fatty acids.

I want to caution that diet is not a cure for emotional and mental health issues. However, changing your diet, with monitoring from your doctor and mental health professional, may help improve mental health symptoms.

Research Findings

We know that our gut (digestive tract) is considered the “second brain” and has a direct effect on our emotions. A recent study of the diet

of those with depression found that many made poor food choices which contributed to depressive symptoms. Research also suggests a link between low levels of serotonin and suicide. Lower levels of this neurotransmitter can aid in an overall lack of concern about future consequences. This can then result in impulsive, risky, and/or aggressive behaviors and inward impulsive aggression can lead to suicide.

Multiple studies show that nutrition can play a key role in the onset, duration, and severity of depression. We also know that deficiencies in neurotransmitters, such as serotonin, dopamine, noradrenaline, and γ -aminobutyric acid (GABA), are often associated with depression and research is showing that specific amino acids can be helpful in treating many mood disorders, including depression. For instance,

when some amino acids, such as tryptophan, are taken in a specific way, it converts to serotonin. Serotonin helps with sleep and feelings of tranquility. Further, Tyrosine can be converted by the body into dopamine and norepinephrine.

Research also shows that vitamin B12 deficiency can result in fatigue, poor memory, and depressive symptoms. Research suggests that the Mediterranean diet, which is rich in olive oil and vegetables, can provide mental health benefits like protection against anxiety and depression symptoms. While more research needs to be done to find out more about the diet-mental health connection, these studies help treatment providers by providing additional possible treatments to reduce patient symptoms.

Diet

It's suggested that to help with overall well-being (physical and mental health) to focus on foods such as:

Whole foods like fresh fruits and vegetables.

Fiber rich foods like fruit, vegetables, beans, and whole grains.

Antioxidant rich foods like salmon, leafy green vegetables, berries, and the



spice turmeric.

Folate which can be found in leafy greens, cantaloupe, and lentils.

Fermented foods which are full of probiotics and include sauerkraut, miso, tempeh, kimchi and the fermented drink kombucha. Note that many of these are high in sodium so it's important to limit intake. Also, if you have high blood pressure, check with your doctor before eating anything high in sodium to be sure it's safe.

Magnesium rich foods such as dark chocolate, almonds, cashews, bananas and beans, and dark leafy greens such as spinach.

Vitamin D which can be found in reishi, cordyceps and maitake mushrooms, salmon, swordfish, sardines, and tuna fish. Along with dairy and plant milk fortified with vitamin D and beef liver.

Eating a diet of mainly healthy, vitamin-rich food can help by reducing mood fluctuations, improved focus, and an overall

happier outlook. However, I can't stress enough how important it is to check with your doctor before adding any supplements, amino acids, or changing your diet to make sure it won't cause any problems with current medication or conditions. This article is not meant to treat or diagnose. I hope everyone stays safe and healthy.

college news

Sierra Hieshetter, of Lowell, has been named to the Kalamazoo College spring 2022 Dean's List.

Dean's List recognition is earned with a grade point average of 3.5 or better.



The Crossroads We Face

By Gina Johnsen

Like many of you, I just spent the last couple of weeks enjoying three county fairs. The best part of any fair for me is admiring God's beautiful farm animals and seeing how hard the 4-H children have worked to raise them. I'm always captivated too at how polite and respectful these children tend to be – also raised well by parents and

grandparents who mentored them to work hard, respect others, and to speak with good manners.

For the male cows, sheep, and goats, it's an interesting lesson to think of how much they have been changed once castrated. Big strong steers that are subdued so they can be led around and controlled, so they can be shown and utilized for a different purpose from breeding. They no longer will procreate, but they will certainly feed a lot of people. It always bothers me for a second, but then I remind myself that they can't be shown at an event like this without this kind of procedure. These are animals that are fulfilling a purpose. But what if they all were like this? What if all the cows were castrated? Would we ever have another generation of cows? Beef for one generation, but not for the next?

I'm very concerned when I look at the problems we face in Michigan right now. We have a state leadership crisis, with bullies bearing down against every sphere of our farming, business, family, education, and religious worlds. And we don't have enough leaders in position to push them back. We feel undermanned and outspent. Our boys are told to be girls, and our girls to be boys. Some of our medical world is implementing (unlawfully) age of consent protocols down to age twelve. Surgeries to castrate human males are being offered, and gender confusion is encouraged. We have an entertainment, political, and medical world that is trying to feminize boys and medically transform our youth, instead of letting them be the natural creations they were meant to be.

When I look at our Congress and at our Legislature, I'm wondering where the bulls are. Have they all been castrated too so they can be led around for show? They keep their mouths shut while they technically

fill an office, but will not ever really deal with the tough issues. What happened to the strong men who made so many promises when they were running for office? Were they there for us during the shutdown? Are they there for us now? The 3 women at the top of our state's political food chain are certainly large and in charge, but have become tyrants instead of real leaders.

I'm a businesswoman who runs a House of Prayer (MICHOP) and a Pregnancy Center. I'm trying to do all I can to help where I can. But now it's time for me to go inside the state government and assist in bringing back some of the ideals that made this state and country great. We have to change the trajectory of our state, and I can't sit by and watch it continue to tank. We must restore truth, common sense, godly family values, and a world where we can raise the next generation in. We must tell our children again that there are only two sexes, that an unborn baby has a right to live, and that we have enough social resources to care about everyone. We cannot tolerate choice only when it's a baby, but not when it's a vaccination or educational issue. And we can't have regulations, taxes, and other financial burdens that destroy our ability to just take care of ourselves.

Won't you help me turn this state around? I am running to represent you, and to serve you as your next state representative. I promise to serve with integrity, true transparency, and with intelligent research that finds the right solutions for the real problems. I promise to bring smart, experienced people to the table, instead of lobbying firms and career politicians that have no idea what they are talking about, but can certainly count the dollars collected from us. Let's get something done that's based on common sense, is respectful to humanity, and is truly financially sustainable.

August 2nd, we have the opportunity to make very important choices. Please choose life, freedom, and real accountability. I hope I have earned your respect and confidence. If so, please vote for me to work for you as your next state representative.

Tell me what you think. I welcome your comments:
Gina4StateRep@gmail.com.

For more information, please visit my website: Gina4StateRep.com.