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Echo Salon Opens



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Local climber travels to Peru



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Lowell Area Schools Sports



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50¢



Full Cord: LowellArts Artist of the Month

by Bill Lee
contributing writer

When Brian Oberlin, singer and mandolin player for the bluegrass band, Full Cord, was in high school, he played a number of instruments, including the acoustic guitar, electronic instruments and the drums. Then the summer after he graduated, he heard some bluegrass by The Dillards, out of Missouri. The music changed his life. “I was like, whoa - this is like speed metal but on acoustic instruments,” said Brian Oberlin. “The culture is very different from speed metal, but the actual music is similar in the attack. I teach bluegrass and I always teach my students that it is an aggressive sport. You’re not playing folk music here, and 90 percent of the time, it is aggressive. You have to get after it with your strumming hand.”

Full Cord had already been an established band for over ten years before Oberlin joined in 2018. Oberlin had known the members of the band – guitar player Eric Langejans, bass player Todd Kirchner, and singer, Katie Kirchner – even before he relocated from Oregon back to Rockford.



Then one night, over four years ago, they reconnected and jammed at a party and immediately felt a bond. It went so well that the next day they collectively decided that Brian should join the West Michigan-based bluegrass band, Full Cord.

A year later, fiddler

Grant Flick joined the band, along with banjo player Gabe Hirshfeld, and it became pretty clear that Full Cord had something special and was cooking with oil. Since 2020, Full Cord has won Best New Album of the Year Listener’s Choice (WYCE Jammie Awards), ROPM festival band competition

winners, 2021 Bluegrass Unlimited August Featured Artist, and Telluride Bluegrass Festival Band Contest Winners. And don’t forget there’s LowellArts Artist of the Month for December. “It’s cool that Lowell is reaching out and supporting local music,” said Oberlin. “It’s really

great when communities have community news about music and stuff, rather than who was arrested.”

A lot of their accomplishments come from the individual talents of each band member but

**Artist,
continued page 2**

2022 LL&P holiday lighting competition winners

Lowell Light and Power (LL&P) has announced the commercial and residential winners of the 2022 Holiday Lighting Competition, hosted by LL&P and the Lowell Rotary Club.

The residential winner is Brian Darling of 1580 Carol Lynne Dr. Honorable mentions go to the homes on N. Washington St. and Sibley St., who were close contenders.

The commercial winner is Greenridge Realty - Lowell Office. If you haven’t seen their light show yet, stop by 1160 W. Main St. and tune to 100.9 FM. Honorable mention goes to FanDangled Custom

Apparel at 210 W. Main St. The community is encouraged to drive around and see all the homes and businesses that participated (see map). Photos of the top contenders can be found on

Lowell Light & Power’s Instagram and Facebook pages (Facebook.com/lowelllightandpower).

Both winners received a trophy and prize package containing Lowell Bucks, Christmas lights, kitchen towels, pot holders, mug, cookies, spices, caramel dip, hot chocolate, and more!

Betten Baker donated the trophies. Prize package items were generously donated by Alpha Care Center, Flat River Outreach Ministries, King Milling Company, Lighthouse Inc, Mark and Teresa Mundt, Owen-Ames-Kimball Co, Lowell YMCA, and other members of the Lowell Rotary Club.

“We love hosting this



The residential winner is Brian Darling of 1580 Carol Lynne Dr.

**Winners,
continued page 16**



At Your Local Library

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

Scrabble for Seniors

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

Countdown to Happy Noon Year

Saturday, December 31, 11:30 - 12:30 pm. We're giving kids an exciting way to ring in the new year with a countdown, noisemakers, crafts and fun -- at an hour that won't keep them up way past their bedtimes. For all ages.

Storytime

Monday, January 9, 10:30 - 11:30 am. Nurture your child's love of books and build early literacy skills through stories, rhymes, music and movement. For ages 0-5.

KDL Lab Experience

Wednesday, January 11, 4-5 pm. Drop in and allow children to think creatively, tinker, explore and collaborate while engaging in a variety of hands-on activities based on STEM concepts. For ages 5-10.

All Aboard Book Club

Thursday, January 12, 10:30 - 11:30 am. Join a fun, informal discussion of great books. This month, we'll discuss *The Church Builder* by A.L. Shields. For ages 18+

KDaLE: Home-brew 101

Thursday, January 12, 6:30 - 7:30 pm. In this introductory class, you will learn about equipment and best practices. Walk out feeling confident in your ability to produce a decent product to share with friends. For adults 21+

Artist, continued

also with how well they work together. Bluegrass has a rich history of multiple string instruments – banjos, guitars, mandolins, standup bass, fiddles – playing together in rhythm but each instrument getting a solo during most songs. “What defines a really good bluegrass band is the accompanying rhythm,” said Oberlin. “Let’s say the fiddler is taking a solo, and the other members of the band, it’s their duty to help that fiddle player sound better, to provide a really solid canvas, a super solid rhythm. The mandolin is doing a back beat chop. The bass player is throwing down the down-beat. The guitar player is playing all the harmony. It is a tender balance and that’s what defines a particular sound of bluegrass.”

When you watch Full Cord play, it is clear that they enjoy playing together and making the somewhat technical elements of the music look easy... and fun. “Imagine a grown man making a living doing this,” said Oberlin. “You have to laugh at it. It is fun. It’s still a challenge. If it weren’t a challenge, then it wouldn’t be fun.” At the same time, playing the



same style of music all the time for so many years can get a little stale too. When that happens, they decide to change an arrangement, try it out in rehearsal, and then have a go at it in front of a live audience.

Playing live is what Full Cord loves to do, and they want the audience to have a good time. Bluegrass lends itself to an audience getting involved – stamping their feet, clapping their hands, and maybe dancing. How could a person not move when you hear it? Full Cord has performed throughout

the country recently, but the band enjoys their local West Michigan venues, as well, including Holland’s Park Theater and Benton Harbor’s The Livery. “You can always tell, when you go to a venue, how the owners and managers put on a show and work with the musicians coming in,” said Oberlin. “You can tell there is a mutual respect. They really love putting on good, live music. They do good promotion and you can also see that by looking at the bands they bring in.”

Building off its recent

success at Telluride and other performances, Full Cord will be having a very busy 2023, full of live and studio performances. “We’re playing all over the country this coming summer,” said Oberlin. “We’re signed with Dark Shadow Recordings out of Nashville. We’re gearing-up to record a new album as soon as possible. We’ll put out our freshman release with that company, so we’re super stoked.” You can find out more information about Full Cord by going to their website fullcord.net or going to their Facebook page.

Social Security supports rural communities

Social Security touches the lives of nearly every American. Millions count on us — retirees who worked hard their whole lives, people no longer able to work due to disability, dependents, and survivors. As a member of the Rural Partners Network, we want to continue reaching out to rural communities.

We make it easy for you to access our programs and

services. Our website offers a convenient way to apply online for benefits. You can apply online for:

Retirement or Spouse’s Benefits – You must be at least 61 years and nine months in age and want your benefits to start in no more than four months. Check out our Apply for Benefits page at www.ssa.gov/retireonline for information on how to apply.

Disability Benefits – Our disability program pays benefits to workers and certain family members who are “insured.” This means that they worked long enough – and recently enough – and paid Social Security taxes on their

earnings. Start our online application at www.ssa.gov/disabilityonline to begin the process.



Supplemental Security Income (SSI) – SSI provides monthly payments to adults and children with a disability or blindness, or people older

than age 65, who have low income and resources. Visit www.ssa.gov/benefits/ssi to begin your application online, or tell us that you want to apply or help someone else apply and we will contact you to schedule an appointment.

Social Security, continued page 7

VERGENNES TOWNSHIP PLANNING COMMISSION PUBLIC NOTICE

There will be a meeting of the Vergennes Township Planning Commission on January 9th, 2023 at 7:00 p.m. at the Vergennes Township Hall located at 69 Lincoln Lake Ave (Lowell) to hear the following business:

A private special exception use application has been received from Murray Lake Marina/David Steinbrecher for the properties addressed as 3500 Alden Nash Ave NE (pp#41-16-03-100-005) and 3398 Alden Nash Ave NE (pp#41-16-03-100-013), Lowell, MI 49331. The special exception use would allow boat storage facilities on both parcels in conformance with zoning ordinance 201.304, 201.437 and 201.440.

The complete application can be reviewed at the Vergennes Township Hall from 9 a.m. to 3 p.m. on Mondays and Wednesdays and from 9 a.m. to noon on Thursdays or on the website at www.vergennestwp.org. Public comment will be heard at the meeting and comments received by mail, email, in person or in the Township drop box will be considered if received at the Township office prior to 6:00 p.m. on the day of the meeting. Comments may be emailed to: zoning@vergennestwp.org

To view the application on the website, click on “Departments”, then “Planning Commission” then “Pending Applications.”

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Lowell School Board meets, evaluates Superintendent Fowler, thanks outgoing members

The Lowell Area Schools Board of Education met for its regular meeting, Dec. 12, at the Administrative Offices building. Much of the meeting focused on the evaluation report of Superintendent, Nate Fowler. Board Secretary, Pat Nugent, presented the outcome of the yearly evaluation

The evaluation rates Fowler in several categories: Governance and Board Relations, Community Relations, Staff Relations, Business and Finance, Instructional Leadership, and Student Growth. Fowler was found to be rated overall an 86 percent out of 100 percent, which ranks him in the "effective" category.

Nugent said that the student Student Growth score is a difficult way to judge a superintendent, as it includes student test scores from the NWEA, M-Step, PSAT, and SAT examinations. "The standard that the state gives to get a four in student growth is very high. We find it very difficult; we don't understand how any school can get to a "four" in this level. A "three" shows anywhere from 75 - 90 percent of our students

achieving growth, which is what we see in all the leading districts across the state," Nugent said.

Without the Student Growth portion factored in, Fowler's score is 91 percent, which ranks him in the "highly effective" category. The report said it values Fowler's leadership and has seen growth in his effectiveness. Fowler has been the Lowell Area Schools superintendent for less than two years. "The Board finds Mr. Fowler to be a very effective Superintendent. He has been in his current role as Superintendent for less than two years, and we have witnessed steady growth in many areas. Various influences, from Covid-19 and national social movements, to local building construction and individual student issues, have continued to create a new normal for superintendents, school boards, and staff to live with."

Fowler thanked the board for its feedback. "I wish to express my appreciation and thanks to the Board for their constructive feedback and the positive relationship that we do have. I look forward to continuing to work with

you and help the district achieve all of its goals," he said.

Fowler reported on prospective summer Construction projects in order to get bid approvals by the Board. He reported an approximate \$1.4 million in bids, which include all architectural, engineering, and construction fees for the projects. The projects are the Murray Lake Elementary boiler (\$275,000), parking lot lighting at the high school (\$296,000), and lighting in the football stadium (\$360,000)

During the public comments portion of the meeting, Tom Stahr, a retired teacher, thanked the board for their work and encouraged the incoming board members to keep up the "good reputation that the school district has." "You've got to have tough skin and the patience of an angel," he said.

Lowell parent, Stefanie Boone, said she has concerns about transparency and accountability between the Board and the community. She said she forwarded the Board an email exchange she had with Lowell High School principal, Stephen Gough, in which she said she was called disingenuous

with how and why she presents her concerns to the Board. Boone said her ongoing concern with inappropriate library books being available to students is still a problem. Some books have been pulled from the library, but Boone said the Board is not living up to its own bylaws pertaining to "rectifying any misunderstanding between the public and the district." Boone said communication with parents needs to be clearer and more timely. Fowler said there were some library books that were removed through the "natural weeding process" He said he would check into the issue and find out more details.

Fowler and Board members thanked the outgoing Board members for their service. Jessica Curtis was not re-elected for service, and Gary Blough is retiring from the Board after 12 years of service. "Jessica, you are the definition of service. You are a great model of what it is to serve in a way that is looking out for the best interests of all kids," Fowler said to Curtis. "I've been on the board the entire time that Gary's been on the board," Nugent said. "His thoughtfulness and



Superintendent Nate Fowler

passion to do what's right during his time as a Board member, he is especially proud of our curriculum and special education departments making it through the pandemic.

Curtis said that though she is no longer on the Board, she plans to stay active with LAS. "I will still find plenty of ways to serve Lowell schools." Nate Fowler Dec 2022.

happy birthday



DECEMBER 22
Jason Seeley, Cody Soyka.

DECEMBER 25
Scott Shindorf, Chris Treglia, Jeni Clouser, Peggy Hayes, Star Daverman.

DECEMBER 24
Jeffrey Pfaller.

DECEMBER 26

Margaret Gasper, Shay Hacker, Stephanie Peel, Butch Landman, Kaitlyn Callihan.

DECEMBER 27

Mark Nyp, Jay Clark, Foster Skoog.

DECEMBER 28

Lisa Stormzand, C.J. Sokolowski, Matt Francisco, Randy L. Smith.

Thank You

The Alto Lions Club would like to thank the following businesses and individuals for their donations to the 2022 Children's Christmas Party.



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| | Pat Thomet
<i>(in memory of Stewart Thomet)</i> |
| | Vander Ziel Machines |
| | Weeland Farms |
| | Zook Farm Equipment |



Alto Area Lions Club



FROM (FLAT RIVER OUTREACH MINISTRIES) OFFICE

Holiday Schedule

DEC 23	NO FOOD PANTRY
DEC 24-26	CLOSED
DEC 27	10AM-4PM
DEC 28	10AM-4PM
DEC 29	10AM-4PM
DEC 30	NO FOOD PANTRY
DEC 31- JAN 2	CLOSED



Author Janet Vormittag recognizes women in cat rescue in her new book *Cat Women of West Michigan*

By Emma Palova
contributing writer

Janet Vormittag of West Michigan calls herself ‘A Crazy Cat Lady,’ and thus, the name of her book series, with the newest book out just in time for the holidays. *Cat Women of West Michigan* tells 30 compelling stories of

passionate women who do cat rescue in many different forms from the actual rescue to Happy Cat Cafe in Grand Rapids.

“They’re not crazy cat ladies,” she said. “Just compassionate women.” Vormittag became the self-proclaimed, ‘A Crazy Cat Lady,’ in the mid-80s with the rescue of an injured kitten, Lucy, in Saugatuck that lived for 10 years afterward. She connected with these women through her quarterly magazine *Cats and Dogs*. “I was struck by women rescuing cats,” she said, “and some men.”

The number of euthanized cats went down from 8,000 to 189 over

the last 15 years, since the publication started. “It’s a community problem,” she said. The community problem, according to Vormittag, starts when a stray cat wanders into your yard and you feed it. “They multiply fast,” she said. According to statistics, a cat can produce around 11,000 cats over five years. Unfortunately, the numbers are going back up due to Covid restrictions, when vets were allowed to do only essential procedures, and spay/neutering wasn’t one of them.

In her new book, *Cat Women of West Michigan*, Vormittag tells 30 compelling stories of passionate women rescuing cats. The first chapter, called “Carol’s Ferals,” tells Carol’s story, who was at first in retail management but then decided to end cat-overpopulation after driving south to help rescue

animals in the aftermath of Hurricane Katrina. She used the TNR method, Trap-Neuter-Return, which involves fixing, vaccinating, and ear-tipping the feral and stray cats in a colony, then returning them to their territory.

Carol’s Ferals started a crusade that lasted 12 years with Carol spending \$35,000 of her own money, working 60 hours a week. And, 1,900 cats were adopted. Although the rescue is closed now, Carol’s story lives on. “I have a big mouth, and I give it to the voiceless,” Carol says.

Other chapters include the stories of “The Foot Soldiers,” who work in the trenches. Then there is the story of “Katie, the owner of Happy Cat Café in Grand Rapids,” who adopted 600 cats. The café has a room with cats that you can adopt. Another chapter is dedicated to a crafting group, that sells crafts and donates money to rescue. “Everybody can do something,” Vormittag said.

So far, Vormittag has written three of what she calls ‘A Crazy Cat Lady’ books.

But how challenging was it to write the newest book in the series? Vormittag started the book five years ago but had to take a break to finish another one for a sick friend. “I started a project and then had to come back



Author, Janet Vormittag, is passionate about cat rescue.

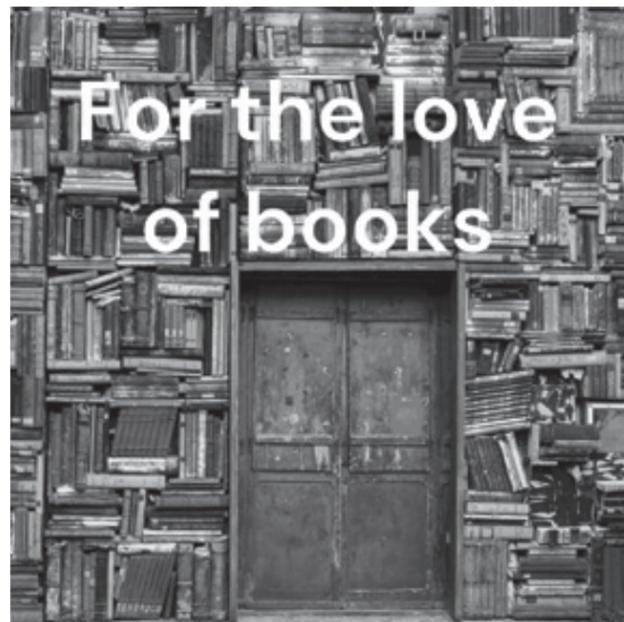
to it,” she said. “I had to re-interview some women.”

Vormittag believes that the most satisfying part was giving the rescue women recognition by highlighting them in the book. “These women need recognition,” she said. “That’s why the subtitle *The Secret World of Cat Rescue*.’ I was impressed with all of these

women.” And there’s a cool new crop of young women starting a rescue, while some have retired.

“Cats will have more respect if the numbers go down, just like with dogs,” Vormittag said. Number one is to have the cats fixed using C-SNIP. “If you see a stray,” she said. “Just get it fixed. Don’t let it wander.”

You will find out in a podcast about the most bizarre thing that has ever happened to Vormittag during an in-person author’s event. Listen in to the podcast for a chance to win an autographed copy of *Cat Women of West Michigan* on <https://emmapalova123.podbean.com/e/author-janet-vormittag-pens-cat-women-of-west-michigan/> She’s thinking about writing *Cat Mysteries*, but she will enjoy some quality time, before making a decision.



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DECEMBER SCHEDULE

NaNoWriMo special with Jean Davis, Vera West, and Emma Palova Dec. 7
Steve Boughton, Francesco Takes Flight, Dec. 9
Carol Nickles, Thumb Fire Desire, Dec. 9
Janet Vormittag, *Cat Women of West Michigan*, Dec. 17
Ann Dallman, Cady and the Birchbark Box, Dec. 17
Herman Hunter, The Wizard’s Stone, Dec. 23
Karen Tintori, Unto the Daughters, Dec. 30

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viewpoint



125 years ago The Lowell Ledger December 23, 1897

A formal complaint was made to the board of education against Miss O'Keefe, teacher in the Congress Street School, who is charged with punishing little Roy Hoyden, by putting soap in his mouth, and compelling him to stand before the school when he was ill. The teacher declares Roy used offensive language when she asked what ailed him and he appeared ill, and she, therefore, applied soap to cleanse his mouth.

Vergennes area: Our items of last week did not reach the office. Who was to blame, the mail carrier or the boys at the post office. Someone had better watch out.

100 years ago The Lowell Ledger December 28, 1922

Peter Geib, ye old time blacksmith, believes in giving Santa a job. He donated 26 pairs of stockings to his children and grandchildren.

The little tree planned by loving hands for little Emery and Betty June Freeman was rudely broken in on by the call for Mr. and Mrs. Emery Freeman to come to the bedside of Mrs. F's parents near Ionia, who were both very low.

Mr. and Mrs. Chas. Layer received a Christmas box from their son, who is among the few American soldiers still remaining in Germany. What for, few seem to know.

Advertisement: Stocking's store only place to find records for all kinds of phonographs and talking machines.

75 years ago The Lowell Ledger December 25, 1947

The coming of Christmas Day closes a very happy festival season for Lowell. From the first turning on of the beautifully decorated lighted streets, through the most interesting of Santa Claus Parades and down to the singing of the last carol at the Nativity scene in Richards park, there has been a happy spirit of willingness to give of individual talent.

Dave Clark, who has been owner for the past two years, and manager for about ten years of Cook Plumbing and Heating, announced this week that the firm name would be changed on January 1 to Clark Plumbing & Heating.

Having returned to Lowell, the undersigned announces the opening of a beauty parlor at 106 N.

Riverside Dr., first door north of Dr. Oatley's office, and will be pleased to welcome former patrons and all new customers. Mrs. Florence Stiles.

Mrs. Emma Moffit and Mrs. Fred Pattison were Sunday dinner guests of Mr. and Mrs. O.E. Meyer and Tommie in Alaska. Larry Link was also a dinner guest, and he and Tommie had loads of fun riding the shetland pony, Pepper, who objected quite strenuously to carrying double, but didn't buck them off.

50 years ago Lowell Ledger Suburban Life December 21, 1972

Several area lottery winners have been reported. Among the lucky ticket holders so far are Laurence Haywood and Jane Houseman.

Heavy ice and snow heavily damaged the A&W Root Beer Stand, just outside the East City Limits on M-21.

Three juvenile boys, two on probation, and one under the guidance of a case worker, were arrested Thursday for breaking and entering Zzano's Pizza on East Main Street. Identifying footprints left on the door when the boys kicked the front door Wednesday night, led to their questioning. Restitution of the \$162 in cash was made to the owner, Tony Stormzand.

Warning: Section 331, Title 18, United States Code makes alteration of coins, and/or passing such altered coins, a Federal offense punishable by a fine of not more than \$2,000 or imprisonment of not more than five years, or both!

"Early-bird" auto-license purchasers are reminded to hide old '72 plates until April 1, to forestall their being used illegally.

25 years ago The Lowell Ledger December 24, 1997

Mike and Chris Postema may not recommend multiple births, but they certainly don't regret the four libel blessings. Feelings of concern for the health and development of Janelle, Matt, Morgan and Luke, born

Oct. 2, 1996, have been replaced one year later with relief and gratitude.

Pinky McPherson has always been actively involved as a volunteer in programs that benefit kids in Lowell Schools. With her new role as director of Lowell Youth Development, McPherson will have input.

The Lowell Middle School eighth grade drama class will present a modern version of the beloved fairy tale, "Snow White & Friends" on Thursday, Jan. 8. The play has all the familiar characters, but some may be a little different from childhood memories.

This edition has the traditional Ledger Year in Review section.

outdoors

follow the trail

Dave Stegehuis

Michigan is sometimes called the "Trail State" for good reason. The state maintains over 13,000 miles of designated trails, located across both peninsulas. With the addition of county, township, and municipal walkways and trails, places to walk, run, or ride are very accessible to those seeking recreation in the outdoors. Walking or biking off the roadway is a pleasant and safe way to get some fresh air and time to relax. Trails around home can be a great place to get daily exercise by jogging or just walking the dog.

Public trails are usually designated for specific activities to protect the trail from damage, as well as ensuring the safety of the user. For example, walking trails may prohibit the use of motorized vehicles for obvious reasons.

Motor sport folks are not left out because there are over 4,000 miles of ORV/motorcycle trails and routes. Snowmobilers can ride on 6,000 miles of trails; some are regularly groomed. There are thousands of miles of hiking and biking trails. The North Country Trail passes through Upper

and Lower Michigan with headquarters in Lowell. Special trails accommodate watercraft, cross country skiing, snowshoeing, and horseback riding.

Once at a trail head, there are places to park. More developed and popular trails may have vault toilet facilities. Look for trail maps posted at the site or printed maps to take out on the trail. Some areas require a Recreational Passport license plate. Trail information can be found online or in published books. Do some planning before you go to make for a smooth and enjoyable experience.

All of these different trails present an opportunity to explore places farther from home. A little research will locate trails that match one's interest and travel plans. We spent time during several winters traveling around the state to experience different cross country ski destinations. Whatever your mode of travel, getting out on a trail system provides the opportunity to visit special places and have unique experiences not possible without getting out of the house and off the highway.

We love to hear from you!



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

The requirements are:

- All letters must be signed by the writer, with address and phone number provided for verification. All that will be printed is the writer's name and community of residence. We do not publish anonymous letters, and names will be withheld at the editor's discretion for compelling reasons only.
- Letters that contain statements that are libelous or slanderous will not be published.
- All letters are subject to editing for style, grammar and sense.
- Letters that serve as testimonials for or criticisms of businesses will not be accepted.
- Letters serving the function of "cards of thanks" will not be accepted unless there is a compelling public interest, which will be determined by the editor.
- Letters that include attacks of a personal nature will not be published or will be edited heavily.
- "Crossfire" letters between the same two people on one issue will be limited to one for each writer.
- In an effort to keep opinions varied, there is a limit of one letter per person per month.
- We prefer letters to be printed legibly or typed, double-spaced. We have a 500-word limit.

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

ABCs of Lowell history

Address: 312 E. Main (The Superior Lofts portion of the building.)
Date Built: 1926
Owner: 1st Superior Furniture Co
1st business: 1st Superior Furniture Co

The first Superior Furniture Company began in Grand Rapids in 1920. In 1925, they purchased the Ypsilanti Reed Lowell factory, which had formerly been the Peckham Auto Body Factory. In 1926, they erected this addition, 77 x 32 feet, two stories high to the east of the original building and moved to Lowell. They also installed a new dry kiln. Rails from the Pere Marquette siding were laid to the factory.

The company's finest hour was when Miss Anne Madison Washington, a direct descendant of the Washington and Madison families, came to Grand Rapids and selected Superior Furniture to furnish a replica of the Mt. Vernon

home for the International Colonial and Overseas Exposition in Paris in 1931. Superior furnished a dressing table, candle stand, chest of drawers, two pie-crust tables and two drop-leaf tables, all duplicates of originals in the Mt. Vernon mansion.

The first Superior Furniture went into voluntary bankruptcy on October 14, 1935, and the assets were sold at auction to the owners of the Central Michigan Office Chair Company of Charlotte and W. S. Lee, who was to manage the Lowell plant. The new company continued using the trade name "Superior" and this became the second Superior Furniture Company, 1936-2009.

The owners of MI Hometown Furnishings have offered "Superior Lofts" (apartments) for rent, in this building since 2020. Early history: This 300 block of East Main Street was the first business block

in Lowell (originally called Dansville) and it became known as the "Old Wooden Row." There were 12 buildings. The first building in the block to be built was #5. It was built in 1846 by the Odawa in Cobmoosa's village near today's Oakwood Cemetery and hauled to this location with eight pair of oxen. Other buildings in Old Wooden Row can be seen in the images below along with the businesses that occupied them.

Old Wooden Row Buildings Key:

Building #1 was known as the Hiler building. Mrs. Julia Hiler had her Millinery shop on the 1st floor, 1864-1901. Mr. Milo Hiler had his photography studio on the 2nd floor, 1863-1901. He had a reception room; an operating room with a north skylight, that held the



Old Wooden Row Buildings

camera, posing chairs and accessories; a dark room; and a printing room. You can see him standing on his roof taking photos of a parade in 1896.

#2: In 1892, it was the shoe store and dwelling of Mr. and Mrs. John Robertson. In 1907, it was the second-hand store of H. H. Read.

#3: J. C. Hare marble shop, 1884-1890; Kisor & Ayers, 1890 Kisor died so Ayers continued; J. H. Hamilton's Lowell Granite and Marble Works, 1895, until the fire of 1907.

#4: A.P. Hunter owned the building. It housed the Banner Laundry of the Severys', 1890s. O. J. McClellan was the laundryman in 1907. They lived upstairs. Mr.



Top-Furniture being built at Superior Furniture Company, photo by Norton Louis Avery.

McClellan was electrocuted trying to save his family during the fire. Gib Worden, the old dance fiddler, also had a room upstairs—he was the self-appointed night watchman because he knew this wooden row would be a fire trap. The fire did start from a spark in the laundry room.

#5 It was built in 1846 by the Odawa in Cobmoosa's village, near today's Oakwood Cemetery, and hauled to this location with eight pair of oxen. It was first used by Daniel Marsac as a store and then by John Hooker. Later uses were a saloon, bakery, shooting gallery, and the 1st office of The Lowell Ledger (1893-1898). The publisher Frank M. Johnson and family lived upstairs.

#6: Millinery, 1881 & 1892. Mrs. M. N. Purple made hats and did hair. It was the variety store of Mrs. Purple and Mrs. Bisby. In 1900, it is listed as Hairdresser.

#7: Bakery. Emmet Chase Bakery, 1880s; City Bakery of Charles Lawrence, 1891-1895; Mrs. Nicklin's City Bakery and

Restaurant, 1896+. The building was moved up Monroe St. to become the home of Bert Carr.

#8: Warehouse in 1885; dwelling in 1892. It was gone by 1910.

#9: Checkered Front. Samuel Sweetland and Joe Smith Grocery, 1866. Dr. Draper had a veterinary office here and used the blacksmith shop behind it, prior to building at 317 E. Main in 1910.

#10: Carriage Shop and Painting with Blacksmith building behind it. The Auto Body Co. bought the Scott blacksmith property in 1909 and tore it down after using it while building their new factory.

#11: Dwelling, 1885-1910.

#12: Meat market. D. C. Foster & Fred Sayles Meats before 1885, only D. C. Foster after 1885. Later, it became a dwelling and was known as the George Speaker house. The house was moved to Washington St. before 1929. In 1936, the Lowell Ledger declares that this corner is Lowell's newest park with green grass and a park bench.



Old Wooden Row Buildings

area churches

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL

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

Riverside Fellowship of Seventh-day Adventists

"Praying and studying together"
 Saturday service begins at 10:30 AM
 10300 Vergennes St. SE, Lowell
 616-987-0567
 www.lowellriverside.com
 Pastor Darrel le Roux

GOOD SHEPHERD LUTHERAN CHURCH

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

St. Mary Catholic Church

402 Amity Street • 616-897-9820
 Website: www.stmarylowell.com
 Weekend Masses: Sat 5 pm; Sun 10:30 am
 Confession: Saturdays 3:30-4:30 pm
 Prayer & Adoration: Wednesdays 9 am to 4:45 pm
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 897-7168 • www.fbclowell.org
 Pastor Jon Pickens • Lead Pastor
 Pastor Andrew Bolkcom • Pastor of Discipleship
 Christi Swain • Director of Children's Ministries
 SUNDAY WORSHIP.....9:30 AM (Nursery provided)
 LIFE GROUPS11:00 AM (Nursery-Adult)
 Awana (K-5 during school year) Wednesday, 6:15 PM

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This Lowell Grinch's heart has grown a little

by Bill Lee
contributing writer

Okay, I have to be frank here, Christmas is pretty low on my holiday favorite list and this is much to my wife's disappointment. She is... how do I say it? A Christmas freak. She wants a Christmas tree in the house for all of December and part of January, to a point that when you bump into the tree by mistake, half of the needles fall to the ground (can you say fire hazard?). Me? When I was single, the tree would go up on December 20th and come down on December 26th, and with a quick vacuum and sweep, it was as though Christmas didn't even happen. I grew up when Black Friday symbolized all that was horrible about the holiday - people at Walmart having a tug-of-war over

a Furby or Cabbage Patch doll, or trampling over each other for a Princess Bear Beanie Baby or whatever the latest "It" toy happened to be. These images are seared in my brain, and although I know this still happens in our country, things have also changed. Since online-shopping took its hold, the mad rush to retail stores has subsided. Yes, I still believe Christmas is a very capitalistic/consumer-driven holiday and can be pessimistic about it at times, but I have come around some. Thanks to my wife and my daughter, I have a little more Christmas spirit in me now than my past. But, to be clear, I'm still 'Grinchy' at times. I own it. One would think that with my wife and I being on polar opposite ends of the Christmas-spirit spectrum,

that we could meet in the middle and celebrate Christmas in moderation, right? Wrong. That battle was lost years ago. Put it this way, I'm writing this article with Leon Redbone's Christmas album playing in the background, while the Christmas tree glows to my right and bows blink over the window frame to my left. And it's only 9:30 in the morning. Really, as a couple, our Christmas stories are very different. I grew up in the Boston area among many Irish Catholics, so we were quite practical in our celebrations - go to church, have a Christmas dinner, open presents the next day, and play until we dropped. We celebrated Christmas, but when it was over, it was over. My wife's family? Lots of tradition, which includes



Holiday lights at Greenridge Realty.

many days staying with her parents in Bay City, where she grew up. Traditions that happen EVERY YEAR are: Walking in the downtown of Frankenmuth, shopping at Bronner's, eating at Zehnders, picking out books at Barnes & Noble for presents, Christmas Eve/Christmas dinner at relatives' houses (especially her late grandmothers,) and opening up presents under an 18-foot tree. By the end of each ordeal, everyone is in need of a daylong nap, especially me.

But like the Winter Warlock in "Santa Claus is Coming to Town," my cold heart has melted over the years and I've started to enjoy the holiday a little more (don't tell my wife though). The main reason for this change, of course, is my four-year-old daughter. She, like her mother, loves Christmas. I decided that I

could make a better effort, and I have, and I want to thank the City of Lowell with helping to thaw my heart.

First, the Christmas parade, particularly this year's, was a lot of fun, albeit quite cold. We had a friend come over from Ada with his young daughter, and after the parade, he could not hold back his surprise. "I had no idea Lowell had things like this going on." It's true. Lowell rocks in regards to celebrating Christmas. A Nite of Christmas Cheer is also another special event. Seeing reindeer, eating Christmas cookies, warming-up beside the fire, going on horse-drawn carriage rides, and meeting Santa and Mrs. Claus? It doesn't get much better than that. And then there are the lights...

Thank you to all those businesses and families who take the time to decorate their houses here in Lowell. It has provided the Lee family some great entertainment on a few nights each week, driving around and watching all the creative lights (sometimes with accompanying music too!). Our daughter loves them, and my 'Grinchy' heart has grown a bit. Recently, my wife's family had a Zoom trivia contest with a Christmas theme to it. My wife and I were partners and started off slowly, but got better toward the end. To win it, we had to match Christmas song lyrics to the titles of the songs. We got all twenty correct. Hmm... maybe my wife is onto something (but don't tell her!). Merry Christmas Lowell, Happy Holidays and Happy New Year.

Social Security, continued

who have disabilities, and people with end-stage renal disease. If you are not already receiving Social Security benefits, you should apply for Medicare three months before turning age 65 on our Medicare Benefits page at www.ssa.gov/benefits/medicare.

Extra Help with Medicare Prescription Drug Costs - Extra Help helps pay for monthly premiums, annual deductibles, and co-payments related to Medicare prescription drug coverage. Apply at www.ssa.gov/extrahelp.

We also encourage rural community leaders to encourage people to sign up for a personal my Social Security account at www.ssa.gov/myaccount. With a personal my Social Security account, you can request a replacement Social Security

card, verify earnings, get future benefit estimates, and obtain benefit verification letters.

We also provide survivors benefits to widows, widowers, and dependents of eligible workers. This benefit is particularly important to young families with children. You cannot apply for survivors benefits online. Visit our website for more information at www.ssa.gov/benefits/survivors.

If you are not able to use our online services, call our National toll-free number at 1-800-772-1213. We may be able to help by

phone and, if an office visit is required, we can make an appointment to reduce the time waiting in an office.

We remain committed to helping maintain the well-being and protection of the people we serve—including those in rural areas. Please share this information with others in your local community.

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

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LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

To be considered, all proposals must be submitted online by **January 6, 2023.**

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

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

Lowell resident climbs to help orphanages and see the top of the world

By Emma Palova
contributing writer

Oscar Wilde once said that “To live is the rarest thing in the world. Most people exist, that is all.”

Lowell resident, Shane Chidester, has decided to live his life by experiencing stuff, rather than just existing. In Chidester’s case, stuff means climbing the highest peaks to see the top of the world, and helping kids in orphanages, while having fun.

Chidester started climbing six years ago, when his friend, Marc Milburn, was having a tough time and needed to get away. They conquered Kilimanjaro, the highest free-standing mountain in Africa, at 19,341 ft. above sea level, and dropped off supplies and soccer balls at an orphanage.

Which had 80 kids living in a very small house. “We dropped off a bunch of supplies and soccer balls,” he said. “The kids had zero toys and she could hardly keep food for them. We plan to revisit that orphanage in 2024.”

Chidester says that he enjoys the challenge of pushing his body to the limits at high altitudes.

The other appealing aspect of the climbing journey was that only a few people will ever see places such as Kilimanjaro. Not that his normal life is boring; Chidester flies a Boeing 747 for Atlas Airlines.

The next trip was to the Everest Base Camp in Nepal, where the orphanage had double the normal number of kids because of the earthquake three years earlier. The kids got soccer balls and school supplies.

The next two trips were to the Hogar De Elim orphanage in Peru, donating soccer balls, toothbrushes, and toothpaste. “They had nine kids the day we went and now they have 11 kids because the mother was having some medical conditions,” he said.

This trip was on the famous Inca Trail donning the fascinating Dead Women’s Pass, which is the highest point of the classic trail at 13,800 ft. on its route to Machu Picchu. “Its name is Dead Women’s Pass because of a rock formation,” he said. The rock formation, seen from the bottom of the valley, resembles the form of a women’s supine body.



Shane Chidester at the Hogar De Elim orphanage in Peru.

The most recent trip to Peru was to practice climbing Aconcagua in January. Aconcagua is a mountain in the Principal Cordillera of the Andes Mountain range, in Mendoza Province, Argentina. It is

the highest mountain in the Americas. Chidester will be taking the Lowell flag there, as well. “I am glad that I can do this,” he said. “This will be the hardest I have tried yet.” The mountain is 22,841 ft tall and the hike will involve four load-carry days. Chidester has also climbed Mt. Rainier in Washington State.

Chidester starts training about a year before a planned hike by practicing on actual stairs to push his body and heart rate up. However, he doesn’t recommend running because runners struggle with high altitudes. “The toughest climb is the first one,” he said. “Then your body acclimates to the high altitudes much faster.”

He plans on taking his nephew, Connor Rapson, 14, to climb Kilimanjaro in 2024. They’re going to take the Lemosho route with the west breach, which is climbed by less than one percent of people that visit

Kilimanjaro. “We will start conditioning for it this summer,” he said.

Each climb or hike is different and not just by the level of difficulty or the beauty of the scenery. “The culture is the most different about them,” he said.

Chidester recommends starting at the Everest Base Camp with free-form hiking at 18,200 ft above sea level. “There are multiple trails there,” he said. Chidester saw a group of paraplegics hiking there, at the rate of four hours a day. “Get in

There’s living and existing. Live your life, experience stuff.
- Shane Chidester, climber and Boeing 747 pilot



Shane Chidester with the Lowell flag at the Dead Woman’s Pass on the Inca Trail.

L
Go Red Arrows!



the lowell ledger



Echo Salon located in revamped space at 505 W. Main St.

By Emma Palova
contributing writer

Be an #echobabe. It's the new status symbol at Echo Salon in Lowell.

Owner, Melissa Looman, and husband, Adam Looman purchased Echo Salon in Grand Rapids in 2017, which was founded in 1999. In October, they decided to expand after finding Jultara for sale in Lowell. Julie Heimer, the previous owner, is still working as an independent contractor at the new-rebranded Echo Salon Lowell. "It's a joy to revamp the space while getting to know the guests and culture here," Looman said. She also drives through Lowell several times a month to visit with parents in Ionia. "We have done many dinners and activities in this thriving community, including the many festivals that are so

fun," she said. "It seems to be growing as well, which means there is more hair to be done."

At Echo, people come first, according to Looman. "Our goal is to enhance and inspire inner beauty," Looman said. "We do that in many ways, but mostly it's about treating people with kindness and love. We listen well and treat others with dignity and respect."

The salon specializes in lived-in hair color, cuts, and flawless hair extensions. "We're obsessed with education, constantly gleaning inspiration and knowledge from the classes we attend and host," she said. "Finally, we guarantee our services. If ever you're unsatisfied with a service at our salons, we make it right."

The first salon Looman purchased came with the



Melissa Looman (owner), Hailey Seaman, Alex Baranowski, Julie Heimer (all stylists). Photo courtesy of Alana Sawicki.



Echo Salon is located in a new revamped space. Photo courtesy of Alana Sawicki.



Echo Salon is located at 505 W. Main Street, Lowell. You can reach them at -742-9980. Photo courtesy of Alana Sawicki.

name Echo, which came from the super high and echoing ceilings of the urban space. "We love the name and how it has become a status symbol to be an #echobabe," she said. "I hope our culture of enhancing and inspiring inner beauty reflects in each and every experience at our salon, where guests are heard and listened to."

Echo Salon offers an affordable luxury with the extra time we take to make sure every guest is fully taken care of and leaves with solutions to any hair concerns they had when they came in, whether it's a simple trim or a full color and balayage makeover.

"I like that Lowell is a small-big town. I grew up in Capac, Michigan; a very small town, where everyone knows everyone and you can't go grocery shopping without chatting with three people you know," she

Our goal is to enhance and inspire inner beauty.
Echo Salon owner Melissa Looman

said." It was a supportive community that helped and took care of one another, and I have seen that here in Lowell, even in the short time I've been working here."

Looman's hope is that Echo Salon Lowell can grow into a busy, exemplary salon with some of the best stylists in the area creating beauty and loving their work, while

guests are refreshed, rested, and taken care of. "More than that, I hope to join and help to elevate the culture of hairdressing in Lowell and beyond, leaving our industry a better place than we found it," she said.

at Echo Lowell and help me find ways to help and join our community. At our downtown salon, we do an annual Christmas charity that the stylists choose, so we will certainly do that, and perhaps we can join some of the fun festivals and celebrations that Lowell has to offer."

"I believe we are blessed to be a blessing, so wherever we can join and integrate into the community, I hope that it adds nothing but good vibes to Lowell," Looman said.

Echo Salon is located at 505 W. Main St. Suite, C, Lowell and can be reached at 616-742-9980.

"Integrating in the Lowell community will take time, and I'm so grateful that Julie and Hailey, from Jultara, have decided to keep working

CITY OF LOWELL CITY COUNCIL NOTICE OF PUBLIC HEARING

TO: THE RESIDENTS AND PROPERTY OWNERS OF THE CITY OF LOWELL, KENT COUNTY, MICHIGAN, AND ANY OTHER INTERESTED PERSONS

A public hearing concerning the adoption of the Five-Year Parks and Recreation Plan for the City of Lowell will be held during the City of Lowell's City Council Meeting on January 17, 2023, at 7:00 PM. This meeting will be upstairs at the City Hall located at 301 E. Main Street, Lowell, Michigan 49331. All interested persons are invited to submit their comments in person or in writing at or before the meeting. Individuals with disabilities requiring auxiliary aids or services should contact the City Clerk at the address number listed above.

The draft plan is available for review on the City's website: www.lowellmi.gov



Susan Ullery
Lowell City Clerk

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Red Arrow

- WRESTLING

SPORTS

Wrestling hits the road for three meet day

By Justin Scott
Sports reporter

There's no doubt, the Lowell wrestling team is talented. There's no doubt, they're deep. This weekend, we saw just how deep. The Red Arrows were able to send wrestlers to three different tournaments this weekend, racking up a little mileage, and bringing home some hardware.

Lowell sent eight of their wrestlers to the elite Carnahan Tournament, hosted by Crown Point in Indiana. Against some of the top talent in the midwest, it was going to be an iron-sharpens-iron sort of day for the Red Arrow octet. Teams like Crown Point, the hosts and defending Indiana state champions, St. Paris Graham, and St. Eds, seemingly permanent fixtures in national rankings in recent years, were at the competition. St. Eds (OH) is currently fifth place in the nation, Crown Point

(IN) is ninth, Brownsburg (IN) is ranked 33rd and finished third, respectively. Two Michigan teams that competed came with less than full lineups, those being Lowell, of course, currently sitting at 35th in the nation, and Davison ranked 27th.

Jackson Blum finished atop the podium at 120, winning in sudden victory of Adam Butler (St. Eds) in the semifinals, and a one-point decision over Zach Stewart (Marmion Academy). Five of the other seven Lowell wrestlers competing, placed and those were Carter Cichocki (sixth), Owen Segorski (second), Landon Miller (fourth), Ari McFarland (sixth), and Juan Acosta (fifth).

The "B" team, with the "B" in quotations because there was a healthy mix of wrestlers who will rotate in and out of the starting lineup or be mainstays, went to the Kent County Wrestling Championships

hosted by East Kentwood, where Lowell finished second to Rockford. Jarrett Smith, Veronica Tapia, Jared Boone, and Easton Lyons all grabbed first place finishes. Tapia competed in the girls division, part of a growing trend in Michigan wrestling of adding more girls weight classes and competition options. Braddock King placed second, after losing a Red Arrow on Red Arrow final with Smith. A tough task, given Smith's no. 3 ranking in the state. King himself, is not far behind at no. 7. Cody Foss, Logan Dawson, and Kiara Hulbert all had third place finishes. Lyons at no. 9 in the state, scored a confident win over the 11th ranked wrestler out of Rockford.

It was the "C" team that came away with a first place trophy. Normally, a third squad is going to have trouble competing with any team's top squad. Lowell went into Belding



Jarrett Smith grapples with teammate Braddock King in the Kent County Classic 106 final.

and knocked off Owosso, Fremont, and the host, Black Knights, to win the tournament. None of the programs above are ranked, but the wins are a testament to the tremendous depth in

the Red Arrow lineup.

The latest Michigan Grappler rankings have Lowell at no. 1 in Division 2. Behind them are plenty of familiar faces in Goodrich, Mason, Bay City John

Glenn, Gaylord, Middleville TK, Stevensville Lakeshore, Monroe Jefferson, Lake Fenton, and Gibraltar Carlson, in that order.

Girls basketball advantage on the glass too much for Falcons

By Justin Scott
Sports reporter

There's no other way to say it. Lowell dominated the paint in Saturday night's win over East Kentwood. That paint had shades of the early 2000's, as Lowell rolled to another win over a perennial state power, this time an undefeated one in East Kentwood, who had already beaten defending OK White Champions Byron Center this year.

The Red Arrows are red hot, 5-0 for the second consecutive season, and the

first time they've had two consecutive 5-0 starts 04'-05' to 05'-06'.

It started out in the back-and-forth game many expected, with Lowell holding a narrow 18-15 advantage after the first quarter, climbing to a 34-26 lead at the half.

Then, Lowell found their stride. It was a 17-1 third quarter that gave the Red Arrows the cushion needed to close the door early. When the Falcons found themselves with a shot near the basket, Lowell

would block it away. Open shots on the perimeter? They just wouldn't fall and Lowell gobbled up the rebounds. On the offensive end, three-point shots were falling. Layups were going down, and the team was drawing plenty of fouls. In front of a crowd that had never seen the Red Arrows play, that efficiency turned some heads in the stands.

Piper Risdon led the effort where she had 18 rebounds paired with four

blocks. The LHS rebound record, 22, is currently held by Risdon. The LHS rebound record, 19 held by Emily Dunn in 1995. She added 15 points as well. Braxcynn Baker had 27 points to lead all scorers along with three blocks of her own. Lexi Howell had 11 points and eight rebounds, while Taryn Jackson added seven points and four assists.

The game, part of the West Michigan Hoops

Summit held at Aquinas College, brought some of the big name programs in the area and state together for one exciting day of basketball. East Grand Rapids was one of those teams, improving to 4-1 on the season by beating Westfield Prep, and that game between East Grand Rapids and Lowell on January 17, it's certainly one that's going to be an epic showdown.

Until that time,

Lowell has plenty of other competition to worry about. They'll host Jenison on Tuesday, then will face that same Westfield Prep team on December 30 in Redford; a game that will give us a little look at how well Lowell could matchup with the Pioneers.



Aubreigh Oswald fights for position against East Kentwood.

Boys basketball splits pair

By Justin Scott
Sports reporter

Lowell jumped out to a 3-0 start to the season, before their dream start was spoiled by Grandville, last week.

In Tuesday's matchup against Middleville TK, Lowell came out on top 48-37 and kept the Trojans winless on the season, led in scoring by senior Drew Veldman.

On Friday, Grandville came to LHS for a non-conference game, where the Bulldogs won 75-63.

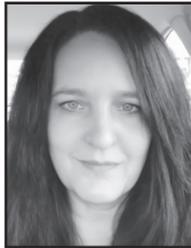
Veldman matched his jersey number with 20 points and led the way, scoring for Lowell. Following him were Alex Binns (2), Caleb Williams (2), Jackson Reisbig (5), CJ Steinebach (6), Aidan Fitzpatrick (8), and Ben Gaskin (19).

Trailing 17-10 early on, Lowell would bounce back quickly with a Ben Gaskin steals and basket, completing a 13-5 run, to give the Red Arrows a lead in the second quarter. Lowell trailed 28-25 at the break. Grandville came

into the game 1-1, with a win over Wyoming and a loss to cross-town Calvin Christian. It stayed close in the third quarter; Gaskin hitting a turnaround shot to close the gap to just one, with 4:00 left in the third. A 17-2 run by the Bulldogs ended the third quarter and all but put an end to Lowell's then unbeaten season. The Bulldogs closed out the game in the fourth quarter.

Lowell plays another OK Red team, Jenison, this Tuesday, on the road, in their last game of 2022.





Live the Life You Want

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

Improving self-talk

With the new year fast approaching I thought I would focus on some things we can work to change to really help improve our emotional and mental health. One of them is self-talk. I previously wrote an article about "The Power of Self-Talk" which focused on the differences between positive and negative self-talk. This article will focus on improving the messages we get from our inner voice.

Sometimes our inner voice is helpful and encouraging by reminding us to reach our goals, to focus on self-care, to get more sleep etc. Our self-talk is influenced by the subconscious mind which includes thoughts, beliefs, questions, and ideas. Some believe there are 3-types of self-talk, positive (I can), negative (I can't), and possibility self-talk (What if). For this article, I want to focus on possible ways to improve positive self-talk.

Thoughts + Beliefs = Actions

Embracing Supportive Self-Talk

Start by evaluating your thoughts. Listen to your self-talk/inner dialogue. Is it supportive or destructive? Has this been a lifelong pattern? Try and figure out why you developed negative self-talk, thoughts, and emotions. This can help you learn to stop them when they occur. Other things

you can do to improve your self-talk are listed below.

Would you talk that way to someone important to you?

If your inner voice is saying things to you that you wouldn't say to a good friend, a child, or someone important to you, stop the thought. This type of inner dialog is not healthy. Thought-stopping can be done by imaging a stop sign or simply switching to another more positive thought.

Reword thoughts & phrases.

Change messages like "I'm so stupid! I can't do anything right" to "I've got this. I can and will figure this out." Change your inner voice to one that is nicer, supportive, and motivating. Keep changing the negative messages to healthier more supportive ones. Eventuality, the negative self-talk will change to healthier messages.

Thoughts and feelings are not facts.

They are your reality and only if you believe them and give them power. Thoughts and emotions can be skewed and influenced by mood, upbringing, environment, experiences, beliefs, biases, mood, perceptions etc. So, if you have an unhealthy inner voice that says you are not worthy it doesn't make it true.

Practice gratitude.

When we change our focus to things for which we are truly grateful it actually moves us out of the negative mindset and toward a positive one. "Gratitude changes attitudes" isn't just an empty saying.

Be okay with being imperfect.

It's okay to not always be productive, to be human, to not always be motivated, to make mistakes without defining yourself as lazy or flawed. Would you criticize another for these same actions or feelings? Probably not, so why do you hold yourself to a different standard than everyone else? Give yourself permission to be flawed, we all are.

Be realistic with your goals and actions.

Don't purposely set yourself up for failure which can reinforce a lack of self-worth and increase negative self-talk and feelings.

Try positive affirmations and phrases.

This is a type of supportive self-talk. Daily make at least one positive statement about yourself and repeat it throughout the day. This will start reinforcing supportive self-

talk and work to increase feelings of self-worth. We can retrain our brain!

Complete exercises in positive self-talk.

Read and process key ideas-exercises in books such as "What to Say When You Talk to Yourself" (Helmstetter). There are also helpful articles on credible websites such as Psychology Today, Psych

about yourself and how you respond to events in your life. So, learn to harness that power by banning that inner snarky critic. For some, this may be difficult but you are worth the effort!

Thoughts become words. Words become beliefs. Beliefs become actions. Actions become habits. Habits become character. Character becomes your destiny.

If you've criticized yourself for years and it hasn't worked to get you what you desire, try approving of yourself and see what happens. If you can't get the desired results on your own, find a supportive therapist to help. This article is not intended to diagnose or treat. I hope everyone stays safe and healthy.



Central, or Good Therapy that are written by other professionals in the field.

Your thoughts and beliefs are the source of your emotions and in turn result in your actions. The conversations you have with yourself can be harmful or beneficial. They are so powerful they influence how you feel

VERGENNES TOWNSHIP ZONING BOARD OF APPEALS PUBLIC NOTICE

There will be a meeting of the Vergennes Township Zoning Board of Appeals on January 5th, 2023 at 7:00 p.m. at the Vergennes Township Hall located at 69 Lincoln Lake Ave (Lowell) to hear the following business:

1. A variance application has been received from James Speerstra to create a non-conforming shared driveway easement for a property located at 13163 Vergennes Street NE, Lowell, MI 49331. The property is known as permanent parcel #41-16-26-376-012. The requested variance would allow a second backlot for the intended purpose of a residential dwelling with an easement of less 33' and would allow it to be placed with 2' of a parcel line and within 8' of an existing dwelling. Relevant zoning ordinances are 202.002, 202.004.A, 202.004.C, 202.007, 201.306, 201.408, and 201.704.
2. A variance application has been received from All Weather Seal/MCD5 Properties LLC/Scott McDowell for an Industrial zoned parcel located at 687 Lincoln Lake Ave SE, Lowell, MI 49331, also known as permanent parcel #41-16-34-295-001. The variance request is to allow an accessory structure within 5' of an existing structure on the property. Relevant zoning ordinances include 201.402.A, 201.309, and 201.704.

The complete variance applications can be reviewed at the Vergennes Township Hall from 9 a.m. to 3 p.m. on Mondays and Wednesdays and from 9 a.m. to noon on Thursdays or on the website at www.vergennestwp.org. Public comment will be heard at the meeting and comments received by mail, email, in person or in the Township drop box will be considered if received at the Township office prior to 6:00 p.m. on the day of the meeting. Comments may be emailed to: zoning@vergennestwp.org

To view the application on the website, click on "Departments", then "Zoning Board of Appeals", then "Pending Applications."

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obituaries

RYAN

Frances (Fran) Katherine (Kinsley) Ryan was born on April 6, 1937 in Wyoming, Mi to George and Ruth (Rinard) Kinsley. Fran met the love of her life, Jack Ryan, while attending Lowell High School. In 1953 they married and remained happily married until Jack's passing in 2013. They spent the majority of their life living in Lowell with Jack working at Lowell Light & Power. Fran left us on December 12, 2022 in the comfort of her home in Allendale, Mi. Fran loved to read and cook. She spent many hours reading with her grandchildren and teaching them some of her best family recipes, like her homemade fudge and thanksgiving stuffing. She always had an open heart and was there for her family to help and support them in any way that she could. She was an artist and loved to paint and draw. She also was an amazing Euchre player and loved to teach and play the game with her grandchildren. Fran loved her family vacation trips over the years to Disney and the Florida Keys. Fran and Jack had three children, Teresa (Richard) Vander Warf, Jack Dale Ryan Jr. and Lisa (Steve) Skorna. They had eight grandchildren, Richard (Yola) Vander Warf, Erin (Joe) Cardamone, Jack (Jess) Ryan III, Maggie Ryan, Cody Ryan, Jeff (Tracy) Wolfe, Ryan Wolfe and Sean (Kat) Wolfe. They had eleven great-grandchildren, Cris and Ally Vander Warf, Joey & Ivy Cardamone, Kasey, Lucas and Chelsea Wolfe, Jack Dale IV & Paisley Ryan, Isis, & Ryan Rein Wolfe. She is also survived by her sister Patricia Kinsley Bean of Pellston, her brothers, as well as many nieces and nephews. Frances will be forever missed, eternally loved, and will live in the hearts of those who knew her.



HOAG

On Friday December 9th, 2022, Rachel Hoag, formerly known as Jing Li, at the age of 42, passed away and joined her mother, Shanghua Lin, who passed away earlier this year. She leaves behind her husband, Flynn; and her 3 dogs, Uhtred, Harper, and Athena. She was born in Kunming, China in the year of the monkey, which she attributed her wits, curiosity, and craftiness too. She studied art and design at the Yunnan Art University, where she received her BA, and then proceeded to earn her Master's in Fine Arts from Tsinghua University and her Master's in Business Administration from Johnson and Wales University. Rachel Hoag was a beautiful woman who had brought joy and happiness to the lives of many. She worked as the division head of the Arts department for Yunnan Art University, managing the curriculum and assisting students with their work. While in China, she had sold some of her paintings, including one to former European Commission President, Jose Manuel Barroso. After moving to the United States, she began working as an art teacher for the YY Art Center and the Cre8 Art School area schools, teaching art to younger children. She loved to work with nature and recycled materials for her artwork and dreamed of opening her own school, focused on it one day. After she moved to Italy, she worked for the Child Development Center where she continued to bring her joy for art into the lives of the students. Rachel was an active member of the San Diego Chinese Art and Cultural Society, where she dedicated much of her time helping others develop their artistic talents. She always wished to travel and see the world, and during the last 2 years of her life, she was able to live in Europe and travel around, seeing the stunning waters of Lampedusa, the brilliant lights of Budapest, the majestic countryside of Scotland, and beautiful flowers in the countryside of southern France. She enjoyed experiencing the culture and tasting all the different foods. Rachel gave of herself many times to help others, whether by cooking for them or encouraging their dreams. She is survived by her many uncles, aunts, and cousins along with her godparents and her many family members by marriage. She will be missed by her family members and friends who all remember her bright smile, warm hugs, and the happiness that came from her every day. Visitation was held from 2-4PM on Saturday, December 17, 2022, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49331, with another visitation on from 1-3PM on Sunday, December 18, 2022 at the funeral home, with funeral services starting at 3PM. Following services, there was a time of fellowship and food at the Lowell Area Chamber of Commerce, 113 Riverwalk Plaza, Lowell, MI 49331. Services were livestreamed on the Roth-Gerst Funeral Home Facebook page. Memorial Contributions can be made to the Sigonella Animal Welfare Society at pawsofsaws@gmail.com or the San Diego Chinese Art and Cultural Society at http://sdchineseartcultural.org/donate.



WILLMARTH

Irene Dawn Willmarth, age 74 of Lowell, went to her heavenly home November 25, 2022, surrounded by her loving family. She was preceded in death by her parents, Durwood and Iva York (Downing); brothers, Quentin, Clifford, and Gordon York. Irene is survived by husband, Kenneth Willmarth and children Mark (Rhonda), Dale (Dawn), and Brian (Nicole); grandchildren, Ryan (Kayla), Colin, Lilly, Owen, Isaac Willmarth, Jacob and Adam Reed; and great granddaughter, Onna Reed. Irene was employed by Lowell Area Schools for 23 years where she displayed her inherent talent as a paraprofessional, teaching special needs children. Her hobbies included travel, exploring Arizona backcountry on ATV's, reading, playing board games, puzzles, decorating for holidays and immersing herself into the lives of her beloved grandchildren. Those wishing to contribute, the family asks that a "tribute gift" donation be made to the Pulmonary Hypertension Association, 8401 Colesville Road, Ste. 200, Silver Spring, MD 20910, Giving@PHAssociation.org, in her name to assist in research for treatment and diagnosis advances for this illness.



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RICHARDS

Robert K. Richards, 87, of Three Rivers, formerly of Lowell, passed away Tuesday, December 13, 2022. Bob was born in Hancock, MI, the son of Robert and Ruth (Sanborn) Richards and lived in the Upper Peninsula until moving to Ann Arbor for graduate studies at the University of Michigan. Bob completed a mid-life Ph.D. and spent the remaining years of his career in Medical Education. He worked for the University of Michigan for several years. In 1978, his book on Continuing Education was published, and he moved to Grand Rapids to become Executive of the Grand Rapids Area Medical Education Center and Assistant Dean for MSU's College of Human Medicine. Bob provided leadership on the state and national level for several organizations. Even in retirement, he worked part time for Metropolitan Hospital in Grand Rapids. In his first marriage, he became the father of Robert and Adriane. In 1987, Bob was married to Ethel Stears and his family expanded to include her two children, Mike and Debi. Remaining to cherish his memory are his wife, Ethel Stears; his children and step children, Robert (Eleanore) Richards, Adriane (David) Sibley, Mike Stears and Debi (William Macauley) Stears. Bob was thrilled with his role as grandpa and thoroughly enjoyed all 10 of their grandchildren: Meg, Grace and Will Richards; Joshua, David and Joseph Sibley; Zoe, Phoebe, Liam and Thomas Stears. He is also survived by two brothers, William and John and their families, and by a Godson, Jeffrey Hudson. Bob's family was the center of his life, and he enjoyed nothing more than experiencing the growth and development of his grandchildren. In addition to family, his passions in life included letter-writing, researching family history, reading, watching Michigan Wolverine sports and his homeland of the Upper Peninsula. Bob was a man of faith and sang in church choirs from his teenage years, on into his 80's. Music brought much joy to his life. Donations in Bob's memory may be directed to Trinity United Methodist Church.



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LEGAL NOTICE

PUBLICATION OF NOTICE OF HEARING STATE OF MICHIGAN

The Probate Court for the County of Kent

IN THE MATTER OF: Crisanto Gutierrez-Rodriguez, Guardianship File No. 22-212,405-GA.

TO ALL INTERESTED PERSONS including his unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: A hearing will be held on January 17, 2023 at 9:00 AM at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids,

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

Dated: November 30, 2022

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

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

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HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org. Jan., 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.

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misc.

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

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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.

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.

wanted

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

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PUZZLE SOLUTIONS

Grid of puzzle solutions with letters in black and white cells.

Grid of numbers from 1 to 9 in a 10x10 layout.

Large grid of letters for a word search puzzle.

Kent County tree hunter wins award in Big Tree Hunt

Rob Nelson, of Grand Rapids, won the prize of Potential State Champion Tree, entered from Kent County in ReLeaf Michigan's Big Tree Hunt. The tree they found is a bald cypress, located in Grand Rapid, and is 163 inches in circumference. Eighteen trees, submitted for the contest, qualified as new potential state champion trees. The potential state champion trees are forwarded to the State Coordinator of the Michigan Big Tree Program, Ted Reuschel. The Michigan Big Tree program considers additional criteria and scores them accordingly. High-scoring trees enter the Big Tree database as State Champion trees.

The contest, which awards participants for identifying the biggest trees in Michigan, began in the spring of 2020 and ended in August, 2022. More than 650 entries were received from people across the state, including 79 of Michigan's 83 counties. The winning entry for each county was verified on-site by professional arborists and foresters from throughout the state. The largest trees in the state were found in all sorts of places, including backyards, local parks, cemeteries, and hiking trails. Due to many trees being on private property, the specific location of every winning tree is kept confidential.

Certificates and prizes were awarded for several categories: the largest

tree submitted from each county, the largest tree in different age groups, the largest Eastern White Pine (Michigan's state tree), and any new potential state champion trees.

The grand prize for the largest tree in the contest, submitted by a big tree hunter under 15-years-old, went to Aidan Presnell. With help from his sister, Aidan found an Eastern cottonwood located in Washtenaw County, measuring 308 inches around (more than 25 feet!). The grand prize for the largest tree, submitted from a big tree hunter 16 or older, was awarded to both Mike Antoszewski and Paul Funk. Each of them entered an Eastern cottonwood in Monroe County, measuring 301 inches around. The grand prize for the largest Eastern White Pine was another two-way tie, with two submissions measuring approximately 181 inches. One was submitted by Tom Hollis and his granddaughter Payton Rue, located in Clinton County. The other was submitted by Nicholas Hansen, located in Marquette County.

(Note: Trees already listed in the Michigan Big Tree Register before the start of the contest were not eligible for prizes.) A complete list of winners is available on www.BigTreeHunt.com.

The contest also helps discover eligible trees for the National Register of Big Trees, updated every spring and fall by American

Forests. As recently as 2012, Michigan had 23 registered champion trees, but today only five are registered. The Big Tree Hunt is an excellent opportunity to add to this list and get Michigan trees noticed nationwide.

The 2020-2022 Michigan Big Tree Hunt was made possible, thanks to the support of its sponsors. The premier sponsor of the Big Tree Hunt was Nissan North America, who provided critical funding that allowed the ReLeaf Michigan team to devote resources to executing the Big Tree Hunt. Other sponsors included, Consumers Energy, the Michigan DNR, ISA Michigan, the Michigan Botanical Club, the Michigan Botanical Foundation, and the Michigan State University Department of Forestry.

Since 1993, ReLeaf Michigan, a state-wide nonprofit tree organization, has challenged the public

to find Michigan's largest living trees through its Big Tree Hunt contest. The contest encourages the public to observe Michigan trees while enjoying the outdoors.

ReLeaf Michigan is a statewide volunteer non-profit 501(c)(3) tree planting and education organization. Its mission is to educate the public on trees' value and how to properly select, plant, and maintain them. Its board is made up primarily of arborists, foresters, and researchers passionate about preserving one of Michigan's most significant resources: trees. Since 1988, ReLeaf Michigan has worked with more than 500 communities across the state, planting over 30,000 large-sized trees on public property in Michigan's cities, townships, and villages. Learn more at releafmichigan.org.



Parents of 2023 high school graduates urged to complete FAFSA application

To ensure Michigan's graduating seniors maximize their ability to receive the new Michigan Achievement Scholarship in 2023, Michigan higher education leaders are urging parents to prioritize filling out the Free Application for Federal Student Aid (FAFSA) form this holiday season.

"The Michigan Achievement Scholarship is a game-changer for graduating seniors and their families," said Brandy Johnson, president of the Michigan Community College Association. "For many students, this scholarship will be the difference in being able to afford higher education."

Through the Michigan

Achievement Scholarship, students who graduate from high school in Michigan or achieve a high school equivalency certificate in 2023 or after will be eligible for significantly more financial aid from the State of Michigan. Eligibility for the scholarship includes:

Michigan public university: Up to \$5,500 per year for up to five years

Michigan private college or university: Up to \$4,000 per year for up to five years

Michigan community colleges: Up to \$2,750 per year for up to three years

Eligible training provider: Up to \$2,000 per year for up to two years

"The value of a college

degree has never been higher but the cost of earning that degree has remained out of reach for too many Michigan families," said Dan Hurley, chief executive officer of the Michigan Association of State Universities. "The new Michigan Achievement Scholarship fundamentally changes that equation by opening the doors to affordable higher education for thousands of middle class and less affluent students across Michigan. It is a transformative investment that will strengthen our state, our workforce and our economy."

Eligibility for the Michigan Achievement Scholarship can only be determined by filling out the FAFSA. If the FAFSA shows that a person has an Estimated Family Contribution (EFC) of \$25,000 or less, then that student is likely eligible for the scholarship. This means that a family making \$150,000 or more a year could qualify. This is a major change from other aid programs that do not help nearly as many students. This program will double the number of students in Michigan with college scholarships from the state. It is estimated that the scholarship will cover:

94% of students attending community colleges

79% of students attending a private college or university

76% of students

attending a public university.

"This scholarship opportunity puts a college education within financial reach and that is extremely exciting," said Robert LeFevre, President of Michigan Independent Colleges and Universities. "We encourage Michigan parents to ensure their children are included in this opportunity by making filling out the FAFSA a priority."

For more information on the scholarship, visit MIAchievement.org.

ABOUT MCCA

The Michigan Community College Association is the unified voice for Michigan's community colleges, empowering members to lead in the areas of student success, talent development, and community vitality. Learn more at www.mcca.org.

ABOUT MASU

The Michigan Association of State Universities serves as the coordinating board for Michigan's 15 public universities, providing advocacy and fostering policy.

ABOUT MICU

Michigan Independent Colleges & Universities represent the state's not-for-profit independent colleges and universities. For more information and data related to Michigan's independent colleges and universities, please visit www.miccolleges.org.

PUBLIC NOTICE

The Lowell Cable TV (LCTV) Endowment Fund Board is now accepting grant applications for 2023. Application forms and instructions are available at Lowell City Hall, Lowell Charter Township Hall, Vergennes Township Hall, Englehardt Public Library, Lowell Area Schools Administration Building and online on the City and Township websites. The LCTV Endowment Fund is a nonprofit fund established in late 2007 from the sale of the assets of Lowell Cable Television and is invested and administered by the Grand Rapids Community Fund. The LCTV Endowment Fund supports and promotes projects that benefit a broad segment of the Lowell area community, enhances the quality of life in the area, encourages cooperation among the communities and qualifies as a one-time capital improvement.

2023 grant applications should be submitted to the Lowell City Clerk's office, 301 E. Main Street, Lowell, Michigan 49331. The deadline for submitting 2023 applications is 5:00 p.m. on Friday, February 10, 2023. Questions should be directed to Susan Ullery, City Clerk.



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FUN PAGE

SUDOKU

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

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!

COLD & FLU WORD SEARCH

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

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

Puzzle solutions on page 13

COLD & FLU WORD SEARCH

ACHES
BACTERIA
BLANKET
CHILLS

CLEAN CONGESTION
CONTAGIOUS
COUGHING
DISINFECT
DOCTOR
GERMS

HUMIDITY
ILL
INFLUENZA
MEDICINE
MUCOUS
PAINS
PHLEGM

QUARANTINE
REST
SANITIZE
SLEEP
SNEEZE
VIRUS

Guess Who?

I am an actor born in California on December 20, 1983. I began writing and performing my own plays while in college. I rose to Hollywood stardom for roles in funny films, and was nominated for an Academy Award for "Moneyball."

Answer: Jonah Hill

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to colds.

S T U E S I

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

Answer: Tissue

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

CLUES ACROSS

- 1. Take weapons away from
- 6. Soviet Socialist Republic
- 9. Most ancient Hindu scriptures
- 13. Actress Lathan
- 14. Baseball's strikeout king
- 15. British codebreaker Turing
- 16. One who lives by disreputable dealings
- 17. Tropical American plant
- 18. Opposite of right
- 19. Importance
- 21. Monetary units
- 22. Lawmen
- 23. Cool!
- 24. Affirmative answer
- 25. Thrust horse power (abbr.)
- 28. Bravo! Bravo! Bravo!
- 29. Muslim nobleman
- 31. About aviation
- 33. Scientific instrument
- 36. Protests strongly
- 38. Not polished
- 39. Grab
- 41. Alias
- 44. Large wrestler
- 45. Relative quantities
- 46. One who is big and awkward
- 48. Sunscreen rating
- 49. Atomic #90

CLUES DOWN

- 1. Union of Soviet Socialist Republics
- 2. The back side of the neck
- 3. A type of imine
- 4. Black bird
- 5. Partner to "Pa"
- 6. Puts together in time
- 7. Lucid
- 8. Transmits genetic information from DNA to the cytoplasm
- 9. Demonstrates the truth of
- 10. Ancient Greek City
- 11. Nishi language
- 12. Slang for fidgety
- 14. Southwestern farmers

- 17. Metric weight unit
- 20. Instant replay in soccer
- 21. Less polished
- 23. Popular pickup truck model
- 25. Slang for a cigarette
- 26. Large pile
- 27. Solid geometric figure
- 29. One from the Big Apple
- 30. Male admirers
- 32. Balsam is one
- 34. Local area network
- 35. Canadian law enforcers
- 37. Koran chapters
- 40. Cooperstown, NY museum (abbr.)
- 42. Certificate (abbr.)
- 43. An official who carries a mace of office
- 47. Briefly in fashion
- 49. Volcanic ash
- 50. Dutch city
- 52. Made of wood
- 53. Legendary golfer
- 55. Restaurant
- 56. None
- 57. Spanish city
- 58. Stony waste matter
- 59. Father
- 61. Confederate soldier
- 65. The ancient Egyptian sun god

Winners, continued

community event each year and hope to see it grow,” said Charlie West, General Manager of Lowell Light & Power. “We are already discussing how we can improve the event next year and bring in more involvement from the community.”

LL&P would like to remind customers to turn

in their receipts for LED holiday lights, purchased on or before December 24, 2022, to receive a rebate up to \$4 per strand. Rebates must be redeemed on or before January 6, 2023, limit of 10 strands. Full rebate details can be found on LL&P’s website (www.lowell-light.org).



Right: 313 N. Washington, earned Honorable Mention.

Below: 1610 Sibley, also earned Honorable Mention.



1160 W. Main, Greenridge Realty office, was the commercial winner.

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