

ABC'S
OF LOWELL

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Book Review

#1 NEW YORK TIMES BESTSELLING AUTHOR
GEORGE R.R. MARTIN
A GAME OF THRONES

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Lowell Area
Schools Sports

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\$1.00

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Engine One is dedicated and put into service

The Lowell Area Fire Department were able to finally put Engine One in service on Saturday, February 10. This truck was put together as a collaborative effort between the fire authority and the Kent County Fire Commission that began about three years ago. The truck has been in production for a little over two years.

The truck had a completed price tag including all equipment on board of about \$792,000. The funding for this truck came from a collective effort between the Lowell Area Community Fund, the Kent



Dedication,
continued page 2

Lowell Fire Chief, Shannon Witherell and retired Fire Chief, Frank Martin in front of the dedication plaque on Engine One. Photo courtesy of Bruce Doll.

Songwriters perform at Lowell Arts Gallery Concert

By Cliff Yankovich
contributing writer

It has been said in the best of circles that you meet the coolest people at Lowell Arts. This truth was driven home in a delightful fashion, to a near capacity crowd at the latest Gallery Concert: Love and Other Songs, last Saturday night. The evening was a songwriter showcase put together by local musician, Josh Rose (speaking of cool people, yours truly met at Lowell Arts).

When he isn't teaching Chemistry and AP Chemistry to his students at Lowell High School, Josh is

perfecting his songwriting and performing skills. Well, according to him, he is always composing songs in his head.

"Writing songs is what I do. Constantly. When I am teaching classes, there are songs running through my head. No matter what I am doing, there are songs being worked on in my head," Rose told the audience.

Josh gathered three of his songwriting friends and treated the audience to a rotating selection of their work, in the style of a songwriters in the round performance you might experience in Nashville.

Michelle Held came over from the Detroit area; she currently lives in Dearborn. Annie Bacon made the most of her drive from her home in Ann Arbor, by spending the afternoon in Alto, with another musical friend, working on their musical before coming to Lowell Arts. Filling out the bill from Grand Rapids was musician and producer, Michael Crittenden, whom you may know from his band, Troll For Trout. Rose met Bacon and Held at a writers retreat and has been friends with Crittenden for years, giving Michael credit

for introducing him to the West Michigan musical scene years ago, when Josh moved here from the UP. Crittenden produced Rose's recently released CD, *Foreverland*.

The camaraderie and affection the four musicians shared was highly evident from the onstage banter and encouragement back and forth, as each musician played songs in rotation, with occasional background vocals from the others or some supplemental keyboards from Crittenden filling in.

The best part of having musicians in this kind of format is that it affords each one of them space to give some background to the song they are about to perform. The overarching theme of the night, Love and Other Songs, was aimed at love songs tying in with Valentine's Day, but the "other" songs figured strongly in the mix. The little stories between songs ran the emotional gamut, from a tearful dedication to a friend who had recently passed, to large doses of humor with shout-outs to Lou Reed, David Bowie, and MC Hammer, the latter of which included a demonstration that folkies can rap. The result was a

most excellent way to enjoy the considerable talents of four Michigan musicians in a wonderful gallery setting.

As the TV ads, say: "Wait, there is more." The audience was given a small taste of the musical, in the works, by Annie Bacon. She is collaborating with Alto musician, Kyle Rasche. For one of Bacon's songs, in the second part of the show, Kyle jumped on stage for a duet from the musical.

To cap off the evening, the four musicians paid tribute to composer extraordinaire Burt Bacharach, who passed away earlier in the week. Their song choice was perfect: *What The World Needs Now Is Love*, the mega hit Bacharach wrote with Hal David in 1965.

Thanks Josh, for introducing the audience to three more cool people at Lowell Arts. There are three more gallery concerts scheduled this season. All are on Saturday nights at 7 pm. March 25th, The Bluewater Ramblers will perform; April 29th will be The Wild Honey Collective and May 6th, Edye and Mike will close-out the Gallery concert series. Full details at www.lowellartsmi.org. More chances to meet more cool people, if you ask me.



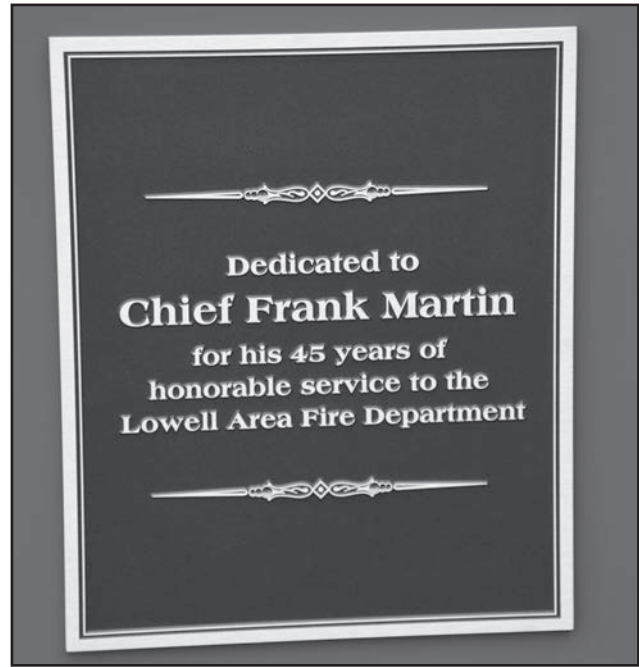
The four, L to R: Michael Crittenden, Annie Bacon, Josh Rose and Michelle Held, performing the last song of the night.

Dedication, continued

County Fire Commission, the City of Lowell, Lowell Township, and Vergennes Township.

On Saturday, engine one was dedicated to retired Chief Frank Martin, for his 45 years of commitment and service to the Lowell Area Fire Department and the citizens of the greater Lowell area.

The truck was built as an all purpose machine, meaning it will be able to respond to any of the needs of the Lowell area citizens. It is equipped with 1000 gallons of water onboard and a 1500 gallon per minute pump; it is equipped and fully licensed as an EMT unit and it also has the latest battery-operated vehicle extrication tools on board. With the addition of this truck, it brings the fleet to three engines, one tender, two medically licensed units and two brush trucks.



Lowell Area Fire Department's newest truck, Engine One, was dedicated to retired Fire Chief Frank Martin at a ceremony last Saturday. Photo courtesy of Bruce Doll.



Lowell Fire Department's Engine One, has been in production for two years and is ready to service the citizens of the greater Lowell Area. Photo courtesy of Bruce Doll.

outdoors

winter angling

Dave Stegehuis

Fishing through the ice on a frozen lake or pond is not the most popular of the many fishing opportunities in Michigan. Cold weather is probably the main reason why there are not more people out on the ice in the winter.

Dressing for the occasion requires layering up and blocking the wind. A few manufactures design clothing specifically for ice fishing. There are also electric socks, vests, and gloves. Chemical warmers for hands and feet are convenient and effective. Most of us already have adequate cold weather clothing because of where we live.

One can enjoy the experience with a modest investment in basic gear or seek out the latest and

greatest stuff on the market. An ice spud will chop a hole and can also be used to test ice quality. Hand augers make the job much easier. Power augers quickly cut through the thickest ice and are driven by a gas engine or a rechargeable battery.

Portable shelters have replaced the old school ice fishing shanty that remained on the ice the entire season. Space heaters provide even more comfort. Most fishermen like to keep it simple and sit out on a wooden box or plastic bucket. The box or bucket is also used as a carry tote for rods and tackle. All of the gear can be loaded on a light plastic sled.

Panfish, such as bluegills and perch, are caught on short light rods and small reels. Wax worms

and wigglers are popular live bait choices. Artificial lures include jigs, flies, and small spoons. Tip-ups (a device with a spool of line and strike alert flag) are set out for larger species like pike and walleye. A tip-up doesn't require hands on, so one can do other things like skate with the kids while fishing. In addition to the tripped flag there is an

available phone app alert to signal a bite. Tip-ups must be attended at all times.

Check with local sports shops and bait suppliers for directions to known fishing water. Drive by area lakes to look for fishing activity or network with friends and co-workers. Before getting out on any ice it is essential to be well informed about safety on the ice.

business matters

Greenridge Realty announced that Pete Odland received January Realtor of the Month.

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49504, Court telephone
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RUSSELL, Date of Birth:
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representative, or to both
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personal representative
within 4 months after the
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February 8, 2023

Meredith Curless (P78235)
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Locusts plague City Council

By Justin Tiemeyer
contributing writer

The Lowell City Council called to order their Monday, February 6, 2023 meeting with council members, Marty Chambers, Mike DeVore, Leah Groves, Jim Salzwedel, and Cliff Yankovich in attendance. It was, for the most part, a rubber stamping session, as the council approved the purchase of a new police car, a new municipal parking ordinance, a police-cost recovery ordinance, an off-premises tasting license, and transferral of ownership of the Lowell Showboat VI. It is worth noting that council member, Marty Chambers, recused himself of voting to approve the off-premises tasting room license for Red Barn Consignments & Antiques because he owns the business, and council member, Jim Salzwedel, recused himself of voting to approve the transferral of Showboat ownership to the Michigan non-profit Lowell Showboat VI because he is on its board.

The council devoted the lion's share of their time discussing the problem of locusts – the trees, not the insects – that have

intermingled with power lines on Bowes Road, from Stoney Lakeside Park to the water treatment plant. Lowell Light & Power identified these trees as a threat to the reliability of their electrical system because they do not comply with utility best-practice guidelines. Municipalities ought to only plant trees that mature to less than 20 ft., directly under power lines, and locusts can easily grow up to 40 ft. to 60 ft. upon maturity. Lowell Light & Power has trimmed the trees, but claims it is an unfair burden and the trees should be removed by the city, who planted them in the first place.

Council members generally agreed, regarding the removal of the trees, but their inquiry unraveled a number of bureaucratic hurdles. For example, ordinance 23-97 specifies that the city is required to pay a fee upon removal of these trees into a designated city tree fund for their replacement. Where this money goes and how much the city must pay for each tree is unclear.

"I cannot find any record that the city council has ever done this," city

manager, Mike Burns said. "We have no idea how much this amount is."

The council followed Burns' recommendation to continue to prune the problem trees through the end of the year, which would buy the council time to adjudicate the process and fees associated with tree removal. Per Mark Anderson of Terra Verde Landscaping, LLC, it's relatively cheap to upkeep these trees, with costs in the range of \$2000-3500. It's just as easy to request a quote for tree removal, but the fees the city would pay for tree removal are impossible to estimate at the moment. A quick search online suggests that the city could purchase a number of honey locust saplings for as low as \$6.95 per tree, but without guidance on the proper exercise of ordinance 23-97, the city was unable to, in good faith, approve tree removal at this time.

While investigating the Bowes Road tree removal, Burns ran into a more philosophical question: Who in Lowell has the authority to approve the removal of trees on municipal land?

"When I came to Lowell, I was specifically told that you had to go to the



City Manager, Mike Burns, expresses concerns regarding nuisance locust trees on Bowes Road.

Arbor Board to approve a removal of a tree on public property," Burns said, but upon further research, Burns found that this was not the case. In fact, ordinance 23-26 makes it the city manager's duty to oversee the maintenance or removal of nuisance trees.

Seeing that the authority for tree maintenance resides in the city manager, not the Arbor Board, mayor Mike DeVore posed the question, "Is there a need to have an Arbor Board?"

Prior to becoming Lowell's city manager, Burns was the assistant city manager and economic development director for the City of Fenton. Burns noted that Fenton was designated as a Tree City USA, but they did not have an Arbor Board. Mayor DeVore echoed this sentiment, explaining that he's the one who receives the Tree City USA application materials. Council members suggested that the Arbor Board's duties could easily be absorbed by Dan Czarnecki at the Department of Public Works or by the Department of Parks and Recreation.

The duties and responsibilities, as outlined in ordinance 23-67 of the City Arbor Board, include maintenance of a written plan for the care of trees in public areas, which council members compared to the parks and recreation plan submitted at the prior meeting on January 17. Perry Beachum, who has become something of a Lowell municipal historian, came to the podium to explain the original intent of the Arbor Board. Years ago, citizens were in an uproar about the removal of trees by Lowell Light & Power, objecting to, among other things, LL&P employees who put smiley faces on trees that were about to be cut down. The Arbor Board was created to give guidance on what citizens wanted in the community.

When asked for recommendations on whether or not the council should dissolve the Arbor Board, neither Burns nor Beachum had a preference, so long as changes with the city's trees are communicated to the public. The council did not ultimately hold a vote regarding the fate of the Arbor Board.

Czarnecki shared a maxim that he has always followed during his time with the DPW: "You don't cut down a tree in front of someone's house or business without telling them."

Speaking of public transparency regarding natural areas within the City of Lowell, Mayor DeVore committed, during the previous city council meeting, to having a public forum regarding the future use of a property adjacent to Scout Park at 990 N. Washington at the next city council meeting on Tuesday, February 21, with a second public forum the following month on Monday, March 20. Jerry Hale, the supervisor of Lowell Charter Township, is also expected to join the city council at the February 21st meeting for further discussion of the joint splash pad agreement between the two jurisdictions. Those interested in watching the February 6th meeting, can find it on the City of Lowell YouTube channel, @cityoflowell. The agenda can be found at the City of Lowell home page, lowellmi.gov.



Director of Public Works, Dan Czarnecki, implores the city council to keep an open dialogue with the greater community about tree removal.

A cartoon illustration of a man with a large nose and a friendly expression, wearing a cap and holding a newspaper that says "READ LOCAL". There are some donuts and a mug on a table in front of him.

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Book Corner

A Game of Thrones by George R.R. Martin

By Sierra Hieshetter
contributing writer

A Game of Thrones, by George R.R. Martin, is a complex story of love, war, family, violence and humanity that also happens to be set in a fantastical world with dragons, magic, and mystical creatures of ice and snow. It is one of the most successful fantasy series of the contemporary age. The plot centers around three main stories.

One is set in the intriguing court of the Seven Kingdoms of Westeros, as honorable Ned Stark assumes the position as Hand of the King. The previous Hand died under mysterious circumstances, and Ned must balance his desire to stay true to his moral code, with the vicious political maneuvering of the conniving Lannister family, and others, who strive to hold the highest position of power in the land - to sit on the Iron Throne. The book also follows the exploits of Ned Stark's

son, Jon Snow, as he embarks on a coming-of-age adventure at the northernmost point of the continent, The Wall. Jon joins the brothers of the Night's Watch, a motley band of boys and men tasked with guarding the Seven Kingdoms from the evils that lurk in the wild North beyond the wall. Jon must face questions of his own identity, along with attacks from wildings and a mysterious icy presence that lurks in the cold darkness.

The final plot follows young Daenerys Targaryen, one of the last remaining members of the Targaryen Dynasty, the family that had held the Iron Throne for hundreds of years, until somewhat recently, when Daenerys' father was slain and Robert Baratheon took the throne. For the past thirteen years, Daenerys has been in exile, away from Westeros with her older brother, Viserys, learning about her

heritage and her family's rightful claim to the Iron Throne. The three stories weave together in interesting and complicated ways, and they draw you into a wide, immersive fantasy world.

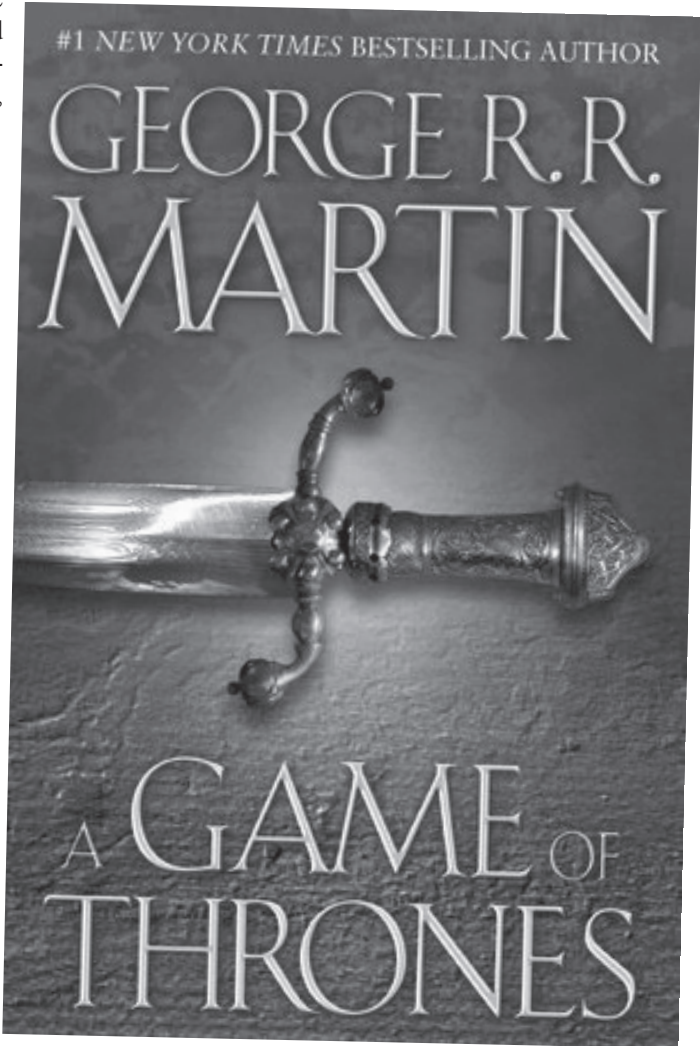
A Game of Thrones is a fantasy adventure full of real humanity and high energy plot lines. There is something for everyone, from political intrigue, to brave knights fighting raging battles, to mysterious magical elements influencing the story. George R.R. Martin does an excellent job weaving together the many stories and characters to keep readers invested in every part of his universe. This book is a must read for fans of fantasy books, highly entertaining with lots of heart and adventure.

Plot details (via Goodreads)

Long ago, in a time forgotten, a preternatural event threw the seasons out of balance. In a land where summers can last decades and winters a lifetime, trouble is brewing. The cold is returning, and in the frozen wastes to the north of Winterfell, sinister forces are massing beyond the kingdom's protective Wall. To the south,

the king's powers are failing—his most trusted adviser, dead under mysterious circumstances, and his enemies emerging from the shadows of the throne. At the center of the conflict lie the Starks of Winterfell, a family as harsh and unyielding as the frozen land they were born to. Now Lord Eddard Stark is reluctantly summoned to serve as the king's new Hand, an appointment that threatens to sunder not only his family but the kingdom itself. Amid plots and counterplots, tragedy and betrayal, victory and terror, allies and enemies, the fate of the Starks hangs perilously in the balance, as each side endeavors to win that deadliest of conflicts - the game of thrones.

A Game of Thrones has always been on my radar as something to check out, and after hearing a lot of mixed reviews from a lot of different people, I thought it was time to form an opinion for myself. I enjoyed it more than I thought I would! The universe of these stories is just wonderful. I absolutely love the way the world somehow feels expansively vast and yet so interconnected. Each storyline seamlessly weaves into the other, and my favorite part was all of the wonderful and colorful characters that populated this world. They were all so different from each other, yet all of their motivations were perfectly clear, and despite them all having very different goals, and most of



them working against each other, I was rooting for each one.

The best story to follow, in my opinion, was the high stakes political drama of Ned Stark's exploits in the capital city. The intrigue surrounding every single character made it impossible to know exactly what was going on, and it was so fun to follow along and try to guess what was going to happen next.

Jon's adventures on the wall were also fun to follow, but in more of a "romp through the woods and hang out with your buddies" way. All of the men of the Night's Watch are great characters to spend time with, and the el-

ements of magic and mystery are more present here than in any other part of the story, which was very exciting for me, a fan of that aspect of fantasy stories.

My least favorite story to follow was probably Daenerys' travels across the Narrow Sea. I still enjoyed it, but this part of the story felt less connected to the rest of the world, and it didn't stand on its own very well. It was still an entertaining part of the story, but I felt less invested in it than in the other parts of the plot. Not enough to discourage me from continuing the series, however!

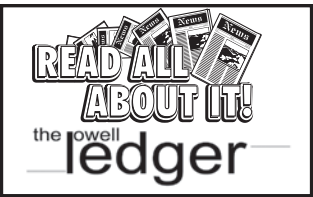
Finally, I cannot discuss *A Game of Thrones* the novel without at least mentioning *Game of Thrones* the HBO series. I was never a fan of the TV show, it just never fell on my radar, but with the release of *House of the Dragon* a few months ago, I fell in love with the world of Westeros and the vast universe of stories it contained. I read this book knowing a few things about the show, but mostly without any prior context. I then went on to watch the show in its entirety! I'll just say, if you were a fan of the show, I think you'll like this book. It has a lot of the same story beats while expanding upon things that the show couldn't. If you haven't watched the show, but are a fan of fantasy books, I would also definitely check this book out! It stands on its own as a great story with exciting plot points and fascinating characters, and I had a good time while reading it.



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FEBRUARY SCHEDULE
Donna Neumann, I Want a Birthday Party, Feb. 3
Jean Davis, Lansing Women's Expo, Feb. 8
Lisa Jacovski, Let's Talk, Learning to Bowl, Feb. 9
J.Q. Rose, Deadly Undertaking, Feb. 9
Tana Jenkins, Love Rescued, Valentine's special, Feb. 14
Diana Kathryn Plopa, A Tryst of Fate, Feb. 17

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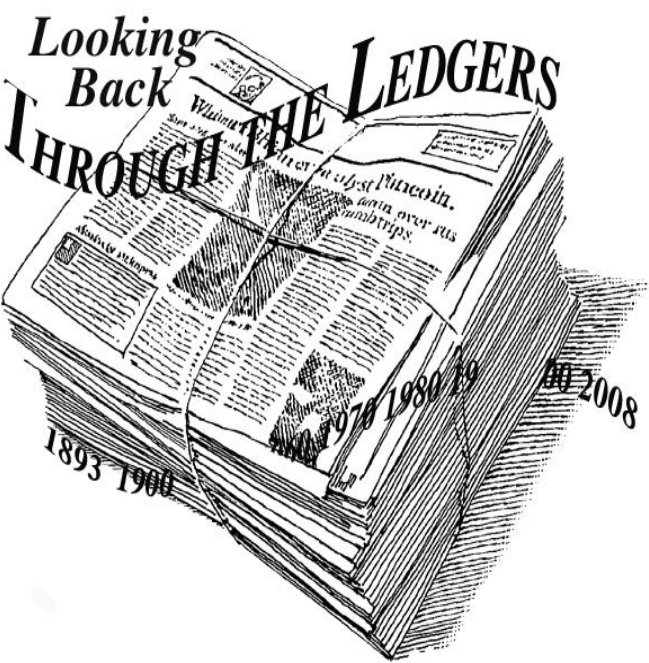
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viewpoint



125 years ago The Lowell Ledger February 17, 1898

By a flimflamming scheme which was a new one, at least to the police and detectives of this city, an elderly, well dressed man obtained a gold ring and a diamond setting, together worth \$8, from Frederick W. Wurzburg's jewelry store on Monroe Street, Wednesday afternoon.

The man stated that he was Charles Althen, a merchant of Lowell, and that his son, Clarence F., was a clerk at L. Higer & Son's clothing store, was to be married and he wished to purchase a wedding present for him. He collected the ring and asked if he might take it down to the store to see if it would suit his son. The man left the store with the ring and said he would be back in a few minutes. He did not return.

G. D. Eaton, an old soldier, who formerly lived at Lowell, died Friday night at a cheap boarding house in this city, and upon his body were found certificates of deposit amounting to \$3,349. It is now learned that he leaves property valued at \$15,000, of which his relatives were not aware. This is the old fellow who was begging around town last fall, and who tried to "sponge" his living after his Segwun shanty was burned.

100 years ago The Lowell Ledger February 22, 1923

Two hundred and seventy-two votes were in one ballot at the Citizen's Caucus at the City Hall, Monday evening, many of them by women, and the following ticket was placed in nomination: President - John A. Arehart; Clerk - J.C. Smith; Tresurer - D.S. Simon; Trustees - Harry Day, H.J. Coons, O.J. Either, Charles Doyle; Assessor - Frank N. White.

The Lowell girls basketball team played one of their hardest games of the season last Friday evening when they defeated the Hastings girls, here, on our own floor, by a score of 20-17. It was one of the fastest and best games that the girls have played so far this season.

An examination of candidates for post office at Ada, the salary of which is \$1,000, will be held at Lowell Post Office, March 10, 1923.

News from around the state, Benton Harbor - Benjamin Purnell, head of the House of David, is being sued for \$100,00 by each of two former women members of the cult, alleging, among other charges, that they were forced to marry against their will.

75 years ago The Lowell Ledger February 19, 1948

Pat Gallagher of Lowell, who is employed by the Sommerville Construction Company of Ada, nearly lost his life in a tragic accident, which occurred late Saturday afternoon in Detroit. Mr. Gallagher, who had been operating a ditcher, was engaged in blocking the machine up for the night, when the ditcher went into reverse ,and Mr. Gallagher became entangled in the cogs. His arm was badly mangled and had to be amputated above the elbow after reaching Mt. Carmel Mercy hospital.

Michigan will collect a "stamp tax" from trout fishermen this year, a special one dollar license fee.

Ye Scribe and son, Clair, saw Robin Red Breast singing so sweetly on their lawn here this morning. He surely is a welcome visitor after our zero temperature, snow and ice of the last six weeks.

Something new in the way of transportation, or maybe sport, was being shown around here Sunday; I didn't think anyone except an airplane (pilot) would dare attempt it. A car was being driven with a fellow on skis guiding himself by a rope, about 25 or 30 feet long, tied behind the car. Driver of the car looked like a young lady from Moseley.

50 years ago Lowell Ledger Suburban Life February 15, 1973

Twenty-six students at Lowell Senior High School, who maintained straight A-averages for the second marking period, earned the highest placement on the school's academic list. Of the twenty-six students, eight were seniors, eight freshmen, five sophomores, and five juniors.

The Lowell Showboat Board of Directors, at their last meeting, discussed the entertainment acts for the 1973 show, adopted the year's budget, and set the dates for this year's show. Chairman, Charles Lippert, revealed that a cut had been made to the '73 budget by some \$3,000 over the costs of the '72 show.

George Lessens of Lowell Boy Scout Troop 102, son of Mr. and Mrs. Daniel Lessens of Lowell, attended the Grand Valley Council 1972 Eagle Recognition Class dinner on February 8. George earned and received his Eagle rank this past year.

Over 3,000 persons attended the grand opening of Lippert's new pharmacy last weekend. The new store is located at 413 East Main Street.

Of vital concern to the Lowell Board of Education is getting the general public to attend the open meeting, Thursday, February 22, of the open classroom concept School inservice session.

City council,
continued page 3

to the editor

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

Dear Editor:

The future of the city-owned property, referred to as 990 N. Washington St., has been a hot topic for the Lowell City Council for nearly a year. This property is completely surrounded by Lowell's popular Scout Park, and any use of the 990 property, inconsistent with the park's unique natural values, would have a negative effect on Scout Park and its users, including the Scouts who have been there over 50 years. We have now reached the point where City Council will soon be deciding the fate of the nearly 4 acres of key park road frontage and in-held city property, which encompasses acreage on both sides of North Washington St. As most City residents are aware, letters were sent out in their recent water bills, asking residents their opinion as to the future of the uncommitted 990 property. This could potentially include sale and development, forever compromising this unique natural area. On the other hand, the Lowell Scout Park Association has advocated for the inclusion of these acres to Scout Park--preserving this land for future generations. What was initiated back in 2007 by visionaries, like former council member, Sharon Ellison, and others, now stands on the threshold of reality over the course of two scheduled public hearing dates at the Lowell City Hall. The first is Tuesday, Feb 21 at 7 pm, and the second, Monday March 20 at 7 pm.

Your attendance at both meetings is very important. If you are physically unable to attend, please send a letter or email to sullery@ci.lowell.mi.us and ask that your letter be read out loud and entered into the minutes. This will assure that the council will hear your concerns, as well as others in attendance. Your voice needs to be heard at both meetings, and the City Council will be weighing residents' resolve and commitment to this cause.

If you have any questions, feel free to message Bruce Matthews at the Lowell Scout Park Association facebook page.

Bruce Matthews
Lowell Scout Park Association

Letters, continued page 12

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



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!

Storytime

Mondays, 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.

All Aboard Book Club

Thursday, February 16, 10:30 - 11:30 am. Join a fun, informal discussion of great books. This month, we’ll discuss *And the Mountains Echoed* by Khaled Hosseini. For ages 18+.

KDL Lab Experience

Wednesday, February 22, 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.

KDL Lab Experience

Wednesday, March 8, 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.

The Birds of Alto

Tuesday, March 14, 6:30 - 7:30 pm. Learn how to attract birds to your home feeder and how to identify different species. A presenter from the Grand Rapids Audubon Club will share tips and tricks for enjoying one of the most popular pastimes. Local vendors will also share the newest products to help make you more successful in attracting your favorite birds. For ages 18+

ABCs of Lowell history

Address: 208 E. Main
Date Built: 1873
Builder: Sylvester Brower
1st business: Nathan L. McCarty Grocery

Nathan L. McCarty was an ambitious young man. He joined the gold rush to California via covered wagon and afoot, being one of the original forty-niners. He returned to Lowell in 1866 and established a grocery store. He had this building built for his grocery store in 1873. He was a Mason and Knights Templar. In 1877, he met with a serious accident - He “was suddenly thrown from his sulky (2-wheeled cart with a seat) while driving around a street corner and his right leg catching in the wheel, he was dragged some distance on the ground. Both bones of his leg, just below the knee, were badly broken.” In 1878, due to feeble health, he sold his business to his younger brother Charles McCarty and W. J. Young. Nathan died at the age of 43. Charles McCarty purchased the mansion on top of Reservoir Hill for Nathan McCarty’s widow and family of 4 children; it was torn down in 1935. Charles continued to operate the store at 208 E. Main until 1897, when he moved down the block to 216 E. Main.

McCarty grocery was followed by other grocery stores including Verne Chubb, Grocery and Glen E. Denise, Grocery.

Bakeries were the next occupants. F. E. Howk, operated Howk’s Bakery from 1918-1925. A. K. Bjork operated the Mity Nice Bakery; R. A. Stuart Bakery, 1927; Clay’s Bakery; Frank Dettling’s Bakery.

In 1931, W.E. Hall



208 E. Main is the second door from the right. Photo taken during a flood, between 1901-05.

leased this building for an implement business. Doors of 9-foot width were put in the rear and the elevator was equipped for electrical operation. He continued his feed, egg and cream business in the same location as before, the two stores being only 4 doors apart.

In 1932, Kropf’s Cream Station and Implement Store, owned by Delbert Kropf and L. W. Rutherford, opened here. Massey-Harris farm machinery, such as forks, rakes, hoes, shovels, planters, lawn mowers, oil, grease, cultivators, and manure spreaders were sold, as well as the buying and selling of cream and eggs. Kropf’s was followed by The Lowell Creamery, which was first owned by Ed Compagner (1934-1946) and next by Newton Grimwood (1946-1951). In 1951, Grimwood merged his business with Highland Hill Dairy, becoming a partner with Arie Leeman until 1954,

when he sold his interest to Arie’s brother, Peter Leeman.

“No Clue is found in the disappearance of Lowell Creamery Proprietor, Newton Grimwood” (age 28), reads a sub headline in the Grand Rapids Herald in June, 1947. Grimwood was injured when several bricks from the creamery building fell, one of them striking him on the head. He had been standing on a ladder repairing a sign at the rear of the building. He then told his wife that he would hitchhike to Blodgett Hospital in Grand Rapids to have x-rays of his injury taken. Peter Speerstra gave him a lift as far as Ada; after that his trail was lost. The wife says the local physician feels sure Grimwood is a victim of amnesia. “Lost Lowell Man Found” nine weeks later. Grimwood walked into the Monmouth, Illinois, police station, put his wallet on the counter and fainted. After he was revived, he seemed

well, although in a weakened condition. His father picked him up and returned him to his wife and two small sons in Lowell. He had no memory of what he had done during those missing nine weeks but he had callouses on his hands, so perhaps farmwork.

In 1953, Leona Borgerson opened a retail antique glass and China store here. She named it the Cranberry Urn. Leona began by operating a wholesale antique glass business out of her home in the 1930s. This was a high-volume business. By the 1950s, she was receiving and selling a box-car load of antique glass from Europe each month. Viola Murray, Borgerson’s manager, purchased the business after her death, 1975-2001.

Cliff Yankovich opened Chimera Design, a jewelry store, here in 2006.

area churches

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL

897-7060
Pastor Ryan Landt
1151 West Main Street, Lowell, MI
Website: calvarylowell.org
Morning Worship.....10:00 AM
Weekly Prayer Meeting - Mondays 7 PM
Barrier-Free

happy birthday



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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616-897-5906

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

LOWELL UNITED METHODIST CHURCH

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

FEBRUARY 16

Matthew Schuitema,
Tracey Main, Karra
Alexander.

FEBRUARY 17

Chris Hodges, Justin
Stanford, Stephanie Ellison,
Reatha Johnson, Lynda
Horsley, Deb Tulecki.

FEBRUARY 18

Richard Claypool,
Courtney Phillips, Missy
Crandall Nikodemski.

FEBRUARY 19

Jerrica Foss, Bruce
Baird, Betty Newhouse.

FEBRUARY 20

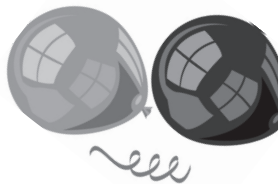
Mike Rivers, Gary
Kemp, Barbara Carpenter,
Sara Soyka, Madison
Emelander, Nate Sloan.

FEBRUARY 21

Betsy Vezino, Ashton
VanDerWarf, Kimberly
Sterzick, Robin Martin,
Luke Landman.

FEBRUARY 22

Kevin Gerard, Rob
Tulecki, Julie Shaffer, Jessy
Dale Abel, Krista Foster.



Showboat Spirits & Fine Wines, under new ownership

By Emma Palova
contributing writer

A mainstay in downtown Lowell since 1929, Showboat Spirits & Fine Wines (originally Lowell Liquor Store) on Main Street, has recently changed hands. The new owners are Monty Singh and Gurleen Kaur of Caledonia.

“We’re going to keep everything the same,” Gurleen said. “The store has been remodeled.”

The store underwent an extensive remodel in 2019 with the previous owners, Joel and Diona Oudbier. Now, the front part of the store is dedicated to tastings. The new owners plan to hold monthly tastings targeting various holidays and community events.

Last weekend, the store

offered chocolate wine tastings, during the Lowell Chocolate Stroll. Chocolate wines included Silk, St. Julian’s, and Chocolate Shop. “We like the community and we want to be a part of it,” Gurleen said. “We will be participating in various community events. We got a lot of traffic for the chocolate stroll.”

Gurleen is a part-time nurse, while Monty is a CNC engineer. They have two employees, Kim and Andy. Dad, Bob Singh, was looking at expanding with more stores, so a broker located the store in downtown Lowell, according to Gurleen.

“We will be adding new products,” Gurleen said. Already, the selection

of spirits, wines, and beers is extensive, and includes Michigan-made products across the categories, such as Coppercraft Distillery, based in Holland, Iron Fish, Detroit City Distillery, Traverse City Distillery, Michigan wines, and Michigan beers. Among Lowell products are Lazy Dog Syrup, which is a flavor-infused maple syrup used for cocktails and baking, although currently, trending are bourbons, according to Gurleen, because it’s winter.

The store is located in the social district, within walking distance to the Showboat and the Riverwalk with all its summer activities such as the Sizzlin’ Summer concert series and much more. “I am looking forward to this summer!,” Gurleen said.



New owners Monty Singh and Gurleen Kaur inside Showboat Spirits & Fine Wines in downtown Lowell.

college news

Ava Frederickson and Elizabeth Vredevelt of Alto and Zackery Post of Lowell were among the students on Alma College’s Dean’s List for 2022 fall term. Students who achieve a 3.5 or better grade point average during a term, while carrying a minimum of 13 credits, at least eight of which are evaluative grades, are named to the Dean’s List.

Alma College, founded in 1886, is a four-year residential liberal arts college located in the heart of Michigan’s Lower Peninsula. A deep regard for students, as individuals, is fundamental to an Alma

education, with small classes and many opportunities for one-on-one collaboration with dedicated faculty.

Albion College announces students who were named to the Dean’s List or who were named new Albion College Fellows at the end of the Fall 2022 semester.

Chase Potter and Megan Chipman, both of Saranac, were named to the Dean’s List. Potter is majoring in biochemistry, Chipman is majoring in English. William Neeley of Lowell was also named to the Dean’s List. Neeley is majoring in combined engineering/physics.

The history of the building dates back to 1867, as the store was one of the first liquor stores in Kent County. Due to prohibition, the store was forced to change its name from Lowell Liquor Store to Lowell Beer Store, in order to be compliant with the times.

Since, its founding, the

store has changed owners several times; each owner brought their own unique flavor to the store. One of the previous owners was Keith Ferguson, who successfully, at one point, operated two liquor stores in the downtown area.

In 2019, extensive remodeling brought out the new interior look and the

name, Showboat Spirits & Fine Wine. It honors the Showboat on the river near the store, a historic landmark that makes the town of Lowell unique and special.

The store, located at 213 E. Main, has tip certification and a tasting permit.

For more info and hours go to: <https://www.showboatspirits.com/>

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LEGAL NOTICE

NOTICE TO CREDITORS

The Donna Lee Stratton Trust

Re: Donna Lee Stratton, decedent, Date of Birth 1-12-1933

NOTICE TO CREDITORS: The decedent, Donna Lee Stratton, who lived at 4895 Oakway Ct., N.E., Grand Rapids, MI 49525, died 11-22-2022

Creditors of the decedent are notified that all claims against the deceased or the trust will be forever barred unless presented to Mark E. Stratton and Dawn M. Uhen, Co-Trustees of the Donna Lee Stratton Trust within 4 months after the date of publication of this notice.

January 30, 2023
John D. Mitus, Attorney (P-31244)
410 Bridge Street, N.W. Grand Rapids, MI 49504
616-774-4001

Mark E. Stratton, Co-Trustee
13147 Hilltop Gowen, MI 49326

Dawn M. Uhen, Co-Trustee
3089 Brockwood, N.E. Grand Rapids, MI 49508

CITY OF
LOWELL
Kent County, Michigan

NOTICE OF ADOPTION AND SUMMARY OF AN ORDINANCE ADDING A NEW ARTICLE II, “POLICE AND EMERGENCY RESPONSE CHARGES COST RECOVERY,” TO CHAPTER 17 “POLICE” SPECIFICALLY SECTIONS 17-11 THROUGH 17-19 AUTHORIZING COST RECOVERY FOR POLICE AND EMERGENCY SERVICE CHARGES

The Lowell City Council adopted Ordinance No. 23-03 adding Article II, “Police and Emergency Response Charges Cost Recovery,” to Chapter 17, “Police,” of the Code of Ordinances of the City of Lowell on February 6, 2023. Ordinance 23-03 provides that the City may recover certain costs in connection with emergency police responses that primarily benefit identifiable persons or property owners, or are necessitated by certain kinds of unlawful or improper conduct. A copy of Ordinance No. 23-03 is available for inspection at City Hall, 301 East Main Street, in the City during regular business hours of the City.

Ordinance No. 23-03 is effective 10 days after this publication.

Susan Ullery
City Clerk

CITY OF
LOWELL
Kent County, Michigan

NOTICE OF ADOPTION AND SUMMARY OF AN ORDINANCE TO PROTECT THE PUBLIC HEALTH, SAFETY, AND GENERAL WELFARE OF PERSONS AND PROPERTY WITHIN CITY OF LOWELL, MICHIGAN, THROUGH THE ADOPTION OF CERTAIN MOTOR VEHICLE PROHIBITIONS.

The Lowell City Council adopted Ordinance No. 23-02 amending Division 1, “Generally,” Article IV, “Stopping, Standing and Parking,” Chapter 21, “Traffic and Motor Vehicles,” of the Code of Ordinances of the City of Lowell on February 6, 2023. Ordinance No. 23-02 amends and restates that parking is prohibited on city streets, lots, and parking structures between 2:00 a.m. and 6:00 a.m., unless a parking permit is authorized, and adds that parking is prohibited on Main Street from Hudson Street to Jefferson Street between 2:00 a.m. and 6:00 a.m. and that there shall be no unattended vehicles left running in any street, alley, or other public property unless the vehicle is attended by a competent person. A copy of Ordinance No. 23-02 is available for inspection at City Hall, 301 East Main Street, in the City during regular business hours of the City.

Ordinance No. 23-02 is effective 10 days after this publication.

Susan Ullery
City Clerk



Donna Conger

Position/Job:	Kitchen Lead at Alto Elementary School
Residence:	Freeport, MI
Education:	Lakewood High School in Lake Odessa, MI
Experience:	Been Working for Chartwells Food Service since November 2021
Family:	Son, daughter and two grandsons (16 and 19)
Hobbies:	Riding her quad, kayaking, baking, hosting large dinner parties and Euchre tournaments for charity

by Bill Lee
contributing writer

Donna Conger has worn many hats over her 52-year career: Human Resources Assistant, Payroll Supervisor, Medicare Insurance Biller, Lake Resort Owner, Restaurant/Pub Owner Operator, and Owner of a pastry/cheesecake business. But it seems, her current job of Kitchen Lead at Alto Elementary School, has a special place in her heart. When she and her husband decided to retire in 2015, they moved from the Upper Peninsula back to Freeport, Michigan. They did some extensive traveling, including residing in Ireland for a month, and a month on-the-road out in the western part of the United States. It was enjoyable and fun but she needed something more in her life. “I decided to look for a part-time job because I was terribly bored,” said

Donna Conger. “I looked for a school food service worker because I thought the hours would be perfect for a part-time position, and my daughter, who is the assistant food director at Davenport University, suggested it to me.”

She found a job with Chartwells Food Service, the company that provides food for the Lowell Area School District. At Alto Elementary School, she began as a back-kitchen service worker and then took over as the kitchen lead in April of 2022. On a typical day, the staff will serve breakfast for 50-60 students and lunch to 250 students. Conger arrives to work around 7 am and her day ends around 2:30 pm. The basics of the job are making sure they are following the daily menus and recipes, and preparing the food to make it ready for the students at meal

times. And then, of course, there is clean-up and some administrative duties. There are so many things that Donna enjoys about her job, including working alongside her dedicated colleagues, but in the end, it is about working with the children. “I absolutely love my job!” said Conger. “It’s perfect for a retirement job - the hours, the time off, the amazing ladies I work with, but most of all, seeing and working with the students every day. I never have a day without something to chuckle about and sometimes outright laughter.” It is a job that she would recommend to others but with some caveats. “My advice to anyone thinking of being a school food-service worker is that you must enjoy working with children of all ages,” said Conger. “It requires dedication and dependability. It’s a wonderful and rewarding job!”



From left to right: Jamie Holliman, Donna Conger, and Tammy Hively.



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FFA competed in District Leadership contests

Recently, the Lowell FFA competed in the District Leadership contests. All students scored third place or higher in their respective event. Students who placed first or second now advance to the Regional Contests on February 15 hosted at Lowell High School.

Jolene Jousma, placed first in Jr. High Public Speaking; Emmett Kelley, placed second in Greenhand Public Speaking; Ella Acheson, placed first in Prepared Public Speaking; David Johnston, placed first and Charlie Lyons placed third in Extemporaneous Speaking; Olivia Blood, placed first and Frankie Eddy, placed second in Creed Speaking; Maddie Morgensen and Melanie Swanson, placed second in Demonstration; Abby German placed second and Grace VanTimmeren, placed third in Job Interview; The Lowell FFA team placed first in Greenhand Conduct of Meetings and placed third in Parliamentary Procedure.

Photo courtesy of Lowell Area Schools facebook page.



Game Night promises hours of free entertainment

By Justin Tiemeyer
contributing writer

Just under the awning of the Lowell United Methodist Church building, as you approach from Avery and North Jackson, there's a humble white placard with the words, "LOWELL COMMUNITY GAME NITE", scribbled in blue and red marker. Inside is a welcome table with fliers, nametags, and hand sanitizer. It's just after 5 pm, and people are already congregating and laughing in the room to the right. A number of long, folding tables stretch across the front of the room, with a sprinkling of more intimate, four-person card tables in the back, where people from Lowell have gathered to play their favorite games.

Before long, anyone who enters the Lowell UMC's Sound Check wing will run into Brad Brillhart. He's somehow, both, everywhere at once and unimposing. Billhart is the church's pastor and

a portable garage-sale cash box, but he's over in the corner playing a relaxing game of Century: Golem Edition with friend, Emily Watson, and frequent Rookies patron, Branden Harris.

It's Watson's first time playing Century. She explains her strategy as, "This one looks good. I like these colors." Reedy explains that it's hard to get into board games just by reading the rules; events like this allow people to learn new games through immersion.

"I know if people play games, they're gonna want them," he says. Reedy just happens to own a convenient shop, down the road, where folks can pick up new games, but that's not the only option for board games in town. Along the back wall are a number of games available for trade or purchase, furnished by Rookies, Brillhart, or any of a number of private

of the spice trade. Players profit from taking one of four actions, each turn: establishing a trade route (taking a market card), making a trade or harvesting spices (playing a card from hand), fulfilling a demand (meeting a victory point card's requirements and claiming it), or resting (taking all your cards back). Subsequent editions, like Golem Edition, which Reedy, Harris, and Watson are currently playing, sought to capture new audiences by adding fantasy elements and beautiful new art.

"They thought it wasn't spicy enough," Harris says with a straight face, as he draws and plays cards almost mechanically. If Century were a sport, he would be an Olympian.

Harris loves games like Century and Innovation. Watson is a big fan of Dominion. When asked what his favorite game is, Reedy looks to the sky and



From left to right; Emily Watson, Jack Reedy, and Branden Harris play Century: Golem Edition at Lowell Community Game Nite.

and web content host, Amy Dallen.

Since the Tichelaar family is a self-contained gaming crew, they could easily stay home and have just as much fun, but four cats, two dogs, and three rabbits like to intervene and knock their elaborately placed pieces off the board. Also, their selection is not as broad as what they find here in Sound Check.

Melissa explains Ticket-to-Ride as a fun game where the three can collaborate to build a network of railroads across the nation.

"It's not a cooperative game!" daughter Sherry says. Players win by building the longest railway route and connecting key cities. This often requires opponents to block one another's expansion or access. Rules as written, Sherry is right: Ticket-to-Ride is technically a competitive game.

Melissa and Liam are reluctant to commit to a favorite board game, but Sherry doesn't hold the same restraints. This game, Ticket-to-Ride, is her favorite game. If given the choice, Liam and Melissa would prefer to play tabletop roleplaying games like Dungeons & Dragons. They

use the fifth Edition D&D ruleset for their ongoing home campaign, though they may be branching out to Pathfinder soon. Both are fantasy games, where you get to play barbarians and wizards and rangers, and many are making the switch because of changes to D&D's self-publishing license that some are calling a cash-grab by parent company, Hasbro. The family is taking a trek down to Kalamazoo in March to go to an annual gaming convention at Western Michigan University called Marmalade Dog. While there, they plan to play some games of Pathfinder and acclimate themselves to the new setting and ruleset. The Tichelaars aren't affected by Hasbro's new license – the family's dungeon master, dad, Liam, doesn't publish any of his work even though he runs a homebrew campaign and has even created his own system – but the seemingly anti-fanbase controversy has inspired the family to explore other options.

In just one hour, the crowd at Lowell UMC's Sound Check expands from end-to-end of the large building. A father and son play Boop, which is marketed as "a deceptively cute, deceptively

challenging, abstract strategy game for two players." Each player places kittens on a bed and goes "boop," pushing nearby kittens off the bed. Three kittens in a row transform into a cat, and three cats in a row transform into victory! In the back, a group of four have gathered with a modified playing card deck to play Euchre, a favorite of Northerners during their college years. Players pick a suit from among hearts, diamonds, spades, and clubs, and that suit becomes trump, meaning that cards of that suit masquerade as more important cards than they really are. The population here will ebb and flow between 5 pm and 11 pm, but the promise of board games with (future) friends typically brings 40-45 people each month.

The next Lowell Community Game Nite is Friday, March 10, from 5 pm-11 pm. People of all ages are welcome at Lowell United Methodist Church's Sound Check, though most of the games require players to be five years-of-age or older. Locals who want free pizza, fun and challenging games, and an opportunity for socialization, can come out and play tabletop games for fifteen minutes or stay the whole night.



A humble white placard, with writing in red and blue marker, welcomes players to Lowell Community Game Nite at Lowell United Methodist Church's Sound Check wing.

co-sponsor of Community Game Nite, which he's hosted on-site for nearly two years. Sound Check is the home of Lowell UMC's music ministry, and it hosts concerts with local artists. Brillhart points to a TV screen, where slides showing the church's active ministries, rotate throughout the evening: concerts by Toby Bresnahan and the Roger McNaughton Trio, the Honors Society gathering gifts for Community Support Month. "Jack and I became friends and we decided we'd do a game night," Brillhart said. "Jack" is Jack Reedy, the owner of Rookies Sportscards Plus in Lowell and co-host of Community Game Nite. Looking around, you might expect to see him at a booth with

parties who are looking to clean out their game closet, garage, or attic. Painter, Bob Ross's, smiling face sticks out among names like Iguazú, Duel Dunkeln, and Zooloretto; apparently, there's a board game called Bob Ross: Art of Chill Game, where players win by reaching "maximum chill" first.

Harris is less relaxed than Reedy. Crouched over his holdings, you can see in his eyes that he's processing complex calculations to minimize risk and maximize rewards. He moves quickly, exchanging several gems for gems of a different color. "I'm just gonna run my engine then," Harris says. Reedy and Watson simultaneously shout, "Toot! Toot!"

The original Century game explored the history

composes a BuzzFeed list in his head of his top five board games. After a few short moments, Reedy replies, "King of Tokyo, Biblios, Century, Wingspan, and The Crew," and everybody nods in agreement; they have played together enough that nobody's surprised.

Reedy, Watson, and Harris are friends and acquaintances, but a number of families showed up, as well. A couple of seats over, Melissa and Liam Tichelaar, and daughter Sherry, play Ticket-to-Ride, a classic board game featured on Wil Wheaton's infamous TableTop web series. During the May 18, 2012 episode, *Star Trek: The Next Generation*, alumnus Wheaton played this same game with wife, Anne Wheaton, actor Colin Ferguson of Eureka and Maytag commercial fame,



The Tichelaar family, from left to right; Melissa, Liam, and Sherry, play Ticket-to-Ride at Lowell Community Game Nite.



Live the Life You Want

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

Dangers of a wrong mental health diagnosis

Many new clients arrive with a list of symptoms and behaviors or even an existing diagnosis. The diagnosis is usually from their primary care physician, another mental health professional, other medical provider, or is self-diagnosed. The problem occurs when the symptoms are incorrectly classified, resulting in the wrong diagnosis and treatment.

How this happens

Clinicians do their best, but even when taking all the necessary steps and precautions, we don't always get all the information needed. Below are some reasons the wrong diagnosis can occur.

Internet Resources

According to a Pew research study, 1 in 3 Americans use the internet to search for diagnoses. While the internet can be helpful, it's not meant for diagnosing and can provide incorrect information. The information also may not fully be understood by a non-professional. Let's say you feel anxious and take an anxiety assessment online. The results state you have many symptoms of anxiety and should contact a mental health professional. You conclude you have anxiety. The assessment was only an indicator, not a diagnosis, and it isn't usually programed to

suggest other diagnoses that may be a better fit. The assessment is only screening the symptoms for the assessment condition, anxiety. Your symptoms may actually fit another diagnosis better or you may have more than one diagnoses. But you may be so relieved to have an answer to symptoms that have been causing chaos in your life, you grab onto it, even if it's incorrect. This in no way helps you, which is why it's important to have a trained and licensed mental health professional making mental health diagnoses.

Medical & other providers

Medical providers typically have basic training and knowledge of mental health issues, but it is not their specialty, and they don't have the same amount of training of a licensed professional mental health provider. I have had many new clients come in with an existing diagnosis that I felt was incorrect. The most often misdiagnosed conditions with new clients are bipolar, anxiety, depression, and ADHD. For someone who only has basic training or new to the field, it's not difficult to mistake mood swings as a type of mania, even when they are not. Mood swings can be a symptom of trauma, depression, PTSD,

or borderline personality, just to name a few. But if the symptoms seem to fit the diagnosis it's given then medication is prescribed. I'm not blaming doctors because they may have a patient that has been misdiagnosed by another professional or has self-diagnosed. It's not unusual for the patient to confidently relay symptoms that match their believed diagnosis. So, if the doctor has ruled out medical conditions and the patient presents the correct symptoms and/or has a prior diagnosis, the patient is credible, and maybe the doctor has even experienced some of these symptoms personally, then it seems reasonable to provide a diagnosis and medication. A self-fulfilling prophesy may even be occurring but how is the doctor to know this when he or she only has the information provided to make a decision and diagnosis? The person may also have a co-occurring condition that is unknown. Most doctors are physical specialists, not mental health specialists, and do the best they can. Ideally, if the medical provider suspected a mental health issue, they would refer the patient to a mental health professional.

Self-fulfilling Prophecy

Sometimes the client has been misdiagnosed by a professional or self-diagnosed. They are so relieved to have an answer that they can become resistant to any other diagnosis or possibility. They may subconsciously alter what they tell themselves, their doctor, or their counselor, to fit this diagnosis. It becomes

a self-fulfilling prophecy when the belief in the diagnosis influences actions and/or behaviors.

Mental Health Providers. Making a proper diagnosis isn't just checking off symptoms on a list. Mental health professionals ask probing questions, have clients complete assessments, and take multiple sessions before providing a diagnosis. Because making a quick conclusion can result in a misdiagnosis, which doesn't help the client. We also have to consider if it may be a medical component and may ask clients to see their doctor to rule out possible medical conditions.

Dangers

Below are the most often seen, main dangers of a mental health misdiagnosis:

Medical conditions

A misdiagnosis may result in a missed medical condition. Hyperthyroidism can be misdiagnosed as panic disorder and hypothyroidism as depression. A brain tumor can result in personality changes and mimic depression or psychosis.

Mental health conditions

Some diagnoses are closely related and it's important to get it right for treatment purposes. For instance, PTSD and generalized anxiety disorder have similar symptoms and are sometimes confused when the details of symptoms and behaviors are not fully shared/explored. If someone has a substance-use disorder, it could be hiding symptoms of depression, anxiety, etc. Medical conditions

also need to be ruled out. A misdiagnosis can lead to more distress, mood fluctuations, self-blame, confusion, breakdowns, guilt, shame and/or serious mental and physical health

weeks to build in the system to effective levels. So, if you are on an incorrect medication, you may be suffering needlessly for months. This is why it is so important to provide



concerns.

Multiple (Co-occurring) conditions.

Individuals can have more than one mental health or other type of diagnosis called co-occurring diagnoses. Sometimes a person's anxiety or panic is so high that it hides depressive symptoms. It's actually not unusual for someone with diagnosed anxiety or panic disorder to also have depression. Some diagnosed with substance abuse disorder may also have depression, anxiety, bipolar disorder, or trauma. You can also have a physical and mental health diagnosis at the same time and affect one another.

Incorrect medication.

This can be dangerous. Some medication can cause impairments in mood, memory, cognition, and your physical functioning. You may also be getting unnecessary side effects from medications, without the benefits, if misdiagnosed. Some medication takes

accurate details of symptoms and behaviors causing the problems.

Worsening condition

Misdiagnosis can result in a physical or mental health condition worsening, resulting in serious consequences. It's imperative that you be open to possibilities and provide accurate, detailed information to those providing treatment. Even if you think a detail doesn't matter, it could actually be the deciding factor in a diagnosis.

The bottom line, get help from a professional so you don't risk your physical and mental health. If it is a suspected medical condition, see a doctor. If it is a suspected mental health condition, see a licensed mental health professional. I hope you find this information helpful but it is not intended to diagnose or treat. I hope everyone stays safe and healthy!

Recreation Passport increase beginning March 1

Packing up for a camping trip. Fishing from your favorite pier. Parking the car, ready to enjoy thousands of miles of motorized and nonmotorized trails or drop your boat in the water ...

Those are just a few outdoor amenities and experiences that start with the Michigan Department of Natural Resources' valued-packed Recreation Passport, which gives year-round vehicle access to 100-plus state parks and recreation areas, more than 1,000 state-managed boating access sites, 140-plus state forest campgrounds, and parking at thousands of miles of trails and other outdoor spaces.

Next month, people will see a slight increase in the cost of a Recreation Passport, but at just over a dollar per month, it is still the best recreation deal around. Effective March 1, the Recreation

Passport resident vehicle fee increases from \$12 to \$13 (and from \$6 to \$7 for motorcycles) – the first such increase since 2020.

The moderate fee change is a result of a statutory provision that ensures Recreation Passport funding keeps pace with the economy. Basically, the law says that the DNR does not determine the cost of the Recreation Passport; instead, fee adjustments are based on the Consumer Price Index, as determined by the federal Bureau of Labor Statistics. The notice of change was provided by the Michigan Department of Treasury in November.

March 1, the resident Recreation Passport fee will increase:

From \$12 to \$13 for vehicles.

From \$6 to \$7 for motorcycles.

From \$24 to \$26 for two-year vehicle registrations.

There's a \$5 convenience fee (except for Belle Isle Park) when the Recreation Passport is not purchased at the time of your license plate registration renewal through the Secretary of State, and is instead purchased at a state park or recreation area.

New nonresident Recreation Passport fees, including the nonresident annual pass that went from \$36 to \$39, went into effect Jan. 1, 2023.

"The Recreation Passport model, introduced in 2010, provides a unique funding opportunity for the state's parks and recreation system," said Ron Olson, DNR Parks and Recreation chief.

In fiscal year 2022, 40 percent of eligible vehicles in Michigan had the Recreation Passport.

All revenue generated by Recreation Passport sales goes into a restricted fund that supports state

park infrastructure and operations, a local grant program for community recreation agencies, state forest campgrounds and non-motorized pathways and trails, cultural and historic resource restoration, and marketing and promotion.

Olson noted, too, that Michigan state parks are largely self-supporting. Approximately 97 percent of state parks funding is generated by user fees (including the Recreation Passport) and royalty revenues; just 3 percent comes from Michigan's general fund tax dollars.

Learn more about the Recreation Passport – how to get it, where it can take you, what it supports – at Michigan.gov/RecreationPassport.

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Red Arrow

- WRESTLING

SPORTS

Wrestling advances all 14 through district

Justin Scott
Sports reporter

District week means the start of postseason wrestling, and for Lowell fans, it's extra special each year with the success of the team in recent years. In the team district, the eighth-ranked team in the state awaited the winner of Lowell, and the hosts, Ionia.

The Red Arrows cruised past the Bulldogs in the district semifinal, able to get postseason experience for plenty of wrestlers, as well. It started out with a pin from Steve Skinner;

Easton Lyons and Trevor Boone followed with pins of their own. A CJ Poole major decision brought Lowell to a 22-0 lead. Chase Wilder, Connor McDowell, Jared Boone, Ari McFarland, Jace Blakely, and Braddock King all finished with falls in the dual, as well, for a 74-6 scoreline.

It was as tough a draw as any for Hastings, the eighth-ranked team in the state. Any top ten ranked team in the state would certainly have aspirations of a team state appearance as a season goal; unfortunately, the Saxons would need to

upset the top-ranked team in the state to get there. The Red Arrows proved too strong for Hastings in a 57-15 victory. Following a 10-9 opening lead for Lowell, four straight falls by Jared Boone, Maddox Simcoe, Casey Engle, and Carson Crace put the dual well in hand. Juan Acosta and Carter Cichocki each scored pinfall victories, as well.

On Saturday, Lowell put fourteen wrestlers out for individual districts, the maximum allowed per team. The maximum is there for a reason, but Lowell's 15, 16, and 17's could easily have

ended up advancing out of districts, always making for tough decisions for the Red Arrow coaching staff on who to bring to the individual tournament.

"We take it very seriously as a coaching staff. We have 52 guys on the team, so those other 38 guys, who don't make the individual lineup, are working as hard as they can to help those 14 guys out," Coach Boudro told the Ledger. "It's not an easy process, and there are a lot of variables in play."

Results were as follows: first place: Owen

Segorski, Trevor Boone, Jackson Blum, Carter Cichocki, Jarrett Smith, Carson Crace, Maddox Simcoe, CJ Poole. Second place: Logan Dawson, Juan Acosta, Jared Boone.

Third place: Landon Miller, Tacho Gonzales, Mason Saylor.

The Red Arrows host individual regionals on Saturday, and will face Forest Hills Central on Wednesday, with a potential regional final that same night against number seven ranked in the state, Greenville.

"Greenville has nine guys from districts

advancing to regionals, so they'll be ready and it will be a good dual," Boudro said of the potential matchup. The Yellow Jackets and Red Arrows had a strong rivalry in the late 2000's, when both programs and with the Greenville program on the rise, could be in for a renewal. The regional champion will advance to the team state tournament held in Kalamazoo.

Wrestling starts at 9:30 on Saturday for individual regionals. "We're going to have to battle, it's going to be a tough region," Boudro concluded.

- SKI

- BASKETBALL

Ski with two races last week

By Justin Scott
sports reporter

Tuesday - In a tri with GR Christian and West Catholic/Catholic Central, Lowell finished a close third. The Red Arrows took some nice top-five finishes with Colton Byrne taking first in slalom and second in GS and Cooper Byrne taking fifth in slalom.

Team Scores GS: WC/CC - 26 points; GRC - 30 points; Lowell - 39 points

Scoring for the team: Colton Byrne - second; Cooper Byrne - sixth; Anders Melby - 15th; Mitchell Swint - 16th. Also racing were Sam Konyndyk and Ramsey Ponchaud

Team Scores Slalom: GRC - 15 points; Lowell - 39 points; WC/CC - 41 points.

Scoring for the team: Colton Byrne - first; Cooper Byrne - fifth; Ramsey Ponchaud - 16th; Sophie Konyndyk - 17th. Also racing were Kaleb DeYoung and Anders Melby

On Friday, the team placed seventh, overall, in tough course conditions, including a fifth place result in slalom.

GS Team Results: EGR - first; Rockford - second; WC/CC - third; FHC - fourth; Spring Lake - fifth; Grand Haven - sixth; Lowell - seventh; FHNE - eighth; Northview - ninth.

Slalom Team Results: EGR - first; Rockford - second; SL - third; WC/CC - fourth; Lowell - fifth; FHNE - sixth; GH - seventh; FHC - eighth; Northview - ninth.

Scoring for GS: Colton Byrne - 10th; Cooper Byrne - 11th; Ramsey Ponchaud - 39th; Kaleb DeYoung - 45th. Also racing was Mitchell Swint and Anders Melby.

Scoring for slalom: Colton Byrne third; Cooper Byrne fifth; Anders Melby 33rd; Sam Konyndyk 40th. Also racing Sophie Konyndyk and Ramsey Ponchaud.

Binns' free throw completes sweep of Huskies

By Justin Scott
Sports reporter

It's one of the scenarios you dream of as a kid playing basketball in your driveway. A free throw to win the game. Just you, the ball, and one shot to be the difference maker. It so rarely comes to fruition, though, as it did last week in Lowell's boys game against Forest Hills Northern.

With 2.6 seconds left, and the game tied at 45, Jackson Reisbig launched a Hail Mary pass cross court. No better player to do that than your football team's starting quarterback? The pass connected and a well-

defended three came up short, right into the waiting arms of Lowell senior, Alex Binns, whose putback attempt also came up short, only because he was fouled on the way up. The whistle blew, just before the buzzer, and Binns had two free throw attempts to win the game.

At Forest Hills Northern, the away fans did everything they could to make noise, even young kids got into the fun, trying to distract the Lowell senior.

Both teams cleared the free-throw area; no need to try for a rebound, with the clock showing 0.00

seconds left on the clock. The first free throw went up, and went down, leading to a second scene in as many weeks, with the Red Arrow boys celebrating at midcourt.

Down two late, Lowell tied the game at 45 each on a tough Drew Veldman layup. The defense held the Huskies to force the game-winning offensive possession. It also completed a season sweep of the Huskies.

Earlier in the week, Lowell fell 55-48 to Greenville, finishing the week at 9-7 on the season.



Girls basketball moves to 14-4

By Justin Scott
sports reporter

The Lowell girls basketball team put up a program record 86 points in a win against Greenville last week, just one of three lopsided results in the last three games for the team. The Red Arrows made 17 three-pointers in the win over the Yellow Jackets.

Following a loss to Lansing Catholic in non-conference action, Lowell has beaten Northview 62-28, Greenville 86-30, and FHN 56-28 in OK White play.

Piper Risdon led all scorers with 25 against Northview. In the win over FHN, Lowell was led by Taryn Jackson with 14

points, Braxcynn Baker with 12, and McKenzie Munson with 10 points. Munson recently committed to Aquinas College to play basketball.

The wins bring the Red Arrows to 14-4, with huge games this week against East Grand Rapids and Grand Rapids Christian.

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obituaries

KNAPP

Mrs. Blanche A. Knapp, age 98 of Kinston, NC, formerly of Lowell, MI, was called home to be with the Lord on February 5, 2023. She was born to the late Lt. Col. John and Iona Kelly of Grand Rapids, MI on May 21, 1924, in Sioux Falls, SD. Blanche was preceded in death by her late husband of 72 years, Robert Knapp of Lowell, MI. She is survived by her two children, Rev. Robert Knapp of Kinston, NC, and Miriam Davis of Muskegon, MI; her younger sister, Pat Hiller of Grand Rapids, MI; 4 grandchildren; 9 great-grandchildren; and 2 great-great grandchildren. Blanche was very faithful in her attendance at church and participated in its prayer and encouragement ministry. Prior to retirement, she sang with her church choir, played in the church band, and taught Sunday School. Before retirement, Blanche worked with the local county governments with bookkeeping and tax collection. Her favorite employment was in a bakery while living in Waukesha, WI. Her final interment will take place in Belvedere, Illinois.



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Looking Back, continued

25 years ago

The Lowell Ledger

February 25, 1998

The Lowell City Council began getting its ducks in a row for the M-21/Main Street project that will take place this summer. The council had three issues facing it at the Feb. 17 meeting: a variance request by the Amoco station on the northwest corner; property acquisition to widen the Hudson Street intersection; and a contract with Michigan Department of Transportation for the M-21 projects.

The Lowell Area Schools Board of Education has agreed to settle with the state on the Durant Case, despite the fact that the district may not be able to spend the money on what it wants. In the fall of last year, the state settled a lawsuit with 17 districts, in regards to underfunding. The case was known at the Durant Case. At the same time, the state also decided to make a settlement with the rest of the Michigan school districts, to avoid any further legal battles. The Lowell district is to receive about \$1,191,193.

LEGAL NOTICE

PUBLICATION OF NOTICE OF HEARING
STATE OF MICHIGAN

The Probate Court for the County of Kent

IN THE MATTER OF:
RIGOBERTO GARCIA ALARCON,
Guardianship File No. 23-212,830-GA

Ottawa NW, Grand Rapids, MI 49503, Courtroom 9D in person and via Zoom before Judge Avery Rose (P77757) for the following purpose: Appointment of a Guardian.

Dated: February 8, 2023

Adult Protective Services, DHHS, Petitioner
121 Martin Luther King Jr. SE, Grand Rapids, MI 49507
(616) 260-6443

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

TO ALL INTERESTED PERSONS including any 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 March 6, 2023, at 1:30 PM at Kent Co. Probate Court, 180

to the editor

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

Editor:

February 5-11 was Boy Scout Anniversary Week, marking 113 years since the Boy Scouts of America was founded on Feb. 8, 1910.

An early Lowell Boy Scout group flourished, but fizzled out in the Depression years of the 1930s. So why does Lowell now have a Scout Cabin - and a Scout Park?

The answer lies in both history and geography:

After World War II ended in 1945, community leaders and returning war veterans joined to revive Scouting in Lowell. Scout troop #102 held weekly Monday night meetings at the Methodist church gymnasium.

In 1952, Scout leaders had a bold vision for their own gathering place, a large pine cabin at the north edge of town, on city forest land along the Flat River - near enough for convenience, yet wild enough for adventure.

To raise funds, Lowell Scouts held city-wide paper drives, gathering old newspapers by the semi-truck load, to sell to Grand Rapids recycling firms. Local businesses donated materials; contractors gave services. Scout leaders, plus the boys themselves, provided many hours of construction labor.

We boys helped clear away brush and small pines, carried shovelfuls of sand and gravel, swept-up sawdust and errant nails, smoothed with our fingers the still-wet mortar between foundation concrete blocks, and brushed fresh wood stain on split pine logs. Adult volunteers poured the massive concrete floor, installed plumbing pipes and electrical circuits, built the majestic stone fireplace, raised up the outer walls, bolted the ceiling trusses, and tacked down roof shingles. It was an exciting summer project for all, and a wonderful gift to generations of Lowell youth.

For seventy years, Lowell has had this splendid community asset, envied by others, yet perhaps under-appreciated by its own citizens.

In summer 1960, I was a counselor with the new

Lowell YMCA at weeklong daycamps for children, held at the Scout cabin with archery, nature study, crafts, outdoor cookouts, and hikes along nearby forest trails.

Geographically, ancient ice glaciers had carved out a wide valley here, with two rivers and many creeks flowing together. Nature formed these sandy highlands and broad central lowlands, where riverine floodplains were marginal for buildings, but wonderful for recreational use and public parks.

Such abundant natural features and parklands make Lowell a particularly pleasant and attractive place to live, work, visit, and enjoy. More than most similar cities, since the 1880s Lowell has wisely saved these open places for its present and future citizens.

Thus, today the city already owns most of this land. And the "public cost" of maintaining it is relatively modest, especially when compared to its present and long-term benefits.

I was raised in Lowell ,from my early childhood, by parents who were teachers and church leaders there for over 50 years. I still believe Lowell is a special community, with a splendid future. Please continue to appreciate what you already have in Lowell . . . and preserve it for the enjoyment of generations yet to come.

Letter To The Editor:

We are writing this letter in support of the downtown businesses along Main Street. A Parking Ordinance (23-02) was voted on and approved at the February 6th meeting of the City Council. A last minute addition removed the 2-hour parking limit along Main Street, between Hudson and Jefferson.

Parking along Main Street, in the business district, has been a growing problem over recent years. Having a posted 2-hour parking limit has insured a steady availability of parking spaces for shoppers and diners of our Lowell businesses.

Removal of this 2-hour parking limit allows indefinite parking in the business district, limiting shoppers convenience to shops and restaurants. Many of our local businesses depend on the availability of Main Street parking, which allows easy access to their stores and restaurants.

We urge City Council to reconsider Parking Ordinance 23-02.

Ron Janowski and
Karen Waid
Owners: Flat River
Antique Emporium

Social Security’s Top 10 webpages for 2023

There’s no better place to learn about Social Security programs and do business with us than on our redesigned website at SSA.gov. Visitors to SSA.gov will experience a new design to help them find what they need more easily.

Here are our top 10 webpages:

1. my Social Security - You can open a personal my Social Security account to verify your earnings, view your Social Security Statement, get benefit estimates, and more, at www.ssa.gov/myaccount.

2. Social Security blog- Our hub for Social Security news and updates is our blog at blog.ssa.gov. You can use social media to easily share these informative articles with others.

3. Frequently Asked Questions (FAQ) - Do you need answers to Social Security-related questions? Our FAQ webpage is another valuable source of information at www.ssa.gov/faq.

4. Retirement Application - You can complete and submit your online application for retirement benefits in as few as 15 minutes at www.ssa.gov/retirement.

5. Disability Application - You can conveniently apply online for disability benefits at www.ssa.gov/benefits/disability.

6. Publications - Visit our online publication library for information on key subjects at www.ssa.gov/pubs (includes audio versions of publications).

7. Medicare - Sign up for Medicare at www.ssa.gov/medicare/sign-up.

8. Online Services - You can take care of most business with us by visiting our online services page at www.ssa.gov/online services.

9. Forms - Find and fill out our forms easily at www.ssa.gov/forms.

10. Fraud and Scam Prevention and Reporting - Learn how to recognize Social Security fraud and scams - and how to report them - at www.ssa.gov/fraud.

Remember, if you need information or want to do business with us, the first place to go is our website. Please share these top resources with your loved ones.

Hillary Hatch 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 hillary.hatch@ssa.gov

LEGAL NOTICE

NOTICE TO CREDITORS

The Cecelia L. Arszulowicz Trust

Re: Cecelia L. Arszulowicz, decedent, Date of Birth 12-11-1924

February 10, 2023

John D. Mitus, Attorney (P-31244)
410 Bridge Street, N.W.
Grand Rapids, MI 49504
616-774-4001

Mary E. Payne, Trustee
11857 Stauffer Dr.
Sparta, MI 49345



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

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

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

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

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

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ADVERTISEMENT FOR BIDS

CITY OF LOWELL
301 E. MAIN STREET
LOWELL, MI 49331

General Notice

The City of Lowell is requesting Bids for the construction of the following Project:

2023 Monroe Street Improvements

Bids for the construction of the Project will be received at the City of Lowell located at 301 E. Main Street, Lowell, MI 49331, until Friday, March 17th at 10:00 am local time. At that time the Bids received will be publicly opened and read.

The Project includes the following Work:

Removal and replacement of existing asphalt pavement, sanitary sewer, watermain and storm sewer and associated structures, upgrades to existing concrete curb, gutters and sidewalk ramps.

Bids will be received on a unit price basis for a single prime Contract.

Owner anticipates that the Project's total bid price will be approximately \$3,400,000. The Project has an expected duration of 160 days.

Obtaining the Bidding Documents

Information and Bidding Documents for the Project can be found at the following designated website:

https://williams-works.com/

Bidding Documents may be downloaded from the designated website. Prospective Bidders are required to register with the designated website as a plan holder, even if Bidding Documents are obtained from a plan room or source other than the designated website in either electronic or paper format. **Builder's Exchanges are authorized to share the contract documents with other exchanges.** The designated website will be updated periodically with addenda, lists of registered plan holders, reports, and other information relevant to submitting a Bid for the Project. All official notifications, addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, including addenda, if any, obtained from sources other than the designated website.

The Issuing Office for the Bidding Documents is:

Williams & Works
549 Ottawa Ave NW, Suite 310
Grand Rapids, MI 49503

Bidding Documents also may be examined in person or online*via:
Builders Exchange of Lansing 1240 East Saginaw, Lansing, MI 48906*
Builders Exchange of Grand Rapids, 678 Front Ave. NW #330, Grand Rapids, MI 49504*
Construction Association of Michigan, 43636 Woodward Ave Suite 400, Bloomfield Hills, MI 48302*
Williams & Works, 549 Ottawa Ave NW, Grand Rapids MI 49503*

Prospective Bidders may obtain or examine the Bidding Documents at the Issuing Office on Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m., and may obtain copies of the Bidding Documents from the Issuing Office as described below. Partial sets of Bidding Documents will not be available from the Issuing Office. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including addenda, if any, obtained from sources other than the Issuing Office.

Pre-bid Conference

A pre-bid conference for the Project will be held on **Wednesday, March 1st at 10am at City Hall, 301 E Main St, Lowell, MI 49331.** Attendance at the pre-bid conference is encouraged but not required.

Instructions to Bidders.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

American Iron and Steel

Section 746 of Title VII of the Consolidated Appropriations Act of 2017 (Division A - Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating domestic preference applies an American Iron and Steel requirement to this project. All iron and steel products used in this project must be produced in the United States. The term "iron and steel products" means the following products made primarily of iron or steel: lined or unlined pipes and fittings, manhole covers and other municipal castings, hydrants, tanks, flanges, pipe clamps and restraints, valves, structural steel, reinforced precast concrete, and Construction Materials.

The following waivers apply to this Contract:
De Minimis,
Minor Components,
Pig iron and direct reduced iron

This Advertisement is issued by:

Owner: City of Lowell
By: Mike Burns
Title: City Manager
Date: February 15, 2023

The Super Bowl setback

by Bill Lee
contributing writer

Note to self: "Don't bring a healthy dip to a Super Bowl party ever again. Will get made fun of all night. Will be the only one who eats it. Will have to create many diversions during the game to stop people joking about it."

I thought it was a great idea. Hummus/Tabouli dip is tasty, and it is easy to make. You just take a container of hummus and a container of tabouli, mix it, and voila! A fine dip that is great for parties. "The guys will love it," I thought. "With all that greasy food around, a nice healthy dip will be a wanted commodity."

I envisioned their comments: "Mmm... Love the hummus, Bill" and "What is this? It's really good" and "How do you pronounce this? I'll have to look for it at the grocery store!"

It's funny how reality slaps fantasy right in the face. "Hummus?" asks my friend. "What the heck is hummus?"

The other guys, who are sitting on the couches getting ready for the game, turn their heads at me, wanting a response. Immediately, I have the same feeling as when I asked Michelle Remillard to the prom and she just stood there...and stood there. I had landed on

Planet Mistaken.

"It's hummus and tabouli mixed together. It's an excellent dip. Try it," I say and then stick the bowl of dip toward him. "Get that away from me. I don't eat things I can't pronounce," he says. "Look around you. We've got onion dip, and chili-cheese dip and buffalo-chicken dip – real Super Bowl food – snacks that make you fart. Bill, have you gone soft on us or something?"

Zing! A swipe at my manhood. I need a good comeback. "Hummus and tabouli will make you fart," I say. "It's got mashed chickpeas, tomatoes, onions, parsley and all sorts of spices that will make you fart. Have some of this and wait two hours, you'll see."

I scan the room, full of men, with my bowl of hummus/tabouli dip in my hand, seeing if I will get any takers. No one is interested. So the bowl sits on the coffee table, and not a soul places one chip in that heaping bowl of goodness, except me. Even though there are other yummy treats I want to try, like meatballs, cheese dip, and mushroom caps, in spite, I push my chips into that hummus/tabouli dip for the first quarter of the game. I'll show them that my dip can make people fart.

"How's the hoomus?" one of my friends asks to a roomful of hearty laughter.

"It's hummus," I reply. "And it is very good thank you."

Another friend pipes in. "Hey, you know Bill, your hoomus might be the first food item to break tradition of leaving food at a host's house. John, will you be upset if Bill takes his hoomus home after the game?"

"No."
"See?"
"It's hummus not hoomus."

And for the next three hours, the funniest jokes – besides some of the commercials – are the cracks about my hummus/tabouli dip. I feel like the guy in the audience getting picked on by the comedian. "Boy, the hoomus is really flying! We can't keep enough on the table," someone else says.

Finally, after three quarters of football, I catch one of my friends pushing a tortilla chip into my dip and throwing it into his mouth. "See!" I point to him. "He ate my dip!" I look at him. "How was it? Pretty good, right?" "It's okay," he says and has another bite. "But it's the only thing left on the coffee table. I had to eat something." I look down to verify this fact and it's true. There is nothing left but chips and my dip, but no one is eating it because each man's stomach is bursting with snacks and beer.

A little later in the game, the woman of the house comes home and watches the last part of the game with us. "These games are so long," she says. "Are they almost finished with the last period?" Ha!!! The room of men snicker. The last period. "It's not a hockey game honey," says John. And then the men latch onto it and start joking about her comment, taking some pressure off me and my dip.

Then, the game is finally over and it is time to clean up. Feeling my stomach begin to rumble, I ponder whether or not I should stick around for a few more minutes to prove my dip's flatulent effects to the boys, but I decided it would not be wise nor polite. And somehow, I don't think it will persuade them to eat my dip at next year's Super Bowl party. Live and learn, Bill. Live and learn.



LEGAL NOTICE

PUBLICATION OF NOTICE
OF HEARING
STATE OF MICHIGAN

The Probate Court for the
County of Kent

IN THE MATTER OF:
DEBORAH VOGG,
Guardianship File No.
23-212,815-GA
Conservatorship File No.
23-212-826-CA

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

TAKE NOTICE: A hearing
will be held on March 13,
2023, at 1:30 PM at Kent
Co. Probate Court, 180

Ottawa NW, Grand Rapids,
MI 49503, Courtroom 9D
in person and via Zoom
before Judge Avery Rose
(P77757) for the following
purpose: Appointment
of a Guardian. and
Appointment of a
Conservator.

Dated: February 8, 2023

Adult Protective Services,
DHHS, Petitioner
121 Martin Luther King
Jr. SE, Grand Rapids, MI
49507
(616) 438-5501

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



FUN PAGE

SUDOKU

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

Level: Intermediate

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

Guess Who?

I am a singer and actress born in California on February 15, 1986. I unsuccessfully auditioned for “American Idol” when I was 17. However, I rose to fame on a television series about a high school chorus.

Answer: Amber Riley

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			

LIBRARY WORD SEARCH

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

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

LIBRARY WORD SEARCH	CAMPUS CARD CATALOG CHECKOUT COMPUTERS GENRE LEARNING	LIBRARIAN LIBRARY MEETING MEMBER PERIODICALS QUIET REFERENCE	RESEARCH RETURN SCHOOL STUDY
ALPHABETICAL BINDING BOOKS BORROW			

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the library.

O V E M U L

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

Answer: Volume

- CLUES ACROSS
1. River in Tuscany

5. A way to represent

8. Rocker’s guitar

12. Civil Rights group

14. Brew

15. Scratch

16. W. Asian country

18. The Eye Network

19. Clarified butter

20. Part of the Cascade Range

21. Downwind

22. A way to steer

23. Loop

26. Not ingested

30. Swampy coniferous forest

31. Musician

32. Signing

33. Containing iron

34. Part of a theorem or proof

39. Veterans battleground (slang)

42. Of enormous proportions

44. Italian city

46. Come before

47. Balm

49. Undergarments

50. Male parent

51. Ropes

56. Ear part

57. Investment vehicle

58. Dictator

59. Cain and __

60. A type of code

61. Border river along India and Nepal

62. It’s what’s for dinner

63. Consume

64. Christian __, designer

26. Ultrahigh frequency

27. No (Scottish)

28. Make a mistake

29. Credit card term

35. Keyboard key

36. Woman (French)

37. In the middle of

38. Score perfectly

40. Coat a metal with an oxide coat

41. Deadly disease

42. A place to dock a boat (abbr.)

43. Belch

44. Member of U.S. Navy

45. “In __”: separate from others

47. Examine extensively

48. Adjust

49. Tattle

52. Actor Pitt

53. Gulls

54. Within

55. Exceptionally talented performer
- CLUES DOWN
1. Cuckoos

2. Skin issue

3. City in central Japan

4. Sorrels

5. Twinned diamond

6. Canadian province

7. Monetary units

8. Head honcho

9. Goddess of wisdom

10. Part of a play

11. Get rid of

13. Applicant

17. Bowling alleys have many

24. Explosive

25. “The Say Hey Kid”

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Tuesday, February 28, 2023

10:30 AM

American Legion Post 287

91 S. 1st Street, Cedar Springs

2:30 PM

Comfort Suites, Grand Rapids North

350 Dodge Street, Comstock Park

Wednesday, March 1, 2023

10:30 AM

Country Inn & Suites, Aquinas Room

3251 Deposit Dr. NE, Grand Rapids

2:30 PM

Byron Twp. Comm. Ctr.

Multipurpose Room #3

2120 76th St. SW, Byron Center