

ABC's
OF LOWELL

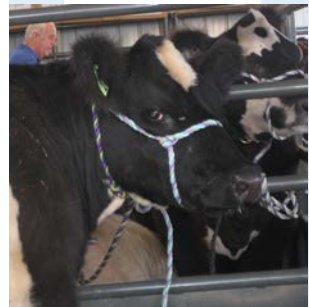
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Dancing in the Park



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\$1.00



Akashic Room provides hot and non-heat yoga experiences, Akashic Records Readings

By Emma Palova
contributing writer

Opening Akashic Room hot yoga studio is a dream come true for owners, Cheyenne and Michael Berry, of Lowell. The family-owned studio offers a safe space to practice a variety of modalities that align with your core essence. “I’ve always loved doing yoga and hot yoga,” Cheyenne said. “There is no hot yoga in Lowell.”

Instead of going to school for more education, the Berrys invested their money into the yoga dream, located right in the space of the old YMCA. “We chose yoga because I’ve seen Cheyenne change as a whole person,” Michael said. “We wanted to share this experience with the whole community.”

The word Akashic derives from Akashic Records known as the Book of Life or the energetic library of all living entities that are channeled through a person. It encompasses the past and present lifetimes. In the Akashic Room studio, the focus is two-fold on the



Harper Berry, age 9, Colette Berry, age 5, and Stella Berry, age 8, practice kids' yoga inside the studio.

physical aspect of yoga and on the quietness and inner silence that you can draw from yoga, and on Akashic Records. “Anybody can channel their own Akashic Records by using a Pathway Prayer,” Cheyenne said.

“You can access your divine wisdom from within.”

Through Akashic Records, you can receive info about your life’s purpose, advice about relationships, and clean your system. Akashic Records are a compendium of all universal events, thoughts, words, emotions, and intent ever to have occurred in the past, present, or future, in terms of all entities and life forms, not just human, in the religion of Theosophy.

The hot yoga room is heated at 98 F or hotter, depending on the class. Non-heat classes are arranged for every body and

**Akashic,
continued page 16**

Alto Library receives new bench

by Kate Democoeur

On Friday, July 28, Kent District Library’s longtime Alto librarian, Sandy Graham, was told to expect a surprise visitor. Little did

she know the visitor was also bringing another surprise. At 11 am, her friend, Betty Yeiter, arrived, along with several friends. The group

had a relaxed visit inside the library, and then, the suggestion was made that it was time to leave.

As the group exited the building, the librarian was focused on her friend. For decades, Graham, who is set to retire after 37 years on August 12, has supplied Yeiter with books to read. Yeiter has read everything Graham could find by, or about, Winston Churchill, her favorite author. In addition, Graham has consistently found stories about World War II, especially the Battle of the Bulge, where Yeiter’s husband, Don Yeiter, was a soldier, and dozens of other books.

Betty Yeiter worked for more than 45 years as a



Alto Library’s Sandy Graham with Betty Yeiter.

**Bench,
continued page 2**

LL&P giving away 100 free trees to customers

Lowell Light & Power is excited to announce the launch of a new residential program called Energy-Saving Trees, which provides 100 free trees for customers to reserve and pick up.

Starting August 1, Lowell Light & Power residential customers can reserve their free tree at arborday.org/LLP, using the promo code included on their bill insert. Each customer can reserve one tree and plant it in the most strategic area, as identified by the online mapping tool. While supplies last, tree species available are Eastern Redbud, Prairie Fire Crabapple, River Birch, October Glory Maple, and Pin Oak.

“We are excited to offer this program to our customers and help reduce energy costs,” said Lisa Pape, Utility Services Specialist at Lowell Light & Power. “The Energy-Saving Trees program is a great way to beautify our city and boost community health and happiness, by encouraging physical activity, reducing stress and blood pressure, improving mental well-being, and so much more.”

The Energy-Saving Trees online tool shares the annual energy savings that will result from planting trees in the most strategic location near customers’ homes. In addition to providing approximate energy savings, the online tool estimates the tree’s other benefits, including

**Trees,
continued page 2**

Trees, continued

cleaner air, reduced carbon emissions and filtered storm water.

“This unique program benefits utility providers, their customers and the communities they serve by finding natural ways to conserve energy,” said Kristen Bousquet, Program Manager at the Arbor Day Foundation. “The right trees, in the right place, can help a homeowner save up to 20 percent on their electric bill.”

The program will continue until all 100 trees are reserved. Trees will be distributed at a Tree Pick-Up Event on Saturday, Sept.16, 2023.

LL&P customers with questions can call the Arbor Day Foundation at 855-234-3801 or email info@arborday.org, or call the LL&P office at 616-897-8402.

About Lowell Light & Power

Lowell Light & Power has been a municipally-owned electric utility since 1896. In the early 1900’s, as cities and towns moved into the electric age, most communities developed and operated their own municipally-owned electric systems, making their own local decisions about how their system should be operated.

Over time, many communities sold their systems to holding companies that grew into large investor-owned corporations. These electric utility conglomerates now serve large areas and are operated with the priority of generating profits.

Like 40 other cities, towns and villages in Michigan, Lowell resisted the temptation to sell its electric utility. Your community continues to own and operate Lowell Light and Power for the benefit of the citizens of Lowell, the system’s owners and customers. It’s a tradition that’s worked for over 120 years. Learn more about Lowell Light & Power at lowell-light.org.

About the Arbor Day Foundation:

Founded in 1972, the Arbor Day Foundation is the world’s largest membership nonprofit organization dedicated to planting trees. With a focus in communities and forests of greatest need, the Foundation — alongside its more than 1 million members, supporters and valued partners — has helped to plant nearly 500 million trees in more than 50 countries. Guided by its mission to inspire people to plant, nurture and celebrate trees, the Arbor Day Foundation is committed to unlocking the power of trees to help solve critical issues facing people and the planet. Learn more about the impact of the Arbor Day Foundation at arborday.org.



Bench, continued

Lowell teacher, and earned a Master’s degree in reading before becoming a district reading specialist. She deeply appreciates the value of books, and still reads every day. Who knows how many books this woman has read in her 99 years?

While the group was chatting, several of Graham’s colleagues at the library were preparing her surprise. As the group exited the library, Graham

was chatting, several of Graham’s colleagues at the library were preparing her surprise. As the group exited the library, Graham



Sandy Graham and Betty Yeiter enjoying the bench Yeiter donated.



was made aware of a new bench just outside. The top line of the inscription says, “Today A Reader, Tomorrow A Leader” as Yeiter often said to her students. The

second line says, “Thank You, Sandy Graham.” The secret of Yeiter’s gift had been successfully kept! As she realized what was happening, Graham was

visibly moved—as was everyone present. Her tenure at Alto Library may be ending, but she will never be forgotten.

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The Old Theater will host Dancing in the Park this month

By Bill Lee
contributing writer

David and Lisa Reed, owners of The Old Theater in Lowell, will be hosting Dancing in the Park, from 7-9, August 11, 18, and 25. The idea has stemmed from the couple’s once-a-month dance programs they’ve had at The Old Theater. Lisa has always wanted to share her love of structured partner and line-dancing, with other people. It is important to her. “It’s an overflow of what we started during the winter, last year,” said Lisa Reed. “We’re making sure we have some music playing and people feeling comfortable coming to dance in a family-friendly atmosphere that is something different from a club or a bar scene. We are highlighting the line-dancing and swing-dancing, and we have social mixers we can throw in there if people have the interest, that we would call a square dance, circle or a hall.”

She understands that some people are intimidated with dancing, especially in a public or even private setting. Her goals she has for people is twofold: one, she wants everyone to feel comfortable and join at their own pace, and two, she wishes to provide some instruction on how to actually do the steps involved. “This particular venue at the park is pretty casual,” said Reed. “We’re on the grass, it’s uneven, people are coming and going. We’re trying to respect the people who are

treating it like a class and are there at 7 and ready to go with not a lot of down time, but we also want to make sure that people don’t find it as a high-pressure atmosphere... some people are intimidated by dancing. They say they don’t know how or they can’t, so we are offering some instruction – a ‘come check it out instruction’ and not commit to a course with a dance studio.”

The three evenings at Stoney Lakeside Park are not just for adults. In fact, the Reeds are hoping many young people will come. Lisa wants more young people to know how to do some formal dancing and feels they will see the benefits when they attend formal dances in middle or high school or even weddings later on. “Let’s not forget that we, as adults, are educating the young,” said Reed. “How cool would it be if we gave a little bit of instruction with proper social dancing, so that when they get to their 8th grade dance or senior prom, they are confident and appropriate.”

She referenced a scene in a Harry Potter movie where Harry and Ron are clueless when they attend a formal dance, and it is the “geeky” character of Neville who surprises everybody. “Everybody seems to be impressed by it but then there is this underlying avoidance that goes on,” said Reed. “They love to watch it in the movies but

they won’t try it, or are embarrassed, so let’s give them the little education they need to be one of those people who can.”

The Reeds have owned The Old Theater for almost two years now, and although the couple is getting by, it certainly hasn’t been easy. “I think things are going okay,” said David Reed. “We are formulating a plan for working on the building and designing the apartments in the building. Kind of in planning-mode, I guess. We are probably going to expand the dancing from once-a-month to more this year. It seems to be popular because there isn’t a lot to do on a Friday or Saturday night. Also, we’re booking the shows for this year and have some big names coming.”

Lisa is a little more blunt with her analysis. “You can use the phrase ‘painfully slow,’” said Lisa. “We don’t have a capital campaign or a fundraising director, but it is that big of a project or it could be. We don’t want to become a not-for-profit organization but could use that kind of a larger team, or people might be passionate about it and want to join the cause, then I think we would be open to more input.”

Each has their pet project. For Lisa, it is dancing and for David it has been comedy shows, particularly clean, family-friendly comedy. They have had a few comedians and improv groups, like the River City Improv Group



Stoney Lakeside Park on Bowes Road is the place where The Old Theater will host Dancing in the Park Saturdays in August.

that came last year. In the end, they really want more people to come to their shows, but they have learned there is a delicate balance of renting out their space, but also trying to make a little profit, as well. “I think we want to ramp it up a little and would love for the shows to gain momentum so that we can pack the house. The more revenue we have from ticket sales, the more attractions you can bring in. Those things go together.”

They may be offering more dance instruction this winter, like ballroom-dancing on Wednesday

nights. Also, during the Christmas season, they are hoping to have a demonstration of the Nut Cracker with the youth ballet that focuses on the story and creativity of the small group of artists. And like last year, they plan on hosting the Christmas Through Lowell Art Fair. In the end, the Reeds want everyone to know that this space is available for

anyone interested. “It is open for rent,” said Lisa Reed. “The venue can be used that might fit their needs - somewhere between The Grand Volute Ballroom and the Free Pavilion of the Park.” You can find out more about The Old Theater by going to their Facebook page or by going to their website at www.theoldtheater.com

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

Women’s Club dedicates new bench

The Lowell Women’s Club gathered Aug. 2 for a ribbon cutting ceremony. After three long years of delays due to COVID-19, this group of ladies was excited to finally dedicate a new bench to the Fred Meijer River Valley Trail. Many runners, bikers and walkers can enjoy a rest on the bench before crossing over Vergennes Rd.

If anyone is interested in knowing more about the LWC please feel free to contact Jan Thompson at 616-897-2533 for information.



The women that were in attendance were: (back row from left to right) Sue Stoufer, Barb Mulnix, Caron Stetler, Lori Ingraham, Ellen Lietzke, Teresa Hoffman. Front row: Chris Parks and Minnie, Kenzie Wyant, Gwynn Kelly, Faith VanDuinen, Pam Jordan, Jackie Tousley, Crista Wetsel, and Diane Thomas.



Live the Life You Want

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

Do you qualify for an emotional support animal?

My office gets regular calls from individuals wanting an emotional support animal (ESA) letter. People are shocked to find out that they actually have to be treating with me beyond a couple of appointments, along with having an actual mental health diagnosis, in order to get such a letter from me. They often try to argue that an ESA is not the same as a service animal (SA), and they are correct. A SA falls under the American with Disabilities Act (ADA). Under the ADA, applicants must have a qualifying disability and need a SA to assist with specific tasks. Only trained SA are required to be admitted into public places and only dogs and miniature horses are legally recognized as service animals.

Callers wanting an ESA letter are often desperate, saying they are moving in a week and need a letter to keep their pet. When my office lets them know this is not possible, they will often go online to one of the numerous places that advertise they provide ESA letters in one day. The charge is typically

\$100 on the low end. The person gets their letter and provides it to their complex and are typically informed that the letter is fine but their therapist has to fill-out their form. Can you guess what most of these online places won’t do? They typically won’t fill-out the form because it asks very specific questions. Now the person is back to where they started.

I try to keep it real about issues, so here are my thoughts about ESA letters. ESA letters are for people with real, diagnosed anxiety, PTSD, depression or other mental health conditions that substantially impact at least one major area of their life. In all the years I have worked as a counselor, I believe I have only written four letters. Feeling stressed or overwhelmed does not qualify for an ESA letter. You are not entitled to an ESA letter just because you want one or want to live in housing that won’t allow pets. I understand that people love their pets and that most are part of the family, so find a place where your pet is welcome.

Calling various mental health therapists, trying to get a letter when you don’t qualify, just takes our time away from people that really need our help. My office was getting so many calls that I had to write a policy about ESA letters. Our policy now states that in order to qualify, you have to be a current client, must be treating with me for at least eight weeks, have had at least four appointments, and have a diagnosed mental health condition that negatively impacts one major area of their life.

Under the fair housing act (FHA) a “psychiatric disability” is used to describe conditions such as severe depression, anxiety disorders, bipolar disorder, and PTSD. They state that as tenant requests for ESAs greatly increase, so has litigation on this issue.

Too many people are trying to abuse the system. It has resulted in more hoops to jump through for those that truly qualify and are in need of an ESA. In the end, they are the ones that suffer. There will be those that feel they have a right to do what they want and will try to work the system to their advantage. My hope is to make people stop and think of the harm they are doing to those that really need ESA.

This article is for informational purposes not advice. It does not provide all the qualifications you may need in order to obtain a SA or ESA. Be safe and well!

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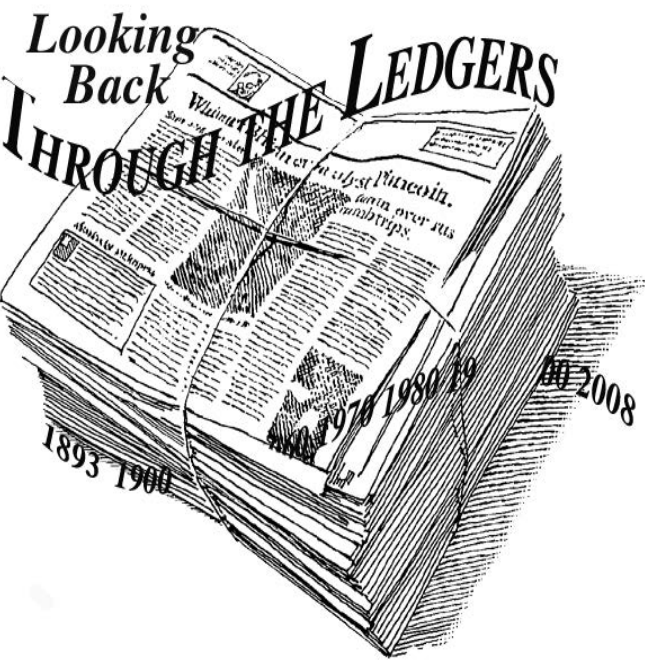
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viewpoint



150 years ago The Lowell Journal August 6, 1873

An intolerable stench along West Water Street makes wicked men talk about things they are the least familiar with.

A catfish weighing 47 lbs. was daughter in Grand River, near this place, on Monday night, by Wm. Broad and Frank Ecker.

Students, attend the Lowell Union School this fall. A live principal, and a corps of first class teachers will be there to give instruction.

Saturday was a busy day. The farmers came in with their wheat and daughters, and left the former at the mills and the latter at the milliners. The most of it is looking very plump. We mean the wheat.

Another discovery has been made in the banks of Flat River. More Indian skeletons with war implements, including an old gun, fancy ornaments, beads, Indian hair etc., all of which has been under ground over thirty-five years.

125 years ago The Lowell Ledger August 11, 1898

Lowell Horticulturists meet at Island Park for talks on peaches and other fruits, plus enjoying exhibits of fruits and flowers.

Prof. F.R. Hathaway of Flint is elected Grand Rapids superintendent of schools; his salary will be \$3,000.

Peaches are plentiful, very cheap and hardly moving at 25 cents a bushel.

The very hot weather is blamed for a fish kill in Thornapple River last week.

Miss Clara Barton reports that there is very little yellow fever at Santiago and that the troops suffered chiefly from malarial fever.

At the village of Richland, Mich, armed men forced an entrance to the Union savings bank, blew open the safe and stole \$10,000

100 years ago The Lowell Ledger August 9, 1923

Rumors about sale of the Ledger are unfounded, says the editor.

A memorial service, in honor of the late President Warren G. Harding, was held at the City Hall, Sunday, August 5.

The Lowell Specialty Co., is continuing in its prosperous, growing career and will be adding another story to the large brick factory building erected during the past year.

In Alto, Art Schneider's Jersey cow tests the best: (305 lbs. milk, 65.3 butter bed) of the Alto Kent Coop.

Notice to milk patrons: On and after August 13, milk will be retailed at 12¢ per quart, 6¢ per pint. Bottle must be washed and returned daily. Milk Men Association.

A turtle left in the Tonga Islands by Capt. James Cook, English mariner, in 1773, was found there recently. Despite the established proclivity of the species towards records for longevity, the turtle exhibited signs of extreme age.

75 years ago The Lowell Ledger August 5, 1948

Margaret Hull writes to the Ledger, suggesting that an apartment building be built; housing is impossible to find and very high-priced.

Lacking the last \$20,000 for the high school addition, the Board of Education decides to wait for more contributions before awarding any contracts.

The second largest wheat crop in Michigan history lines Main Street with loaded trucks.

24,500 people saw the Showboat last week ,in this, the 13th year.

James Easterly is not improving as fast as his many friends wish. He has gangrene in his foot.

The state Health Department orders a cleanup of the river behind the Main Street stores and elimination of sewage from them.

50 years ago Lowell Ledger Suburban Life August 2 1973

Lowell State Savings Bank is hit the second time in four months by an out-of-control pickup truck.

Nuisance, increased expense and danger are the result of unknown people pulling up survey stakes and stealing No Parking signs on the water-sewer projects.

New band director, Bob Rice, announces the summer band program for fifth graders.

Fifth District Congressman, Jerry Ford, will be in Lowell Wednesday with his mobile office, in the East Main parking lot.

The Kent County 4-H Youth Fair starts next Monday, with a full schedule. Kids can ride until 5 pm with reduced fares. City officials will be targets for the dunking machine.

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25 years ago The Lowell Ledger August 12, 1998

Participation in the West Michigan Junior Varsity Hockey Association has rallied interest and support for hockey in Lowell. Paul Jacobs and Jim Blair have set their sights on developing a varsity squad within the next three years.

Karin Jelsma and her daughter Leah earned top honors in Land O' Lakes margarine "Sweet Treat Team Championships" at the Ionia Free Fair.

School administrators are given a 13.9 percent pay hike. The one-year administrative and support staff contracts put all school employee groups on the same contract cycle.

Michigan State University president and former Kent County 4-H Youth Fair participant, Peter McPherson, helped open the fair's 64th year.

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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.

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At Your Local Library

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

Gather 2 Grow! Lunches at the Library

Weekdays, 12:30 - 1 pm. KDL is proud to partner with Feeding America West Michigan to provide free lunches for students under the age of 18 or up to 26 years of age if the student is abled differently. (Easy pick-up, shelf-stable, nutritious meals are pre-packaged with several options available to fit almost any dietary need.) Ages 5-17

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Tuesdays, 6:30 - 7:30 pm. Nurture your toddler's love of books through music, movement and stories while helping to develop their language, motor and social skills. For ages 0-5.

Storytime

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

KDL Lab Experience

Tuesday, Aug. 15, 1-2 pm. Thrill seekers, roller coaster enthusiasts and carnival lovers, join us for a day at Katie L.'s Theme Park! Conquer our most challenging games and create some extreme art. For ages 5-10.

Night Owls Book Club

Wednesday, Sept. 6, 6:30-7:30 pm. Join a fun, informal discussion of great books. This month, we'll discuss *The Dressmakers of Auschwitz* by Lucy Adlington. For adults 18+

Teen Advisory Board

Thursday, Sept. 7, 4-5. Teens ages 11-17 are invited to meet with a teen librarian to develop teen programs, discuss teen books and make sure that our teen space is as fun and functional as possible. Meetings can count as volunteer hours for things like the National Honor Society. Students ages 14+ can apply for additional volunteer opportunities. For ages 11-17.

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ABCs of Lowell history

The ABCs of Lowell History is back for another round. This popular series explores a wide variety of topics in Lowell area history. Information provided by Lowell Area Historical Museum.

K is for Kerekes Family

When M. Bela Kerekes traveled up the Grand River on a side wheel riverboat and settled in Lowell, he put down deep roots. This family has touched so many periods of history, documented events and happenings, and has left artifacts for us today.

M. Bela Kerekes, who lived from 1829 - 1921, was the son of Paul and Polixena Kerekes deMoha, nee Foldvary deTaneso, both of whom were members of the oldest titled families in Transylvania, which was, at the time, part of Hungary. While just a young man, M. Bela was caught in the Hungarian revolution. In defending his homeland and family, he was forced to take the lives of those attacking his family, and he found his mother and baby brother murdered. Following this



Bill Kerekes fishing from Kerekes boat on Grand River.

trauma, Bela found himself with no means to support himself, so he enlisted to go to Cuba with General Lopez, in an attempt to free Cuba from Spanish control. Kerekes was taken captive and first sent to Spain and then to a prison in Ceuta, Africa. In his own words, from here, "finally by the

kind intervention of U.S. President Franklin Pierce, I was liberated with the rest of my countrymen". He was brought to the United States, arriving on the ship Angiolina. Eventually, he settled east of Lowell, just outside the city limits. His work was, as his advertisement read, "Carriage, house, sign and ornamental painter - graining, paper hanging, gilding, and kalsomining, done with neatness and dispatch. Shop west side, over Kraft's wagon shop - 1st door south of Barbin's blacksmith shop."

M. Bela's children were Nora, Rose and Bela A. Kerekes. Nora died at 17, and Rose married and moved to Lake Odessa. Son Bela lived from 1857 to 1921. He is listed as a painter and a farmer in the census. Bela had two sons and a daughter. Daughter, Bessie ,married

Ernest Flyover and worked as a teacher. His sons were William and Benjamin, and this generation carried on the family's impact on Lowell.

William, known as Bill, lived from 1890 until 1962. He first started working at the post office in 1907, and in 1940, he began as Assistant Postmaster. In 1948, he was named Lowell Postmaster. Bill's sons: Paul, Carl, and Lloyd are discussed in the second round of ABC's, in "S is for Schussaway."

Benjamin Bela Kerekes, who went by Ben, was born in 1892. He operated a harness shop on the Kerekes property. Ben helped preserve the history of the local Odawa people by bringing attention to

ABCs,
continued page 12



Original Kerekes log cabin.

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AUGUST 10

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AUGUST 11

Mike Wilzcewski, Jordan Warren.

AUGUST 12

Robin Briggs, Linda Uzarski, Steve Martin Sr., Alex Richmond.

AUGUST 13

Robert Hewitt, Ryan Christenson, Ryan Roe.

AUGUST 14

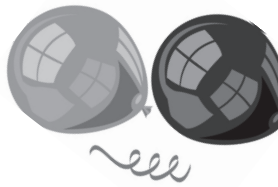
Adam Billingsley, Aaron Christenson, Betsey Brenk, Bob Wilzcewski.

AUGUST 15

Ben Raymor, Dick VanOverbeek, Bill Barber, Dena Baylis, Donnie Shaffer, Barb Callihan, Kim Tubergen, Deb Wright, Pam Kline.

AUGUST 16

Don Gasper, Trent Raab, Mike Mooney, Nolan Foster.





Worth the Popcorn?

By Justin Tiemeyer

Oppenheimer

It is uncommon for a historical biopic to occupy IMAX screens across the nation for a full month, notably kicking action film *Mission: Impossible - Dead Reckoning Part One* out of IMAX theaters after only a week on the screens, but J. Robert Oppenheimer, the subject of this film, was an uncommon man, just as Christopher Nolan, its creator, is an uncommon filmmaker. Oppenheimer’s story, from a troubled youth to his preeminence as the father of the atomic bomb and his disgrace as an accused communist sympathizer and spy, is told through the dual frames of Oppenheimer’s McCarthy-era “Kangaroo court” security clearance investigation and Lewis Strauss’ Senate confirmation hearing, neither of which, we are often reminded, are an actual trial. The film is supported by an ensemble of Hollywood’s finest, with Cillian Murphy as Oppenheimer himself, Emily Blunt as his wife, Kitty, Matt Damon as General Leslie Groves, and Robert Downey Jr. as Strauss, among others. For many of these actors, a dramatic transformation was required; Murphy’s voice was notably much deeper than he normally speaks, and there were times where Blunt was almost unrecognizable. They were, after all, documented historical figures, not simply actors on a set, and this adds to the film’s precision. However, everything else is eclipsed by dynamic visuals

often depicting the content of Oppenheimer’s beautiful mind: atoms, fields, probabilities, explosions, the end of the world...

On the surface, *Oppenheimer* is about chain reactions. In theory, the atom could not be split, and yet, as practical physicist, Ernest Lawrence (Josh Hartnett) underscored when he split an atom in the laboratory next to Oppenheimer’s, theory and practice often yield different results. It is through a chain reaction of exploding subatomic particles that the atom was split. Perhaps more memorable was the chain reaction resulting in what Oppenheimer described as a near-zero chance that the atmosphere would be engulfed in flames and kill the planet as soon as the bomb was switched on, to which General Groves comedically responded with his preferred probability: “Zero would be nice.” As the years went on, however, Oppenheimer was confronted with a third chain reaction, that of a permanent escalation loop between world powers that destroys humanity.

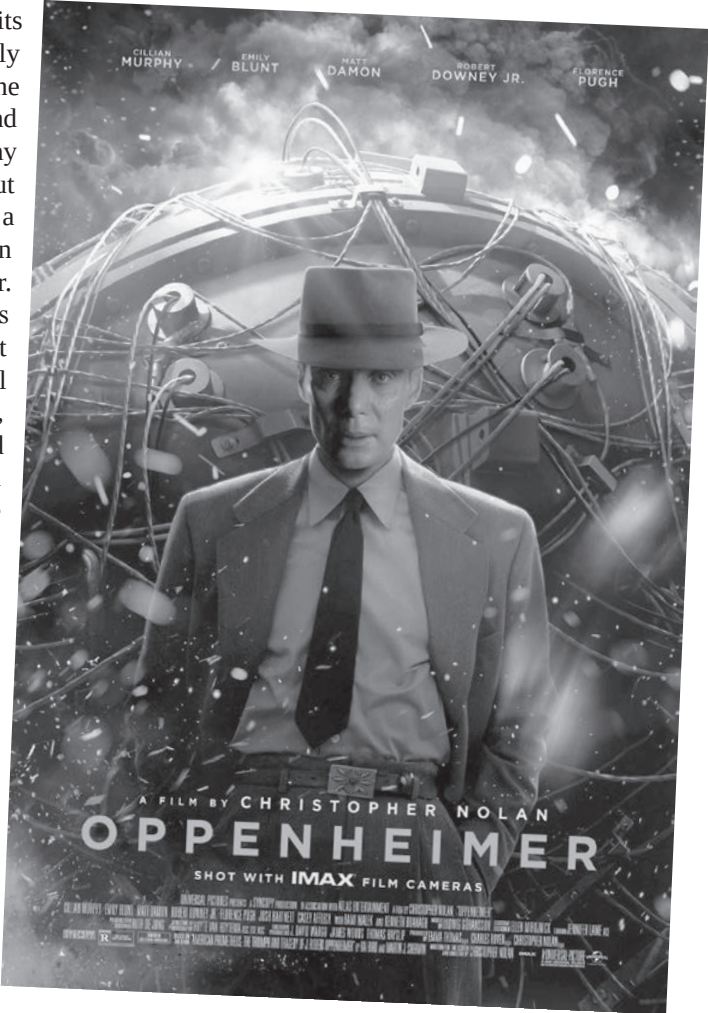
Underneath all of this, and perhaps the reason the film keeps going long after Oppenheimer detonates his first atomic bomb at Los Alamos, is the theme of responsibility. Before the United States entered World War II, Oppenheimer was critical of his country’s irresponsible isolationism in the face of Jewish genocide. Oppenheimer was responsible for the weapon

many believed would not just end World War II but all wars thereafter, and he tried to take control of its use. By detonating the bomb at a remote location, as a show of force to the Japanese people, Oppenheimer believed the war might be ended without further casualties, and anthropologists have proven that this was one of humankind’s earliest and most effective tools. Most primitive quarrels were settled through boasting and saber rattling, because small populations could not bounce back from an all-out war. It is only after humanity became “civilized” that wiping out one’s enemies became the preferred method of dispute resolution. Interestingly, Oppenheimer shouldered the responsibility of the 200,000 Japanese citizens killed by the bombs detonated in Hiroshima and Nagasaki, a weight he would not let Strauss or even President Harry S. Truman take from him.

Oppenheimer was already going to be a big movie, but when it got sucked into the event horizon of the viral advertising campaign for *Barbie*, something amazing happened. Some called it *Barbie/Oppenheimer*, others *Boppenheimer*, but the portmanteau that stuck was *Barbenheimer*. Though *Polygon* described the two films as “extreme opposites,” there is a strong anti-escalation message in each. Oppenheimer’s math of the arms race only ever added up to equal mounting casualties on all sides, and the bomb’s intended end, peace,

never once showed its beautiful face. Similarly with *Barbie*, where the matriarchy of Barbieland never fixed the patriarchy of the real world, but only supplanted it in a pessimistic, Nietzschean “will to power” manner. When these two films from two different studios, Universal and Warner Bros, respectively, embraced the unspeakable and collaborated, there is no doubt that both benefited financially, and audiences may have glimpsed what movies will look like in the future.

At the dawn of film, going to the movie theater was an experience, and that was enough. Quickly, cinema began to revolve around the movie star. In the 1920s, this was George Valentin, the subject of the 2011 French film, *The Artist*, which dramatizes the transition from silent films to “talkies.” At the peak of the celebrity era, fans flocked to Will Smith films, premiering during the Fourth of July weekend, like *Independence Day* (1996), *Men in Black* (1997), and *Wild Wild West* (1999). This changed in 2002, when Sony Pictures released Sam Raimi’s *Spider-Man* in early May to correspond with Free Comic Book Day. The film went on to gross over \$400 million domestically, more than double that year’s Fourth of July weekend Will Smith blockbuster, *Men in Black II*. Today, superhero films, and moreover,



sprawling cinematic universes, dominate film, but so does superhero fatigue, making some question what’s next. Sure, *Oppenheimer* could be the beginning of the Manhattan Project Cinematic Universe with an Einstein flick in the works, and Mattel CEO Ynon Kreiz has already floated the idea of a Mattel Multiverse, featuring “Masters of the Universe,” “Hot Wheels,” “Barney,” and “Thomas and Friends,” but it is unclear if anyone wants that. If *Barbenheimer*

is any guide, people want the cinema to be an event again. The visuals have to be *Oppenheimer* amazing, the sound *Across the Spider-Verse* inspiring, and the subject challenging enough to keep people talking, as with *Barbie*. There must be a reason to return to theaters, because it is unclear if the lifting of pandemic mandates was sufficient, and *Barbenheimer* has lit the way.

Oppenheimer, continued page 12



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CITY OF LOWELL

NOTICE OF ADOPTION OF AN AMENDMENT TO CHAPTER 20, “SIGNS” OF “APPENDIX A–ZONING ORDINANCE” OF THE CODE OF ORDINANCES OF THE CITY OF LOWELL

Please take notice that at a regular meeting of the Lowell City Council held on July 17, 2023, at Lowell City Hall, the Lowell City Council approved Ordinance 23-05, which amended Chapter 20 of the Zoning Ordinance related to Signs. The amendment is a comprehensive update of Chapter 20, Signs to include content-neutral regulations. The amendment includes an expanded intent and purpose statement along with revisions to the sign definitions, general sign provisions, signs not requiring permits, supplementary signs, and signs permitted by zoning district. In addition, a substitution clause and savings and severability clause were added.



This Ordinance will take effect 10 days after publication.

2023 Kent County Youth Fair in pictures





Photo by Bruce Doll



Photo by Bruce Doll

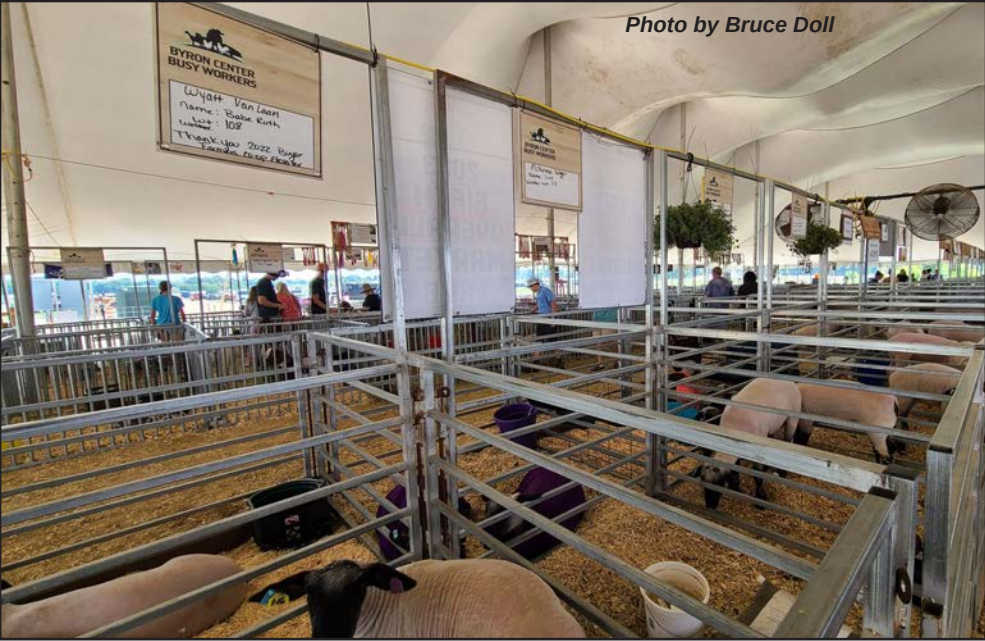


Photo by Bruce Doll



Michigan Supreme Court ruling a massive victory for local auto accident victims

When Teresa Hughes heard the news, she broke down. “I just cried for a half hour — happy tears,” said Hughes, of Middleville. “Because my son’s life had changed so much — drastically bad.”

Hughes’ son, 35-year-old Troy Hughes, is one of the thousands of motorists around the state of Michigan who was critically injured in an auto accident, and unexpectedly, saw the quality and accessibility to medical care plummet when lawmakers in Lansing made sweeping changes to the state’s auto no-fault insurance laws.

Because of the new law, any medical service not already covered under federal Medicare laws, which includes in-home caregivers and transportation to medical services, will now only be reimbursed by insurance companies at 55 percent of what they were back before 2019. Existing accident victims were not grandfathered into this change in the law either, which drastically affected the type and level of care they were able to receive.

Troy Hughes, who was critically injured in a motorcycle accident 16 years ago, experienced this firsthand. He can’t speak or swallow and relies on round-the-clock care to survive — care that has greatly diminished because of the change in the law, which went into effect in July 2021. But all that changed on Monday, when the Michigan Supreme Court ruled to affirm a previous Court of Appeals ruling that those injured

before 2019 are exempt from the sweeping changes that Michigan lawmakers had made.

The Supreme Court sided 5-2 with the Court of Appeals in a case involving plaintiffs Ellen Andary of East Lansing and Phillips Krueger of Ann Arbor, who had suffered traumatic brain injuries in crashes before 2019 and now require round-the-clock care. They were suing USAA Casualty Insurance for violating their contractual rights to full reimbursement.

Before 2020, Michigan was the only state in the country where drivers were required to pay for full personal injury protection insurance, which offered those who sustained catastrophic injuries in an accident, unlimited medical benefits. After the changes to the law — which both Democrats and Republicans embarked on in an attempt to drive down insurance costs — unlimited coverage became optional, and drivers are now allowed to pick from varying levels of coverage.



Troy Hughes (left) visits with his mother, Teresa, (next to him) and niece, Meya Hughes, last Halloween.



Troy Hughes is pictured outside of his current living facility at Spectrum Health Rehabilitation and Nursing Center in Grand Rapids. Hughes, originally from Middleville, was injured in a motorcycle accident over a decade-and-a-half ago and requires around-the-clock care. (Photos provided)

The effort hardly moved the needle, as Michigan still has some of the highest auto insurance rates in the country. And while most of the state’s population didn’t see a difference, people like Troy Hughes saw a dramatic one. Due to the changes in the law, in November of 2021, he had to move from Homewards North at Spectrum Neuro Rehabilitation Services Residential Program, where he had lived for 13 years. The facility was shutting-down as a result of the changes to the law, and later reopened to provide care for more independent patients.

Troy Hughes was moved to Spectrum Health Rehabilitation and Nursing Center at 4118 Kalamazoo Ave., near Kentwood. There, his mother, Teresa, said he receives much lower-quality care. “It’s not someplace

that a person with that level of injury should be,” his mom said. “The few people that work there, they have like 13 patients, and that’s ridiculous to think they can take care of 13 people that can’t even get themselves to the toilet or get to bed.”

At his previous home, Troy got nearly one-on-one care from staff and would split time between his own room and commons areas, where he had a lot of friends. Teresa Hughes said that, now, her son remains in his room pretty much all day. “No one even talks to him anymore,” she said. “They just come in, roll him over, do whatever they need to do, roll him back and out the door they go.” Still, she doesn’t blame the staff — she knows they’re trying their best but simply lack the manpower to provide a higher level of care.

Brian Harrison, Executive Director for Therapy of Services for Grand Rapids-based AdvisaCare Home Health

and Hospice, has visited Barry County board meetings multiple times to prod the county into adopting a resolution that would signal to the state that they need to restore full-reimbursement for accident victims. His company provides care for patients in the Middleville and Hastings areas.

Harrison said the ruling was a success but that he, and many advocates, are frustrated that they had to go through that struggle. “The biggest thing to note is that this is just for families injured before 2019, and hopefully, Lord willing, they’ll be able to recover and get additional services in the home that they had lost and get back to a way of life that is more sustainable and productive.” “The legislature still needs to fix and do something for people that are buying an unlimited policy today that can’t be cashed in right now,” Harrison added.

Even though Troy Hughes’ reimbursement on care is back to 100 percent, he and his family are not out of the woods quite yet. His mother is worried that the

damage has been done and, because of the initial fallout of the changes in the law, there won’t be anywhere for Troy to go.

Michigan Public Health, commissioned by the Brain Injury Association of Michigan, found that 4,088 healthcare workers lost their jobs as a result of the changes, and over 6,800 crash survivors have been discharged from local care providers. The study also found that 10 care companies have had to close their doors completely since the changes, while over a dozen more are expected to close in the next year.

“At the moment, I don’t have a clue how we’ll use his funds to actually make his life better again, but I hope that comes along because all the foster homes like he lived in are all closed up.” “I’m really afraid of that,” she added. “I’m hoping in Troy’s lifetime that someone steps up and opens facilities of that sort again.”

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Risdon commits to D1 Vermont

By Justin Scott
sports reporter

The University of Vermont and Lowell High School have one thing in common that sticks out, an unusual nickname. Of course, the Red Arrows are truly unique, the only high school in the country with such a nickname. Vermont's isn't far off, though other schools have called themselves the Catamounts, Vermont is the most famous of them. Vermont's flagship university will have a Red Arrow walking their campus and playing basketball next year, as Lowell senior, Piper Risdon, has committed to Vermont to play basketball, starting in 2024.

"UVM felt the most like home to me. Everyone there was incredibly nice and very welcoming. After the first day of being on campus, I already felt like a part of the team. I am

also very interested in the medical field, so with them having a hospital on campus and having a good med school, it opens up many opportunities for my future," the incoming Lowell senior told *The Lowell Ledger*.

Risdon is a part of a Lowell girls program, coming off a strong season last year, with plenty of room for improvement this year, with Risdon and fellow college commits, Braxcynn Baker and Taryn Jackson, leading the charge.

"Obviously, recruitment is a really long process, and it's not the easiest thing to go through. You have to constantly stay engaged with many coaches and learn lots of things about a lot of different schools. With me going into my senior year, I knew I wanted to commit before it started so I could have a less

stressful year and focus on my education and sports," Risdon added.

The Catamount nickname is essentially equivalent to a cougar, puma, or mountain lion. The name comes from the legendary mountain cat once found in the state's green mountains, but has been extinct since the mid-1800's. Vermont is amongst the oldest schools in the nation, founded in 1791. That location, in the northeast, was part of what appealed to Risdon.

"Vermont has a smaller campus so everything is within walking distance. Its campus is only about 5 minutes away from the water so there are many things to do, like go to the beach, eat dinner on the lake and even take a ferry boat over to New York. Many unique restaurants

are provided around Burlington and there's many opportunities to shop," added Piper, who held offers from Saginaw Valley State and Lewis University, along with being in contact with plenty of Michigan schools, such as Detroit Mercy and Northern Michigan.

The opportunity to play for a Division 1 school, of course, was too good to pass-up. The Catamounts are coming off an American East championship, where they earned a 15-seed in the NCAA Tournament before falling to national powerhouse UCONN in the first round. Risdon will look forward to her senior year with the Red Arrows; she earned Honorable Mention All-State honors last year, averaging 16 points, 8.3 rebounds, 1.2 assists, 2.0 steals, and 1.4 blocks per game.



15,000 Scoop Challenge to support Kids' Food Basket and local programs

Michigan Department of Agriculture and Rural Development (MDARD) Deputy Director, Kathy Angerer, participated in the 15,000 Scoop Challenge in Grand Rapids, hosted by Moose Tracks, County Fresh and Kids' Food Basket — a challenge designed to raise \$15,000 for Kids' Food Basket in just four hours. For every scoop of ice cream eaten, Moose Tracks is donating \$1 with the goal of scooping 15,000 free Country Fresh Moose Tracks Ice Cream cones.

"I was honored to participate in this fun challenge, to celebrate not only our strong dairy industry here in Michigan, but to highlight how food and agriculture can bring

communities together, while supporting a great organization like Kids' Food Basket," said Deputy Director, Angerer. "Moose Tracks Ice Cream was created at Jilbert Dairy in the Upper Peninsula. You don't get more 'Made in Michigan' than Michigan Ice Cream!"

The 15,000 Scoop Challenge was made possible in large part to Country Fresh, who donated all of the ice cream that was handed out to families, local businesspeople, and Grand Rapids community members.

Kids' Food Basket aims to pursue a hunger-free West Michigan, in a way that promotes the experiences and passion

of the local community. The organization believes healthy food is a right, not a privilege, for every child in Michigan.

"Governor Whitmer is committed to ensuring every Michigander has access to healthy, affordable food, especially our children. Her bipartisan budget includes \$160 million to provide free breakfast and lunch to every kid and forgive all school meal debt. This bold investment allows young Michiganders to access healthy, nourishing meals," add Angerer. "Additionally,

within the upcoming budget, Kids' Food Basket will receive \$1 million to better address food insecurities."

The program began by providing 125 students at three schools in Kent County with nourishing evening meals in a brown bag, which they called Sack Suppers. Nearly 20 years later, thanks to the support of a diverse range of community partners, they have grown to now serve thousands of children and families in four counties throughout West Michigan every day.

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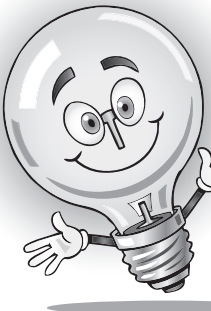
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obituaries

CONNER
Virginia Ann Miller Conner, age 71, left us suddenly on August 4th, 2023 in Lowell, Michigan. Virginia was a beloved daughter, sister, mother, grandmother, aunt and friend to many. Those who knew her remember her bright smile and contagious laugh, her talent for crochet, and her love of the heartwarming family shows and country music we all grew up with. She is preceded in death by her mother Ellen Waldren Miller, father Glenn Miller Jr., husband Allen Lee Conner, sister Mary (Steb) Martin, brother-in-law Dave Smith, sister-in-law Linda Miller, and many others.



She leaves behind daughters Angela (Christopher) Flater and Rebecca (John) McMillian, grandchildren Hensley, Abbigail, Lucas, and Mitchell McMillian, as well as Henry, Oliver, and Hazel Flater, sisters Lorena Smith, Shirley (Tim) Stevens, Patricia (Allan) Mull, and brothers Mel and Michael Miller, as well as many nieces and nephews. Visitation will be held for Virginia on Monday, August 7, 2023 at Roth-Gerst Funeral Home in Lowell, MI between 5:00-8:00 PM, as well as Tuesday, August 8, 2023 at 12:00 PM, with the funeral to follow at 1:00 PM. The graveside service will follow at Oakwood Cemetery. We will remember her by the sight of a pink flamingo, a crochet blanket, the opening song from Little House on the Prairie, or a Tammy Wynette tune, for that is how she will remain in our hearts forever.

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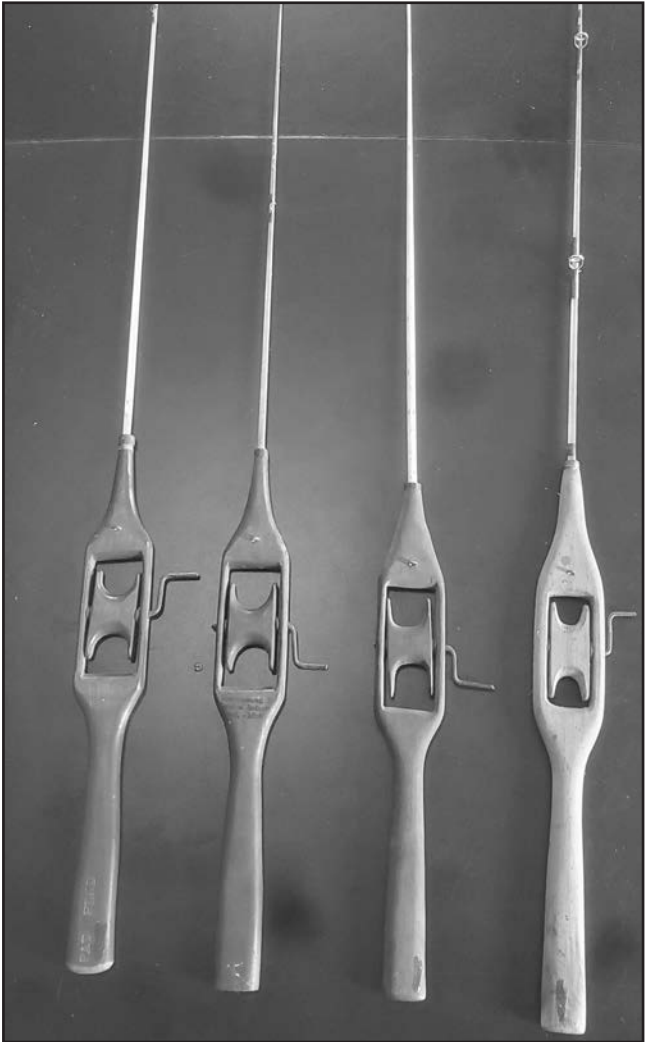


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ABCs, continued

evidence and artifacts found on the family property. In 1941 and 1965, the Grand Rapids Press wrote articles on the Kerekes findings. These included a bent tree directional marker, a rock earthen fireplace built into the hillside, over 150 arrowheads, and the memories of the pioneer Kerekes family members, who frequently saw campfires in the woods and heard people in the woods speaking in the native language. The Kerekes family also purchased an Odawa canoe that had belonged to Seth Robinson. It had been made by his wife's Odawa family as a wedding gift. It was described as 16-1/2 foot long, made from a solid trunk of a tulip tree and hollowed-out by burning and chipping.

The manipulated tree pointed the way to the Flat River. The tree was described as an elm and looked like the letter 'n'. In 1941, it was said "the tree's trunk, more than two feet in diameter, rises eight feet out of the hillside and dips back in a sharp angle to within eighteen inches of the ground. Then it turns again and reaches an estimated sixty feet into the air." While it was still standing in 1965, it was dead. The many generations of the adventurous Kerekes family are an important part of Lowell history, and they also helped preserve local history. There are still descendants here, most with different surnames, however, a part of the Kerekes land is today still owned by a Kerekes.



Fishing poles made by Ben Kerekes.

Oppenheimer, continued

Both films are fantastic, but of the two Barbenheimer films, *Barbie* is the better. It is a glitterbombed Plato's Republic of truth, justice, and love for the marginalized, and it is bringing more people into theaters, worldwide, than *Oppenheimer*. Fortunately, however, Barbenheimer made it about collaboration,

not competition, so there is no need to compare box office numbers. The whole is greater than the sum of its parts. To demonstrate the combined power of these films, far-right commentator Ben Shapiro filmed himself burning a set of Barbie dolls to disparage people from seeing *Barbie*, but all it did was play

into the Barbenheimer phenomenon; people were already wearing t-shirts of a Barbie doll standing before a mushroom cloud before Shapiro pulled his stunt. If possible, folks heading to the cinema should watch these two films back-to-back, *Oppenheimer* first, with a *Barbie* chaser, as *Barbie* costar Issa Rae suggests. The collaboration certainly does wonders to cover-over pacing issues in *Oppenheimer*, which, like Nolan's earlier film *The Dark Knight*, was really 1.75 films crammed into one presentation. As for Nolan's suggestion that the film should

be seen in 70mm IMAX, this holds up, at least for the first half of the film, which is the more visually compelling part. In other words, if you live near one of the 30 theaters worldwide that offer IMAX 70mm showings of *Oppenheimer* and showings are not sold out for four weeks straight, it is definitely worth it. However, if you are stuck seeing *Oppenheimer* sliced-up in order to fit a traditional screen, or Croppenheimer, as it has been described, it is still a fantastic film, and maybe the 70mm version will come around again months or years from now, when those 30 theaters get tired of seeing their specialty projector sitting around collecting dust. One can only hope.



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LEGAL NOTICE

STATE OF MICHIGAN
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NOTICE TO CREDITORS
Decedent's Estate

CASE NO. and JUDGE 23-213701-DE

Estate of Horace Grinlaw,
date of birth 12-6-1932

TO ALL CREDITORS:

NOTICE TO CREDITORS:
The decedent, Horace Grinlaw, died 7-2-2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to

Suzanne Dent, personal representative, or to both the probate court at 180 Ottawa Ave NW, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

August 1, 2023

Jennifer M. Racine
(P69709)
2905 Wilson Ave SW, Suite 214C
Grandville, MI 49418
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tions.

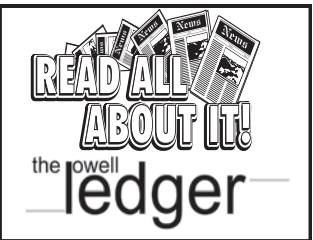
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tional origin.. Anyone who
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nailer, lawn mower snow
blower, hedge trimmer,
ladder, garden/lawn items,
yard cart, various yard
equipment, tires, poly
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feed bunk, water tank,
furniture, golf clubs, dog
crate, etc.

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meet a deadline. This is a
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send writing samples and
brief resume to: The Lowell
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plans drawn. Licensed
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for 3 weeks & receive the
4th week FREE! You must
mention the special in order
to receive this offer. Valid
only with new classified
ads, and must be paid for
when ad is placed. Call
897-9555, fax 897-4809
or email to: classifieds@
lowell_buyersguide.com,
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coming events

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

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

AL-NON IN PERSON
MEETINGS - are held at
the FROM Building, 11535
Fulton E. on Fridays at 10
am in the Lowell Serenity
Club Room and Tuesdays
at 7 pm in Room 21. En-
ter through the southeast
parking lot door. Al-Anon
principles can help those
affected by someone's
problem drinking. There are
no dues or fees. For more
info call 616-987-6587.

ATTN LOWELL WIDOWS
- We are meeting at vari-
ous places for lunch or
dinner most Mondays. All
are welcome. Questions
on location, call Elaine
616-856-8022 for more
information.

AUXILIARY BINGO - Every
Tuesday, 1-5 pm. Doors
open at noon. Public wel-
come! Food & beverages
available. Hard cards &
chips format. 25¢ per card
per game. No up front buy
in required. Alto American
Legion Post 528. License
A22680.

QUEEN OF HEARTS RAFF-
FLE - Every Wednesday
at 7 pm through Sept. 27.
Ticket price \$1 each. Need
not be present to win. Public
welcome. Purchase tickets
at Alto American Legion.
Jackpot prize card Queen
of Hearts. 50% of ticket
sales added to jackpot prize
each week. Alto American
Legion #528. Raffle license
C30929.

PUZZLE SOLUTIONS

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

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

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



The Restless Viking

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

~ The Polish Art Center

by Martha Hayden

Do you love to be immersed in culture? The Polish Art Center surrounds visitors with Polish music and customs! Located in the “pink peninsula” of lower Michigan, The Polish Art Center, opened in 2016. This store has appeared in my Facebook feed for sometime and I’ve always paused for a look-see. On this July morning, I was about to embark on this Polish Emporium!

year, and we would color paper pisanki eggs for our springtime bulletin board.” When I turned around, I had found the source of the kind voice who’d greeted me. He was smiling behind the wooden counter. His white hair showed decades of life experience. His eyebrows bounced, “My wife was a teacher, too.” After sharing introductions, Bob and I



and points his parents right to this display. He loves this stuff.”

Bob

Bob had picked up a wooden toy of chickens, with strings attached, to demonstrate. As he swirled the paddle, the weight pulled the strings ,making



The Polish Art Center looked like a festival with streamers hanging from the ceiling! I couldn’t wait to finally see this shop in person!

Entering The Polish Art Center

“Hello!”, a kind voice greeted me as I bounded over the threshold. Unable to see the source of the warm welcome, I called out, “Good morning!”

Polish Trinkets

As I eyed the pisanki eggs, the clerk offered, “The owner even gives classes on decorating this style of eggs.” I responded with nostalgia, “I used to read this book (*Rechenka’s Eggs*) to my class every

chatted about teaching, kids, family, art and birch juice.

I was so engrossed with seeing so many treasures and sharing our connections that I forgot to photograph Baltic Amber jewelry. It’s another specialty from northern Poland.

Birch Juice

“I saw you looking at the birch juice.” He commented. “Yes, I’ve never heard of it before.” I shrugged. “There’s a toddler who comes in here

the chickens peck.

Boleslawiec Stoneware

Years ago my mother, Marcia Bunek Meade, had brought me a Polish Boleslawiec platter from her travels with her sisters, Emelia and Glory. I have treasured this hand-painted, oven-safe serving dish. Now, before me laid a large selection of artful stoneware. “Each one is hand-painted.” Bob informed. “In fact,” Bob continued, “If you turn

it over and see “UNIKAT” on the back, it means that particular artist has been there over a decade and has freedom to paint their own designs. These cost more.”

Gifts

I chose a mug, decorated with cats and mice, for our daughter and a wooden wolf toy for our son. I found some children’s books. *All Cats Speak Polish* and

in Poland. From then on, Raymond held tightly to his family lineage. Raymond and Joan Bittner were eager to continue serving the Polish community in Hamtramck.

Years later, their daughter, Kathleen Bittner Koch, and her husband, Tom, had moved to Cedar to start a family farm. As they drove through downtown Cedar, there

Visit The Polish Art Center

I believe we all crave connection and a sense of belonging in our lives. Even with my diluted heritage, I revel in the richness of the traditions of my great grandparents: Irish, French, German and Polish.

I applaud Kathleen’s and Tom’s dedication to their shop and the Cedar community. Kathleen and



The vibrant colors welcomed me! I felt as though I’d just stepped in from a cobbled street in Augsburg at Weihnachtsmarkt, the annual Christmas market. The array was dazzling! I wanted to see everything all at once! I took a deep breath and decided to start at the back of the store and work my way forward.

Brothers In Arms: The True Story of Wojtek And The Soldiers Who Loved Him. This was the story about a bear who had been adopted by a troop of soldiers during WWII! I have enjoyed the fascinating story.

The Polish Art Center History

The Polish Art Center’s story begins in Hamtramck, Michigan, just north of

were Polish eagle flags hung from the lampposts. “I got goosebumps.”, Kathleen told Rachael on a YouTube interview. “To be able to move from one Polish community to another.”

When a downtown Cedar storefront became available, Kathleen jumped at the opportunity. Growing up in the retail business, Kathleen felt confident. Her husband reluctantly

her family even go to Poland once-a-year to purchase items for their store.

Visiting The Polish Art Center is an experience that one will always remember! I encourage you to take a trip! Online orders can be made, too, through their website.

Resources:
Bob, store clerk and quick friend
The Polish Art Center website



Collected in early spring, much like tapping maple trees, the sap from the birch tree is known to have “amino acids, minerals, enzymes, proteins, antioxidants, vitamins, and it is well known for its detoxifying properties.”



Traditional Polish decorations: Ribbon stars, Sinterklaas and sausage ornaments, as well as pisanki egg art, all waited patiently for purchase.

Detroit, in 1958 when Joseph Kalenkiewicz established The Polish Art Center. It had been popular with the Polish immigrants who lived in the area. Later in 1973, Joseph sold his shop to Raymond and Joan Bittner, who at 22 years old, had carried a long desire to own a shop filled with rich Polish heritage.

As a young man, Raymond had studied at Jagiellonian University

followed in-step. Now the duo helps to plan the Cedar Polka Fest and hosts Polish craft classes. A food truck, featuring Polish delights, sets-up at the store once a week. “The whole lot is packed.” Bob had beamed. As well, with nearby “Pleva Meats” closing, Kathleen hopes to begin supplying frozen Polish foods to her customers.

My North article by Chris Loud
Real Estate With Rachel YouTube Interview
Cedar, Michigan,
8994 S Kasson St, Cedar, MI 49621-5106 (231) 835-2242, Mon – Sat: 10 am – 5 pm ET Sun – 12n – 4 pm ET
Hamtramck, Michigan
9539 Joseph Campau, Hamtramck, MI 48212-3437 (313) 874-2242, Mon – Sat: 10 am – 6 pm ET Sun – 12n – 4 pm ET

FUN PAGE

SUDOKU

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

Level: Beginner

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 an actor born in Australia on August 11, 1983. I began my career on an Australian soap opera. Despite appearances in many films, I am best known for my portrayal of a god in a series of Marvel movies.

Answer: Chris Hemsworth

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

IMMUNIZED WORD SEARCH

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

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

- Puzzle solutions on page 13
- IMMUNIZED
WORD SEARCH
- ACUTE
ADJUVANT
ALLERGY
ANTIGEN
- ANTITOXIN
ANTIVIRAL
BACTERIA
BIOLOGY
BOOSTER
CONJUGATE
DELTOID
- DISEASE
DOSE
EXPOSURE
IMMUNITY
IMMUNIZE
INACTIVATED
INFECTION
- NEEDLE
RESPONSE
SHOT
SORENESS
VACCINE
VIRUS

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to immunizations.

J I T C N E

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

Answer: Infect

- CLUES ACROSS
1. A way to pick up
5. Presents
10. Type of guitar
14. Actor Idris
15. A citizen of Iran
16. Creative
17. Harness
18. Weight unit
19. You better call him
20. Utterly devoted
22. Male cat
23. Spiritual leader of a Jewish congregation
24. Risk-taker
27. A team's best pitcher
30. Cool!
31. Women's __ movement
32. Georgia rockers
35. Step-shaped recess
37. The princess could detect its presence
38. Type of truck
39. Butterhead lettuces
40. Angry people see it
41. Lines where two fabrics are sewn together
42. Soviet city
43. Carpet
44. Traveled all over
45. Thin, straight bar
46. Body art (slang)
47. Congressman (abbr.)
48. No seats available
49. Breaks apart
52. Arabic name
55. Ballplayer's tool
56. Type of sword
60. Baseball team
61. Upper bract of grass floret
63. Italian Seaport
64. Ancient Syrian city
65. Shoelace tube
66. The Miami mascot is one
67. South American nation
68. Popular video game "Max ____"
69. Body part
- CLUES DOWN
1. German courtesy title
2. Ancient Greek City
3. Ancient Hebrew calendar month
4. Long-legged frog family
5. Photo
6. Delivered a speech
7. Lute in classical Indian music
8. Decorated
9. Take a seat
10. Belonging to a bottom layer
11. Member of a Semitic people
12. Part of a ticket
13. Defunct Guinean money
21. Challenges
23. Popular BBQ food
25. Subway dweller
26. By way of
27. Shady garden alcove
28. Egyptian city
29. Partner to "flowed"
32. Widens
33. Old Eurasian wheat
34. Act incorrectly
36. European pipeline
37. Al Bundy's wife
38. Ocean
40. Root eaten as a vegetable
41. Sound units
43. Style of music
44. A way to drench
46. Hot beverage
47. A cotton fabric with a satiny finish
49. Rumanian city
50. Urge to action
51. Vaccine developer
52. Canadian law enforcers
53. Wings
54. "Perry Mason" actor Raymond
57. Small fry
58. __ Clapton, musician
59. Take a chance
61. Bland food
62. Consumed

Akashic, continued

skill level. The classes range from beginner and kids' yoga to silver gentle flow with chairs available. "We want yoga to be accessible to everybody," Cheylenne said.

offerings include guided meditations and workshops that synchronize with the phases of the moon and Reiki.

In Reiki classes, the Reiki practitioner uses gentle hand motions, with the intention of guiding

"It's surreal. Dreams do come true."
~ Cheylenne Berry, co-owner of Akashic Room

yoga certification and teaches kids yoga and silver gentle flow. Cheylenne specializes in kundalini yoga, which is an intentional stirring of energy, and in vinyasa yoga, when you synchronize the breath with the movement. Fusion classes offer the combined experience of both kundalini and vinyasa yoga. Other

the flow of healthy energy through the client's body, and chakras, promoting relaxation and reducing stress and anxiety. Reiki can help release energy blockages created from past experienced traumas so that energy can flow freely through the body. "Reiki sends healing, nourishing

energy," said Cheylenne. In Western yoga, the energetic layer is missing, according to Michael. The main focus is on the physical aspect.

As the yoga studio grows and expands, Akashic Room plans to provide a metaphysical store with books and crystals and add a Salt Cave. The Salt Cave will provide natural healing therapy for asthma, skin, and lungs. A Salt Cave is built from Himalayan pink salt bricks, which is illuminated by light. A relaxing experience in the Salt Cave may involve meditation or reading a book.

"We want to be a safe inclusive space for everybody," Michael said. "It's all about learning to trust our own wisdom and accepting ourselves." In just one session of yoga, a person can notice physical and spiritual changes. There are eight limbs of yoga: Yama, moral disciplines; Niyama, positive duties; Asana, posture; Pranayama, breathing techniques; Pratyahara, sense withdrawal; Dharana, focused concentration; Dhyana, meditative absorption; and Samadhi, bliss or enlightenment. And yoga should be a daily practice to lose weight and to experience all the benefits, according to Cheylenne.

"It's about believing in a power greater than yourself," Michael said, "intensifying and focusing on your own spirituality, enhancing your own spiritual journey in whichever way you want to do that." The hour-long classes bring feelings of happiness and bliss, mindfulness, teach how to



Owner/Instructor, Cheylenne Berry, demonstrates Warrior 1 and Warrior 2 poses.



Owners/Instructors, Cheylenne and Michael Berry, in front of Akashic Room hot yoga studio.

integrate anxiety and fear, increase flexibility, ease chronic pain, and enhance the overall sense of being. "It's a whole recalibration of the energetic system," Cheylenne said. "After your first class, you feel lighter and you will have a profound shift of energy."

"For me, it's the freedom of having a business and doing something that fires us up," Michael said, "living that lifestyle. A big part of the dream is spending time with the family. My intention for this space is

for people to guide back home to themselves." For Cheylenne, who is a lifelong resident of Lowell, it's been an honor to bear witness to the community, and how warm and welcoming they've been. "It's not just the exercise, but using the exercise to practice mindfulness," Cheylenne said. "Just surrender and beautiful magic happens."

Down the road, the studio plans to function also as a training school for yoga instructors. "I love the

location," Cheylenne said. "It has come full circle for me. This is where I took my first yoga class in 2012. It's surreal, dreams do come true."

Classes are held in the mornings and evenings. The basic classes are at 6 am and 9:30 am, and 6 pm and 7:30 pm. The main yoga room can accommodate between 25 to 30 people. The studio is located at 1335 W. Main St. Suite F. For more info go to <https://www.akashicroomyoga.com/>

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