

ABC's
OF LOWELL

page 6

Book Review

#1 NEW YORK TIMES BESTSELLER

"A masterful work of literary journalism crafted with the urgency of a mystery." —The Boston Globe

Killers of
the Flower
Moon

Soon to be a
Major Motion
Picture

The Osage Murders and
the Birth of the FBI

David Grann

page 4

Tarot card
reading



page 16

Lowell Area
Schools Sports



page 10, 11 & 14

\$1.00



8 0 4 8 7 9 1 5 3 8 3 2

Enjoyable Harvest Celebration despite the weather

The gloomy weather on Saturday morning gave the Lowell Harvest Celebration a slow start, but by afternoon, the sun was shining making the Harvest Celebration more enjoyable.

The Chili Cook-off featured area restaurants vying for the title of best chili. “The Chili Cook-off was well attended, with a couple stops even running-out of chili. It was close contest all the way around, but after the ballots were tallied, the 2023 Chili Cook-off Champion trophy went to Dirty Shame Bar & Grill. Gary’s Country Meats came in at a very close second. Both ‘The Shame’ and ‘Gary’s’ were first-time Chili Cook-Off participants, so we look forward to their continued participation in future cook-offs. Congratulations to all!” stated Lowell Area Chamber of Commerce Executive Director, Shannon Kennedy.



New this year, thanks to a sponsorship from RAIR, the Celebration included free axe-throwing for adults 21+. Many were amazed at how good they were and how much fun they had trying something new.

“We must thank our many volunteers and local partners for helping to make this event possible. And we’d like to thank the hundreds of attendees who embraced the Michigan weather and showed up with an umbrella and a smile,” concluded Kennedy.

Harvest Celebration photos on pages 8 & 9

Invasive plant cleanup events will help native species thrive

By Justin Tiemeyer
contributing writer

When most people conceptualize conservation, they imagine planting trees, protecting habitats from development, and placing reasonable limits on hunting, and these are all well within the definition of conservation. Casey Butler is the chairperson for the Lowell Parks and Recreation Board and

Admin for the Lowell Area Amateur Naturalists Facebook group, and he wants to educate locals about the importance of removing invasive species as part of a municipality’s conservation repertoire, through a series of invasive species clean-up events at Fallas Field, across from the one-room schoolhouse.

“I’m trying to use the knowledge I have to help

inform my decisions on the Parks board,” Butler said, “and I’m trying to use my position on the Parks Board to help the environment where I can.”

The idea to clean-up Fallas Field was presented to Butler by Fallasburg Historical Society President, Craig Fonger, who was

Cleanup, continued page 2



Pictured is a shrub island of invasive autumn olive and oriental bittersweet that conservationist, Casey Butler, is looking to remove at Fallas Field.

The Whale play examines five fragile human lives

By Emma Palova
contributing writer

“People are amazing,” concludes the main character, Charlie, in *The Whale*, a LowellArts production.

Charlie, a 600-pound recluse, hides away in his apartment on the outskirts of Mormon Country, Idaho, and slowly eats himself to death. He is desperate to reconnect with his longestranged daughter, and when he reaches out to her, Charlie finds a viciously sharp-tongued and wildly unhappy teen.

The audience is going to feel like they’re right in their living room with the rest of the characters and experiencing the joy, pain, fear, and heartbreak that goes on throughout the show.

Directed by Brent Alles, the five-character cast tells the story of a man’s last chance at redemption and of finding beauty in the most unexpected places.

“I like that the play provides an unflinching look at how we relate to each other as humans, even in the most extreme of situations,” he said. “It’s definitely an interesting character study of the five people in this play, and at turns, it’s funny, sobering, and heartbreaking to watch them interact together as we head to what is possibly the play’s tragic end.”

LowellArts Theater Council meets on an annual basis to select plays for the next season. Possible play selections are submitted to the group as “proposals,” and then the group reads through the proposals and sometimes the scripts that go with them. “We try to pick what we think would be the best selections for what has been our spring, summer, and fall offerings, for “adult” plays, and a youth production that also

The Whale, continued page 7

Cleanup, continued

concerned about a number of invasive species that had taken over the Fallasburg historical village, woods, and field space. In particular, these plants had created a shrub island in a field that the Historical Society intended to use for extended parking at future events. However, Fonger was not interested in simply clear-cutting the flora in order to make more parking spots. He called Butler in because of their shared interest in conservation, in hopes that the problem could be dealt with the right way.

Butler has always been passionate about conservation and the outdoors, hence his involvement with Parks and Rec and his creation and moderation of the Facebook group. To be better qualified for these roles, Butler has also been taking conservation courses through Michigan State University Extension to increase his knowledge and help with his advocacy efforts. He recently completed a Michigan Master Naturalist course and has followed it up with a Conservation Stewards course. The latter requires Butler to complete a capstone project aimed toward educating his community through participation in a conservation project, and the cleanup Fonger approached him about would do just fine.

Butler's first step was to take stock of what plants

were invasive and what plants were not. He found that Fallas Field had been taken-over by three main species that are considered highly invasive; spotted knapweed, autumn olive, and oriental bittersweet.

Spotted knapweed has pretty purple and pink flowers, accompanied by short thistles. It spread to North America from Europe, likely in an alfalfa shipment in the late 1800s, taking root in Washington state before proliferating across the Pacific Northwest, and finally, the entire nation. Its roots put out a chemical that kills other plants nearby, which makes it a particularly toxic invasive species. It is also a pioneer species that takes over damaged and disturbed habitats, spreading as tumbleweed, which means it can take over a lot of land quickly.

Autumn olive is a large shrub that grows pretty extensively throughout West Michigan. Also known as Japanese silverberry, it was imported from tropical and temperate regions of Asia and planted as a decorative hedge row. It is incredibly hardy and aggressive, and moreover, there are no animal species who eat autumn olive, and therefore, nothing in nature to keep it in check. As the native plants are eaten by insects and other animals, it provides an opportunity for autumn olive expansion.

Oriental bittersweet

is probably the most recognizable as an invasive species. It is an incredibly fast-growing vine that can actually knock down branches and kill trees, and like the other invasive species mentioned, nothing eats it. Birds will eat its berries and disperse them to extend its reach, but nothing eats the vegetation. As hinted to in its name, and moreso in the names Chinese bittersweet and Asian bittersweet, oriental bittersweet was brought from Eastern Asia to the US and used for floral arrangements.

Settlers would have referred to Fallas Field as barren, because the area's soil is not fertile enough for agriculture, but that does not mean it is without life. The open field harbors oak trees, pines, and native eastern prickly pear cactus, and it is a habitat for box turtles that are currently on Michigan's threatened species list. The threat of an invasive species is not that it replaces a native species that people like more, or that native species are somehow "ours," whereas, invasives are somehow "theirs," as some may suspect. Since invasives are not typically eaten by local

insects, these insects may migrate or die off, becoming effectively extinct locally, and this has a domino effect across the ecosystem. The birds, reptiles, and rodents who feed on these insects disappear next, followed by the predators who feed on these herbivores. An invasive species can bring indescribable destruction to a habitat this way. This is why invasive species clean-up events, like those Butler has organized, are so important.

Butler's first invasive species cleanup event on Saturday, October 14, was canceled due to inclement weather, when the greater Lowell area was met with dark clouds and cold rain. Butler is hopeful about its follow-up on Saturday, October 21, which has been advertised by the Fallasburg Historical Society and on the Lowell Area Amateur Naturalists page. Butler intends to host similar events, as needed, until the invasive plants are better kept in check.

Those attending the cleanup are encouraged to bring gloves, long sleeve shirts, and closed-toe shoes. Tools are not required, but nobody with gardening hand saws or loppers will

be turned away. Though volunteers can make a big impact by pulling up spotted knapweed by hand, Butler has learned that the only way to get rid of the shrub islands of autumn olive and bittersweet is by using herbicide. Though conservationists generally shun herbicide, controlled-use in the case of invasives is often seen as a necessary evil. To that end, volunteers will trim back the large shrubs so a certified expert can apply the herbicide directly to the cut stumps of shrubs and vines, thus, reducing the greater impact of the poison on the ecosystem. "Dealing with invasives is like doing the dishes," Butler said. "It's never done."

While invasive species mitigation may just be a yearly event, there's a difference between fighting-back against years, or in some areas, decades of damage and fighting-back against six to twelve months of growth. In other words, after one strong push to control the spotted knapweed, autumn olive, and oriental bittersweet at Fallas Field, successive attempts will be easier and easier. Ideally, Butler would love to plant native species

like purple coneflowers, black-eyed Susans, and prairie grasses, which would make less room for the invasive species to expand, but a project like that would require a bigger budget than he currently has.

Butler worries that many people view conservation as a bridge too far, something that requires an exorbitant commitment of time and money to actually make a difference, but he believes that anyone can make a difference simply by adding purple coneflowers into their garden bed, buying from a nursery with special cultivars, or attending a native-plant sale and picking out something they like. Furthermore, this is not a problem limited to Fallas Field. Bittersweet is growing in the wooden edges all around greater Lowell and beyond, and many of these species create problems in a commanding majority of US states.

"Not everyone can feasibly take care of all of these invasives themselves, even on a small property," Butler said, "but if more people did just a little bit, it would make a big difference."

65th year reunion of LHS Class of 1958

Submitted by Ron Wood

Twelve students of LHS class of 1958 gathered in celebration of their 65th year. The gathering was held at The Main St. Inn in Lowell on Oct. 9. This was the first get-together in five years and was enjoyed by all, so much so, that all agreed we would gather every year hereafter.

If any class mate of 1958, who did not hear of this reunion but would like to attend next year, please contact Sue Hunter (shunter1051@gmail.com) or Ron Wood (rwood@reagan.com).



Pictured: front row, from left to right: Margaret Backstrom Videon, Joan Van Stee Burger, Judy Ellis Jorgenson, Sue Hunter, Joan Clouse Webster; back row, from left to right: Leon Wenger, Dan Himebaugh, Ron Wood, Dave Bolt, Stan Wingeier, John Clouse. Missing from the photo: Sheila Olin Pachulski.

CITY OF
LOWELL
CITY COUNCIL
AMENDMENT OF 5-YEAR
PARKS AND RECREATION
PLAN

TO THE RESIDENTS AND
PROPERTY OWNERS OF CITY
OF LOWELL, AND OTHER
INTERESTED PERSONS:

THE CITY OF LOWELL has prepared an update to its draft Five Year Parks and Recreation Plan and invites the public to view the plan. The plan is available for review on the City's website: www.lowellmi.gov.

A hard copy is also available during regular business hours at the City Hall, located at 301 E Main Street.

All interested persons are invited to submit their comments to the City Clerk at the address listed below or to the email address.

Susan Ullery
301 E Main Street
Lowell MI 49331
sullery@ci.lowell.mi.us

the lowell
ledger

(USPS 453-830)
Published weekly for \$33 a year
for zipcodes beginning with 493 or 495;
\$44 a year any other zip code.

Deadline for display advertising is Monday at Noon
Deadline for classified advertising is Monday at 5 pm
Jon Jacobs Publisher/Editor
Tammy Janowiak Classified/Accounting/Sales
Jon Jacobs Advertising Sales

(616) 897-9261
email: ledger@lowellbuyersguide.com
Second Class Postage Paid at Lowell, MI

Published every Wednesday
POSTMASTER: Send address change to:
The Lowell Ledger
PO Box 128 • Lowell, MI 49331
www.thelowellledger.com

THIS AD FOR SALE!

More than 50% of adults have a positive perception of ads in print newspapers.*
Want to be next to trusted content? Place your ad in this newspaper and a network of newspapers in the state!

Call this paper
or 800-227-7636
www.cnaads.com *Kantar Millward Brown, Feb. 2018

LAS Board of Education votes to leave the OK Athletic Conference

By Michelle Smith
contributing writer

The Lowell Area Schools Board of Education met for its regular meeting, Oct. 9, at the Administrative Offices building.

The meeting began with Antonio Casarez's Student Council report. Homecoming preparation and spirit week were the main happenings with the high school students, along with continued fall season athletics and rehearsals for the upcoming fall production in November.

The Board voted unanimously to pass a continuity of learning

will be available on the school website.

The Board unanimously passed a proposal to submit a letter of intent to withdraw from the OK Athletic Conference. This follows the Board's decision in June to vote "no" on a proposal to realign the conference in a way that would require a substantially more amount of travel for sports teams and families. LAS will remain in the OK conference until the end of the current school year. Since this decision was made, LAS was invited into a conversation with six other school districts to discuss forming a new

the new league.

Board member, Pat Nugent, agreed with Fowler that this will be a good move for LAS. "This is an opportunity for us to move forward with something that truly does serve us as a school and is able to put our interests much more at the forefront," Nugent said.

Director of Human Resources, Dustin Cichocki, reported three new hires starting in October.

- Liz McCall, Special Ed. Director
- Marian Hessler, Accountant
- Crissy Segorski, Curriculum Assistant



The LAS Board of Education meets for their Oct. 2023 meeting.



Former BOE member, Gary Blough, encourages the community to consider training as a LAS bus driver.

plan. This plan details the way LAS has used federal ESSER funds to improve student learning during and after the Covid pandemic. This funding will end in September 2024.

The plan includes reports on academic benchmarks and standardized test scores. It is used to show accountability for how the funds have been used, that LAS is providing in-person instruction, and that any known Covid cases are reported to the Health Department. The LAS plan

Chief Financial Officer, Sonia Hodge, reported positively regarding the recent audit done on the LAS finances. Hodge said the report from the auditors was positive and that there were no findings. The audit report will be available on the LAS website.

Director of Curriculum, Dan VanderMeulen, said student learning and professional development continues to be a "huge part of what we do." "We often say that adults and kids have to learn at high rates together, or we don't learn at all. Like most professions, you have to continually learn and stay abreast of new research and data and ask questions and be reflective," VanderMeulen said.

District reading goals for the elementary level are being set by a professional learning team, and a Michigan mathematics training meeting took place recently, VanderMeulen reported.

In the public comments portion of the meeting, Emma Sage, a 2023 graduate, praised the positive and inclusive environment she experienced during her time at LAS. "I always felt I belonged here, and I could truly be myself," she

said. Sage commended staff members who provide an extra sense of welcoming to minority students, and that these students and their struggles should be acknowledged and supported.

Stefanie Boone said her child was found to have committed a "major offense" of swearing, while in class, recently. She said his punishment was a lunchtime detention. Boone said she does not have a problem with her child being punished for swearing, but she is confused as to why this would be a "major offense" when the school libraries carry books with the same language in them. "We have these books in our schools, some of these books say the 'F-bomb' 80, 90 times in them. That I've brought to the attention of the schools, and I've asked can we clean this up, this can't be acceptable. Right?" Boone said.

Kim Lum encouraged the community to attend the public meetings regarding school renovations. She also said students need to learn how to be together and "figure out how to be friends."

Former LAS Board member, Gary Blough, said he is a new bus driver for the

district, and he is proud to be a part of the Lowell staff. He encouraged others to join him in training to become a driver.

In his report to the Board, Superintendent Fowler addressed Boone's comments by saying these are issues that are continually being worked-out. "It's a balance, and it's something that we work at, and find that balance to find meaningful literature that reflects student experiences, to help prepare them for the world once they leave our schools, as well as maintaining high standards for their behavior, as well."

Fowler expressed his regret at the death of Kyle

Dedonado, who died two weeks ago in a car accident. Fowler said Dedonado helped during the tornado warning that happened during a football game in August. "He was part of the spirit of looking-out for each other, and the spirit of taking care of our kids who were down in the basement." Fowler expressed gratitude and extended condolences to Dedonado's family.

Fowler also acknowledged October as Principal Appreciation Month and commended LAS Principals for their integrity, wisdom, and empathy.



LAS graduate, Emma Sage, addressed the Board regarding inclusivity.

WE'LL GIVE YOU SOMETHING
TO SMILE ABOUT...



Family Dentistry of Lowell

147 North Center Street
616-897-4835
www.familydentistryoflowell.com

YOU'RE INVITED!

FROM
FLAT RIVER
OUTREACH MINISTRIES

FROM
TURNS 25!

Join us for an open house filled with
birthday cake and opportunity to check out
our renovated spaces!



Thursday Nov. 16, 2023
4-7 PM
(Open house style)

FROM Main Office
11535 Fulton St E
Lowell, MI 49331

Book Corner

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI

By David Grann
Non-fiction

By Alison Yarger
Contributing writer

After both my husband and I read this book, which was extremely eye-opening, to say the least, I saw an advertisement on television that this is being made into a Martin Scorsese movie, starring Leonard diCaprio. Usually Scorsese’s movies are good, but I hope that he follows the actual book and doesn’t veer from what actually happened or, hype-it-up more than the facts are.

In the 1920s, the richest people, per capita, in the world were members of the Osage Indian nation in Oklahoma. After oil was discovered under their land, they rode in chauffeured cars, built mansions, and sent their children to study in Europe.

Then, one by one, the Osage began to be killed-off. The family of an Osage woman, Mollie Burkhart, became a prime target. Her relatives were shot and poisoned. And, it was just the beginning, as more and more members of the tribe began to die under mysterious circumstances.

In the last remnant of the Wild West, where oilmen, such as J.P. Getty, made their fortune and where desperadoes, such as Al Spender, the “Phantom Terror” roamed, many of those who dared to investigate the killings were themselves murdered.

As the death toll climbed to more than 24, the relatively new FBI took over. (The FBI was originally titled the Bureau of Investigation until 1929, when J. Edgar Hoover was appointed to the directorship

and the organization became the Federal Bureau of Investigation.)

In desperation, the young Hoover turned to a former Texas Ranger named Tom White, to help unravel the mystery of the homicides. White put together an undercover team, including an American Indian agent in the bureau. Together, with the Osage, they began to expose one of the most chilling conspiracies in American History.

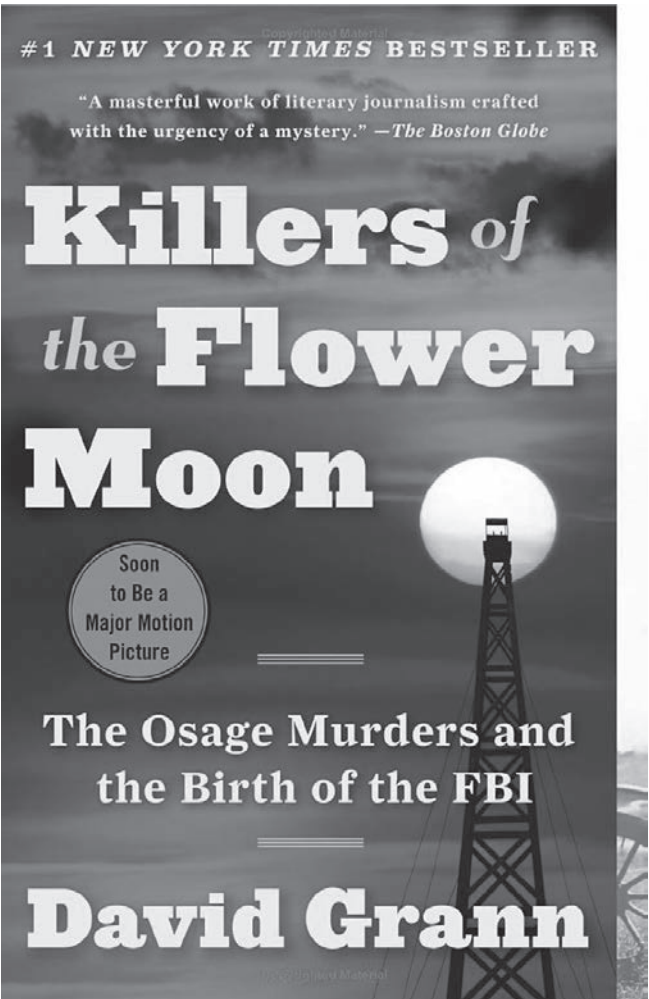
The land in Oklahoma, where the government had pushed the Osage tribe, was barren and rocky, and the government expected there was nothing on the land. However, underneath this façade were extremely rich oil and mineral beds.

Once the government found out about the Osage’s oil reserves, everything changed. Sadly, like the government of today, it wanted to control everything with its social control. It wanted to run the lives of the Osage and get their hands on the money to bleed the Indians out of their portion. The government initiated a program where it had guardians for the

Osage people and the “guardians” were the ones who determined how much money they would allow the Osage to have, how they spent it, and where they spent it.

The book explains how the Osage had the oil and mineral rights, how much they sold it for, and how the area began running out of oil. It’s an historic look at the murders, the unadulterated greed of many, on both sides of the political aisle, as well as in the private sector.

Although the story is gruesome in its reality about the murders of so many Osage people, it gives an historical perspective on how the government had such a rueful hand in this sad portion of our country’s history. I would recommend this read to anyone, and although it wasn’t the best-written book, it is teeming with information, and unfortunately, sadness. I’d give this a 4.5 out of 5.



Gov. Whitmer proclaims October as Michigan Agritourism Month

Governor Gretchen Whitmer has proclaimed October as Agritourism Month in Michigan to celebrate and honor agritourism’s economic and social benefits to our state’s farms and communities. Autumn trips to farms, wineries, farm markets, cider mills, and other agritourism businesses, offer an excellent opportunity to enjoy all Michigan offers while supporting family farms, small businesses, and rural communities, across the state.

“This October, we’re celebrating Agritourism Month in Michigan by acknowledging all the hardworking family farmers, processors, wholesalers, and retailers who produce safe, nutritious food for us to eat and offer us unique fall experiences,” said Governor

Whitmer. “I encourage every Michigander to take some time this fall to enjoy our state’s unparalleled agritourism industry and get a taste of Pure Michigan—check out a cider mill, stroll through a corn maze, and continue purchasing fresh, delicious produce.”

Agritourism is defined as places where agriculture and tourism connect, including any time a farming operation opens its doors to the public inviting visitors to enjoy their products and services. Agriculture and tourism are leading economic drivers in Michigan. Agritourism offers farmers a path to diversification of their businesses to include value-added products and activities, which helps them better withstand things like poor weather conditions and market fluctuations.

“Here in Michigan, our agricultural systems are enhanced by resiliency and diversity, which includes creating agritourism opportunities allowing Michiganders to further connect with agriculture and where their food comes from,” said Director Tim Boring, Michigan Department of Agriculture and Rural Development Director. “Agritourism offers farmers a path to diversification of their businesses, including value-added products and activities like corn mazes, pumpkin patches and more. Join me as we celebrate our farmers, agriculture and the connection with our dynamic tourism industry.”

“Agritourism is such an important part of Michigan’s agricultural economy. It helps family farms stay sustainable by providing farmers with new and diverse revenue streams, and it helps people gain an understanding and appreciation for agriculture through opportunities to experience the fun, the flavors and the beauty of Michigan farms,” said Janice Benson, Executive Director of Michigan Agritourism.

Examples of agritourism include farmers markets, on-farm markets, wineries, roadside produce stands, on-farm weddings and events, corn mazes and much more. Agritourism is a year-round business for many farms in Michigan, but Agritourism Month is celebrated in October, at the peak of harvest and during a time when people traditionally visit farms, pumpkin patches, and cider mills.

business directory

SHANE RISNER • 616-897-1080
email: risnersroofing@gmail.com
website: risnersroofing.com

897-4123
Arctic Inc.
Heating & Cooling
• Heating & air-conditioning • Wall hung boilers & water heaters
• Geo Thermal systems • Radiant floor heat • Snow melt systems
• Whole house generators • Duct work • Humidifiers
SALES, SERVICE AND INSTALLATION, UPGRADES, NEW HOMES
www.HeatingCoolingOnline.com info@HeatingCoolingOnline.com

INSURED • 20+ YEARS EXPERIENCE
Washers • Dryers • Refrigerators
Garbage Disposals • Stoves
• Dishwashers
RICH CURTIS • 897-5686
209 E. Main St., Lowell

103 Riverside Dr.
Lowell, MI 49331
897-7711

Upsize
downsize
RIGHTSIZE
Buy with Confidence,
Sell with Success!
RogersNeighborhoodRealty.com
317 E Main St, Lowell, MI - 616.644.0784

• Fall Clean-Up • Spring Cleanup
• Fertilizing • Winterizing of
• Bark • Sprinkling Systems
• Lawn Maintenance • Snowplow Service
Over 25 years of experience,
insured, referrals upon request
616-822-4168

LEGAL NOTICE

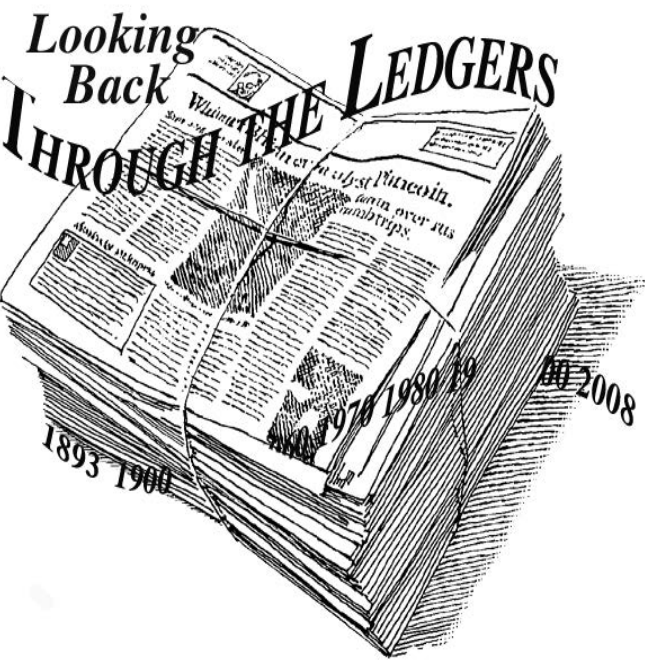
PUBLICATION OF NOTICE OF HEARING STATE OF MICHIGAN
The Probate Court for the County of Kent In the matter of Stephen Coleman Guardianship File No. 23-214,096-GA.

MI 49503 Courtroom 9C in person and via Zoom before Judge David M. Murkowski (P35026) for the following purpose: Appointment of a Guardian.
Dated: October 10, 2023

TO ALL INTERESTED PERSONS including his brother, Ronald Coleman, and any other siblings, 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 November 9, 2023 at 9:00 A.M. at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids,

Adult Protective Services, DHHS, Petitioner, 121 Martin Luther King Jr SE, Grand Rapids, MI 49507 (616) 204-8332.
VAN ESSEN AND ASSOCIATES PLLC, Attys. for Petitioner by Amanda VanEssen Wirth (P75001) 109 E. Main St. Suite 11, Zeeland, MI 49464 Phone (616) 633-0196.

viewpoint



150 years ago The Lowell Journal October 15, 1873

Many strangers have visited our village this fall. They invariably speak in high terms of Lowell.

The Lowell National Bank continues to gather in deposits and pay demands as usual - and there are no panicky men among us.

The Marshal requests as to give notice that no more shooting will be permitted within the limit of the corporation, and the first person guilty of violating this commandment will be arrested and punished. Take heed, ye men of sin.

Chas. Steele's leg was amputated last Wednesday. The patient realized no pain during the operation, being under the influence of ether, and when he "came to" he wondered "why they didn't go to work and take his leg off." He has been doing as well as it was reasonable to expect, but it will be almost a miracle if he recovers. The poor fellow has shown commendable pluck all through his terrible suffering.

125 years ago The Lowell Ledger October 20, 1898

Meeting of the citizens of Lowell, at Train's opera house to night at 7:30, in the interests of the extension of the Lowell & Hastings railroad. Tomorrow evening a meet of the same sort will be held at Alton. A full attendance is desired.

William Bosworth, son of Henry Bosworth of this place, has been acting strangely of late, showing marked symptoms and on Tuesday he shot at R.H. King, who is employed in his father's blacksmith shop. Mr. King escaped unhurt and before he fired again, his father and King took the revolver from him. Deputy Sheriff Morse took the boy to Grand Rapids for safe keeping.

100 years ago The Lowell Ledger October 18, 1923

M.D. Sneathen, had a narrow escape from instant death, and was severely burned in the face, by an explosion of his tractor engine, while filling silo on his farm on Monday afternoon. While stooping in the act of starting the engine, an explosion occurred, which blew an iron part just by his head, twenty feet in the air and forty feet away; and the flames burned off his eye lashes and his "forelock" and scorched his face.

Arthur Clarke purchased a cow at the Holstein sale Wednesday in Grand Rapids, where the prices that the cattle brought were a disappointment to the sellers.

The high school boys have organized a glee club under the direction of Mr. Clark.
The Ionia Commissioners reject state plans to move M-16, and vote to pave it in its present setting, through Portland, Ionia and Saranac.

75 years ago The Lowell Ledger October 21, 1948

Thirty-five football players of the Lowell High School second team have a new dressing room and shower room, thanks to the local American Legion. The team's new quarters formerly were the American Legion rooms in the permanent Showboat bleachers.

The Michigan Public Service Commission has approved a new schedule of rates for the Michigan Bell Telephone Company, in compliance with an order of October 6, increasing the revenues by \$8,217,000 a year.

If you shoot at a "deer" and kill a man, you will have lost a big piece of your future and will have saddled yourself with a guilty conscience that you will carry to the grave.

Council votes to buy a snow plow to be attached to a city truck. Now, other streets than Main, can be kept clear.

50 years ago Lowell Ledger Suburban Life October 18, 1973

St. Mary's School of Lowell is holding an open house to celebrate the 20th anniversary of its opening. St. Mary's School opened in September of 1953 with a temporary staff of Marywood nuns and Mrs. King Doyle.

This Sunday, there will be a duo-open house for the new Lowell Middle School and recently completed addition to the high school.

In what was termed the game of the season, week, and Tri-River League, The Red Arrow football team took a 14-12 frustrating win from the Belding Redskins.

The city of Lowell and Lowell Township discuss the possibility of the new sewer plant being built large enough to include township sewage.

25 years ago The Lowell Ledger October 21, 1998

Jeanne Vandersloot has been named the new zoning administrator of Vergennes Township.

County road and park commission set to begin slow process of developing county park. The proposed park would include areas for picnicking, as well as a playground, baseball diamonds, soccer fields, hiking trails, restrooms, and two designated parking areas. The land the county wishes to acquire is a block of 700 acres on the Grand River. There are 350 of those acres already in buy-sell agreements.

Celebrating 88 Years of Social Security

By Hillary Hatch, Social Security Public Affairs Specialist
For 88 years, Social Security has provided income protection to millions of retirees, people with disabilities, dependents, and families that lose a wage earner. This year, we will administer more than \$1.3 trillion in benefits and payments to more than 70 million beneficiaries. In addition, we issue millions of Social Security numbers each year, maintain wage records, and more. We are proud to serve the American people every day.
To better serve you, we have prioritized our online customer experience. Our website SSA.gov makes it easier for you to find what you need. More than 180 million people visit our website every year. Whether providing service in person or online, our goal is help you understand what you may qualify for and transition you to an application process.
We have also worked to make sure our programs, particularly Supplemental Security Income (SSI), remains accessible to the people who need it most. Last year, we launched an online tool that allows you or your representative to request an appointment to file for SSI and protect your filing date. A Social Security employee will then schedule a full interview. Find more information about SSI at www.ssa.gov/ssi/.

We remain committed to helping maintain the well-being and protection of the people we serve. We strive to ensure that every person who is eligible for or receives benefits gets them timely and accurately. That is how we help you secure today and tomorrow.

Please share this information with your friends and loved ones who may need it.

Subscribe
NOW!

the lowell
ledger

Fast & convenient
right over the phone
with a credit card!
Don't miss another week!

897-9261

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



Photo by: Kent District Library

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

ToddlerTime
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: Architecture Adventure
Saturday, Oct. 21, 10-11 am. Don’t miss your chance to have your own architecture adventure and build the tallest tower or coolest castle with all sorts of different materials. The only limit at this program is your imagination - and the amount of supplies available. For ages 5-10.

Chess Anyone?
Saturday, Oct. 21, 3-4 pm. Drop-in and play chess at the library! All skill levels welcome. An adult is usually on hand to help with your game or match you with a worthy opponent. For all ages.

One Shot RPGs
Monday, Oct. 23, 6-8 pm. Explore new RPG systems during our monthly one-shot adventures! Join an all-raccoon racing team, take on a quest as a reanimated skeleton or plan a fool-proof heist as a group of bears. New and experienced players are welcome for these easy-to-learn adventures. For ages 11-17.

Glow-In-The-Dark Party
Tuesday, Oct. 24, 6:30 - 7:30 pm. Family fun featuring glow-in-the-dark activities and crafts. For all ages.

Teen Zone
Monday, Oct. 30, 4:30 - 6 pm. Teen-only fun for you and your friends at the library! Stop by for activities that may include board games, food and more. For ages 11-17.

Night Owls Book Club
Wednesday, Nov. 1, 6:30 - 7:30 pm. Join a fun, informal discussion of great books. This month, we'll discuss *The Personal Librarian* by Marie Benedict. For adults 18+

At Your Local Library

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, in weekly online articles. Information provided by the Lowell Area Historical Museum.

U is for Universal Metal Products

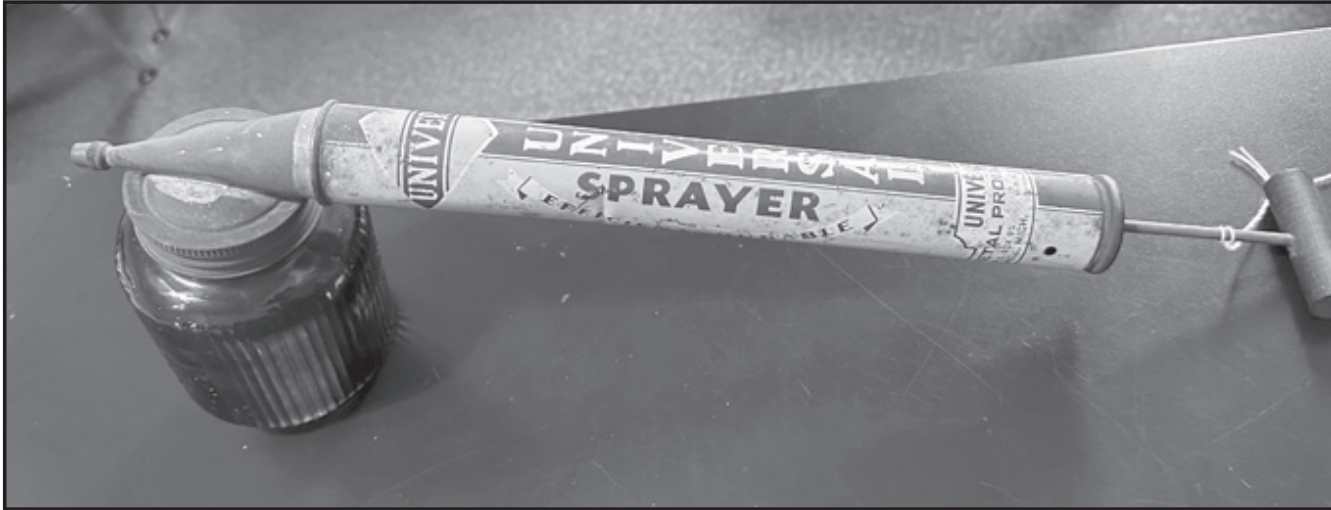
In July of 1935, a group of Lowell businessmen and village leaders signed articles of incorporation and a new business was born in

Lowell but had been bought by the H.D. Hudson Manufacturing Company.

Production began in January of 1936. Unfortunately, no building was available at the time in Lowell, so the company decided to occupy the ‘old Shaver Factory’ half-a-mile east of Saranac. They began with 18 workers and three salesmen. The workforce had already grown to 40 by April that first year. The company’s desire to move the company was strong. They considered themselves

Specialty Company filed suit against the Lowell Metal Products Company for using ‘Lowell’ in the name of a business that was not in Lowell. The judge sided with Lowell Specialty Company against the Lowell Metal Products Company. Terms of the settlement stated that Lowell Metal Products Company had to file within 15 days to change its corporate name and eliminate the word “Lowell” in its advertising literature, business stationery and imprints on its products.

for gas decontamination units. The people of Saranac came together to show their patriotic spirit and hometown pride. The Grand Rapids Press declared, “When peace comes to the world, this village of 810 residents can rightfully claim a share in its glory.” The townspeople worked incessantly to temporarily rebuild the damaged plant, so that the contract for the army chemical warfare service decontamination units could be fulfilled. It was stressed that the whole



Lowell, except the Lowell Metal Products Company was never actually in Lowell.

The company formed to manufacture sprayers, poultry equipment and other metal products. The Board of Directors consisted of John A. Arehart (Treasurer and General Manager), C.H. Runciman (President), Paul Kellogg, Frank M. Newell (Secretary and Sales Manager), R.D. Hahn (Vice President), Earnest C. Foreman, Wesley A. Roth, Frank F. Coons and William Wachterhauser. Most of these men had previously been a part of the Lowell Specialty Company, started

part of Lowell. The company’s advertisement in the Showboat program, in 1936, read, “Lowell Metal Products Company sprayers and dusters, a home industry, owned and managed by home people.” The decision was made to move to Lowell in May of 1936 and building plans were drawn up, and permits and approvals were granted. When it came time to actually begin building, however, they found it necessary to postpone the idea in order to avoid interruption and delay in manufacturing operations.

In July of 1937, a suit was brought against the company. The Lowell

The new name selected was Universal Metal Products Company. They were also required to place on their products the legend, “Factory, Saranac, Mich.,” but they were given the right to use Lowell as the post office address.

Ironically, though the Universal Metal Products Company always intended to be a Lowell business, it found true hometown loyalty through the townspeople of Saranac. In June of 1943, the company suffered from a devastating fire. The plant had converted to the manufacture of war equipment and was working on government war contracts

village came together. The village president, undertaker, butcher, all worked side-by-side to see this accomplished. If that wasn’t enough, they raised \$5,000.00, and the village council voted to give the company five acres of land so that they could begin rebuilding immediately. The company had received invitations to rebuild elsewhere, but they decided that Saranac should continue to be their home. The company continued in Saranac until it was purchased by Air Control Products of Coopersville in 1962.

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

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
RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

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.gsclc.church
Richard Boshoven, Pastor 897-8307
All facilities are wheelchair accessible

FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST

865 Lincoln Lake SE • lowellucc.org
Pastor Shannon Jammal-Hollemans
Worship Service - Sundays 10 AM
Open Table (No-cost meal)
Thursdays 5:00 - 6:30 PM
Open & Affirming • LGBTQ+ Inclusive
616-897-5906

FIRST BAPTIST CHURCH OF LOWELL

CHRIST-CENTERED, KINGDOM-FOCUSED HOMES
2275 West Main Street - (Barrier Free)
897-7168 • www.fbclowell.org
Pastor Jon Pickens • Lead Pastor
Pastor Andrew Bolkcom • Pastor of Discipleship
SUNDAY WORSHIP 9:30 AM (Nursery provided)
LIFE GROUPS 11:00 AM (Nursery-Adult)
Awana (K-5 during school year) Wednesday, 6:15 PM

LOWELL UNITED METHODIST CHURCH

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

happy birthday



OCTOBER 19

Lydia Brenk, Nancy Brenk, Zachary Lee, Ty Stanford, Diane Merriman.

OCTOBER 20

Bob Hildenbrand, Michael V. Johnson.

OCTOBER 21

Andrew Mercer, Madison Hacker, Jessica Alberts.

OCTOBER 22

Troy Abel, Aamir Ismail, Donna Potter, Devin Falk.

OCTOBER 23

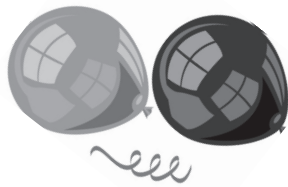
Bill Stouffer, Melody Kastanek, Lyle Morrison, Rachael McIntyre.

OCTOBER 24

Brian Ray, Tanja Greenfield, Don Miller, John DeVries, Lynn Perrien.

OCTOBER 25

Diane Pretzel, Bill Ellison, Amanda Stoutjesdyk.



The Whale, continued

takes place in the spring,” Alles said. *The Whale* was ultimately chosen by the group to be a production for the 2023-2024 season, and casting was definitely interesting, according to Alles.

With Charlie being 600 pounds, the production group knew that they would have to do something in terms of costuming to

of Ken Levine’s, *Our Time*, said he would do it. “I knew we had a super talented actor to round-out our cast of five,” Alles said. “We have a fantastically talented cast bringing this show to life, and the LowellArts Gallery space allows us the intimacy that I think works well for this particular production.”

The play is challenging,

People are amazing.
~Charlie in *The Whale*

simulate that. However, that being said, JJ Lindke, the actor playing Charlie, auditioned for the main character. “His humanity just shined through from day one,” Alles said. “We knew he was going to be the one to shine as our main character.”

The female parts all had some competition,

but rewarding at the same time. “I’m a big believer that we develop empathy by exposing ourselves to situations that perhaps put us momentarily out of our comfort zone,” Alles said, “but hopefully, provide us with a better understanding of others, when it’s all said and done.”

Alles, who is also a

he said. Even in his previous adult productions, Alles has mostly directed comedies. “This is definitely the most “dramatic” show I’ve ever directed in my almost 25 years with LowellArts,” Alles said.

Although he enjoys large-cast productions, Alles also loves being part of small, more intimate productions and getting to “knuckle down” with the actors to help them bring their performances to life.

“I think I’ve done what I can, but this show ultimately rests on the backs of our extremely talented actors,” he said. “As a director, I’ve mostly been able to sit back and watch them bring the story to life and make suggestions here and there of, ‘Oh, I like that... do more of that!’ ” or ‘Hmmm... maybe we try it this way next time and see how it goes?’ ”

Playwright Samuel



The cast of *The Whale* are left to right: Zack Conrad, Amanda Ford, Amelia Ford, Sam VanderVeen, Rachel Finan, JJ Lindke and Brent Alles.

Hunter was born and raised in Moscow, Idaho, and was able to bring rural Idaho to life in *The Whale*, which has won several awards and has been made into a movie. “The main message of *The Whale* is not about weight or totally about religion,” Alles said. “I see the main message of the play being how we try to find love and meaning in life.”

Charlie has the love of his life taken away and his predicament stems out of that. Liz loves Charlie and yet enables him and his self-destructive ways for reasons of her own. Ellie is a damaged child who uses anger and sarcasm to shut herself off from the rest of the world, and yet in the end, still wants the love of her parents.

Elder Thomas ultimately struggles with the love of faith and religion and the meaning of trying to spread that faith to others. What is authentic? What is hypocrisy? How do we make a difference in the world, even if that difference is just to those closest to us? It all boils down to examining five

fragile human lives for a couple of hours and finding out that Charlie is right when he says, “People are amazing.”

Stage managed by Zack Conrad. This play has been rated R with recommended ages of 17 plus.

Performances are at the LowellArts Gallery, 223 W. Main Street, Lowell and start on Oct. 20, 21, 27, 28 at 7 pm and Sunday, Oct. 22 and 29 at 2 pm. Tickets, in advance, are \$15 (\$13 for LA members; \$20 at the door (\$18 for LA members.)

THE WHALE

by Samuel D. Hunter

October 20, 21, 22
& 27, 28, 29

in terms of those who auditioned for them. “We got the best possible people for the roles of Ellie, Liz, and Mary in Amelia Ford, her mother Amanda, and Rachel Finan,” Alles said.

At first, no one auditioned for the other part in the play, Elder Thomas. But then Sam Vanderveen, who acted five years ago in a LowellArts production

playwright, has written plays for both youth and adults but loves writing and directing theater for young performers and young audiences. However, directing *The Whale* was an enjoyable, challenging type of work for Alles. “It’s allowed me to “flex” directing and dramatic muscles that I haven’t really gotten to flex much before,”

MAST INSULATION
SPRAY FOAM

Closed or Open Cell
or Blown-In Fiberglass

Roy Mast • 517-652-9119
2501 N. Ionia Rd., Vermontville

Plan your next dream

Whatever you’re saving for next, it’s easier to get there with the right plan. I can help you look at your financial goals and find smart ways to save. Call me today.

Like a good neighbor, State Farm is there.®

Deborah Wilks Ins Agency Inc
Deborah Wilks, Agent
11827 Fulton St E
Lowell, MI 49331
Bus: 616-897-9237

State Farm
Bloomington, IL
2001627

State Farm

BOWNE TOWNSHIP
PUBLIC HEARING NOTICE
PLANNING COMMISSION

On Tuesday, November 14, 2023, the Bowne Township Planning Commission will hear public comments about the following Zoning Ordinance amendments. The public hearing will be held at 7:00 P.M. at the Historic Township Hall, located at 8240 Alden Nash SE, Alto, concerning the following:

1. Amendment to add Section 2.91, amend Section 3.47, and add Section 3.48 of the Bowne Township Zoning Ordinance to amend small-scale and utility-scale wind energy systems.

AN ORDINANCE TO AMEND THE BOWNE TOWNSHIP ZONING ORDINANCE; TO AMEND ARTICLE 2 TO ADD A NEW SECTION 2.91 FOR DEFINITIONS RELATED TO WIND ENERGY SYSTEMS AND RENUMBER SUBSEQUENT DEFINITION SECTIONS ACCORDINGLY; TO AMEND CHAPTER 3 TO AMEND SECTION 3.47 TO RENAME TO "WIND ENERGY SYSTEMS, SMALL SCALE"; AND TO ADD A NEW SECTION 3.48 NAMED "WIND ENERGY SYSTEMS, UTILITY SCALE."

The Draft Ordinance is available for review, inspection, and purchase, and written comments will be received by 4:00 P.M. Tuesday, November 14, 2023, at the Bowne Township Hall, 8240 Alden Nash Avenue SE, Alto, Michigan 49302. All interested parties will be heard at the meeting.

Harvest Celebration continued

All photos courtesy of Bruce Doll





Red Arrow

- GOLF

SPORTS

Lowell survives regional scare

By Justin Scott
sports reporter

A year after winning the 2022 golf regionals, the Lowell girls golf team came in again as one of the favorites for regionals. This year, instead of finding themselves in a fight for the top spot, it was a fight for survival.

One that came down to the end, and one that Lowell won by the slimmest of margins. The Red Arrows secured a top three finish at Sunday’s regional, advancing to states by one stroke.

The squad consisted of no seniors as was expected, with sophomore Elyse Veldman, junior Leah Krieger, junior Elle Sluss, freshman Kaila Richards, and junior Hannah Flickinger the five Lowell sent to the tee box in Muskegon.

This year’s regional consisted of three ranked

teams; Lowell, Forest Hills Central, Forest Hills Eastern, all in the 8-10 slots respectively. The Red Arrows came in at the 8, and were ranked as high as third in the division this year. Held at Lincoln Golf Club in Muskegon, hosted by Reeths-Puffer, the regional was originally scheduled for last Friday but was pushed to Sunday due to rainy weather. It didn’t matter much though. “It was windy and cold, it wasn’t pretty out there,” Head Coach Josh Bruwer said after the Regional.

Lowell was led by Elyse Veldman (85), Leah Krieger (93), Elle Sluss (93), and freshman Kaila Richards came in under 100 which was huge for LHS with a 98.

Richards recorded three pars to help keep her score low. Sluss carded a birdie and six pars. Veldman had six pars and two birdies, both of which came within

three holes of each other down the stretch, which boosted the Red Arrows comeback hopes. Leah Krieger had one of the more steady rounds, with three pars, and no scores above double bogey.

“We were down big early and needed every stroke at the end. Elyse got hot down the stretch and Leah Krieger had three holes at the end to help big time,” Bruwer added.

It wound-up being a thrilling race for third, with first and second being well in-hand by FHC (353) and FHE (355), a bit of a surprise given Lowell’s dominance of FHC during the conference schedule.

Lowell (369) edged-out fourth place Coopersville (370), fifth place Reeths-Puffer (370), and sixth place FHN (372). Lowell’s fifth score was a 105 from Hannah Flickinger, and it would’ve broken any



The girls golf team overcame a slow start to earn a spot in the state tournament.

ties with Coopersville and Reeths-Puffer, so there was the slimmest of margins of error.

Mona Shores (388), Greenville (396), Sparta (399), EGR (404), Northview (424), and Kenowa Hills (437)

rounded-out the regional that featured higher scoring than many, due to the challenge of the course and conditions.

The Red Arrows move on to the team state event at Forest Akers East. Farmington Hills Mercy

and Bloomfield Hills Cranbrook Kingswood are the favorites heading in. The two eastern private schools finished in the 320’s during regionals. Mercy are the defending state champions. Tee off is October 20th and 21st.

Boys place sixth at weekend invitational

Submitted by Coach Clay VanderWarf

Mother Nature played nice for the Red Arrows on Friday with only light rains and a steady breeze, as Lowell placed 6th in the Kent Division of the Kent Ottawa Invitational, last Friday at South Christian High School.

Grand Rapids Christian took top honors in the division with 57 points, followed by GR Covenant Christian, 76 points and Rockford with 79 points.

Cooper Byrne was Lowell’s top medalist with a seventh-place finish at 16.57. Marshal Huhn and Drew Swayze medaled, as well, with placing of 12th and 16th at 17.19, and 17.26 respectively. Mason Saylor

was the fourth Arrow in at 17.40, 28th place, while Colin Stawasz wrapped-up the score at 39th, 17.56.



Wyatt Remar

Paul Fowler, 44th, 18.11 and Wyatt Remar, 48th, 18.21 (PR) concluded the varsity lineup.

Football drops game to state-ranked Rangers

By Justin Scott
sports reporter

Two fumbles in the first three plays set the tone for a hectic and sloppy high school football game, but hey, with driving rain pouring down, it was to be expected.

The Red Arrows fell to league-leading and state-ranked Forest Hills Central 37-12 on Friday night in a rainy, homecoming game.

Weather was certainly a big factor in the game, canceling the homecoming parade and even the marching band’s half-time show. The Rangers would fumble the opening kickoff, giving Lowell momentum, only for the wet, slippery ball to be fumbled away by the Red Arrows after two offensive plays. Coming in with a 6-1 record to Lowell’s 5-2, the game featured what should be a match-up of two likely playoff teams.

Lowell, at 5-4, likely would make the play-offs, thanks to a strength of schedule rivaling that of almost any team in the state. Lowell can solidify a play-off berth with a win against the only winless team in the OK White, Grand Rapids Christian. The Eagles only win this season is against Fruitport and are coming off

a 34-13 loss to Greenville.

In a game, called by LHS students, Kyle Stauffer and Tray Coulier, on NFHS Network and WRWW, the Rangers led 23-0 at half-time with no end of the rain in sight.

The Red Arrows quickly moved down the field to start the second half, boosted by the return of running back, Tacho Gonzales, to the lineup after being injured early this season. Jackson Reisbig executed the quarterback sneak, just two minutes into the second half, to make the score 23-6.

Big plays aided the Rangers all night and they made in 30-6 on a lengthy touchdown to regain the momentum. On the ensuing drive, Lowell converted a 4th and three, and then had a big play of their own on a deep pass play to Ben Gaskin 43 yards to the eight yard line. The FHC defense would keep Lowell out of the endzone. The Red Arrows would find the endzone late in the fourth to finish off the scoring, making it 37-12. It was Tacho Gonzales that scored, with 1:27 to play.

The top 32 teams

in each division make the play-offs, Lowell is slotted in Division 3 this year. Goosepoop.io, a uniquely named high school sports data website, founded by LHS graduate Kanon Dean, projects Lowell as the 16th team in Division 3 with a win over Grand Rapids Christian, and the 20th with a loss, meaning the Red Arrows slot in the play-offs is pretty comfortable thanks to a difficult strength of schedule, a marquee win over Byron Center, and four other wins so far. As for potential play-off opponents? That’s anybody’s guess. Lowell could see a familiar opponent in EGR or FHC again. Lowell could also get paired in a region with DeWitt, Mount Pleasant, and Bay City Western in a unique region. For now, Lowell is focused on senior night, this Friday at home, against GR Christian.

Lowell crew club hosting meeting

The Lowell crew club will be hosting a parent and athlete meeting on Thursday, November 9th, at 7:00 pm, in the Lowell High School Cafeteria. The club relies on strong numbers each year in order to maintain multiple options for races, including two-person and four-person boats.



Red Arrow

SPORTS

Next step awaits River Cities Alliance

By Justin Scott
sports reporter

Last week; Lowell, Kenowa Hills, Sparta, Greenville, Coopersville, and Allendale made their intentions to leave the OK Conference official by submitting their letter of withdrawal. Lowell’s Board of Education unanimously voted to approve the move. The group of six will be promptly joined by Cedar Springs, forming what they call the “River Cities Alliance”.

Fans will quickly point out the name similarity and school similarity to the old Tri-River conference. Lowell, Sparta, Greenville, Cedar Springs, and Coopersville all have old ties there.

Now, they will face their next step. The schools seek to break their bond with the OK Conference after this year, and that letter of withdrawal isn’t a demand; it’s an ask. You see, all of the schools are looking to leave the OK

Conference by the rules, and amicably. They don’t dislike the OK Conference or the schools in them, they just need to do what’s best for their programs and schools.

“This recommendation comes after much thought, much deliberation. We have great respect for the OK Conference and the history of the OK Conference, and our time participating in that division, but just feel like it’s time to go into this area and form a smaller

conference that’s best for our student-athletes and our families, based off of less travel and the stability that conference would provide,” Lowell school’s Superintendent, Nate Fowler, told Mlive.

Conference bylaws allow schools to end their membership before two years notice, under one condition; they need three-fourths of the league’s members to approve the departure. Only four times have team’s left the

conference, all single one-offs; Saugatuck (2003), Kent City (2014), Hastings (2016), and Wyoming Lee (2021). Three of which were due to geography primarily, and one for competitiveness (Lee).

“We hope that through this process, we’re able to maintain positive relationships and maintain opportunities with some of those schools that we do have traditional rivalries with, but that we were not seeing in the OK Conference, as well, based off of this new realignment.”

Now in unprecedented territory, it is a wonder if the River Cities Seven will receive three-fourths majority. If they don’t, the schools are likely to leave anyway.

Allendale Superintendent, Dr. Garth Cooper, confirmed Allendale’s intention to leave regardless of the vote and said, as of last Monday, that in the latest Superintendent’s meeting between the Rivers Cities Seven, they were in agreement; it was time to go.

The ramifications of such a move against OK Conference bylaws is to be seen. Hastings left the conference in a similar way,

and has seen themselves as largely blackballed by OK Conference teams. Not that many OK Conference teams are looking to play the Saxons anyway, given how far south they are, but Lowell and close neighbor Thornapple-Kellogg are two schools that have scheduled the Saxons in non-conference.

So with the fate of the Red Arrows and the rest of the Rivers Cities Alliance all but assured for 2024-2025, the question becomes, what next? What about Belding? Who made an attempt to leave the OK Conference for the CSAA that fell in the eleventh hour, just in the last few weeks. The old Tri-River foe. Yes, a small school, but what other options, outside of the OK Silver, do they have? A place they’re clearly unhappy. What of Northview? The lone school left in the OK Black that doesn’t belong in Muskegon. How will the three perfect partners; Union-Ottawa Hills, Spring Lake-Fruitport, and GR Catholic Central-West Catholic, fare without their fourth, Allendale and Coopersville? Where would the Muskegon schools go? Find out in the next episode of conference roulette.

Short handed Arrows finish 7th at Kent Ottawa Invite

Submitted by Coach Paul Judd

Running without two of the top runners, the Red Arrows lined up against other Kent County teams for the Kent Ottawa Invitational. The teams were able to get their race completed before the rain came, with many nailing personal records on their way.

Lowell took 7th in the meet, which was won by the GRTC Peregrine team with Covenant Christian and GR Christian completing the top three. Junior Claire O’Boyle was Lowell’s lone

medalist, as she finished in 8th place with a PR time of 20:05. Olivia Lothian and Audrey Latchaw finished in 37th and 42nd running 22:03 and 22:24. Brooklyn Jackson and Veronica Tapia finished in 55th and 80th running a PR 22:50 and 24:15. The varsity team was closed-out by Anna Forney and Jadyn Young finishing in 92nd and 105th.

The Arrows conclude their OK White Season with the conference championships on Wednesday, Oct 18th at Riverside Park.



Junior Claire O’Boyle finished in 8th place with a personal record time of 20:05 at the Kent Ottawa Invitational last week.

Equestrian team wins reserve state championship



The LHS equestrian team won their second reserve state championship, in as many years, this past week in Midland. We’ll have an in-depth story in next week’s Ledger!



897-4123

Arctic Inc.

Heating & Cooling

• Heating & air-conditioning • Wall hung boilers & water heaters

• Geo Thermal systems • Radiant floor heat • Snow melt systems

• Whole house generators • Duct work • Humidifiers

SALES, SERVICE AND INSTALLATION, UPGRADES, NEW HOMES

website
www.HeatingCoolingOnline.com

e-mail
info@HeatingCoolingOnline.com

TRACK COACHES NEEDED

Lowell High School is looking to add two coaches to the staff starting in 2024.

Shot Put and Discus coach to work with both genders. The coach will be responsible for practice, including both skill and time in weighT room.

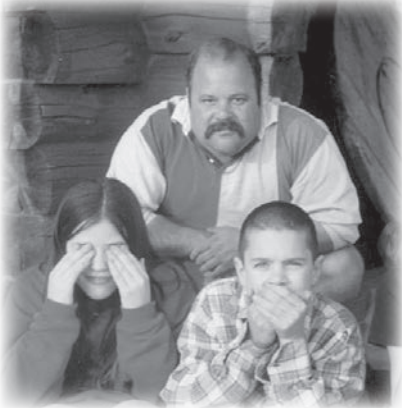
Sprints/Relay coach to work with both genders. This position will be responsible for practice schedule and developing line-ups.

If interested please call Paul Judd at 616-481-8600 or email pjudd@rpionline.com

obituaries

MENDEZ

Robert John Mendez passed away November 14th, 2023. He was born October 5, 1960. John was preceded in death by parents John and Fran Mendez, brother Pat, and nephew Harley. There will be a Celebration of Life, November 22nd, 1:00 - 5:00pm at the Lowell Moose Lodge.



WHEAT

Marion Wheat, age 91 of Lowell, passed away Tuesday, October 10, 2023. She was preceded in death by her beloved husband, James Wheat; parents, Lloyd and Evelyn Batey; daughter-in-law, Deb Wheat; brothers, Gorden and Jack Batey; sisters, Norma (Walter) Lowing, Jacqueline (Edward) Brimmer; in-laws, John and Mary Wheat, Evelyn (Dan) Free, Philip (Juanita) Wheat, Olive Cook, Doris (Delmar)Carlson, Arther Botma, Virginia Roberts. Marion is survived by her children Cherry Wheat, Rex Wheat; grandchildren, Tara Hamilton, Cassy Wheat, Jermey Davis; great-grandchildren, Braiden, Lanedon, Gracyn Hamilton, Riley, Mason Davis, brother Lloyd (Pam) Batey; sisters-in-law, Alice Wheat, Marylou Bothma; Many nieces and nephews; and a special thank you to Leann Gonzelez for being there. Marion was a remarkable individual who took great pride in her accomplishments, especially her graduation from adult night school. She actively contributed to the community at the Lowell Senior Center and FROM. Her warm smile and unwavering support will be deeply missed by all those who had the privilege of knowing her.



gerst
FUNERAL CARE
Roth-Gerst

POWERS

Calvin Harold "Sonny" Powers, age 83 formerly of Lowell, currently of Wyoming, passed away October 13, 2023. He was preceded in death by his parents, Roger Powers, Sr., and Hazel Scott; first wife and mother of his children, Gladys Powers; and wife, Kay Powers; siblings, Dottie (Leo) Richardson, Lavada (Anthony) Burke, Barbara Manley, and Roger Powers, Jr. Sonny is survived by his children, Robert (Deri) Powers, Cindy (Phil) Jojola, Steven (Marcia) Powers; 13 grandchildren; 20 great-grandchildren; sister, Shirley Rood; sisters-in-law, Susan Powers, Agnes VanHouten; numerous nieces and nephews, including special niece and nephew, Carol and Burt; and special friend Mary Lou. He was a graduate of tech school and went on to become an Electrician. After 20



CSOLKOVITS

Charles Thomas Csolkovits, known to family and friends as "Chuck" passed away Friday, October 6, 2023. He was 86 years old. Chuck was born August 15, 1937, in Chicago but lived nearly all his life in Lowell. He will be remembered as a wonderful husband, father, grandfather, brother, uncle, and friend to all. Always willing to help others, whether working on their car, welding a special project, or just general maintenance, Chuck came from that Greatest Generation of men who were all so capable of accomplishing nearly anything. Chuck was a welder by trade retiring from Rapistan Systems after 37 years. His many hobbies included racing stock cars, painting and repairing vehicles of all types, talking to ham radio operators around the world, fixing anything electronic or mechanical, and joking around. He was a mentor to so many mechanics and was always willing to share his knowledge. His sense of humor will be missed most as his practical jokes extended to all. Chuck was the king of "Dad Jokes". As a child, Chuck was a truly industrious lad, buying an Army surplus Jeep and building a snowplow to make extra money. He told stories of life in the 1940's and 50's when he would help his mother and family by doing any job to make money for the household bills. He could remember how much he paid for almost anything from his first Model T to his first welder. Chuck's mind was sharp right up to the end. Chuck's wife Dorothy "Dottie" (Feutz) of 65 years was at his bedside along with daughters, Amy (Richard) Hoxie, Dottie (Todd) Hutchison, and Tina (Jeff) Dickerman. Also present were his sister, Ruth Chilver, grandchildren, nieces, nephews, and friends. Chuck was preceded in death by his parents, Frieda (Martin) Beckett and Ernest Bala Csolkovits; brothers, Thomas Charles, Ernie; sister, Barb Foguth; nephew, Tom Hall; granddaughter, Jenna Curtis; and great grandson, Edward Henry Dickerman. Chuck is also survived by grandchildren, Sabrina Stokes, Chad (Libby) Conger, Nicholas (Nicole) DeVries, Richelle (Jacob) Courtad, Blaine Hoxie, Brittany Hauser, Tristan Hutchison, TJ (Ami) Hutchison, Lee (Becky) Dickerman, Kelsea (Freddy) Salgado, and Neil (Emerson Vranich) Csolkovits, and 23 great- grandchildren. He will be missed by many nieces, nephews, cousins, and friends. Chuck did not wish for a formal funeral. A celebration of life will be planned at a later date.



gerst
FUNERAL CARE
Roth-Gerst
305 N Hudson St SE, | Lowell, MI 49331

POTTER

Ronald Eugene Potter, born on March 29, 1944, a lifelong resident of Lowell, passed away suddenly on October 8, 2023, of natural causes. Employed by Steelcase for nearly thirty years as an Engineering Manager, he retired from corporate life at age 50 to go on to a second career as the proprietor of the Main Street and Century Post Pubs. He was excellent at fixing anything mechanical or around the home and would readily extend help to whoever needed it. Ron loved spending time at his home in Florida where he would explore the Gulf on his boat, enjoying live music and sportscars. It was a normal sight to see a classic vehicle being restored in his barn and he even built a couple over the years that came to him in boxes full of parts that had to be assembled. As an extremely proud and supportive grandfather to Joe, Drew, and Alex you could always find him on the sidelines at whatever sport the boys were playing no matter the weather or distance that he had to travel. He was preceded in death by his parents, Carroll and Dorothy Potter; brothers, Gary Potter, Roger Potter; sister, Judy Baird; and son in law, Curtis Hazard. He will be sadly missed by his children Eric (Connie) Potter, Marci Hazard; grandsons, Joseph (Kay) Potter, Andrew (Geethi) Potter, and Alexander Hazard; sister, Carol Sue Baer; his longtime girlfriend, Karen Johnson; and several nieces and nephews.



gerst
FUNERAL CARE
Roth-Gerst

NELSON

Ruth Ann Nelson, age 82, of Belmont, formerly of Lowell, passed away peacefully on October 11, 2023, in Belmont, Michigan. She was born on September 22, 1941, to John and Helen (Huver) Ford in Dearborn, Michigan. She graduated from Lowell High School. On July 24, 1965, she married Gerald Nelson. Ruth worked for 25 years at Amway. After retiring from Amway, she fulfilled a lifelong dream of owning a soda fountain. That's when she owned and operated the Dairy Delite in Comstock Park for ten years. She also enjoyed camping in Brimley and the tractor shows with her friends. Ruth enjoyed quilting, being with her family and attending as many of her grandchildren's events as she could. She will be dearly missed for her "Cookie Day" during Christmas. Ruth is survived by her husband of fifty-eight years, Gerald; children, Darci (Dan) Mierendorf, Jay (Sherri) Nelson, Kevin (Heather) Nelson; grandchildren, Evan (Grace) Mierendorf, Aron Mierendorf, Zoey Mierendorf, Jordan (Blake Yant) Nelson, McKenna Nelson, Miranda (Joe Phillips) VanderVeen; sisters and brothers-in-law, several nieces and nephews and close friends. She was preceded in death by her parents, John and Helen Ford; brothers, Ronald Ford, Charles Ford; father-in-law and mother in-law, Harold and Florence Nelson. A time of visitation with the family will be 5:00 - 7:00 pm, Wednesday, October 18, 2023, at Pederson Funeral Home, 127 N Monroe St., Rockford, MI 49341. There will be a Praying of the Rosary at 7:00 pm, following visitation. The Mass of Christian Burial will be 11:00 am, Thursday, October 19, 2023, at the St. Patrick Catholic Church, 4351 Parnell Ave NE, Ada, Michigan, with Fr. Tom Cavera presiding. There will also be a time of visitation one hour prior to the service at church. A private family burial will take place at Saint Mary Cemetery, Lowell, Michigan. In lieu of flowers, memorial contributions are suggested to Faith Hospice, 8214 Pfeiffer Farms Drive SW, Byron Center, MI 49315. Please share your memories of Ruth online at www.pedersonfuneralhome.com.



gerst
FUNERAL CARE
O'Brien-Eggebeen-Gerst

office hours:
Mon.-Thurs. 8 a.m.- 4 p.m.
Closed Fri., Sat. & Sun.

classifieds

for sale

GUN - Remington 7 mm Ultra Mag, model seven w/scope, \$950. Call 616-560-5157.

DEER RIFLE - Remington 700BDL in 270 Winchester with Leopold 2-7 scope. Mint condition, \$500. Call 616-710-1849

FORD 9N TRACTOR - 3-speed. 540 PTO. W/override. Rebuilt engine. Front snowplow. Good tires. Ada. Can deliver. \$2,900. 616-293-6160.

NEWSPAPER END ROLLS AVAILABLE AT THE BUYERS GUIDE - Many uses, table cover, art projects, packaging, etc. Usually \$6 - \$9 each. Stop by & grab one today! 105 N. Broadway.

USED TIRES - Call with size, 616-292-7649/616-295-8820. Rob's Auto - thanks.^{TFN}

REACH OVER 100,000 AREA HOMES - with our Marketplace! One call & one payment, only \$40! Includes 20 words & 1 black & white photo. Only items for sale please. Perfect place to advertise a vehicle or camper for sale! The ad runs in the Lowell Buyer's Guide & News, Hastings Reminder, Marshall Advisor/Chronicle & Battle Creek Shopper News. Call 897-9555, email: classifieds@lowellbuyersguide.com or stop by 105 N. Broadway for more info.

for rent

WE DO BUSINESS IN ACCORDANCE WITH THE FEDERAL FAIR HOUSING LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin.. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

PRICELESS STORAGE - Indoor/outdoor. 2 loctions in Lowell. Rent online at www.mypricelessstorage.com or call 616-558-2900.^{TFN}

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

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

misc.

BBQ 1/2 CHICKEN DINNER - Sat., Oct. 21, from 5:30 - 7 pm. Alto American Legion Post 528, 6056 Linfield, Alto. Public Welcome. Check out our gun raffle!

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-866-718-3124

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-495-1709

The bathroom of your dreams for as little as \$149/month! BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Limited Time Offer - FREE virtual in-home consultation now and SAVE 15%! Call Today! 1-877-957-1264

wanted

MILITARY COLLECTOR LOOKING FOR - Military collectibles. Call 517-930-3471.

CALL FOR AUTHORS TO BE FEATURED - on "For the Love of Books Podcast" hosted by author and journalist Emma Palova of Lowell. Celebrating its one-year anniversary with 50 episodes, the show features Indie and small press authors, and their events. Email emmapalova123@gmail.com. Listen in on podbean and other major podcast apps: For the Love of Books Podcast.

memorials

In Memory of
Galen K. Pletcher, Ph.D.
September 9, 1943 -
September 21, 2023
LHS Class of 1961, Valedictorian, Senior class president, All-Star tuba player, 1959 Grand Valley football champions: the "Ironmen", University professor and dean. Classmate, bandmate, teammate, friend.
Rest in God's Peace

Subscribe

NOW!

Fast & convenient right over the phone with a credit card!

the lowell

ledger

897-9261

services

WORK WANTED - Double D's tree service Plus 70' & 40' bucket trucks. Tree trimming and removal, brush chipping, Stump grinding. Free estimates and Insured. Call Dave Delinsky 616-212-3008. ^{TFN}

METAL ROOFING - Buy direct and save \$\$\$ from your local Michigan manufacturer. Pole Barn packages, standing seam roofing and siding available. Call Ken at 269-758-3330.

DRIVER'S LICENSE SUSPENDED OR REVOKED? - Don't get sucked into \$100-\$300 evaluation fees...I NEVER charge for your record evaluation & consultation! Driver's license RESTORATION: Flat fees only, no hourly billing. FREE consultation & evaluation of your case. Have a question? Call Attorney Martin Mead (616) 235-0330.

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

services

CARPENTER WANTS JOBS, JOBS, JOBS - New homes, remodeling, additions, flooring, siding, decks, kitchens, baths, plans drawn. Licensed since 1967. References. Mel Cooke, 676-9239. No Sunday calls please.

SCANNING SERVICE - Do you need something scanned & emailed? The Buyers Guide now offers this service! Price is \$1 for the first sheet & 50¢ for each additional sheet. Stop by 105 N. Broadway, Mon. - Thurs., 8 - 4 p.m. Ph. 897-9555 with any questions

FREE AD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger 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@lowellbuyersguide.com, Lowell. Ph. 897-9261.

coming events

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

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

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. Enter 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 various 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 welcome! Must be 18 or older. 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.



PUZZLE SOLUTIONS

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

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

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



Live the Life You Want

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

Pacing for physical pain and emotional overload

Part of my practice involves pain management. Those with chronic pain may know about and use “pacing,” but you may not realize, it can also be used to help with feeling overwhelmed. Let me share how pacing works for physical pain.

Those with a physical injury, disability, and/or chronic pain, when having a good or “low” pain day, may overdo physical activity and push past their limits. This tends to result in higher than normal pain levels for a few days, sometimes to the point of limiting mobility. The goal of pacing is to figure out how much activity can be consistently done daily without increasing pain levels. By monitoring, knowing pain limits, and

managing pain, an individual is able to better make and keep plans, and live life with less fatigue, symptoms, and flare-ups. So, pacing can help improve one’s quality-of-life.

Those with chronic pain may have co-occurring issues, such as a mental health issue. According to the American Psychiatric Association, research suggests that chronic pain and mental health problems are connected and may contribute to, and even worsen, one another. Those with chronic pain, from conditions such as spinal issues, fibromyalgia, and arthritis, are at more risk for mental health issues, such as anxiety, depression, mood disorders, and substance use

disorders. It’s estimated that 35-45 percent of those with chronic pain experience depression. So, it’s important to not just manage chronic pain levels but also emotional symptoms and stress levels.

How pacing works for emotional overload

When someone has high stress, diagnosed anxiety, depression, trauma or similar issues, dealing with difficult situations or people can cause overwhelm and the person may feel like they hit an emotional wall. Pacing can help by determining how many symptoms or additional turmoil/stress you can handle in a day without being overwhelmed and shutting-down. For instance, if you are having additional stress at work that you have little control over and you know you are at your limit, then it’s probably not ideal to have a visit or lengthy conversation with someone that is emotionally challenging or emotionally draining. You see where I’m going with this. You limit what you can handle

emotionally to those things that you must deal with, and limit other emotionally-draining situations and people. Let’s say you are asked to take on an extra project which will cause some limited stress but someone in your immediate family (partner, child, parent, etc.) has something stressful going on that is directly affecting you. If possible, it would be ideal to decline the extra project if you are already at or close to your emotional limit. The key is figuring out your daily limitations and using scheduling and pacing to not get overwhelmed to the point of shutting-down.

The takeaway

Whether you have a physical limitation or a mental health issue, it’s important to make lifestyle changes and focus on self-care, such as eating well, getting restorative sleep, approved physical activity, etc., for your quality-of-life. Knowing your physical and emotional/symptom limitations is a healthy lifestyle change to help keep you functional and living the best life possible. It’s better to function in this middle area than swinging from shutting-down because you over-extend yourself, to being too cautious that you live in a bubble and don’t do anything. You might find that scheduling and pacing works to help you regulate your symptoms. The tradeoff may be an improved quality-of-life. However, before trying pacing, be sure you check with your treating doctor or other professional health provider. This article is not for treatment or diagnosis and is intended for informational purposes only. Be safe and well!

Soccer season ends in EGR

By Justin Scott
sports reporter

Lowell’s first sports season of the fall came to an end last week, as the boys soccer season ended at the hands of East Grand Rapids.

It wasn’t the start that Lowell had hoped for, a self-admitted sloppy start led to a quick Pioneer goal, to put LHS behind the eight ball early.

Lowell was able to settle into the game shortly after, and it paid off late in the first half, as LHS was awarded a penalty kick, which was converted by Jack Schaedig leading to a 1-1 halftime score.

The second half featured plenty of direct attacks from the Pioneers, who had difficulty getting the ball past senior goalkeeper, Lincoln Homolka. Lowell tried to test the EGR keeper often from distance, trying to catch him off of his line, but were unable to find

the target. The Pioneers broke through with the gamewinning goal, with just three minutes remaining.

The Red Arrows finished the season 7-9-2 under first-year head coach, Elena Barriger; a big improvement from 2022, which included marquee wins over Grand Rapids Christian and Byron Center, as well as a program best third-place conference tournament finish since the 2000’s. Other wins included FHE, Calvin Christian, West Michigan Aviation Academy, Middleville TK, and Greenville.

A heavy senior-led team this year, Lowell did have several young players in the line-up that will look to fill those gaps, including freshman Cade VanLaan and Ben Homolka, as well as sophomore Emmett Schaedig. Aiden Ottinger, who started all of the 2022 season, will return between the pipes to lead LHS from the goalkeeping position.

college news

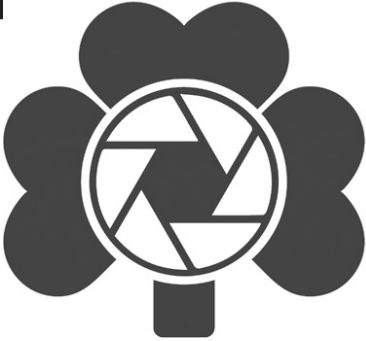
Nearly 200 Albion College varsity student-athletes were named to the 2022-23 Michigan Intercollegiate Athletic Association Academic Honor Roll. This honor is reserved for student-athletes who maintain a 3.5 grade-point average for the academic year and earn a varsity letter in an MIAA-sponsored sport.

Included on the list is Lowell student, William Neeley, who was a member of Albion’s men’s wrestling team. Neeley is majoring in combined engineering/physics. He is a resident of

Lowell and is a graduate of Lowell High School.

Saranac student Megan Chipman is also included on the list. She was a member of Albion’s women’s cross country team. Chipman is majoring in English. She is a resident of Saranac and is a graduate of Saranac High School.

Albion College is a private liberal arts college of approximately 1,500 students and is nationally recognized for its academic excellence in the liberal arts tradition, a learning-centered commitment, and a future-oriented perspective.



SHAMROCK
PHOTOGRAPHY
By Justin Scott

Find LHS Athletics Photos at

shamrocksports
photography.
smugmug.com



Family Dentistry Since 1994

- » Gentle Dentistry for Children & Adults
- » Immediate Emergency Treatment
- » Cosmetic Dentistry, Teeth Whitening
- » Preventive Care
- » Extractions/Broken Tooth Repaired
- » Dentures (Same Day Repair)
- » Implants
- » Insurance Plans Accepted

Accepting New Patients

“Gentle & Painless Dentistry Is Our Goal”

Hours:
Monday.....9 a.m. to 5 p.m.
Tuesday.....9 a.m. to 5 p.m.
Wednesday.....9 a.m. to 5 p.m.
Thursday.....8 a.m. to 2 p.m.

Judd T. Carroll D.M.D.
103 East Main • Lowell, Michigan
(616) 897-7595
www.juddcarrolldentistry.com

CITY OF LOWELL CITY COUNCIL NOTICE OF PUBLIC HEARING

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

A public hearing concerning adoption of an amended Five-Year Parks and Recreation Plan for the City of Lowell will be held during the City of Lowell’s City Council Meeting on **November 6, 2023**, at 7:00 PM. This meeting will be at the City Hall at 301 East Main Street.

All interested persons are invited to submit their comments in person or in writing at or before the meeting. Individuals with disabilities requiring auxiliary aids or services should contact the City Clerk at the address number listed above.



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

Susan Ullery
City of Lowell City Clerk

WINDOWS/SIDING DOORS/INSULATION/GUTTERS

SAVE **50%** OFF

HEATING/COOLING BILLS GUARANTEED!!!

SAVE 10% OFF WITH THIS COUPON

897-7300 allweathersealinc.com

319 E. Main Lowell

Not good w/any other offer! Good on initial presentation



FUN PAGE

SUDOKU

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

Level: Advanced

Here's How It Works:

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

Guess Who?

I am a rapper born in Missouri on October 17, 1972. I aspired to be a comic book artist until I was introduced to Ice-T's song "Reckless." I became an international rap sensation. My stage name refers to the initials of my real name.

Answer: Eminem

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				

DENTAL HYGIENE WORD SEARCH

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

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

Puzzle solutions
on page 13

SUMMERTIME WORD
SEARCH

AUGUST
BACKYARD
BARBECUE
BEACH

COOLING
ENJOYMENT

FAMILY
FAN
GRILL
HOT
JULY

POOL
RELAXATION

REST
RETREAT
SEASIDE
SHADE
SUMMER

SUNLIGHT
SUNSCREEN

SWIMSUIT
ULTRAVIOLET
VACATION
WARMTH

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dental hygiene.

L S O S F

--	--	--	--	--

Answer: Floss

CLUES ACROSS

1. A device to disengage without a key
5. Subdivision
8. Network of nerves
12. Lounge chair
14. Ocean
15. C. European river
16. Bowl-shaped cavity
18. ___ Caesar, comedian
19. Lyric poems
20. Tia's sister
21. A way to develop
22. Cows collectively
23. Areas close by
26. Slightly disreputable
30. Made a mistake
31. One who cites
32. Food stall: ___ pai dong
33. Narrow valley between hills
34. Members of people living mainly in the Congo
39. More (Spanish)
42. Classroom implements
44. Cognizant of
46. One who tells on others
47. Free from slavery
49. Thick piece of something
50. Containing two nitrogen

atoms between carbon atoms

51. Removed entirely
56. Late rocker Turner
57. Appreciated
58. Observation expedition
59. Opposite of subtracts
60. Unit of work
61. Wreckage on the sea bed
62. Affirmative! (slang)
63. Witness
64. River in England

CLUES DOWN

1. A dissenting clique
2. Japanese city
3. Spiritual leader
4. Second letter of Greek alphabet
5. Musical term
6. Ruled over
7. Fortified wine
8. First year player
9. Moved in a circular way
10. Adolescents
11. Scottish or Irish Gaelic language
13. Someone who serves in the armed forces

17. Bring up
24. Factual written account (abbr.)
25. Having three sides
26. Annoy
27. Hustle
28. American WW2 leader
29. Stale atmosphere
35. US Treasury
36. Sound unit
37. They ___
38. Soviet Socialist Republic
40. Places to play video games
41. Medical event
42. When you hope to arrive
43. Fixed prices
44. Popular Boston song
45. Valley in Indiana and Illinois
47. Omit when speaking
48. German explorer of the Congo Basin
49. Stick around
52. From a distance
53. Heroic tale
54. Amounts of time
55. Eat

By Bill Lee
contributing writer

“This past April, we flew out to Seattle to meet with our Tarot mentor,” said VonEdwaerd-Benjamin. “At that time, we decided it would be a good idea to detoxify ourselves from

After that trip, VonEdwaerd-Benjamin dove into the art of Tarot reading, and they not only connected with the cards, but it also seemed to come naturally to them as though they had already understood the language. “We found that the artwork and the modern-day interpretations of Tarot being done, connected us in a very spiritual way that binds us to our lifelong love of nature and peace and understanding between people and living things,” they said. “We’ve always been somebody who has

They are just beginning their Tarot reading practice and have done several readings for friends and

Another part of VonEdwaerd-Benjamin's work is providing meditative



Paulie VonEdwaerd-Benjamin. Photo off their website.

VonEdwaerd-Benjamin is excited about their new journey into helping people through the art of Tarot reading and meditation. They not only work out of the Mane Salon but also Moon Drop Herbals, in

downtown Grand Rapids. They will also meet clients where it is most comfortable for them, be it a park or their own homes. In the end, they are hoping to help people in any way they can, and do it in a way that is colorful and fun, and more importantly, guide people to heal themselves. "That is why we have the last word in the (business) subtitle be 'self-healing' because we want people to know that this is about them," said VonEdwaerd-Benjamin. "That they have the power to make their lives better, and we want to assist with that, if we can, and we want to make it fun too. That's the nice thing about the cards and how it applies to any age. It's a story of your life, so we want to make this as enjoyable as possible too because we all want to be able to tell our stories, and so we feel that by getting to know yourself better, in a way like this is, also makes it more fun and entertaining and gives you another way to tell your story in a colorful way."

You can learn more about Paulie VonEdwaerd-Benjamin and their business Earth Star, Heart Root by visiting their website at earthstarheartroot.com

105 N. Broadway, Lowell
616-897-9261



email: ledger@lowellbuyersguide.com