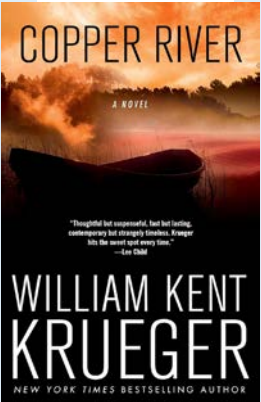




page 6

Book Review



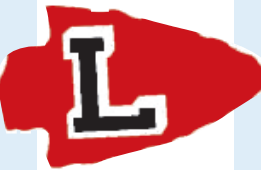
page 8

Restless Viking



page 14

Lowell Area Schools Sports



page 11

\$1.00



Heywood Banks to bring laughter and music to The Old Theater in Lowell

By Emma Palova
contributing writer

Renowned comedian Heywood Banks, aka Toastmaster General, will take the spotlight at the historic The Old Theater (TOT), in downtown Lowell, on Dec. 8 and Dec. 9.

Banks, renowned in the realms of comedy and music, brings life's mundane observations to light with his signature wit and infectious tunes. His real name is Stuart Mitchell, and he was born on April Fool's Day in 1950. Banks is a writer and performer of humorous songs, his most



Heywood, continued page 2

Toastmaster General, Heywood Banks

City council tables all agenda items until December

By Justin Tiemeyer
contributing writer

As announced during the previous meeting, the November 20 gathering of Lowell's City Council was preceded at 6:00 pm by a joint special meeting between the city council and the Lowell Light & Power board. Following a closed session to review materials exempt from discussion or disclosure by state or federal statute, the joint meeting's docket included an IT project proposal from IP Consulting and a proposed alternative payment structure for tree ordinance compliance that could reduce costs in a number of areas.

For all intents and purposes, this joint meeting could have been the city council meeting itself, as the traditional meeting at 7:00 pm began with a request from Mayor Mike DeVore to table all old and new business items, alike, until the next meeting. This decision was based on the fact that council member, Marty Chambers, who was absent at the November 20 meeting, wanted to be present for the agenda items in question, and Mayor DeVore had administrative work to deal with at 7:30 pm. The resulting meeting was one of the shortest on record.

City council, continued page 3



Resident, Perry Beachum, expresses concern that the partnership between the City of Lowell and Lowell Charter Township, regarding the water system, has become an adversarial relationship.

New trading card promotion encourages local in-store traffic

Each year, the Christmas Planning Committee, headed by the Lowell Area Chamber of Commerce, selects a theme for the holiday season. The theme typically comes to life during the Annual Night-time Santa Parade and in storefront windows along Main Street in Lowell. Adding to the fun, this year's "12 Days of Christmas" theme will be activated in an exciting new way, with plenty of Lowell Buck\$ up for grabs.

The concept is simple and based on the popular "12 Days of Christmas" song. Now, through December 20, visit participating Lowell area businesses and collect "12 Days of Christmas" trading cards. Once you have at least one card to represent each of the "12 Days" (four calling birds, three French hens, two turtle doves, etc.), simply show your cards at the Lowell Area Chamber of Commerce, during standard business hours or during special hours for Santa Visits on the Lowell Showboat VI, and be entered to win \$100 in Lowell Buck\$. One winner will be drawn on Thursday, December 21, 2023.

As a bonus, and a great opportunity for many to get involved, the first 100 people to show all "12 Days of Christmas" trading cards at the Chamber office by December 20 will receive one \$5 Lowell Buck\$ certificate. One certificate per person allowed.

"The "12 Days" trading card promotion is a bit of a scavenger hunt, designed to engage the whole community and generate foot traffic for our local businesses," states Shannon Kennedy, Executive Director of

Promotion, continued page 4

Heywood, continued

famous one being *Toast*. The story of the song goes back to 1986 when he was browsing at a Salvation Army store for props for his act. He bought an old toaster, thinking he would make toast during his act. Later his wife said she was looking forward to having toast the next morning, and Banks started improvising about toast while playing a bongo.

Banks opened for bands, hitchhiked thousands of miles, and never had a plan B; he was the class clown, who was ADD and never applied himself,” according to his About statement on Banks website.

Owners of TOT, Lisa and David Reed, are committed to preserving the historic venue, continuing their mission by offering family-friendly entertainment and generating revenue for the restoration of the structure. “Each show promises an unforgettable blend of humor and music, creating an atmosphere of pure joy and holiday cheer,” co-owner, David Reed, said.

Whether you’ve heard Banks on HBO, Showtime, or the nationally syndicated Bob and Tom Morning Radio Show singing his famous *Toast* and *She’s the One Eyed One I Love*, songs, now is your chance to experience him up-close and hear holiday classics like, *You Ain’t Getting Diddy Squat*, *Dear Mr. Santa Claus*, *Cash Cash Cash*, and *Christmas Steve* in Lowell’s historic Strand Theater.

“The way pre-show tickets have been selling, there is sure to be a lively crowd in attendance,” Reed said. “We’re anticipating an enthusiastic audience.” In light of the ticket sales, the Reeds have added a second show on Saturday.

TOT was built in 1928 as the Strand Theater and served as a movie theater in downtown Lowell until 1985. It then became a furniture store, and has, most recently, been known as Larkins’ Other Place.

Banks is scheduled for two appearances at The Old Theater: Friday, December 8, and Saturday, December 9. Doors open at 7 pm, and the show begins at 8 pm. Tickets, ranging from \$35 to \$50, are available for purchase at www.theoldtheater.com or by calling (616) 897-0007. Attendees can enjoy dinner at one of Lowell’s fine eateries before walking over to the theater, or indulge in the typical theater fare of cold pop and hot popcorn during the show.

“Spread the word and invite your friends, especially those who have a love for toast!” Reed said.

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MI Tobacco Quitlink celebrates 20 years

This November, the Michigan Tobacco Quitlink is celebrating 20 years of helping Michiganders become tobacco-free.

Tobacco use continues to be the leading cause of preventable death in Michigan. Approximately 70 percent of all adult smokers report wanting to quit, but fewer than one in 10 succeed in quitting for good, without the assistance of coaching and/or nicotine replacement therapy. The Michigan Tobacco Quitlink is a free and confidential service, that offers several different programs designed to help Michiganders quit tobacco, based on the level of support needed, including phone and online coaching.

“We know the use of tobacco takes a significant toll on people’s health,” said Dr. Natasha Bagdasarian, Chief Medical Executive. “Quitting can be difficult and the Quitlink offers Michiganders the resources and support they need to successfully quit tobacco and begin living healthier lifestyles.”

The Michigan Tobacco Quitlink, formerly the Tobacco Quitline, was established in October 2003 as a pilot project for Upper Peninsula residents. In 2004, the Michigan Department of Health and Human Services (MDHHS) received a grant to expand the service statewide.

In 2022, 27 percent of Tobacco Quitlink phone coaching participants quit using tobacco. However, Quitlink enrollees, who participated in four or more coaching calls, had a quit rate of 34 percent, illustrating that Quitlink participants who stuck with their program had a better chance of quitting tobacco for good.

MDHHS reminds Michigan residents there are numerous benefits to quitting tobacco, including financial savings, better health, and more time spent with loved ones. As it can take several attempts to quit for good, tobacco users are encouraged not to give up after a failed attempt. Quitlink uses proven strategies that have helped more than 1.5 million people quit tobacco.

For residents who need assistance quitting tobacco, the Michigan Tobacco Quitlink – 800-QUIT-NOW (800-784-8669) is available 24 hours a day, seven days a week. Individuals can also



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City Council, continued

“I apologize to everybody who came tonight for the sudden agenda change,” Mayor DeVore said, “but it couldn’t be avoided.”

Judging by the first item on the agenda alone, regarding the vacation of Horatio Street in the case of People’s Elbow, LLC and Schone Afwerking, LLC vs. City of Lowell, the need for a full five-person council was clear, if a bit dissatisfying to any of the neighbors protesting the proposed CopperRock construction project at the site of the old Roll Away building. Having sought and received a legal opinion on the threshold for obtaining, or objecting

During public comment, resident Perry Beachum addressed concerns related to utility billing policy, suggesting that the council look into hiring Utility Financial Solutions (UFS) to look at rates, just as Lowell Light & Power did over a decade ago when the utility was “going in the wrong direction.” Specifically, Beachum appreciated how UFS adjusted the rates in order to keep 140 days of cash on hand, which is significant in reference to acquiring bonds and the like.

“They are nationally known, but they are locally owned,” Beachum said. “They are out of Holland,

“I believe that we should be in partnership, and I’m not saying any one person or group is at fault for [the current adversarial relationship]—I just think we should be looking at it and working together,” Beachum said. “I feel that if the township goes and builds their own, I think it’s going to increase our rates here in Lowell.”

Though exasperated members of the city council have suggested during previous meetings that the township building its own water infrastructure is better than the current state of summer water rationing, the preferred method of resolution, that the council has expressed for months, is



City Manager, Mike Burns, congratulates Mike DeVore, Jim Salzwedel, and Eric Bartkus on their elections to city council.



Mayor Mike DeVore apologizes for rescheduling business items to a later meeting, claiming that it “couldn’t be avoided.”

he intends to elaborate on during the December meeting, is the fact that Lowell Light & Power was recently recognized by the American Public Power Association with a Public Power Customer Satisfaction Award. Per a recent press release, Lowell Light & Power was one of only two power utilities in the nation to receive gold level recognition for an average rating greater than 95 percent with reference to customer service, field personnel, communication, reliability, value, outage response, innovation, and overall satisfaction.

Though the new and old business items were deferred to December, the council and city manager still shared reports from their various board meetings and interactions in the community. For example, council member Cliff Yankovich, who sits on the Look Memorial Fund committee, lamented a lack of applications for this year’s grants from the fund. Traditionally, the fund sees more applicant requests

than it has money to give, but this year they granted only \$5,000 to the police department for a sign.

As this was the first council meeting following the November election, City Manager Burns took a moment to recognize those who succeeded in securing seats on the council. “Congratulations to Mike DeVore, Jim Salzwedel, and Eric Bartkus on your elections to city council,” said City Manager Burns. “I’m looking forward to working with all three of you.”

Bartkus, it should be noted, will not take a seat at the council until January, as the council will not bid farewell to council member Yankovich, who chose not to run for reelection, until the final meeting in December.

City Manager Burns announced that the council will discuss an affordable housing plan, prompted by recent changes at the state level, with a group

called Housing Next at the January 16th meeting. He also announced the successful installation of a leech basin to mitigate pooling in the Monroe Street parking lot and the replacement of the current city assessor, Debbie Rashid, following recent notice of her stepping down from the position at the end of November.

Rounding out the meeting were a number of comments about a successful Christmas Through Lowell event thrown by the Lowell Area Chamber of Commerce. The next city council meeting will take place on Monday, December 4, 2023 at 7:00 pm. Those interested in watching the November 20 meeting can find it on the City of Lowell YouTube channel, @cityoflowell. The agenda can be found at the City of Lowell home page, lowellmi.gov.

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Vergennes Township is taking bids for Township Hall lawn care and the Township Cemeteries lawn care services to be performed 2024.

Bids should be received by Wednesday, December 13, 2023, at 3 p.m. to be considered, with the contract to be awarded at the December 18, 2023, 7:00 pm meeting of the board.

Scope of Services can be found at <https://vergennestwp.org/public-notice/> or the township offices ~ 69 Lincoln Lake Ave NE, PO Box 208, Lowell, MI 49331. Hours are Mondays and Wednesdays 9am to 3pm, and Thursdays 9am - noon. Phone number is 897-5671, or email clerk@vergennestwp.org.

Shantell Ford
Vergennes Township Clerk



Financial Focus

With Christopher C. Godbold

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Can you make charitable giving less ‘taxing’?

Once again, it’s the season of generosity. In addition to considering gifts for your loved ones, you might want to think about charitable gifts as well. But what should you know before making gifts to charities? And what impact might these gifts have on your financial and tax situation?

First, you may want to create a gift budget by deciding just how much you will give to charitable organizations over the rest of the year.

Next, look closely at the groups to whom you wish to contribute. You can find many reputable charities, but some others may be less worthy of your support. One of the red flags of a questionable organization

is the amount of money it spends on administrative costs versus the amount that goes to its stated purpose. You can check on the spending patterns of charitable groups, and find other valuable information about them, on the well-regarded Charity Navigator website (charitynavigator.org).

Once you’ve established a gift budget and are comfortable with the groups you choose to support, you might turn your thoughts to another key issue connected with charitable giving: tax benefits. A few years ago, changes in the tax laws resulted in a large increase in the standard deduction, which meant that many taxpayers found it more favorable not to itemize

— and lost the ability to take charitable deductions. But if you still do itemize, your charitable gifts or contributions to tax-exempt groups — those that qualify as 501(c)(3) organizations — can generally be deducted, up to 60% of your adjusted gross income, although lower limits may apply, depending on the nature of your gift and the organization to which you’re contributing.

Other, more long-term avenues also exist that combine charitable giving with potential tax benefits. One such possibility is a donor-advised fund, which allows you to make an irrevocable charitable contribution and receive an immediate tax deduction. You can give cash, but if you donate appreciated assets, such as stocks, your tax deduction would be the fair market value of the assets, up to 30% of your adjusted gross income. Plus, you would not incur the capital gains tax that would otherwise be due upon the sale of these assets. Once you establish a donor-advised fund, you have the

flexibility to make charitable gifts over time, and you can contribute to the fund as often as you like.

Another possible tax benefit from making charitable contributions could arrive when you start taking required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and 401(k). These RMDs could be sizable — and distributions are counted as taxable income. But by taking what’s called a qualified charitable distribution (QCD), you can move money from a traditional or Roth IRA to a qualified charitable organization, possibly satisfying your RMD, which then may be excluded from your taxable income. You must start taking RMDs at 73 but you can begin making QCDs of up to \$100,000 per year as early as age 70½. (This amount will be indexed for inflation after 2023.)

Establishing a donor-advised fund and making qualified charitable

distributions are significant moves, so you’ll need to consult with your tax advisor first. But if they’re appropriate for your situation, they may help you expand your ability to support the charitable groups whose work you admire.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

Promotion, continued

the Lowell Area Chamber of Commerce. “Whether you’re visiting a business for the first time or visiting again for the first time in a long time, it’s our hope you’ll discover something new being offered or even get a bit of holiday shopping

office and DiscoverLowell.org and come in a range of denominations to help create the perfect gift. When ordering online, select “email to yourself” to print and hand-deliver or deliver via email directly to your recipient.

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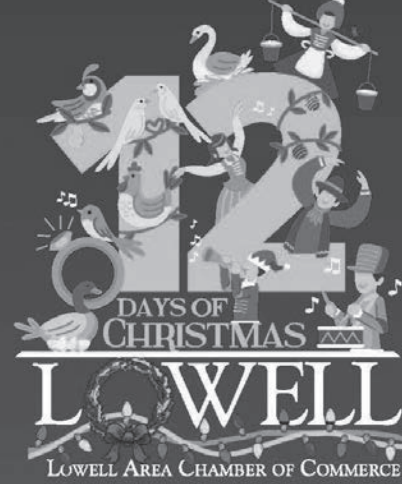


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done at the same time,” states Kennedy. “Supporting local merchants truly helps to bolster a thriving community.”

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For more information, a list of participating trading card locations, and Chamber office hours, visit www.discoverlowell.org/christmas-festivities.

Participating “12 Days” trading card business locations (while supplies last):

Ace in the Lowell, B.C. Pizza, Bella Grace Boutique,

Litehouse Family YMCA, Lowell Area Historical Museum, LowellArts, Lowell Showboat VI (during Santa Visit hours), Meijer – Lowell (service desk), North Star Antiques, Red Barn Mercantile, Rookies, Station Salon, Tap House Boutique.

Show Your Cards

Bring all 12 of your unique “12 Days” trading cards (one card for each “day”) to the Lowell Area Chamber of Commerce, during the following times to be entered to win Lowell Buck\$: (no purchase necessary)

- Now through December 20, 2023, Tuesday–Friday, 9 am –3 pm.
- Saturday Santa Visits: December 2 from 2–4 PM; Saturday, December 9 and 16, from 10:30 am –1:00 pm.
- Nite of Christmas Cheer: Friday, December 8, from 5:30–7:30 pm.
- Wednesday Santa Visits: December 6, 13, and 20, from 5–7 pm.

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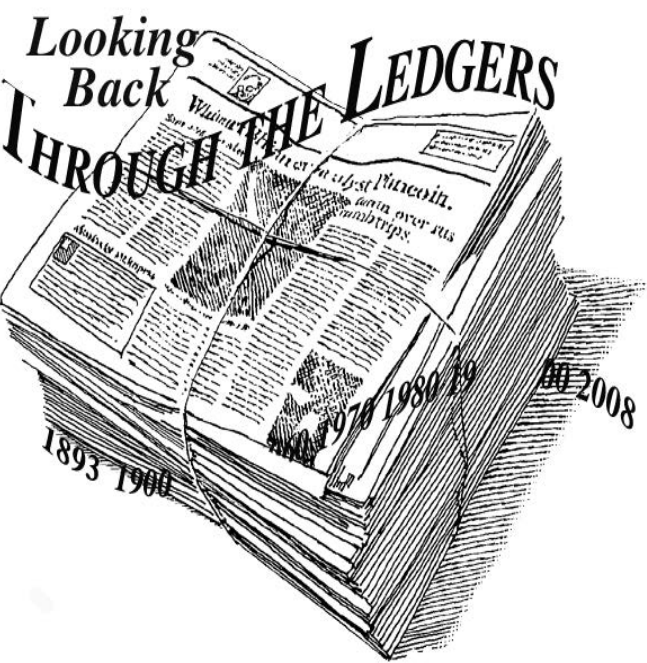
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viewpoint



150 years ago
The Lowell Journal
November 26, 1873

Mason & Ecker are manufacturing the popular “Folding Ironing Tables.”
The Journal offers the Farmer’s New Map of Michigan with a year’s subscription, \$2.
A lively runaway occurred on Bridge Street last Friday. A fine span of horses, belonging to O.B. Harris Esq., ran from E. Fuller’s residence to How & White’s store and stopped. A large post in front of the store hindered further locomotion. No harm done.
Edmund Lee, the heavy dealer in groceries and provisions in Music Hall block, has a new half column ad in the Journal, which all good people will take pleasure in looking at. Mr. Lee is working up a large business, not-withstanding dull times and the scarcity of money.

125 years ago
The Lowell Ledger
December 1, 1898

George Chatterdon, of Lowell, was in Elmdale to see about living into the Plumber home and cutting wood for the Klahn Boys, who are calculating on cutting a thousand cords of wood again this year.
Charles Kreiter, the desperado who shot at the Jonesville officers after committing several thefts, was sentenced to Jackson for 10 years. When he received his sentence he fell in a dead faint. He threatens to kill himself.
A famous old Native American of Prescott, Peter Wademan, aged 113, who buried his second squaw only two months ago, has just married a Polish woman, named Emma Jane Swansteppanski, aged 56, who emigrated from Montreal recently.

100 years ago
The Lowell Ledger
November 29, 1923

A 21-year-old clerk, of the Alto Farmers State Bank, pleads guilty to embezzling \$4,000 by juggling savings accounts.
The Thanksgiving show at the Strand Theatre is *Pioneer Trails*, the Gold Rush of ‘49, with ‘GOLD’ and ‘MASSACRE’ in the advertisement.
A possible murder is theorized when human remains are found in the ashes of an Ada house fire.
The local football squad, by defeating Ionia in a real football game last Friday, placed themselves at the head of the class in Western Michigan foot ball circles. It was the greatest game ever played on the local

gridiron, despite the bad weather, and about 2000 fans from Ionia and Lowell witnessed the game.

75 years ago
The Lowell Ledger
December 2, 1948

Officer Lafayette Tanner turns over a yearling buck deer, killed by a C&O train, to the school for the hot lunch program.
Only the Grand River still produces commercial quantities of mussel shells for pearl buttons.
The American Legion Memorial Building Bowling Alleys will open tomorrow evening to the public.
Gordon Frost has no luck deerhunting in the north, while his neighbor, Clayton Engle, shoots one on Frost’s farm.

50 years ago
Lowell Ledger Suburban Life
November 29, 1973

President Nixon and Gov. Milliken ask for gas station closings on weekends, 50 mph speed limits, cooler houses and other measures in the wake of the mid-East oil crisis.
This year’s Christmas Parade will start at Thomet’s and go to the State Savings Bank parking lot, where Santa will greet the kids. Arnie DeLoof is in charge.
Harold Englehardt’s cottage at Morgan Lake is burglarized.
Main Street merchants are upset over the proposed parking ban on Main.

25 years ago
The Lowell Ledger
November 25, 1998

Lowell Police Department issues 11 warrants related to recent break-ins and barn fire.
New accounting software will make city 2000 compliant. Lowell Light & Power and Lowell Cable are expected to contract with Daffron, which offers software especially designed for utility operations.
Tim Antel has been named as Lowell’s new varsity baseball coach.
The Lowell School Board debates on whether it will participate in a soft drink vending contract.

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SSA Talks: Will Social Security be there when I retire?

By Hillary Hatch, Social Security Public Affairs Specialist

That’s the question we’re answering in the latest episode of our audio series, SSA Talks. Our Chief Actuary Steve Goss sheds light on our trust funds and how they relate to your future benefits.

The 12-minute episode includes a fact sheet and transcript. The fact sheet provides more information about the trust funds and how much protection our benefits offer.

We invite you to visit our SSA Talks page at www.ssa.gov/news/audio-series.html to listen and subscribe to receive alerts about future episodes! For more information and news about Social Security, we encourage you to check out our Communications Corner at www.ssa.gov/news.

Please share this with your friends, family, and colleagues.

SSA TALKS

Listen to our new episode:
Will Social Security Be There When I Retire?

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.

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At Your Local Library

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

KDL Lab Experience - Techtropolis

Saturday, Dec. 2, 10-11 am. Come get some hands-on experience with different types of technology. It’s a great time to nerd out and explore! For ages 5-10.

Friends of the Library Used Book Sale

Saturday, Dec. 2, 10 am - 5 pm. There will be bargains galore at the Friends of the Library’s used book sale.

Chess Anyone?

Saturday, Dec. 2, 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.

Kids Zone

Monday, Dec. 4, 4:30 - 5:30 pm. It’s a special time for fun, interactive programs just for school kids! Join our KDL Kids Zone programs for crafts, storytime, games and other activities. For ages 5-10.

Novel Newts Book Club

Wednesday, Dec. 6, 4-5 pm. Join a fun, informal discussion of great books. This month, we’ll discuss *Refugee* by Alan Gratz. For ages 11-17.

Night Owls Book Club

Wednesday, Dec. 6, 6:30 - 7:30 pm. Join a fun, informal discussion of great books. This month, we’ll discuss *Tom Lake* by Ann Patchett. For adults ages 18+

Homeschool Hangout

Thursday, Dec. 7, 1-2 pm. Welcome to our hangout, where homeschoolers can connect with other kids and learn through engaging activities including STEAM, writing, crafts and games. The theme changes every week, so there are always new opportunities to learn and explore together! For ages 5-10

KDL Lab Experience: Art Party

Saturday, Dec. 9, 10-11 am. There’s no party like an art party, because an art party has so many fun activities you’ll never want it to end. Let your creativity flow! And when the fun does have to stop, you can keep creating at home. For ages 5-10.

ABCs of Lowell history

This week we are taking a break from the ABCs of Lowell history to share with you the history of Plimoth, Massachusetts and the “first” Thanksgiving. The following information is shared from the Plimoth Patuxet Museums.

Thanksgiving is a national holiday that takes place on the fourth Thursday in November. But why do we celebrate Thanksgiving? And what is the meaning behind it?

People across the world have been celebrating and giving thanks for thousands of years. In this country, long before English colonists arrived, Native People celebrated many different days of thanksgiving, including, for example, a “Strawberry Thanksgiving” and a “Green Corn Thanksgiving.”

The English also had a long tradition of thanksgiving. They declared days of prayer to thank God when something good happened. For example, the English declared a day of thanksgiving in the summer of 1623 when a gentle rain ended a long drought.

Likewise, in the fall of 1621, when their labors were rewarded with a bountiful harvest after a year of sickness and scarcity, the Pilgrims gave thanks to God. They also celebrated their bounty with a tradition called the Harvest Home. In a letter to a friend in England, “E.W.” (Pilgrim Edward Winslow) wrote the only record of the celebration that survives:

“Our harvest being gotten in, our governor sent four men on fowling, that we might after a more special manner rejoice together,



after we had gathered the fruits of our labors. They four in one day killed as much fowl as, with a little help beside, served the Company almost a week. At which time, amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some 90 men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty.”

Winslow’s Letter in Mourt’s Relation (ed. Heath), 82

During the celebration, Massasoit, an important sachem (leader) of the Wampanoag People, along

with 90 of his men, joined the English for three days of entertainment and feasting. We don’t know for sure why the Wampanoag joined the gathering or exactly what activities went on during those three days. We do know, however, that the celebration occurred sometime between September 21 and November 9, 1621. Later, in the 19th century, the event entered American popular imagination as the First Thanksgiving.

The people we know as Pilgrims have become so surrounded by legend that we are tempted to forget that they were real people. Against great odds, they made the famous 1620 voyage aboard the ship Mayflower and founded Plymouth Colony, but they were also ordinary English men and women. To understand them, it is important that we look beyond the legend. This story will help you get to know these people, now

known as the Pilgrims, through their first years in New England.

England was a Roman Catholic nation until 1534, when King Henry VIII (reigned 1509-1547) declared himself head of a new national church called the Church of England. Although he and his daughter, Queen Elizabeth I (reigned 1558-1603), changed some things that made the Church of England different from the Roman Catholic Church, a few people felt that the new Church retained too many practices of the Roman Church. They called for a return to a simpler faith and less structured forms of worship. In short, they wanted to return to worshipping in the way the early Christians had. Because these people wanted to purify the church, they came to be known as

ABCs,
continued page 12

area churches

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DECEMBER 4

Tennille Bryant, Autumn French, Casey French.

DECEMBER 1

Travis Briggs, Nate Schoen, Deb Anchors, Joyce Watrous.

DECEMBER 5

Christopher Vickers.

DECEMBER 2

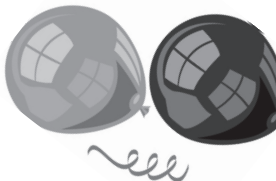
Chelsey Treglia, Kari Bergy, Karly Batt, Olivia Starkweather.

DECEMBER 6

Katie Blough, Kristopher Vezino, Maria Blough, Christopher DeBold, Marc Wernet.

DECEMBER 3

Chris Chambers, Christine Gillies, Amanda Sterzick, Richard Kline, Jennifer Kovacs.





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The many benefits of journal writing

Journaling seems like a simple activity but it can provide so many benefits. Writing about your experiences, feelings, and thoughts, in a safe space, is a helpful way to process them and gain insight, along with a better understanding of yourself and your emotions. Writing in a journal not only helps with processing difficult emotions, experiences, and stress reduction, but it can also benefit your overall well-being.

Benefits

Below are a few ways journaling is helpful for our mental health and overall wellness. For something that takes a relatively small-time commitment, it can provide a multitude of benefits.

Helps process difficult experiences & trauma - When people have these types of experiences, it often can't be fully processed. Sometimes, even remembering the event can be difficult. Many find writing about it is easier than talking about something that causes distress. If such an event is not processed, it can lead to feelings of anxiety, depression or manifest as other serious issues. Journal writing can be especially helpful for those diagnosed with PTSD or trauma as it allows them to express in writing what they don't want to say verbally. It feels safer because writing does away with the worry of being judged by others especially when feelings of

shame, guilt, or anger are present. It's a way to write out and organize thoughts and emotions that may have the person feeling like they're on a roller coaster. It can also be empowering to see all that a person has survived and how far they have progressed.

Helps process difficult emotions - Sometimes we can process difficult or traumatic events but still have unresolved emotions. Similar to the above example, journaling can help process these emotions by expressing them in a safe and healthy way. This can be especially helpful for people who have difficulty talking about their feelings.

Improved self-awareness - Journaling can help us to become more aware of our thoughts, feelings, and behaviors. This can lead to a greater understanding of ourselves, our norms, our defense mechanisms, etc. Essentially, we learn why we act the way we do. Self-awareness is essential for personal growth and development.

Helps with stress - While we know stress is a normal part of life, but chronic or excessive stress can take a toll on our mental and physical health. Journaling can help us deal with stress by providing an emotional release. It can also help identify triggers so we can develop coping mechanisms.

Helps identify

patterns - While in the process of living life, we don't always have time to analyze ourselves. Journaling can show patterns of stress, behaviors, responses, triggers, etc. We need to be aware of, and identify, unhelpful patterns in order to change them.

Helps with goal setting and tracking - Writing can be a helpful tool for setting goals and tracking progress. By writing out our goals, they become more real, so realistic plans to reach them can be made. We can also use our journal to track progress or lack of progress and to feel good about successes.

Helps boost creativity - Free writing can help us tap into our subconscious and come up with new ideas and to solve problems.

How to get started

There are different ways to start journal writing. Some people prefer to write in an organized or structured form, while some like the freedom of free-form. There isn't a write or wrong. It's all about what you prefer and what works for you.

Below are some tips to get you started.

- Find a quiet, comfortable, and private place to write.
- Set aside a specific time each day or week to journal.
- You can start with just a few minutes and increase as you feel more comfortable.
- Don't worry about grammar or spelling.
- Avoid self-blame,

judgements, or self-criticism

- Create a plan to deal with and manage distressing feelings and thoughts. Writing about painful experiences means there will also be painful emotions. Part of the process is feeling emotions that have been repressed, avoided, or suppressed so they won't continue to

cause problems. Find a location where it's okay to cry, scream, jump up and down, or pound a pillow in the bed or couch without worrying about someone seeing or hearing it, as that may stifle the process. Also, it's important to have someone to reach out to for support if you become overwhelmed.

- Just write whatever comes to mind. Drawing a blank? Try free-form writing. Have a list of journal prompts handy for those days when you feel stuck. Maybe write about a hobby or topic of interest. Pick one and just start writing anything continuously without stopping to edit, re-read, or change anything. A good one to start with is writing about the things for which

you are grateful. Free-form writing lets you express yourself without judgement.

- Once past any writers block, remember that journal writing is to write down your inner thoughts and emotions and to think and reflect. It's a tool for your well-being.
- Be honest with yourself.
- Be patient. It may

- What behaviors or defense mechanisms do I need to stop?
- What do I need to forgive myself for believing or doing?
- What is keeping me stuck where I am?
- Read what you wrote. It's important to go back through your journals to look for patterns, continued avoidance, changes,



take some time to see the benefits of journaling.

- Keep expectations realistic.
- Keep your journal handy so you can write down things as they come up.
- For someone with past trauma it can be more difficult to start, so below are some prompts to ask:
 - What has been my greatest hurt/pain/wound?
 - What defenses did I create to protect from this hurt/pain/wound?

Takeaway

The many benefits of journal writing outweigh the small time commitment. It can be a powerful tool that benefits your mental health and overall well-being. After trying journaling, if you are still struggling, it may be time to find a supportive therapist to help. I hope you find this info helpful but it's not intended to provide advice, diagnose, or treat. Be safe and well!

NOTICE

VERGENNES TOWNSHIP

69 Lincoln Lake Ave NE, Lowell
Seeking Applications for Board and Commission Appointments

Vergennes Township is accepting applications for the following Board and Commission positions; Board of Review, including alternates, Planning Commission, Zoning Board of Appeals.

Application forms and a summary of job descriptions may be obtained on the township website www.vergennestwp.org (right column 'Quick Links' click on 'forms and applications' then 'Application to Boards, Commissions & Committees'), by emailing the clerk at clerk@vergennestwp.org, or at the township offices located at 69 Lincoln Lake Ave NE, Lowell, MI 49331.

Deadline for application submission is Wednesday, December 13, 2023 @ 3 p.m. Applicants will be considered at the December 18, 2023, meeting of the Vergennes Township Board.

Shantell Ford
Vergennes Township Clerk

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Book Corner

So many books, so little time

By Alison Yarger
contributing writer

At the risk of sounding redundant, I'm sure I've mentioned on several occasions that because of where we live (way off the road in the middle of a woods), we cannot have a dish nor can we stream. Oh, technically we can stream if you want to watch something pixilated all the time. Suffice it to say, we read. And, we read a lot!

Generally reading on average three books a week, sometimes it's difficult to decide which books I should try to review and which to skip. So, because I've read so many over the past few weeks, I thought I'd list them here, give you a brief overview and let you choose!

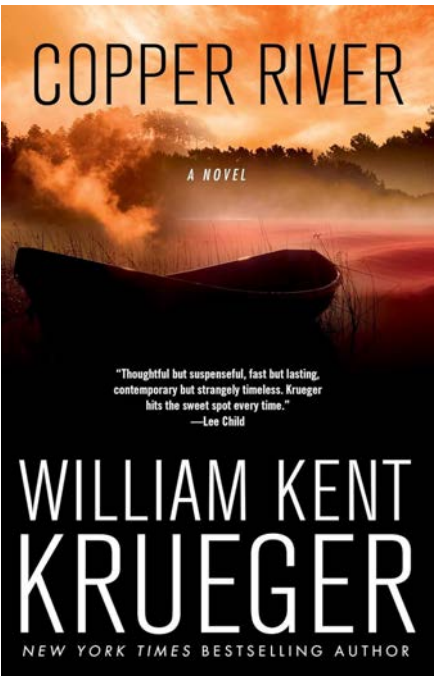
The Alice Network: by Kate Quinn / Historical Fiction. This was a book I chose for our book group, and although I thought it was informative, as I never knew about female spies in WWI, it wasn't the best

a mesmerizing story of courage and redemption. I'd give this 4 out of 5 stars.

Good Bad Girl: by Alice Feeney / Fiction. Twenty years after a baby is stolen from a stroller, a

to discovering the truth. In the style of Daisy Darker (super good book) and Rock Paper Scissors, Good Bad Girl is a thriller in which nobody can be trusted, and the twists come fast and furious. Loved it, so I'd give it 4.75 out of 5 stars.

The River We Remember: by William Krueger / Fiction. Both my husband and I love Krueger's writing, and many of his books are set in Minnesota, Wisconsin and Michigan. In 1958, a small Minnesota town is rocked by a shocking murder, pouring fresh fuel on old grievances. Both a complex, spellbinding mystery of mid-century American life this novel offers an unflinching look at the wounds left by the wars we fight abroad and at home, a moving

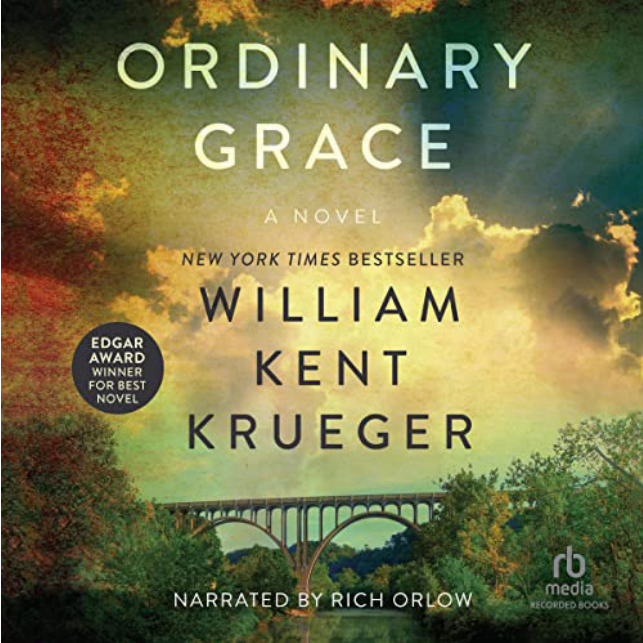


can be. Must give this one 4.75 out of 5 stars as well.

A further William Krueger book, *Ordinary Grace* is a marvelously moving account of a boy standing at the door of his young manhood, trying to understand a world that seems to be falling apart around him. It is an unforgettable novel about discovering the terrible price of wisdom and the enduring grace of God. Both of us loved it, and I'd give it 5 out of 5 stars.

Wrapping up even more Krueger books that I've been reading (they're hard not to read), *Copper River* is set in the UP in a small fictional town outside of Marquette. Because we're frequent travelers to the UP, much of the area is familiar to us –

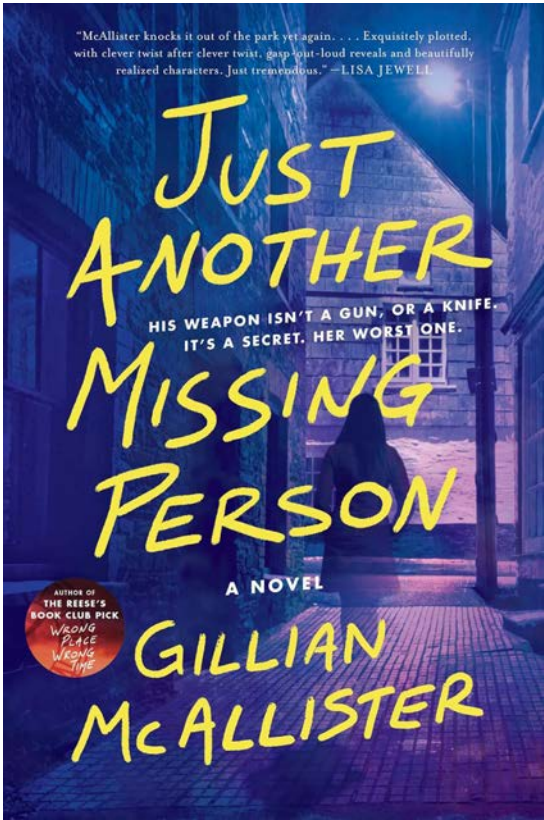
exploration of the ways in which we seek to heal, and a testament to the enduring power of the stories we tell about the places we call home. I'd give this 5 out of 5 stars.



Just Another Missing Person: by Gillian McAllister/Fiction. Another book I truly thought was great, this clever and endlessly surprising thriller is laced with a shrewd look at family and motherhood. It's suspenseful and McAllister creates ethical dilemmas that show just how murky the distinction between right and wrong

therefore relatable. With a host of great characters, many whom have Native American roots, this book was hard to put down. Another 4.50 for Copper River.

With hopes that many of you will have some "down time" during the holidays, it's a great time to grab a book and let it take you to another time and place.



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U-M’s mastodon man calls it a career after decades of solving Ice Age mysteries



Dan Fisher came to the University of Michigan to study fossilized horseshoe crabs.

When he retires at the end of 2023, Fisher will leave U-M as one of the world’s foremost experts in mammoths and mastodons, the elephant-like giants of the Ice Age.

His retirement marks the end of a 44-year tenure at the university, where Fisher stumbled upon his area of expertise while assisting on two mastodon paleontology digs shortly after he arrived at the school in 1979.

“The second one was an animal that showed signs that humans had been associated with that animal,” said Fisher, who curates the U-M Museum of Paleontology. “We couldn’t

might have caused the animals to go extinct 11,000 years ago.

He’s also known for unconventional research tactics, such as butchering an elephant with primitive tools to show that similar markings on mastodon bones are evidence of human hunting, or sinking a butchered horse in a pond to test the theory that humans used ponds as massive meat refrigerators.

The horse experiment began when Fisher noticed an intriguing pattern: Most of the mastodon remains he was studying were found at the bottom of what were once ancient ponds.

“It had something to do with preserving the meat,” he thought.

Native Americans and mastodons existed in the Great Lakes region at the same time around 12,000

who helped Fisher butcher the animal and sink it in a winter pond.

Fisher would occasionally exhume portions of the horse, checking (even tasting) the meat for signs of spoilage. For months, Badgely said, it continued to look “like fresh red meat from the supermarket.”

“That’s probably the most unusual experiment we did,” she said.

Fisher’s bold research has at times made him a controversial figure. He was among authors of a 2017 study in the journal Nature, which concluded humans butchered a mastodon in present-day California some 130,000 years ago — 110,000 years earlier than previously thought.

Some researchers have challenged that theory.

“Such extraordinary claims require extraordinary evidence, which their paper and supporting materials fail to provide,” several of them wrote in the journal PaleoAmerica.

But admirers of Fisher say his willingness to posit bold theories is what makes him such a valuable scholar. He has often been proven right, said Cory Redman, science curator for the Grand Rapids Public Museum.

“He knows his stuff,” Redman said. “If he presents an idea, and we’re like ‘Dan, that seems a little bit out there,’ then you think it’s coming from Dan Fisher so maybe we should give it a second thought.”

Having studied more than two dozen sets of mastodon remains found in Michigan, Fisher has learned to read them like a book, with each bone, tooth, and tusk representing a different chapter in the animal’s life story.



University of Michigan archeology professor Dan Fisher has theorized that early humans hunted mastodons and stored their meat in ponds. (Screengrab)

His list of groundbreaking research contributions is long.

He was the first to discover that the growth rings on elephant tusks are embedded with chemical clues into their life history.

By analyzing the tusks of a mastodon found on an Indiana peat moss farm, Fisher crafted a historical record of the animal’s migration patterns more than 13,000 years ago.

And he was among the first to posit that the animals were hunted by humans — and later that human hunting may have contributed to their extinction.

Just as importantly, colleagues said, he is known

as a generous collaborator more than willing to share his deep knowledge. Redman recalled Fisher’s willingness to answer even the most basic questions posed by a crew excavating mastodon bones in Kent County last year.

“Not only is he this amazing scientist, extremely detail oriented, really knowledgeable on all different topics,” said Redman. “He’s just a really nice, easy to get along with, down to earth guy.”

Though he may be retiring from U-M, Fisher continues to work on another wave-making theory about the animals’ relationship with humans.

He believes humans hunted them to extinction some 11,000 years ago, while other scientists have posited climate change was to blame.

Fisher said he draws his conclusion from a body of evidence collected over decades that suggests humans depended upon access to the long-lived, slow to reproduce animals for survival.

“That reads as evidence that humans are responsible for causing the extinction of these animals,” he said.

As a professor emeritus, he’ll keep studying several mastodon specimens, hoping to test the theory.

Dan Fisher is retiring after 44 years at the University of Michigan, where he became a foremost expert on mastodons

tell if they had killed the animal, but they had almost certainly butchered the carcass.”

In the ensuing four decades, Fisher became a preeminent scholar of the elephant relatives that once roamed North America, with a particular knack for using their graves to learn more about the continent’s early human inhabitants.

Fisher’s research has triggered renewed debate about when humans arrived in the Americas, shed light on mastodon mating rituals and early human hunting tactics, and expanded the conversation about what

years ago, and Fisher said mastodons would have provided meat for food, hides to make clothing and shelter, and huge bones to make tools.

But the massive animals couldn’t be consumed all at once, so Fisher surmised that humans stored butchered mammoths at the bottom of frozen ponds to prevent the meat from spoiling.

An opportunity to test that theory came on a cold February night in the 1990s, when a 1,500-pound draft horse died on fellow paleontologist Catherine Badgley’s farm near Chelsea

“He thought, here’s an opportunity,” said Badgley,

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This opportunity is open to those living in the Lowell Area School District. Learn more online or by phone.

Holiday Classics Organ Concert Series at the Grand Rapids Public Museum

The Grand Rapids Public Museum (GRPM) welcomes the holiday season with the Mighty Wurlitzer Organ Concert Series: Holiday Classics, featuring organist, David Wickerham, on December 15 at 7 pm or December 16, at 2 pm. Celebrate the season with timeless classics like *Jingle Bells*, *Silent Night*, *The First Noel*, and more, on the Museum’s historic 1928 Mighty Wurlitzer Theater Organ.

Tickets for the Holiday Classics Organ Concert are \$16 for GRPM Members; \$20 for General Admission. Early ticket purchases are recommended, as the concerts are expected to sell-out early. To purchase tickets, visit tickets.grpm.org.

In addition to the Holiday Classics Organ Concert Series, the GRPM is decked-out for the season with a variety of festive displays and activities for Museum-goers. Free with general admission, guests can enjoy a meticulously-crafted display of historic

Grand Rapids, built from LEGO® bricks, unique Santas from around the world, immersive holiday-themed planetarium shows, and more.

“The Museum is a great place for families as they get into the holiday spirit this season with special displays and activities that will excite all ages,” said Dustin Tyler, Vice President of Marketing & Public Relations at the GRPM. “In addition to annual favorites, including our historic LEGO® display, visitors can peek into the history of traditions through a festive display of Santas from around the world and decorations found in the Streets of Old Grand Rapids exhibit.”

Historic LEGO® Display

See historic Grand Rapids like never before, built from LEGO® bricks! The 1925-era display, complete with operating trams, gives an up-close view of old-time Grand Rapids with historic buildings built to scale, along with a fun search-and-

find activity for all ages. Viewing of this display is included with general admission. This exhibit is built by the West Michigan LEGO® Train Club.

Let it Snow! Planetarium Show

Beginning November 25, Let it Snow! features a new variety of festive classics from Frank Sinatra and Chuck Berry to Burl Ives and Brenda Lee, and includes a stunning multimedia finale by the Trans-Siberian Orchestra. The soundtrack is visually enhanced with thematic animation, laser imagery, and special effects. Tickets are \$4 each with general admission to the Museum, \$2 for Museum members, and \$5 each for planetarium-only tickets. Let it Snow will play November 25 through January 7.

Photos with Santa

Join us on Saturday, December 2, for a special morning of photos with Santa & Mrs. Claus! In addition, your ticket includes a showing of Let It Snow! in the Chaffee

Planetarium and a hot chocolate and coffee bar sponsored by Biggby Coffee. Tickets are \$30 per family plus general admission. Tickets can be purchased at tickets.grpm.org.

Santa and Elf Hunt

Riddles will help visitors find 15 historic Santas from around the world in the Streets of Old Grand Rapids exhibit and learn about the traditions of each culture around Saint Nick. Then, visitors will follow clues to try to find all 12 elves, hidden throughout the three floors of the Museum. Each year, the elves change their hiding spots. The Santa & Elf Hunt is available in English and Spanish, is included with general admission, and can be picked up in the Museum’s front lobby.

Tuba Christmas

Join us for a heartwarming holiday tradition, ‘Tuba Christmas’! This event, taking place on Sunday, December 17, is a musical tribute to the legendary teacher

William J. Bell, born on Christmas Day, in 1902. Musicians from across the country gather to celebrate the rich heritage of brass instruments with tubas, euphoniums, baritone horns, and sousaphones taking center stage. Whether you’re a seasoned musician or just want to enjoy the festive atmosphere, ‘Tuba Christmas’ is open to all. Come and witness this joyful performance under the museum’s iconic fin whale, a part of Grand Rapids’ 17th annual ‘Tuba Christmas’ event and the nationwide 49th-anniversary celebration. Admission to the concert is included with your entry to the GRPM, so you can join in the holiday spirit while exploring the Museum’s many other wonders!

Kent County residents receive reduced admission every day. Kent County adults are only \$10 for general admission and Kent County children, 17 and under, enjoy FREE general admission. For pricing and

tickets, please visit grpm.org.

Grand Rapids Public Museum

The Grand Rapids Public Museum is a 170-year-old, publicly-owned institution home to more than 250,000 unique artifacts that tell the history of Kent County and beyond. Funded, in part, by Kent County taxpayers through a 10-year millage (2016), the Grand Rapids Public Museum offers three floors of exhibits, the region’s only planetarium, extensive educational offerings, and protection of The Mounds, a National Historic Landmark. The Grand Rapids Public Museum is accredited by the American Alliance of Museums, with its primary location in downtown Grand Rapids, MI at 272 Pearl Street, NW. For additional information, including hours of operation, admission fees, Kent County discounts and exhibit/event listings, visit grpm.org.

In Michigan, naloxone has reversed over 6,600 overdoses since 2020



Chris Chapin had been on the new job less than two weeks. But the guy in the restroom on this winter morning at The Grand Rapids Red Project, a public health clinic, had been in there just too long.

Chapin knocked. No answer. With this being an office frequented by people battling drug addiction — he knew every second counted.

Chapin grabbed a packet of naloxone

hydrochloride — Narcan — from his desk, raced into the bathroom, stretched over the man slumped on the floor, and jammed a nasal spray up the man’s nose.

Such scenes play out countless times each month throughout the nation, as parents, peers, police and emergency personnel reverse overdoses with the life-saving, opioid-reversing drug, naloxone.

In Michigan, more than 6,600 overdoses have been reversed in the last 3 and a half years, according to Jared Welehodsky,

senior analyst for the state health department. The devices have generally been paid for by federal grants from the Substance Abuse and Mental Health Services Administration, according to Chelsea Wuth, a state health department spokeswoman.

Perhaps it’s no surprise, then, that the purchase of naloxone kits is a hefty expense in the state’s spending from its share of legal settlements against opioid manufacturers, distributors and pharmacies. Those payments, over

18 years, will total an estimated \$1.5 billion to address the damage of the opioid epidemic.

As the first settlement payments begin to arrive, the state Department of Health and Human Services set aside \$7 million for Emergent Devices, which sells Narcan, the brand name for the first naloxone formulation approved to reverse overdoses. (There are now multiple formulations and brands for naloxone.)

While it may take decades, if ever, to kick opioid abuses, naloxone’s results are immediate. In just minutes, the drug blocks the effects of opiates on the brain and restores breathing, offering drug users on the brink of death a second chance instead.

As for the 6,600 overdose reversals, that’s likely an undercount, said Dr. Natasha Bagdasarian, Michigan’s chief medical executive.

“Most overdose reversals happen at 2 in the morning, when no one is calling the police, and no one is calling for help,” agreed Andrew Coleman, a site supervisor at the Sterling Heights office

of the Arab Community Center for Economic and Social Services, or ACCESS, which also distributes naloxone.

Regular drug users have learned to take care of each other in an overdose, he said.

“They see their friends falling out; they are turning blue, and they are Narcaning their friends,” he said. “But you’re not calling police if you’re with a group of people around who are involved with felony-level drug activity.” So those reversals never get recorded by the state.

Also complicating counts is that some people may overdose more than once, said Coleman, so those 6,600 recorded reversals may involve fewer than 6,600 people.

Still, the more steady, reliable funding stream from settlement dollars — as well as the imprecisely counted but real overdose reversals — cements naloxone’s role in the long-term effort.

Naloxone already had become more readily available this spring, after the U.S. Food and Drug Administration approved its use without a prescription,

allowing its distribution in convenience stores and even vending machines like the one outside The Grand Rapids Red Project, where Chapin saved the client’s life.

Hundreds of Michigan pharmacies also now carry naloxone under a standing prescription order by Bagdasarian. (Michiganders can find participating pharmacies on this map here and the Red Project offers online training videos here.)

The goal is to make naloxone nearly ubiquitous in a state that recorded 13,679 overdose deaths in five years through Dec. 2022. Bagdasarian, the medical executive, calls it a “fire extinguisher strategy.”

Those deaths reflect overdoses from a variety of drugs, but nearly 3 in 4 cases in 2021 involved synthetic opioids, according to state data.

“You don’t know which household is going to experience fire, but you want to get fire extinguishers out in as many settings as possible so that they are there at the right place at the right time,” the state’s Bagdasarian said.



Chris Chapin of the Red Project, an organization focused on harm reduction efforts in Grand Rapids, holds two naloxone kits — a nasal spray and an intramuscular injection. (Bridge photo by Chris duMond)

Red Arrow

- WRESTLING

SPORTS

Lowell wrestling intra-squad on Friday

By Justin Scott
sports reporter

Ten-in-a-row and looking to make it one more. That’s the mantra for Lowell wrestling this season, as the public will get their first chance to see the 2023-2024 Lowell Red Arrows wrestling team.

After hosting media day on Monday, the Red Arrow wrestling team has three days of practice before Friday’s intra-squad scrimmage, to start at 5:00 pm on Friday at Cherry Creek Elementary.

Lowell has been practicing since mid-November, and had a team retreat and their annual pie-making fundraiser, prior to this week. The intra-squad scrimmage will give Lowell fans a chance to look at the team before they jump into official competition.

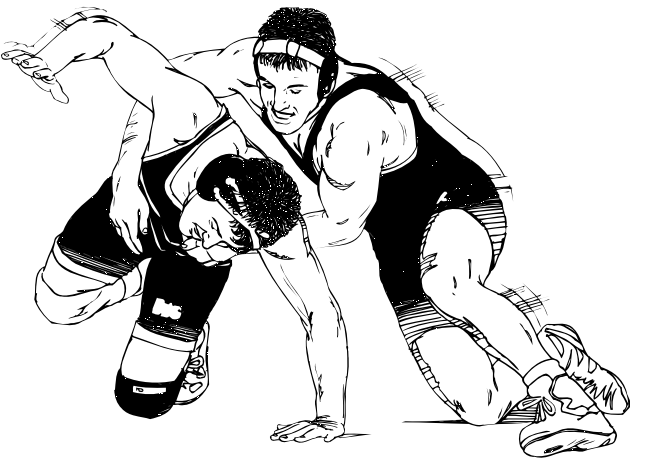
The Red Arrows will field a Varsity A, Varsity B, and JV schedule this season. Home events are few and far between this season, in a schedule that is once again loaded with some of the top teams in both the state and surrounding states.

The first official match

of the season won’t be for another two and a half weeks, when Lowell heads to Division 1 power Detroit Catholic Central for their assembly dual. Lowell is home for an assembly dual in December against Stevensville Lakeshore; they host the Gary Rivers Duals on January 20th and will be hosting individual districts in February. The full schedule can be found at lowellledger.org/sports

Fans will be keen to see junior and two-time defending state champion, Jackson Blum, who has taken recruiting visits to Division 1 schools, including North Carolina, Michigan, and Indiana this summer. Of course, the Red Arrow lineup is loaded, top to bottom, this year, including two-time defending state runner-up, Carter Cichocki, 2021 state champion, Owen Segorski, Lowell’s first ever Fargo champion, Jarrett Smith, among plenty of other names.

Big news into this upcoming season is the program is working on



fielding an all-girls team to be coached by former Lowell head coach, Dave Dean. Lowell has fielded small girls programs and had girls wrestlers compete for them in the past. Girls wrestling is among the biggest growing sports in high school today.

There is no cost to attend Friday’s intra-squad. The Red Arrows are coached by R.J. Boudro, entering his 10th season at the helm of the program.

Lowell winter sports return on Friday

By Justin Scott
Sports reporter

You’d be forgiven if you were confused looking at the boys basketball schedule. The boys open the season, and the full Lowell winter sports competitive schedule, on Friday against a team that Lowell has never played before, The Potter’s House, also called, Wyoming Potter’s House.

Potter’s House is a small school, just 244 kids, nearly a fifth of Lowell’s enrollment, but don’t be surprised if the Pumas come in, and either compete with Lowell, or beat Lowell. The Pumas are used to punching above their weight, scoring wins against Saugatuck, Orchard View, Fremont, and Allegan last year, and featured narrow losses to Cedar Springs, Kenowa Hills, and perennial small

Christian school, power Covenant Christian.

Friday, the first of December, represents the kickoff to the winter sports season. Harmon Esch represents Lowell on the Caledonia High School hockey, in cooperation with Lowell and Thornapple Kellogg, and he scored a goal in the program’s 8-0 win over East Kentwood.

The boys basketball game tips-off at 7:00 pm, at home, on Friday.

Wrestling has their intra-squad meet on Friday as well, while Lowell girls basketball tips off their season on the 8th. Bowling starts on the 6th and competitive cheer on the 8th. Gymnastics starts on the 13th, while ski won’t start until after the holiday break.

Fun facts about the month of November

Americans celebrate Thanksgiving each November, thus kicking off a holiday season that lasts until January 1. Though many see November as the start to a festive time of year, there’s even more interesting and fun facts about the eleventh month of the year.

1. Like various other months on the calendar, November has something of a misleading name. November gets its name from the Latin word “novem,” which means “nine.” But today November is the eleventh month of the year. So is November a misnomer? Not exactly. November was the ninth month on the early Roman calendar. However, when the Gregorian calendar was adopted and the Julian calendar was abandoned, November kept its name if not its spot in the monthly pecking order. Hence, November is still known as “November” even though it’s now the eleventh month of the year and not the ninth.

2. If October goes out with ghouls and goblins on Halloween, which is celebrated on October 31, November begins a little more piously. That’s because November 1 is All Saints’ Day, a Christian solemnity, or feast day, that honors of the saints of the Christian church.

3. November is a significant month in world history. On November 11, 1918, at 5:45 a.m., an armistice was signed between the Allied Powers and Germany at Compiègne, France. The signing of the armistice ended hostilities

on the Western Front, thus putting an end to World War I, which had begun more than four years earlier. The signing of the armistice ultimately led to the observance of Armistice Day on November 11, 1919. Armistice Day was subsequently renamed Remembrance Day and Americans celebrate Veterans Day on November 11. Both Remembrance Day and Veterans Day honor military personnel who served honorably in times of war, conflict and peace.

4. Topaz is the traditional birthstone of November. According to the Farmer’s Almanac, the ancient Greeks believed topaz could make anyone who wore it invisible. Though that idea no longer holds water, topaz remains a symbol of honor and strength.

5. Upon his inauguration as President of the United States in 2021, Joe Biden became the sixth U.S. president with a November birthday. That tied November with July as the months with the most presidential birthdays. In addition to President Biden, Presidents James K. Polk, Zachary Taylor, Franklin Pierce, James A. Garfield, and Warren G. Harding were all born in November.

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RED ARROW WINTER SPORTS SCHEDULES

BOYS VARSITY BASKETBALL

** Denotes a home game at Lowell High School*

12/1 at 7 pm Potter's House High School*

12/5 at 7 pm at Cedar Springs

12/8 at 7 pm at Sparta

GIRLS VARSITY BASKETBALL

** Denotes a home game at Lowell High School*

12/8 at 7 pm at Caledonia

12/11 at 7 pm Muskegon*

BOYS & GIRLS VARSITY BOWLING

** Denotes a home game at Hillcrest Lanes, Belding*

12/6 at 3:30 pm FHC at Eastbrook Lanes

12/11 at 3:30 pm Northview at Northfield Bowling Lanes

GIRLS VARSITY CHEER COMPETITION

** Denotes a game at LHS*

12/9 at 9 am at St. Johns

1/11 at 6 pm OK White competition at Byron Center

VARSITY WRESTLING

** Denotes a home game at LHS*

12/6 at 1 Multiple opponents Red Team at DCC Assembly

12/6 at 5 pm Multiple opponents White Team at Grand Haven

12/9 at 9 am Multiple opponents White Team at Allegan Southwest Classic

12/9 at 9 am Multiple opponents Red Team at GGI - Dundee High School

GIRLS VARSITY GYMNASTICS

** Denotes a home game at LHS*

12/20 at 6:30 pm at Kenowa Hills

1/6 at 10 am at Rockford Invitational

BOYS VARSITY HOCKEY

** Denotes a home game at Kentwood Ice Arena*

12/6 time TBA at West Ottawa

12/8 at 8 pm Grand Haven*

12/9 time TBA Hudsonville*

BOYS VARSITY SWIM & DIVE

12/5 at 5 pm at East Kentwood

12/9 at 8 am at Ottawa Hills

BOYS-GIRLS VARSITY SKIING

** Denotes a home meet at Cannonsburg*

1/9 at 7 pm Conference Meet*

obituaries

DIBBLE

Phillip Edward Dibble, age 91 of Lowell, passed away peacefully Monday, November 20, 2023. He was preceded in death by his parents, Raymond and Darlington Dibble; wife, Margrett; daughter, Vallerie Totch; brothers, Howard Coveall, Barry Dibble, and Robert Dibble. Phillip is survived by his children, Randy (Linda) Dibble, Patrick (Kim) Dibble, Mark (Lori) Dibble, Christopher Dibble, Angelea (Robert) Gillett; 12 grandchildren; several great-grandchildren; and many nieces and nephews. Phillip served in the United States Navy and worked as a truck driver. He was an accomplished painter and deer hunter. Phillip enjoyed spending many years playing Santa Claus, was active in the Lowell Moose, Eagles of Greenville, and Teamsters. A Celebration of his life will be held 1-3pm Saturday, December 2, 2023, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49301. Memorial contributions may be made to Disabled American Veterans at DAV – Disabled American Veterans, P.O. Box 14301, Cincinnati, OH 45250-0301.



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FRANKS

Lorna Lou Franks, age 84 of Lowell, passed away Sunday, November 26, 2023. She was preceded in death by her husband, Carl Franks; great-grandson J.J. Miller; father, Clarence Kipen; mother Marger Bush McIntyre. Lorna is survived by her children, Scott Franks, Karla (Mark) Lauderdale, grandchildren, Ronald Conley Jr, Samantha Culver, and Cassandra Conley; siblings, Barbra Worth, Frances VanVleet, Dale Kipen, Jean Altma, Sharon Clark, Sue Wolfe; great-grandchildren, Alexis Culver, Deven Lauderdale, Christopher Culver, Elijah Conley, Natilia Conley, and Alucard Gunn; also, many nieces and nephews. A celebration of life will be held on Saturday, December 2, 2023, at 1pm at the Moose Lodge of Lowell, 1320 East Main St, Lowell, 49331. Memorial contributions can be made to Shriners Children's hospitals at <https://www.shrinershospitalforchildren.org/shc/donate>

DOYLE

Mary Susan (Gee) Doyle, 93 of Lowell went to be with her Lord and Savior on November 27th, 2023, with her children at her side. She was preceded in death by her husband of 50 years Roland "Mike" Doyle, sister Nancy Porritt and her parents James and Genevieve Gee. She is survived by and will be missed by her children, Carol Doyle, James (Kelly) Doyle, Stephen (Michelle) Doyle, Paula (Chris) Briggs; eight grandchildren: Hannah (Kanon) Dean and Maria Briggs, Caitlin (Lucas) Topie, Michael and Anna Doyle, Genevieve, Quinlan and Monica Doyle; and many cherished extended family members and friends. Susan was born in Grand Rapids and moved to Lowell with her parents in 1942. They would build a home "out in the country" on Gee Drive, a road that would



She was named for her father. She graduated third in her Lowell High School class in 1948 and would go on to graduate from Michigan State University with a degree in elementary education. She taught elementary school in Grand Rapids before settling down to have a family with her husband, Mike. She was an active volunteer with St. Mary Altar Society, the Lowell Library, Lowell Area Historical Museum and Showboat Garden Club. She enjoyed travel, attending flour milling meetings with her husband and spending time with her children and grandchildren. She was an avid reader enjoying novels, non-fiction and her Wall Street Journal. The family would like to thank Maple Ridge Manor and Interim Hospice for the care and kindness they provided to our mother, Susan. A visitation will be held Thursday, November 30th from 6:00 p.m. to 8:00 p.m. at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49331. Mass of Christian Burial will be offered on Friday, December 1, 2023, at 11 am with visitation one hour prior at St Mary Catholic Church, 402 Amity St SE, Lowell, MI 49331, Rev. Michael Goodwin, presiding. Interment St. Mary Cemetery. In lieu of flowers memorial donations may be made to St. Mary Church or the Lowell Area Historical Museum.

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ABCs, continued

“Puritans.” Another group, considered very radical, went even further. They thought the new Church of England was beyond reform. Called “Separatists,” they demanded the formation of new, separate church congregations. This opinion was very dangerous; in England in the 1600s, it was illegal to be part of any church other than the Church of England.

The Separatist church congregation, that established Plymouth Colony in New England was originally centered around the town of Scrooby in Nottinghamshire, England. Members included the young William Bradford and William Brewster. Like others who refused to follow the Church of England's teachings, some of them were harassed, fined or even sent to jail. When they felt they could no longer suffer these difficulties in England, they chose to flee to the Dutch Netherlands.

Although they had religious freedom, life in the Netherlands was not easy. Most found work in the cloth trades, while others were carpenters, tailors and printers. Some older children were tempted by the Dutch culture and left their families to become soldiers and sailors. Their parents feared that they would lose their identity as English people. To make matters worse, the congregation worried that another war might break out between the Dutch and Spanish. They decided to move again.

After careful thought, the congregation decided to leave Holland to establish a farming village in the northern part of the Virginia

Colony. At that time, Virginia extended from Jamestown in the south to the mouth of the Hudson River in the north, the Pilgrims planned to settle near present-day New York City.

The Mayflower arrived in New England on November 11, 1620, after a voyage of 66 days. Although the Pilgrims had originally intended to settle near the Hudson River in New York, dangerous shoals and poor winds forced the ship to seek shelter at Cape Cod. Because it was so late in the year and travel around Cape Cod was proving difficult, the passengers decided not to sail further and to remain in New England. It was here, in Cape Cod Bay, that most of the adult men on the ship signed the document that we know as the Mayflower Compact. It laid the foundation for the community's government.

A party of the most able men began exploring the area to find a suitable place to settle. After several weeks, the exploring party arrived at what appeared to be an abandoned Wampanoag community. The plentiful water supply, good harbor, cleared fields, and location on a hill made the area a favorable place for settlement.

Mayflower arrived in Plymouth Harbor on December 16, 1620, and the colonists began building their town. While houses were being built, the group continued to live on the ship. Many of the colonists fell ill. Only 52 people survived the first year in Plymouth.

Although they occasionally caught glimpses of Native People, it wasn't until four months after their arrival that the colonists

met and communicated with them. In March 1621, they made a treaty of mutual protection with the Pokanoket Wampanoag leader, Ousamequin (also known as Massasoit to the Pilgrims). The treaty had six points. Neither party would harm the other. If anything was stolen, it would be returned and the offending person returned to his own people for punishment. Both sides agreed to leave their weapons behind when meeting, and the two groups would serve as allies in times of war. Squanto, a Wampanoag man who had been taken captive by English sailors and lived for a time in London, came to live with the colonists and instructed them in growing Indian corn.

According to Nancy Eldredge, Nauset Wampanoag and Penobscot, the Wampanoag are one of many Nations of people all over North America who were here long before any Europeans arrived, and have survived until today.

“The name, Wampanoag, means People of the First Light. In the 1600s, we had as many as 40,000 people in the 67 villages that made up the Wampanoag Nation. These villages covered the territory along the east coast, as far as Wessagusset (today called Weymouth), all of what is now Cape Cod and the islands of Nantucket and Noepe (now called Nantucket and Martha’s Vineyard), and southeast as far as Pokanocket (now Bristol and Warren, Rhode Island). We have been living on this part of Turtle Island for over fifteen thousand years. The Wampanoag, like

many other Native People, often refer to the earth as Turtle Island.

Today, about 4,000-5,000 Wampanoag live in New England. There are multiple Wampanoag communities - Aquinnah, Mashpee, Herring Pond, Assonet, Chappaquiddick, Pocasset, and Seaconke - with smaller groups and communities across the United States and world. Recently, we also found some of our relations in the Caribbean islands. These people are descendants of Native Wampanoag People who were sent into slavery after a war between the Wampanoag and English. We, as the People, still continue our way of life through our oral traditions (the telling of our family and Nation's history), ceremonies, the Wampanoag language, song and dance, social gatherings, hunting and fishing.

The Wampanoag Homeland provided bountiful food for fulfillment of all our needs. It was up to the People to keep the balance and respect for all living beings and to receive all the gifts from The Creator. We were seasonal people living in the forest and valleys during winter. During the summer, spring, and fall, we moved to the rivers, ponds, and ocean to plant crops, fish and gather foods from the forests.

Because of many changes in North America, we, as the Wampanoag, cannot live as our ancestors did. We adapt but still continue to live in the way of the People of the First Light.”

To learn more about the
Plimouth Patuxet Museum
visit <https://plimouth.org>



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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.

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

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.

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~ monarch migration

by Martha Hayden

Did you know that Monarch Butterflies migrate all the way to central Mexico? The Monarch Butterfly's life cycle and annual migration has provided me wonder since my childhood, for our own children, as well as my elementary students over the years. Thanks to Aunt Carol Jean's butterfly tent, we have been able to observe Monarchs closely! Join my husband, Chuck, and I as we investigate one

of a tree. My eyes widened wishing I'd see a tree full of fluttering wings!

Lake Michigan splashed waves along the shore as I searched other cedar trees for butterflies. We only spied a few fluttering. "Ya know, there was a wind from the north a few days ago." Chuck's lips pursed sideways. "I bet we just missed them. They've already left."

How do the butterflies



Sharon MacDermaid's side porch had fluttered all summer with Monarchs!

Michigan location where clusters of Monarchs make a stop along their route. Peninsula Point Lighthouse, in the Stonington peninsula (along Lake Michigan's northern shore), was our destination. Join us on our search for Monarchs!

Carrying hope of spying fluttering butterflies, I hopped out of the Jeep and headed for the cedar trees at the point on the Stonington Peninsula. One lone Monarch flitted passed me. I followed the creature with my eyes, not wanting to make a sudden movement, which may frighten it. The insect wasn't interested in me at all. It flew to a branch

know their way to Mexico or even to their overnight stays along the way? After all, these newly-emerged creatures are four or five generations removed from their ancestors who'd made the trek before. I marveled at these tiny animals and the long haul they have before them!

C o m p l e t e Metamorphosis

First, one should gain awareness for the Monarch's amazing metamorphosis. This is a miracle upon itself! Only 2 percent-10 percent of the eggs, that had been laid, survive in the wild and

(larvae) will eat 20 or more milkweed leaves during their 18-day larvae stage. For most animals, milkweed is toxic, which helps to protect the tiny caterpillars from many predators. Yet, it's the only plant that can nourish the monarch larvae.

The caterpillar, now 200 times larger than when it had hatched, climbs to a high spot, attaches itself upside down and builds a silk cocoon around itself. At first the chrysalis is bright green, with a ridge of gold dots along the top. Over the next 9-14 days, the coating becomes translucent.

As the butterfly

emerges, it unfolds its damp wings. Within a day, the butterfly is ready to fly. The typical lifespan is only 2-6 weeks. For most of the generations, the Monarch's main job is to make acquaintances and reproduce.

The Monarch's Amazing Migration

However, in early fall, there's a super generation which had been deemed to migrate to Mexico. This group survives eight times longer than previous generations. The migrating generation will fly up to 2,500 miles, so they'll spend the winter months in the warmth of central Mexico.

At night, the roosts of butterflies cluster on trees at stopping points along the way. Peninsula Point Lighthouse is one of the typical resting spots. How do they know where to meet? I am baffled!

When March arrives, these Monarchs begin their trek north. As they travel, eggs are laid on milkweed. When the next generation emerges, they continue their migration northward.

Tagging Monarchs At Peninsula Point

The U.S. Forest Service Rapid River/Manistique Ranger Office heads up volunteers, who begin counting Monarch eggs and larvae on May 1st. "The Monarch Project" at Peninsula Point Lighthouse has been surveying and recording Monarch information since 1993. Data is collected at each stage of this unique insect's life cycle.

Tom Desy, retired from the U.S. Forest Service, who now serves on The Monarch Project, had been interviewed about tagging the Monarchs. "I'd been here 22 years or 23 years. Word got out that there were butterflies down here. So I came down here." He walked along the Stonington Peninsula near the Peninsula Point Lighthouse.

Tom continued, "I estimated that there were 8-10 thousand (Monarchs) here. It was probably one of the most incredible things I've ever seen. The trees were just coated with them. It looked like ornaments on Christmas trees. It wasn't just one or two, but whole limbs were sagging."

Tom explained the tagging process. Volunteers come down early in

the morning when the butterflies are easier to catch. Monarchs become active when the sun warms them up. Being ever so gentle, a volunteer will check if the butterfly is male or female by opening the wings. Males have two

Monarchs are amazing!

I plan to return to the Stonington Peninsula next fall, and camp nearby, so I can check daily for the these amazing Monarchs. One can even sign-up as a volunteer to assist



Photo Credit: Taneyhill Library

symmetrical large black dots along the black vein on their bottom wings, while females do not have these markings.

Next, the individual will place a numbered sticker on the underside of the hind wing. Next, the volunteer records the tag number, time it had been placed, as well as male or female designation. This data is put in the hands of The Monarch Project.

in tagging these unique insects. The phone number is included below, under "Resources." What an adventure that would be!

In the meantime, I'm about to plant milkweed seeds along our backyard fence where I have irises, lillies, zinnia, sunflowers and goldenrod. Several of my friends have done the same.

In addition, this past summer, my friends, Chantal and Sharon, have



This August 8th photo from "Visit Escanaba" gives a glimpse of the scene I was hoping to see. A group of butterflies is called a 'roost' or a 'bivouac.'

Photo Credit: Visit Escanaba Facebook Page

Since 1993, at least 21 tagged Monarchs from the Stonington Peninsula have been found in Mexico.

What can I do to help Monarchs?

There are many factors which have caused a sharp decline in the Monarch population. Fall is the perfect time to plant milkweed seeds from the seed pods. Accompany the area with a variety of nectar-rich flowers that will bloom throughout the spring, summer and fall. Now you have a butterfly garden!

Resources:

Monarch Watch
Visit Escanaba Facebook Page
Visit Escanaba website. You can volunteer for tagging efforts by calling (906) 474-6442 ext 140.
Chantal Hoey-Sanders
Sharon MacDermaid
The University of Maine website

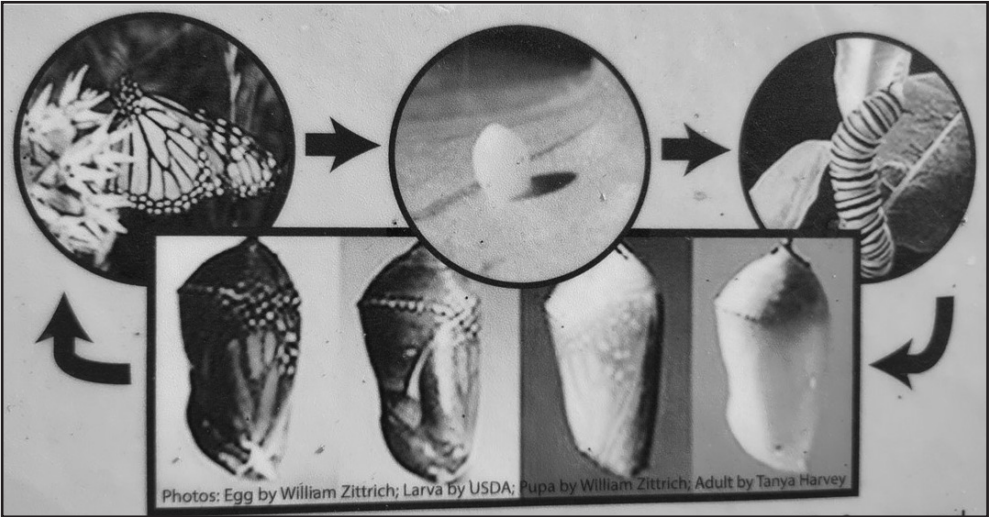


Photo Credit: Peninsula Point Lighthouse

FUN PAGE

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

Puzzle solutions
on page 13

Guess Who?

I am an actress born in Scotland on November 28, 1987. Prior to acting I worked as a model in the UK. I rose to fame on the show “Dr. Who.” I’m also known as a villain of sorts in some of the Marvel universe movies, as well as a role in the 2017 “Jumanji” sequel.

Answer: Karen Gillan

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		

TECHNOLOGY WORD SEARCH

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

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

- TECHNOLOGY
WORD SEARCH
- APP
BACKUP
CABLES
COMMUNICATIONS
- DATA
DEVICE
EMAIL
FEATURES
FILE
LAPTOP
MEMORY
- MERGE
MODEM
QUEUE
REBOOT
RELIANT
ROUTER
SMARTPHONE
- SPAM
SPLITTER
TABLET
TECHNOLOGY
VIRTUAL
WIFI

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to technology.

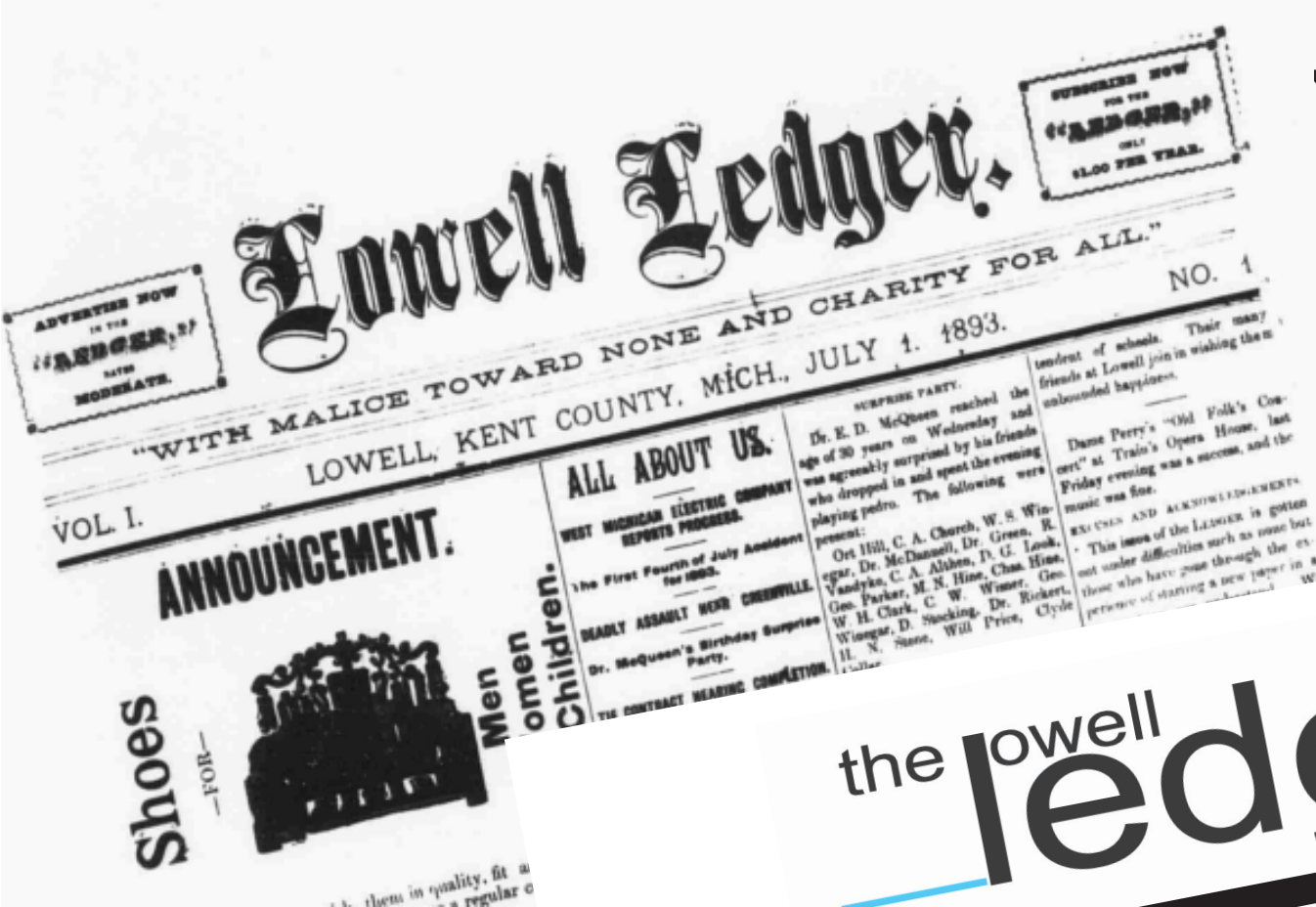
M I R O O T N

Answer: Monitor

- CLUES ACROSS
1. Old English letters
5. Sculpture
11. Showing up again
14. Tie the knot again
15. Washington city
18. Stiff structures in invertebrates
19. Mark over a vowel
21. Explosive
23. Popular race: ___ 500
24. Pile up
28. Mint
29. Commercial
30. A minute amount (Scottish)
32. Small Eurasian deer
33. Baseball stat
35. Numbers cruncher
36. Japanese masked drama
39. Gasteyer and de Armas are two
41. Blood group
42. Assist in wrongdoing
44. Language spoken in Cameroon and Chad
46. Grayish-white
47. A woolen cap of Scottish origin
49. Microorganism
52. Place under prohibition
56. Calm, dependable
58. Congressman
60. Force
62. As a result of this document
63. One of two main branches of Islam
- CLUES DOWN
1. Make a mistake
2. Gordon and Snider are two
3. Geographical region of Finland
4. Ejected saliva
5. A way of performing
6. Scotland's longest river
7. One of the six noble gases (abbr.)
8. Body art
9. Two-toed sloth
10. Electronic counter-countermeasures
12. Foolish person (Brit.)
13. Of the wind
16. Grand home
17. Sound
20. English river
22. Symbol indicating ownership
25. Exclamation of surprise
26. Pouch
27. Apart from
29. Satisfaction
31. The bill in a restaurant
34. Sea bream
36. Port in southern Japan
37. Double-reed instruments
38. Center
40. South Dakota
43. An orderly crowd
45. Indicates position
48. ___-pedi
50. Nonsense (slang)
51. Republic of Ireland
53. Nocturnal flyers
54. American state
55. Clusters in fern fronds
57. Patriotic women
58. A person's brother or sister
59. Breed of sheep
61. Popular film "Despicable ___"

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