

The Lowell Ledger

Volume 37 Issue 11

Serving Lowell Area Readers Since 1893

Wednesday, January 16, 2008

Chamber seeks Person of the Year nominations

by Emma Palova

The Lowell Area Chamber of Commerce is seeking nominations for the Person of the Year award by Jan. 31.

"We're looking for people who go above and beyond," said chamber director Liz Baker.

The main purpose of the annual chamber Winter Gathering event scheduled for Feb. 28 is to acknowledge various people in the community who go beyond their everyday duties, according to Baker.

The first recipient in 1986 was Chris Van Antwerp, founding person of the Lowell Area Arts Council.

Other recipients since the inception included King Doyle, 1987; Dr. Orville McKay in 1988; Ivan Blough, 1989; George and Dode Dey, 1990; Dr. Robert Reagan, 1991; Al Eckman, 1992; Ray Quada, 1993; Priscilla Lusmyer, 1994; Mayor Jim Maatman, Bob Pfaller, 1996; Jim Reagan, 1997; Marsha Wilcox and John Timpson, 1998; Dr. Donald Gerard, 1999; Dr.

Roger LaWarre, 2000; Bert Bleke, 2001; Judy Straub and Luanne Kaeb in 2002; Jim Doyle, 2003; Jim White, 2004; Kraig and Jody Haybarker, 2005; Ray and Barbara Zandstra, 2006; and Marj Harding in 2007.

This year the event is not going to be as formal as in the past. Entertainment will be provided by Goof Troop.

The venue has been changed to T.J. Sports Bar & Grille. The menu includes appetizers, salad and bread, turkey roll-ups and pork loin, red skin potatoes.

"We're spreading the wealth around," said Baker.

Criteria for nomination are: The candidate has freely donated time to the community, school district, church or humanity over and above the demands of their regular profession.

The community is a better place to live because of the efforts of the candidate. The candidate positively promotes the community in word and action.

The candidate possesses new and innovative ideas

that benefit the community. The candidate cannot be a Chamber Board/Foundation Board member at the time of nomination.

Nominations will be reviewed by a selection committee comprising of the award recipients for the last five years.

The chamber is also seeking nominations for business appreciation award. Last year, the business appreciation award went to Karen Hale of Cousins Hallmark.

If you know someone is deserving, submit in writing your nomination to LACC P.O. Box 224, Lowell, MI 49331 or e-mail to info@lowellchamber.org or fax to 897-9101.

The 2007 Annual Winter Gathering will be held Feb. 28, starting with social hour at 6 p.m., followed by dinner at 6:30 p.m. at T.J. Sports Bar & Grille located at 14043 Fulton.

Tickets are \$30 a piece, or \$225 for company of eight.

Another chance to "Take it Off" as weight-loss challenge begins

by Molly Benningfield
Editor

January is a common month to begin weight-loss diets and exercise regimes, but some might find it hard to do on their own. That's where the Lowell Community Wellness Center comes in, with their fourth annual "Take it Off" weight-loss challenge.

The campaign began last Wednesday, with weigh-ins at Good Chevrolet-Buick on Main Street. Good is taking the challenge as well, sponsoring 10 of its employees on various teams.

The program works as a team effort, with groups of four competing together to lose the most weight. An Olympic scale is set up in the car dealership's lobby so full teams can be weighed together.

During the busy lunch hour, Jodi Davis, the health

and wellness ambassador for Blue Cross Blue Shield of Michigan, was on hand to offer inspiration to those in the program. Davis lost 162 pounds by walking every day and eating healthier. She said her total weight loss took 16 months to complete.

"I was close to 300 pounds when I started," Davis said. "If I can do it, they can do it."

Davis said she decided to commit to losing weight as a goal to stay healthy for her children. She did it quietly at first, so she was able to concentrate on her target.

"The No. 1 thing is you have to believe in yourself," Davis said.

The "Take it Off" program will run for 10 weeks, from Jan. 10 through March 21. Blue Cross Blue Shield is the title sponsor for the program this year.



Mollie Hackman, Blue Cross account manager, Jodi Davis, and Wellness Center director Patty Sellner are shown at Good Chevrolet-Buick on Wednesday's kickoff.

Lowell Area Arts Council and the search for a new space

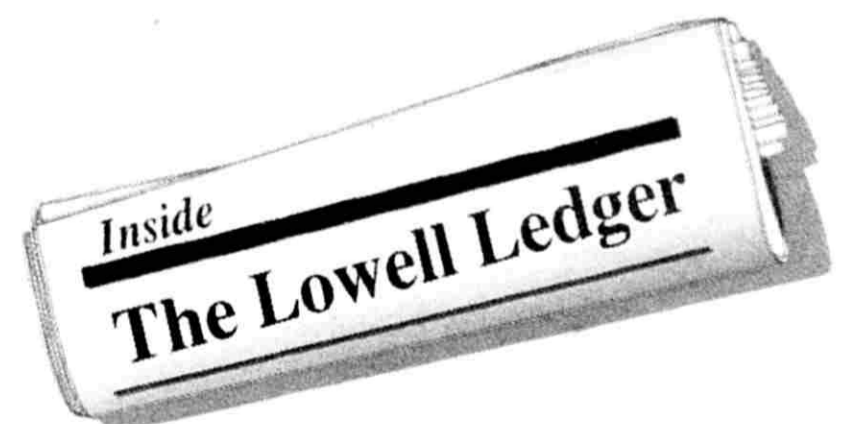
As the Lowell Area Arts Council is gearing up to enter its 31st year of providing and making the arts a part of the greater Lowell community spirit, the Board of Directors, volunteers, and staff have been exploring additional space to expand and create new avenues of opportunities for this community's residents and visitors.

The local non-profit organization known for many programs and events including Fallasburg Fall Festival, Lowell Showboat Sizzlin' Summer Concerts, Thebes Players theatre productions, art classes, workshops, Art Attack fundraising gala, as well as literary contests and

performing arts events, operates from space provided by King Milling Company. In addition to offices, the 149 S. Hudson St. location houses an art gallery, which hosts diverse visual art exhibits.

Looking toward the future, the Board is contemplating the advantages and responsibilities of expanding services. According to Board Vice Chair and Facility Committee member Jack Lane, "We believe the time has come for the Lowell Area Arts Council to expand its services. For the last 3 years, we have been exploring many

Arts council, cont'd., pg. 3



Black Cats Are Back ... Page 3

Art On Display ... Pages 10 & 11

Lowell Girl In Civic Play

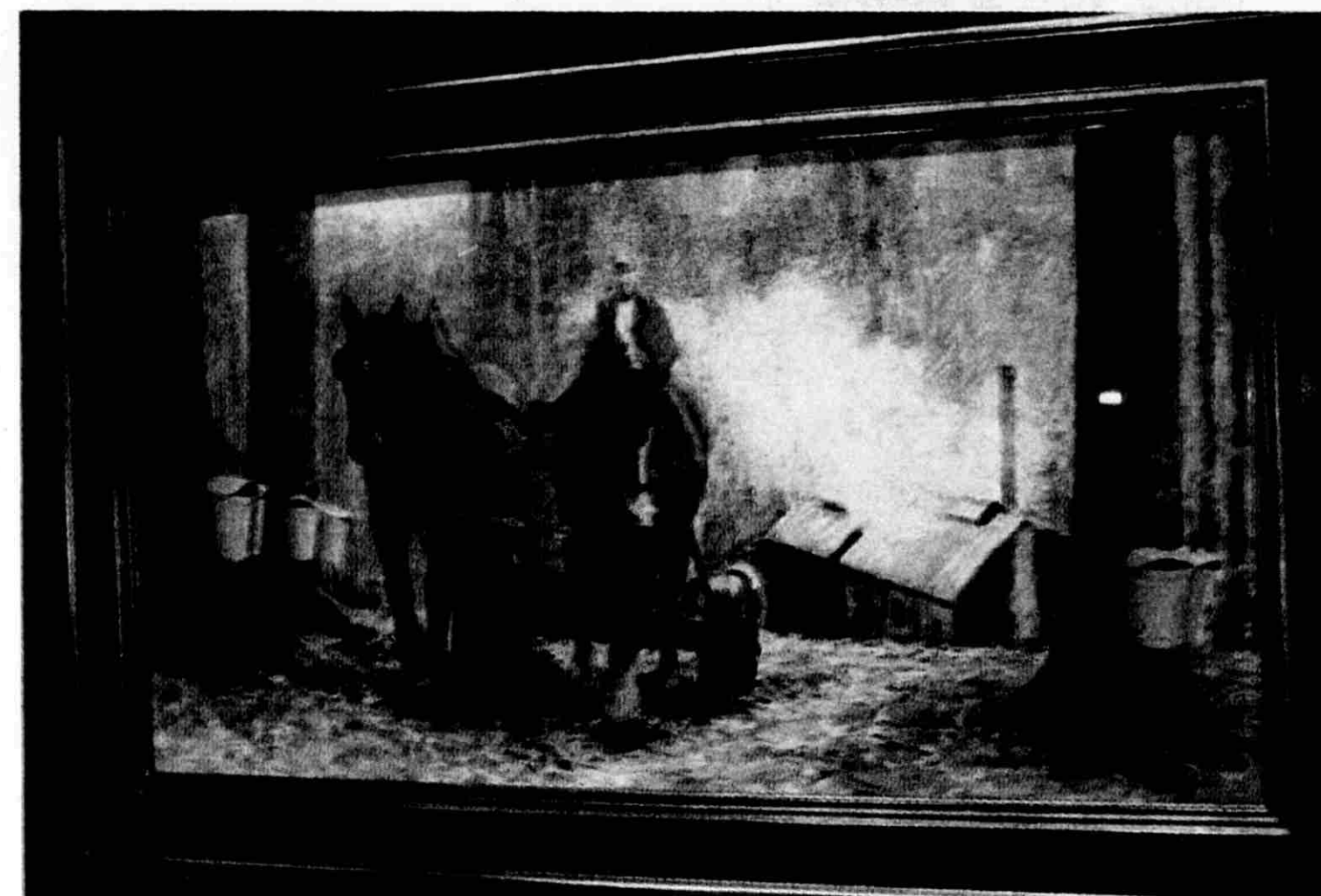
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A shimmering manifest to pastels

by Emma Palova

The "Pastels Only" through Feb. 2 is a unique show now on display at the Lowell Area Arts Council

Curated by Jim Markle, this diverse exhibit is a shimmering manifest to the purest painting medium available, the pastel.



Jim Markle's depiction of a sugar shack in the woods.

From the serene scene of a sugar shack in the woods to the soft portrait of "Cathy" and the healing "Echinacea", the exhibit catches the eye. And the show has generated a lot of traffic, according to arts council director Loraine Smalligan.

In this exhibit,

Markle assembled respected pastelists from all over Michigan.

"The world provides my resource material," artist Sandra Jackobice wrote in her artist statement. Using personal photographs, sketches and on-location studies, Jackobice composes the originals in her home studios.

Her goals are bringing back wonderful memories and sharing places with those who might not have the opportunity to travel.

"Being comfortable with variety is essential to being flexible when various opportunities arise," said Jackobice.

Connie Kuhnle is passionate about painting "en plein air" and she can often be found outside in a farm field or along a country road with her easel and pastels.

She is most drawn to the architecture of the rural landscape and challenges of capturing the likeness and personality in portraiture.



Sandra Jackobice depicted the healing "Echinacea."

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LOWELL CHARTER TOWNSHIP
NOTICE OF PUBLIC HEARING
Lowell Charter Township will hold a Public Hearing for the Lowell Township Recreation Plan on January 21, 2008 at 7:00 p.m. at the Lowell Township Hall, 2910 Alden Nash S.E., Lowell, Michigan. A copy of the Recreation Plan is available for review at the Township Hall.
Linda S. Regan, Clerk
Lowell Charter Township

Featured Artist

Jera Smith

by Emma Palova

In the "Laleh" watercolor painting, artist Jera Smith uses bold strokes to depict the whole life cycle of a tulip from budding to wilting.

The simplicity of the red and green painting may be perceived by others as rigidity originating in the routine tasks of an everyday job.

"She's very accurate with the brush," said art teacher David Davis. "I always say get loose."

It is that rigidity that Smith, a project coordinator for Interphase, seeks to lose

in order to improve as an artist.

"My favorite are the tulips," said Smith, "there's not a lot going on in the painting."

On the other hand, her "Autumn in the Sun" with bold yellows and oranges shows some free style.

Smith sees the biggest challenge in finding a subject to paint. That is why she enjoys Davis' class setting rather than painting at home.

"I find it too distracting at home," she said. "I like the focus in class."

Smith sees the world

around her as a watercolor painting.

"I like to paint things from nature - watercolor lends itself to it," said Smith.

While always trying her hand at new disciplines such as wood cutting or mono printing, Smith remains primarily a water color artist.

"Watercolor as a medium has a mind of its own," she said. "You never know what turns out."

Her artist goals include continuous improvement.

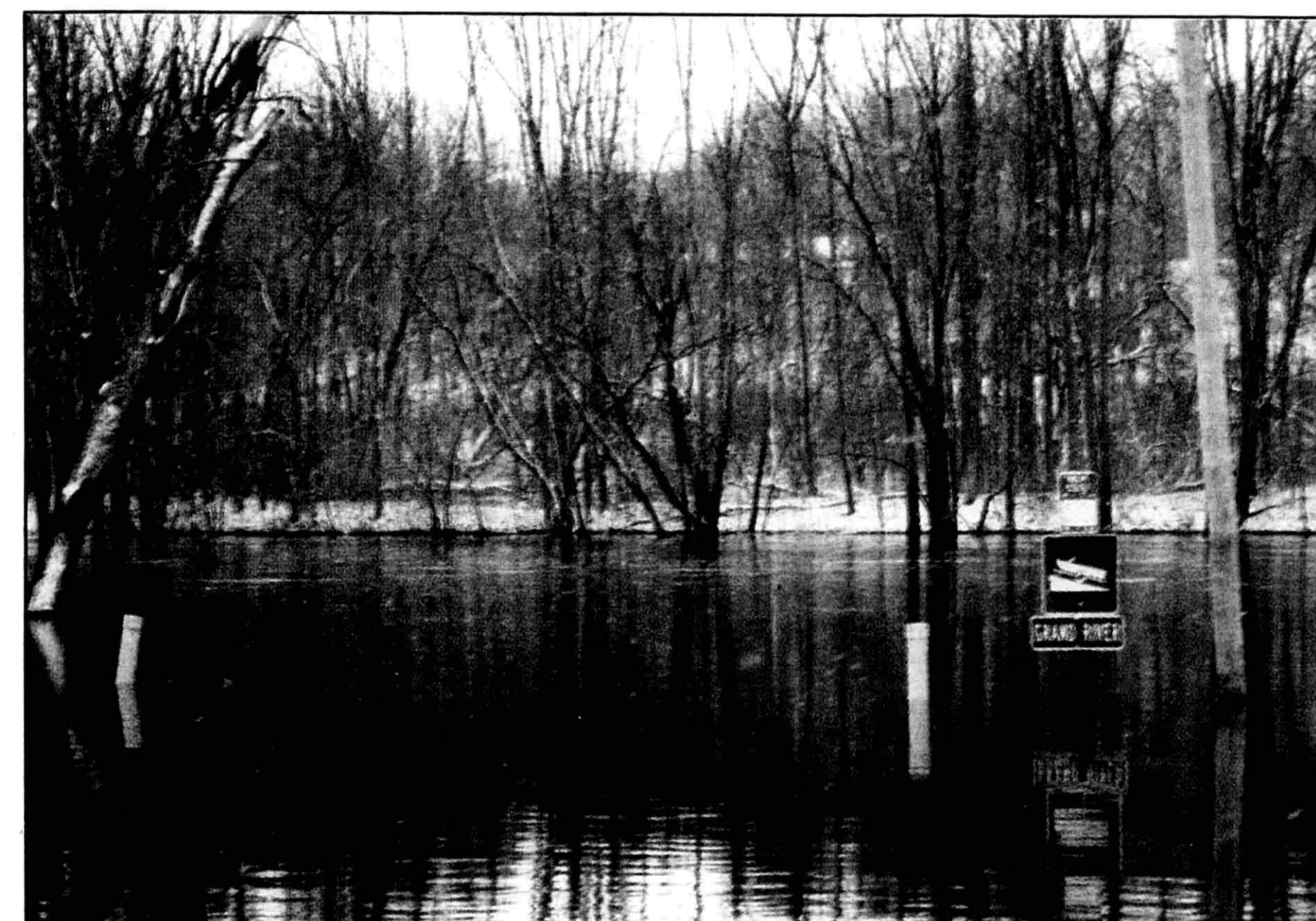
"I hope a lot of people will come and enjoy the show," she said.

The show is now on through Feb. 15 at the Riverwalk Gallery inside the chamber offices.



Jera Smith likes to paint things from nature.

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.
- Mahatma Gandhi (1869 - 1948)



Grand flooding

Recent warmer temperatures along with rain made the Grand River spill out of its banks. The fairgrounds by the boat launch ramp were partially underwater Tuesday.

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5:00pm - 6:30pm
Scholarships Available To find out more about us call **616-897-7842**
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"the life of every individual, from its beginning, is part of God's plan."
The Gospel of Life Pope John Paul II

TWO POSITIONS OPEN FOR LOWELL SCHOOLS BOARD OF EDUCATION

There are two four-year Board of Education positions to be filled at the regular school election which will be held on Tuesday, May 6, 2008. The positions are for four-year terms ending June 30, 2012.

An individual is eligible for election as a school board member if the individual is a citizen of the United States and is a qualified and registered elector of the school district the individual seeks to represent by the filing deadline. Individuals interested in running for a board seat must first file nominating petitions (or a \$100 non-refundable fee in lieu of petitions) and an affidavit of identity. Petitions and affidavits can be obtained from all Kent County city and township clerks or the election official at the school district.

The petitions must contain at least 40 signatures of registered school electors of the district and must be circulated within each municipality of the school district, not district wide. It is recommended that a reasonable number of signatures over the minimum be obtained to protect against invalid signatures.

Petition circulators need not be a registered school elector, and ELECTORS CAN SIGN AS MANY PETITIONS AS THERE ARE PERSONS TO BE ELECTED.

The deadline for filing is 4 p.m., Eastern Standard Time, on **Wednesday, February 13, 2008. Petitions are filed at the office of the Kent County Clerk (not at the school district).**

If you are interested in running, please note the following dates:

Wednesday, February 13, 2008 - 4:00 p.m. last day for filing Nominating Petitions and Affidavits of Identity - at the Kent County Clerk's office;
Tuesday, February 19, 2008 - 4:00 p.m. last day for a candidate to withdraw from ballot
Tuesday, May 6, 2008 - Regular School Election

For more information contact Kay Jones at 987-2501.

GOING TO THE DENTIST DOESN'T HAVE TO HURT ANYMORE!

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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.
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By general consensus, the following boards and Commission positions were appointed:

Board/Commission	Member	Action	Term Expires
Downtown Development Authority	Dean Lonick	reappointment	01/01/2012
	Shelly Catlin	reappointment	01/01/2012
Downtown Historic District Commission	Robert Reagan	reappointment	01/01/2011
	Greg Canfield	reappointment	01/01/2011
Construction Board of Appeals	Dan DesJarden	reappointment	01/01/2010
	Ray Zandstra	reappointment	01/01/2010
	Greg Canfield	reappointment	01/01/2010
Board of Light and Power	Judy Straub	appointment	
	Keith Valentine	appointment	

Motion to adjourn at 8:35 p.m. The next regularly scheduled meeting will be Monday, January 7, 2008.

Complete minutes are available on the City's web page at www.ci.lowell.mi.us or at Lowell City Hall, 301 East Main Street.



Betty R. Morlock,
City Clerk

PAUSE, PONDER & PASS SOME TIME!

RANDOM THINGS...

Snow

Snow is a form of precipitation that consists of crystals of ice. These crystals, called snow crystals, grow from water vapor in clouds. Water vapor is the gaseous form of water--the form that water assumes when it evaporates. A snowflake consists of up to 100 snow crystals clumped together.

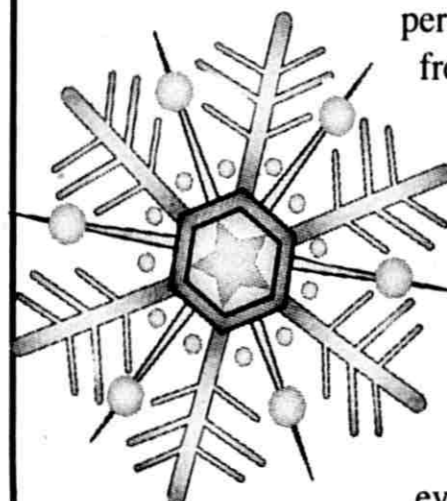
Particles of snow vary in size from crystals almost too small to see with the unaided eye to snowflakes 1 inch (2.5 centimeters) or more in diameter. Some of the tiniest crystals occur in ice-fog, a fog that can form in the Arctic regions when the temperature is extremely low.

Amounts of snowfall. Snowfall varies greatly across the earth. Snow falls in the polar regions throughout the year. But the heaviest snows occur during the winter in mountainous areas of the temperate zones--between the Tropic of Cancer and the Arctic Circle and between the Tropic of Capricorn and the Antarctic Circle. These areas include the western coastal ranges of North and South America, and the Alps in Europe.

In the United States, the record for snowfall in one year was set from July 1971 to June 1972, when 1,122 inches (2,850 centimeters) of snow fell at Rainier Paradise Ranger Station in Washington. In 1921, a 76-inch (193-centimeter) snowfall in Silver Lake, Colorado, set a record for the largest snowfall during a 24-hour period.

A typical layer of snow on the ground would melt to form a layer of liquid water about 1/10 as thick as the snow. But 1 inch of water may be equivalent to as much as 30 inches (76 centimeters) of dry, fluffy snow. Snow is a major source of water in many places. Mountain snowmelt, for example, feeds many rivers and streams.

How snow forms. Snow crystals usually start from tiny droplets of supercooled water. Water droplets do not always freeze at the normal freezing temperature of water, 32 °F (0 °C). Droplets of supercooled water remain liquid even though their temperature is below the freezing point.



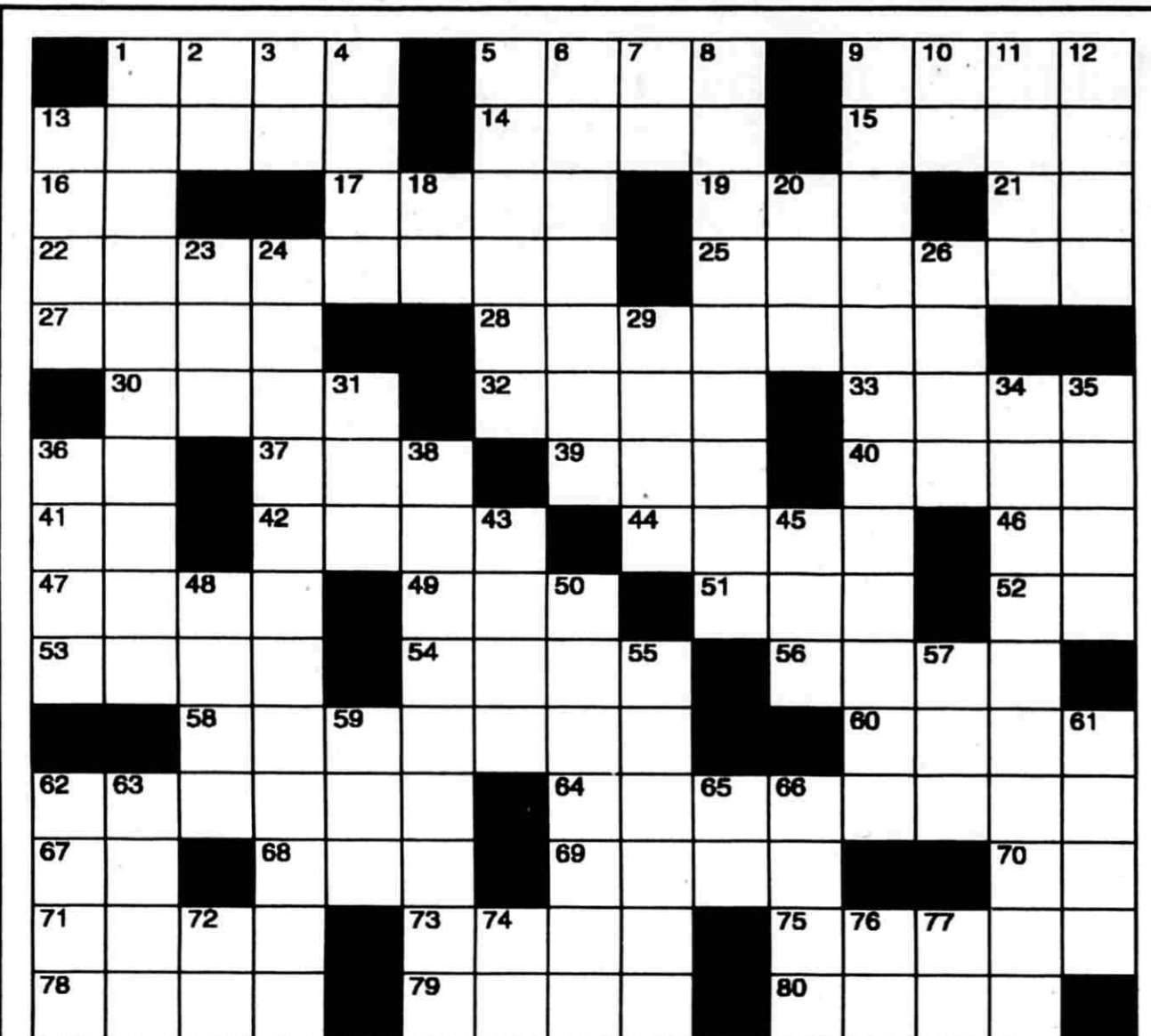
At the beginning of the process of snow formation, some supercooled droplets freeze. They do so because they contain, or come into contact with, tiny particles called freezing nuclei or ice nuclei. Most freezing nuclei are dust or specks of plant debris raised by the wind.

Nearby, water droplets, which are still supercooled, slowly evaporate. Much of the resulting vapor joins the crystals, and so the crystals grow.

The crystals fall faster and faster as they grow. They may collide with one another to make snowflakes. Snow particles fall at rates ranging from nearly zero for tiny crystals to about 3 feet (90 centimeters) per second for a typical snowflake and several times that for melting snow. Snow crystals often strike supercooled droplets, which immediately freeze onto them. This process, called riming, forms soft particles known as snow pellets or graupel. In temperate zones, the melting of snow pellets provides much of the rainfall from cumulus clouds.

Nearly all snow crystals have six sides, but they vary in shape. The crystals are six-sided because the water molecules within them link together in six-sided structures. Planar (flat) crystals called plates range from simple hexagons to six-pointed stars to the familiar finely branched dendrites. Dendrites form at a temperature of about 5 °F (-15 °C); six-sided columns, at about 14 °F (-10 °C). Many columnar crystals are hollow.

Individual snowfalls usually contain many different types and combinations of crystals. Snow crystals that encounter a variety of temperatures and humidities as they grow may become partly planar and partly columnar. They may or may not undergo riming or clumping.



CLUES ACROSS

- Radioactivity units
- Pad _____: Bangkok dish
- Coat with plaster
- Grasslike marsh plant
- Pea stem (British)
- Hindu God of fire
- Not down
- Hokkianese
- Layer
- Potato state (abbr.)
- Holy places
- Revolve
- Elaborate song for solo voice
- Spray can suspension
- Mountain range
- Have the quality of being
- Drug officer
- Western state (abbr.)
- _____erelda: NV county
- Chip partner
- Region
- Rhode Island
- Successor

CLUES DOWN

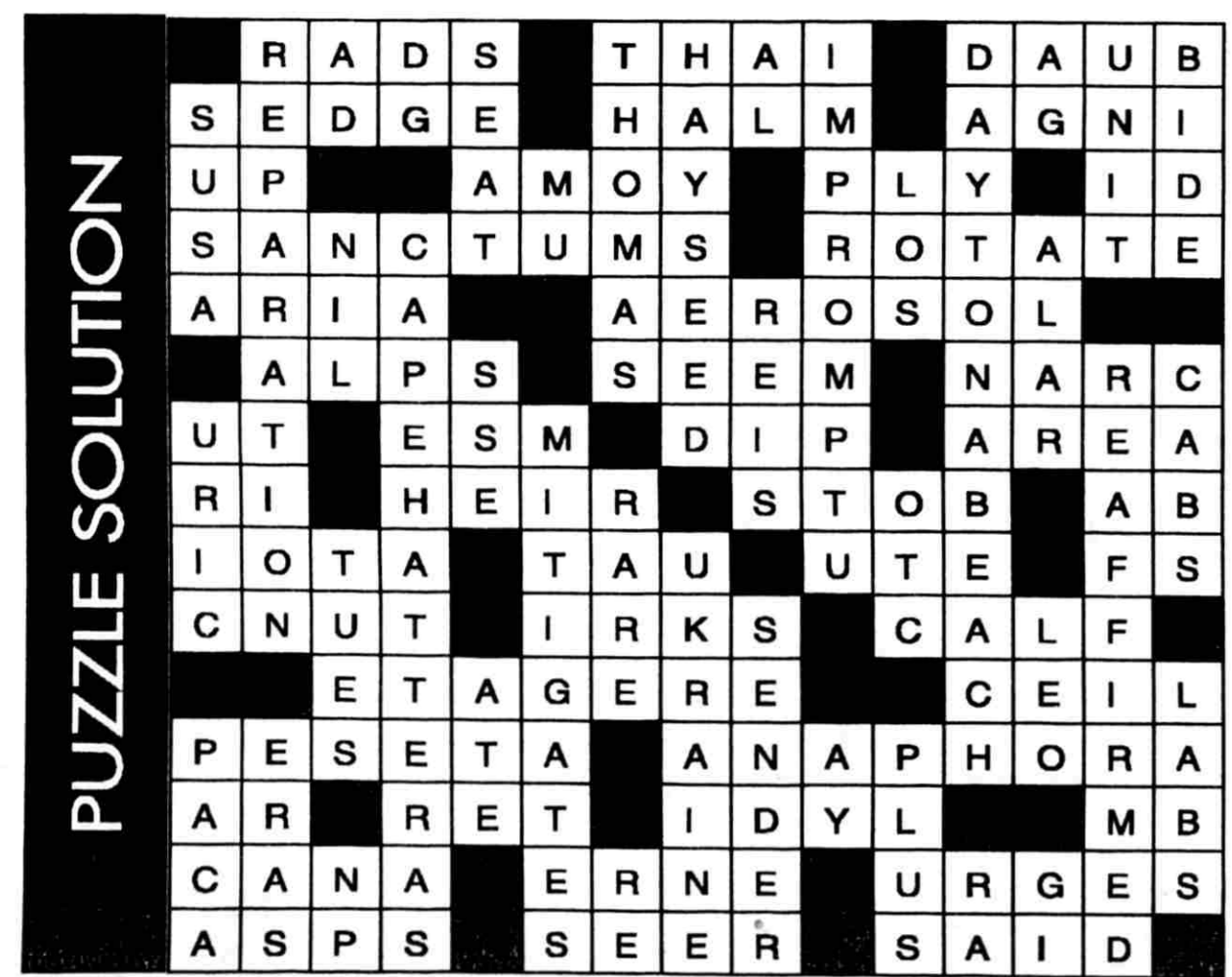
- Restitution
- Publicity
- 1/10 gram (abbr.)
- Hindquarters
- _____Alva Edison, inventor
- Yokel
- Aluminum
- With little or no preparation
- Spring break destination
- Silver
- Functional part of a whole
- Wait
- Tunisian port city
- 12th Greek letter
- _____Angeles
- Nothing
- NC headland
- Growth regulating chemical for fruit
- _____sner's membrane of the ear
- Point midway between S and SE

- Short straight stick of wood
- Blood group
- Small indefinite quantity
- Follows sigma
- Shoshonean language
- Foreign Service (abbr.)
- King of Denmark 1019-1035
- Galls
- Young of domestic cattle
- Furniture with open shelves
- _____ing: upper limit
- Coin of Spain
- Deliberate linguistic repetition
- Chemical element (abbr.)
- To soak flax or jute
- Romantic interlude
- Megabyte
- Town in Galilee
- Gray sea eagle
- Impulses
- Vipers
- Clairvoyant
- Arab king

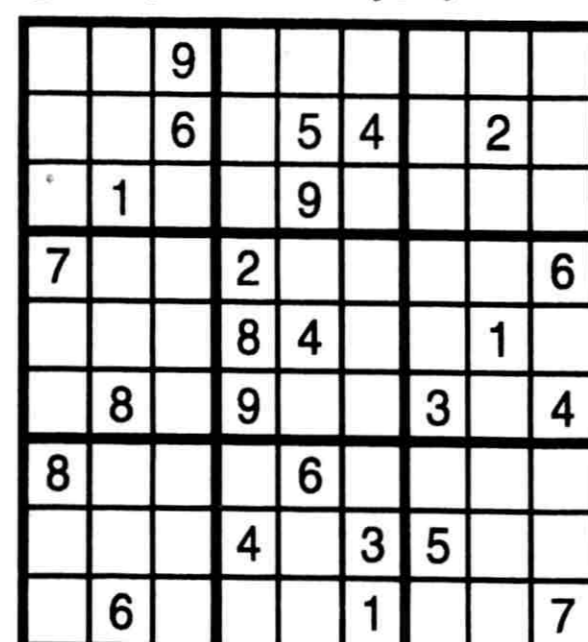
- Asserted once more
- Taxis
- Type of acid
- Moderates
- Recurring only at long intervals
- Type of non-exchange stocks
- Weekday (abbr.)
- A European Soviet
- Letter transmitter
- 5th sign of the zodiac
- Ingested
- Research facilities
- Large burrowing rodent of S and C America
- Amounts of time
- UN ambassador 1977-79 (initials)
- Sign of addition
- Registered nurse clinician
- Rhenium
- The ancient Egyptian sun god
- Army veteran

CW072210

CW07221A



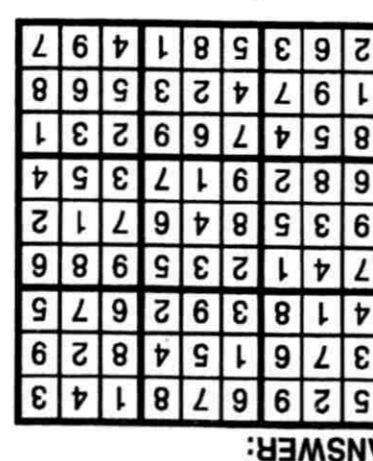
SUDOKU



Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!



ANSWER:

ATTENTION READERS

Are You Feeling CREATIVE?

If you would like to submit a poem, verse, cartoon, drawing or recipe for the Reader's Corner, we'd like to print it.

Not all will be accepted and submissions will not be returned unless a self-addressed, stamped envelope is included.

You may bring your signed creations to the Ledger office 105 N. Broadway, OR mail them to: Ledger/Readers Corner P.O. Box 126 Lowell, MI 49331 OR E-mail: ledger@lowellbuyersguide.com Subject: "Readers Corner"



LOWELL AREA SCHOOLS VARSITY WINTER SPORTS SCHEDULE

This Page Brought to You By The Lowell Ledger

BOYS VARSITY BASKETBALL

- * Indicates a home game at LHS Main Gym Games begin at 7:30 p.m. unless indicated
- 1/17 - 7 p.m. East Grand Rapids*
- 1/22 at Greenville
- 1/25 at Forest Hills Northern
- 1/28 - 7 p.m. Creston*
- 1/31 Caledonia*
- 2/5 at Forest Hills Central
- 2/8 Northview*
- 2/11 Grand Rapids Central*
- 2/14 Kenowa Hills*
- 2/19 at East Grand Rapids
- 2/21 Crossover w/green*

GIRLS VARSITY BASKETBALL

- * Indicates a home game at LHS Main Gym Games begin at 7 p.m. unless indicated
- 1/18 at Forest Hills Northern
- 1/24 at Caledonia
- 1/29 at Forest Hills Central
- 2/1 at Northview
- 2/4 East Kentwood*
- 2/7 Kenowa Hills*
- 2/12 at East Grand Rapids
- 2/15 Green Crossover*

VARSITY BOWLING

- * Indicates a home game at Lowell Lanes Games begin at 3:30 p.m. unless indicated
- 1/16 - 4 p.m. at Caledonia
- 1/21 at Northview
- 1/23 - 4 p.m. Forest Hills Central*
- 1/30 - 4 p.m. at Kenowa Hills
- 2/4 - 4 p.m. East Grand Rapids*
- 2/11 - 4 p.m. Caledonia*
- 2/16 time TBA Conference at Caledonia

VARSITY GYMNASTICS

- * Indicates a home meet at LHS Auxiliary Gym Meets begin at 7 p.m. unless indicated
- 1/16 at Rockford
- 1/19 - 10 a.m. Mona Shores Invitational
- 1/21 Lowell Triangular*
- 1/23 at East Kentwood
- 1/26 - 10 a.m. Kenowa Hills Invitational
- 1/30 Mona Shores*
- 2/2 - 10 a.m. St. Johns Invitational
- 2/6 Kenowa Hills*
- 2/13 Forest Hills Northern*
- 2/16 time TBA - Conference at Kenowa Hills

VARSITY ICE HOCKEY

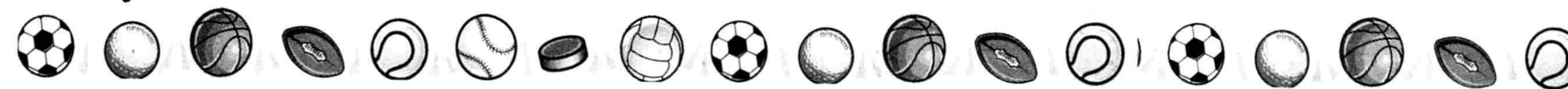
- * Indicates a home game at Patterson Ice Arena
- 1/17 - 7:30 p.m. at Hudsonville
- 1/18 - 9 p.m. at South Christian
- 1/25 - 8 p.m. West Ottawa*
- 1/26 - 8 p.m. West Catholic*
- 2/1 & 2/2 - 6 p.m. Kalamazoo Blades Tourn.
- 2/8 - 5:30 p.m. Grand Haven*
- 2/9 - 6 p.m. South Christian*
- 2/15 - 9 p.m. at Wayland
- 2/20 - 8 p.m. at West Ottawa

VARSITY WRESTLING

- * Indicates a home game at LHS Main Gym Games begin at 7 p.m. unless indicated
- 1/16 at Northview
- 1/19 - noon Lakeshore Tournament
- 1/23 Kenowa Hills*
- 1/30 East Grand Rapids
- 2/2 - 10:30 a.m. Rockford Quad
- 2/6 - 7 p.m. Crossover*
- 2/9 - Time TBA - Conference at Kenowa Hills

For More Information on School Athletics or for Directions to Area Schools visit: www.lowell.k12.mi.us Under Athletics.

What's Your Sport?



Keep Caught Up On All The Lowell High School's Sports Action In

The Lowell Ledger

Red Arrow SPORTS



Red Arrow wrestling has inspiring weekend

by Molly Benningfield
Editor

The wrestling team can notch another few big wins on their now-oversized belt, after a pounding on Forest Hills Central and tournament win during Saturday's Gary Rivers Memorial Invitational at home.

The Arrows defeated the Rangers 60-8 Friday night to start off the weekend of winning.

During Saturday's annual tournament at the high school, Lowell faced off against a number of good teams from around the area. Included in the tournament were Allendale, Belding, Big Rapids, Byron Center, Carson City, Coldwater,

Erie-Mason, Fremont, Gull Lake, Hastings, Hudsonville, Lake Shore, Lansing Sexton, Martin and Whitehall.

In the finals late Saturday afternoon, Lowell defeated Lake Shore 30-28 to become champions of the tournament. Coach Dave Dean said their team is "one of our top opponents in Division 2."

The Arrows defeated a tough Hastings team in the semifinals, 35-28.

During the earlier rounds, Lowell defeated Belding 65-0, Whitehall 43-21 and Gull Lake 59-11 to take the top seed in their pool.

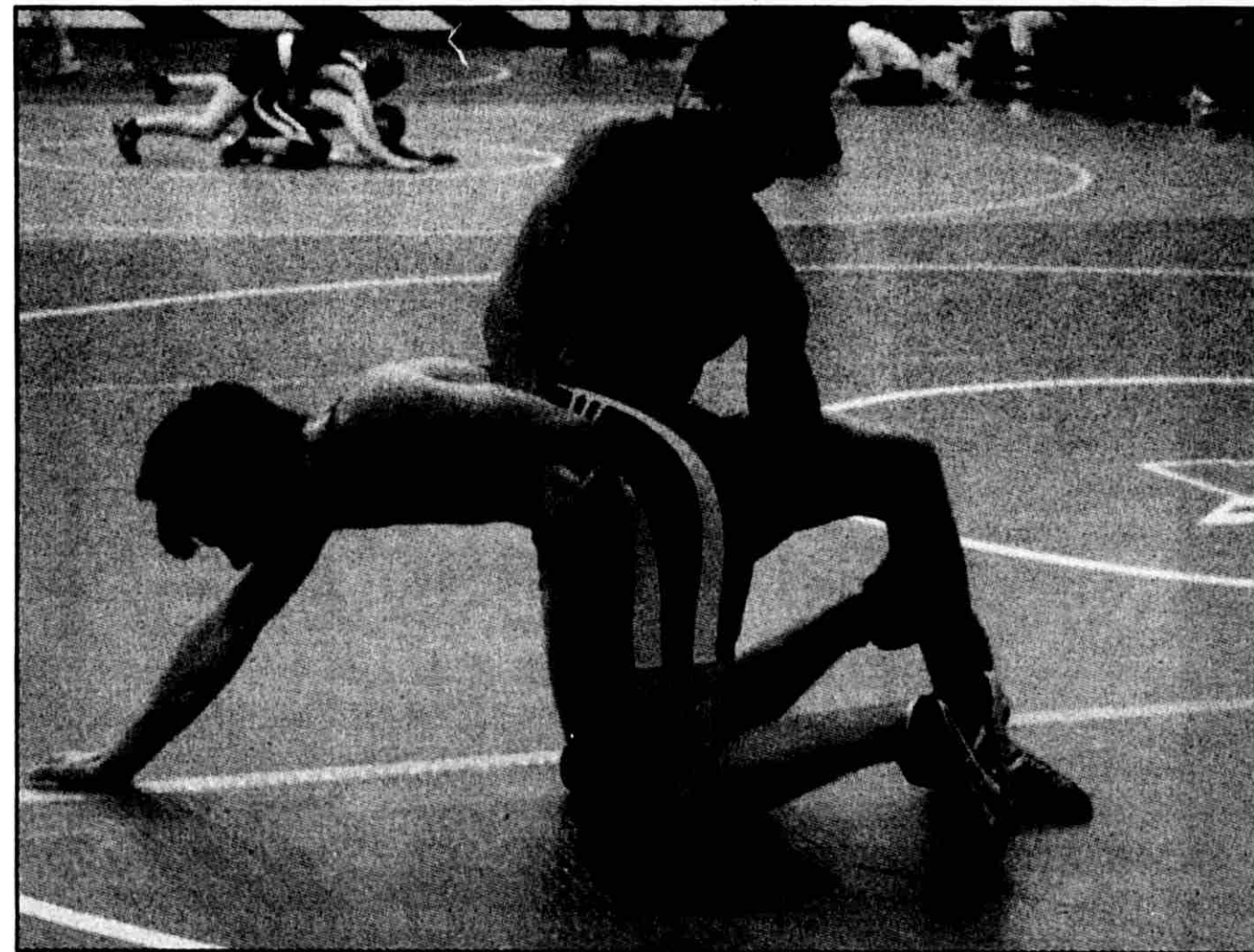
Three Lowell wrestlers went undefeated for the

day. Justin Boss, a senior, Tim Gingerich, a junior, and Jackson Morse, a sophomore, went 5-0. Dean noted that Zach Jeffries, a freshman, was 4-1 for the day.

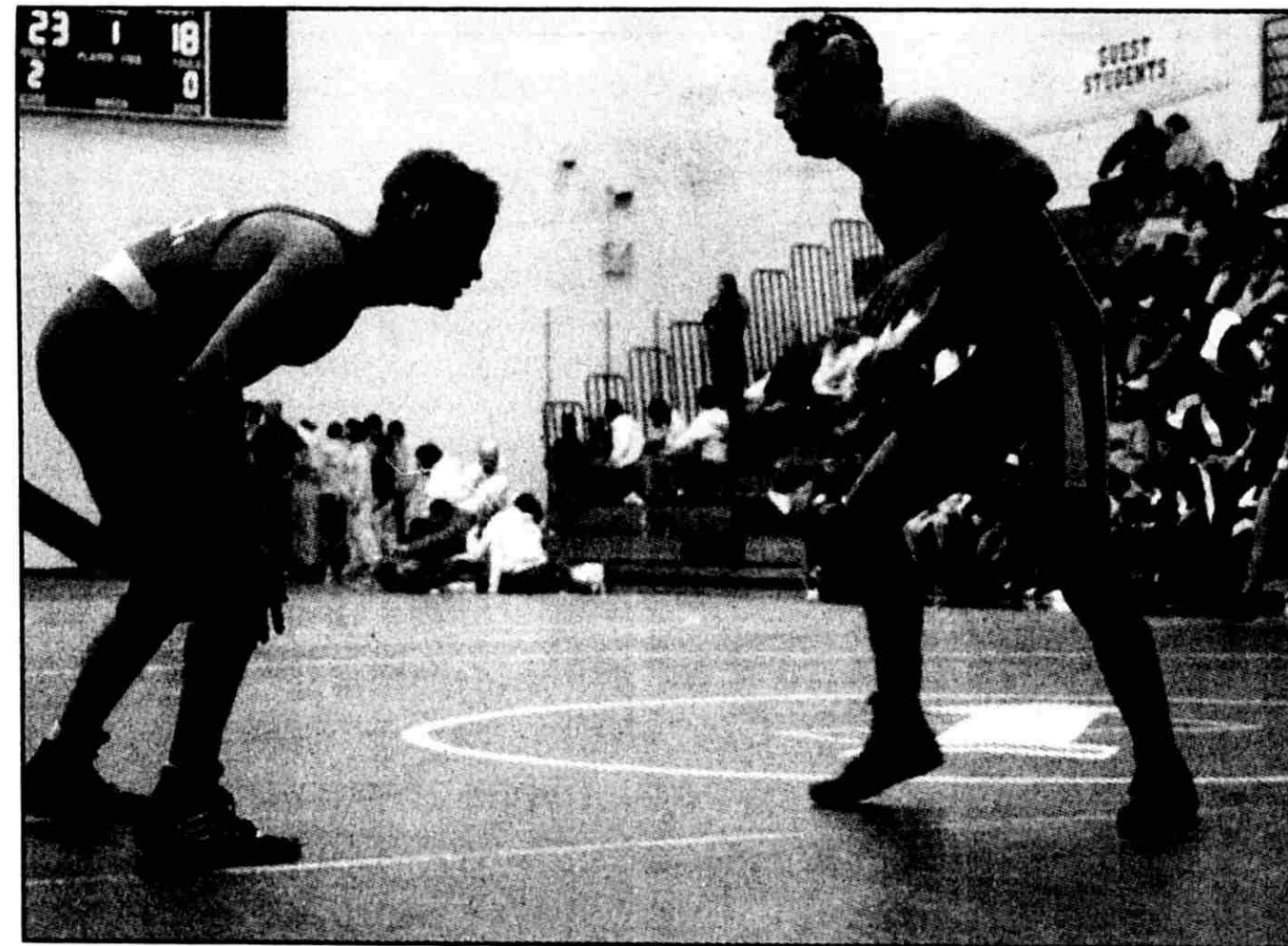
"Quite a few of our kids really stepped it up," Dean said.

The wrestlers will compete at Northview tonight. On Saturday, they will travel to the Lake Shore tournament, for another face-off against Lake Shore and a bout against the No. 1 team in Division 2 - Mason.

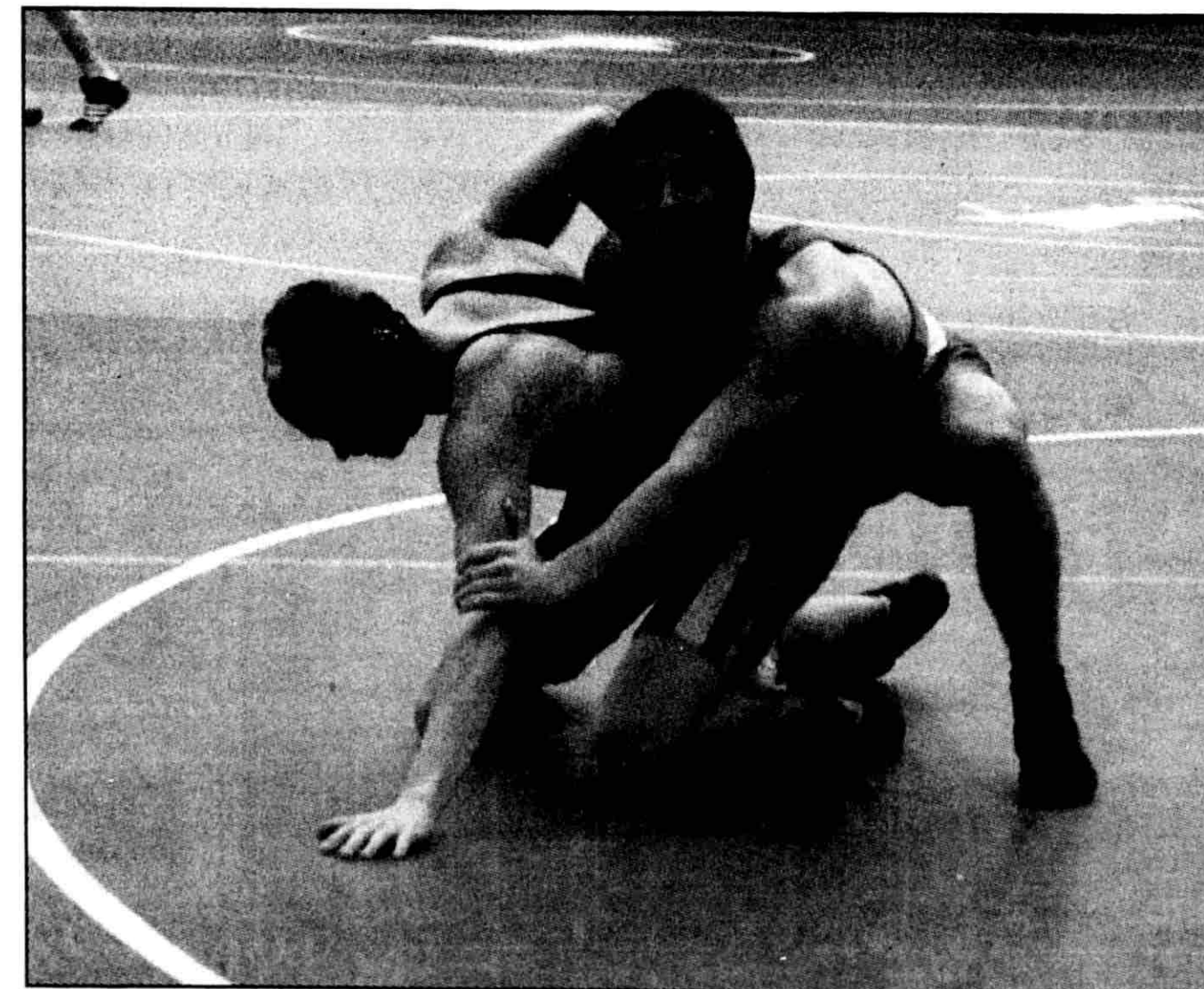
Dean said the team is "looking forward" to going against Lake Shore again. "We think we can prove it," Dean said.



Sophomore Jackson Morse was undefeated, going 5-0.

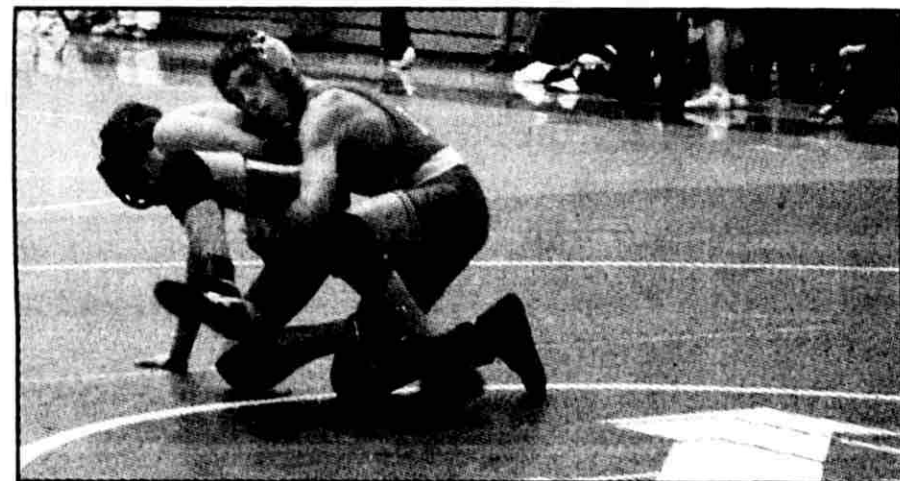


Senior Justin Boss was undefeated Saturday with a 5-0 record.



Junior Tim Gingerich was also undefeated at the invitational.

(Right): Freshman Zach Jeffries went 4-1 for the day at 103 pounds during Saturday's memorial tournament.



WINTER SOFTBALL CLINIC Ages 10 and Under

Girls 10 & Under at Unity High School • 7 to 8:30 p.m.
Tuesday nights starting Jan. 8th thru March 2008
Sign-up any Tuesday in January

Open to anyone from beginners to advanced skill level.



"Lowell Xtreme Girls Softball Club is an organized softball club giving players softball experience on a competitive level. Xtreme enriches their lives by building strong friendship, self confidence and character. The club stresses sportsmanship, honesty, commitment and strives toward perfection as a team."

Registration will be taken on the first night.
\$30.00 registration fee includes insurance,
T-shirt & pizza party.

Contact Leann Paiz at 868-2065
or James Hinton at 897-6816 with any questions

Red Arrow SPORTS

ATTENTION:

The next home game for boys' and girls' bowling is:
Wednesday, Jan. 23 at 3:30 p.m.
vs. Forest Hills Central

Boys' and girls' bowling keep on winning

by Molly Benningfield
Editor

Both the boys' and girls' bowling teams continued their strong surge in area competition, defeating Kenowa Hills last week.

The girls' team won big, scoring 29-1 against the Knights.

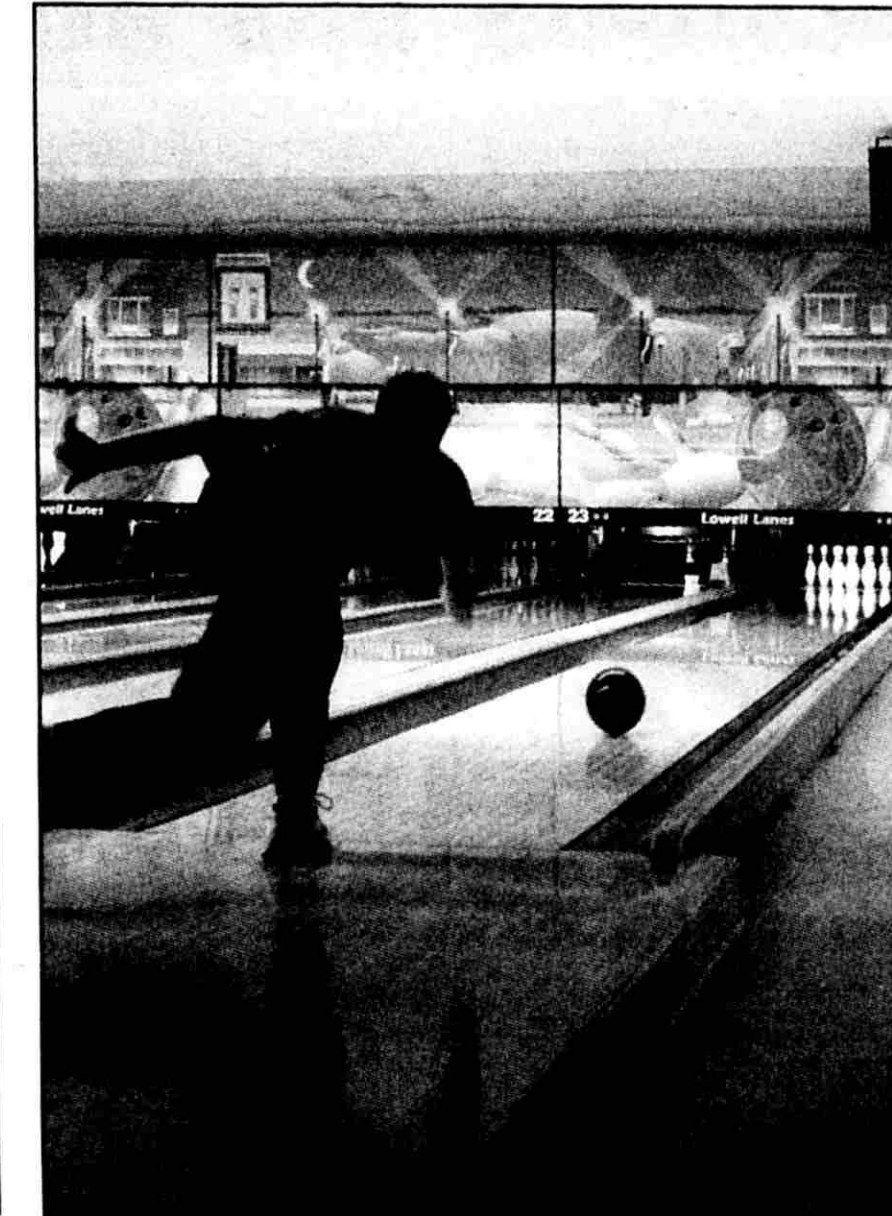
Kristin Bouwhuis had the top score for two games with 360, while Liberty Clark took in 345.

The boys' team also won, scoring 21-9 against the Knights.

Trevor Washburn had a team-high two-game score with 373, while Jacob Nawrocki had 351.

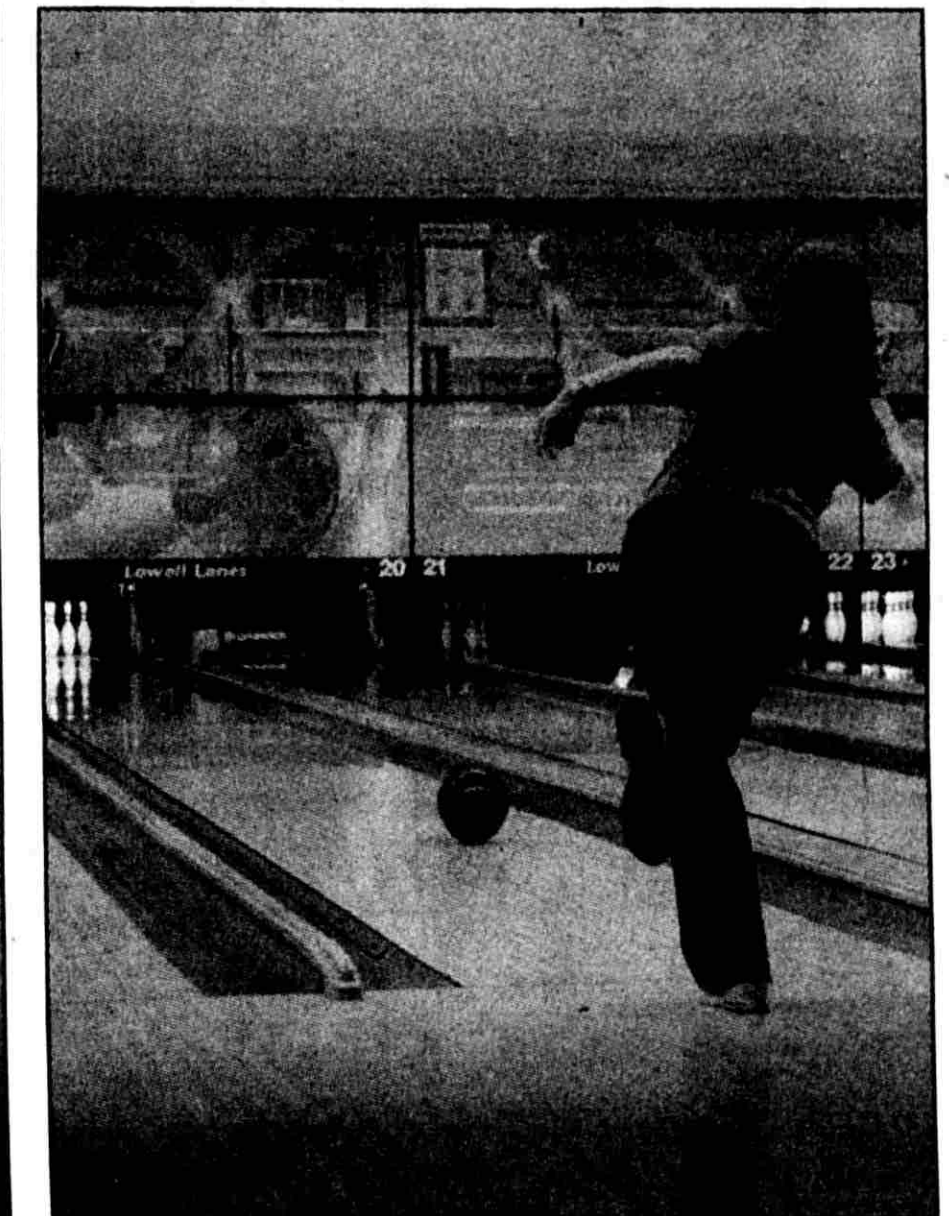
The Arrows will compete at Caledonia this afternoon in league play.

Their next home match is Jan. 23 against Forest Hills Central at 3:30 p.m.



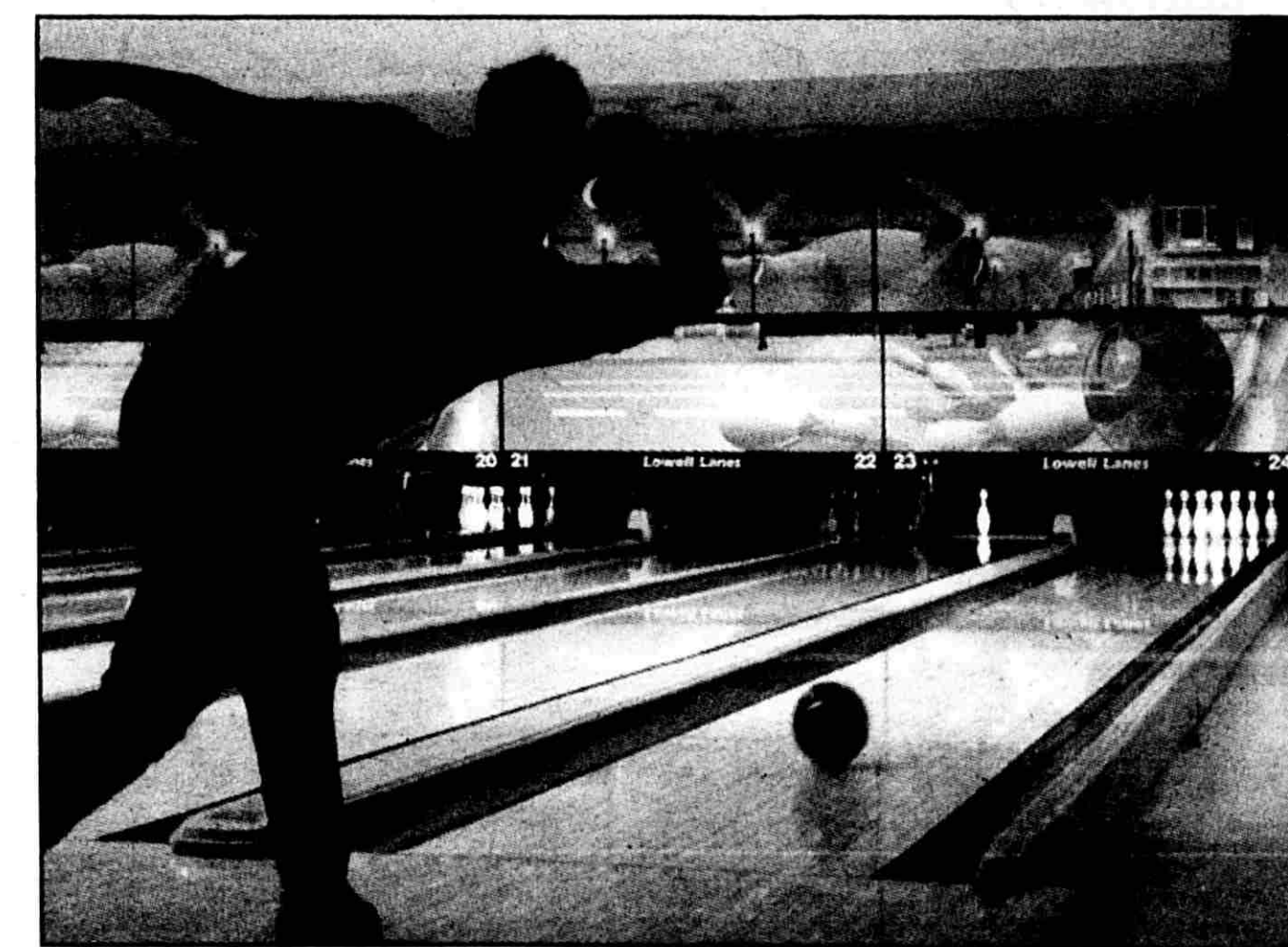
(Bottom): Trevor Washburn was the high scorer for the boys' team with 373.

(Far bottom): Nicole Videan of the girls' team.



(Top left): Jacob Nawrocki bowled 351 and was the second high scorer for the boys' team.

(Top right): Kristin Bouwhuis was the top scorer for the girls' team with a score of 360.



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Red Arrow SPORTS



CHELSEA HARRISON

Girls' basketball wins close call against East Grand Rapids

by Molly Benningfield
Editor

The girls' basketball team narrowly beat East Grand Rapids Thursday night after starting off strong and continuously building a strong lead.

The Arrows won 39-38. After walking into the second half with a 20-15 lead, and closing the third quarter 34-25, it looked as if Lowell was set. But through a series of slip-ups for the Arrows and good plays by the Pioneers, EGR was put within two points of Lowell.

The last minute consisted of fouling and

free throws, with both teams missing their first two. With two seconds left and a two-point lead, Krista Foster sank both free throws to secure the Lowell victory. EGR made a last-second attempt to score and lobbed the ball to half court where Liz Ellis made a three.

Coach Danielle Gallert said her team made "some bad choices on offense. We were forcing some things that we shouldn't have forced."

Kara Rasch led the Arrows with 10 points, while Foster added in 8.

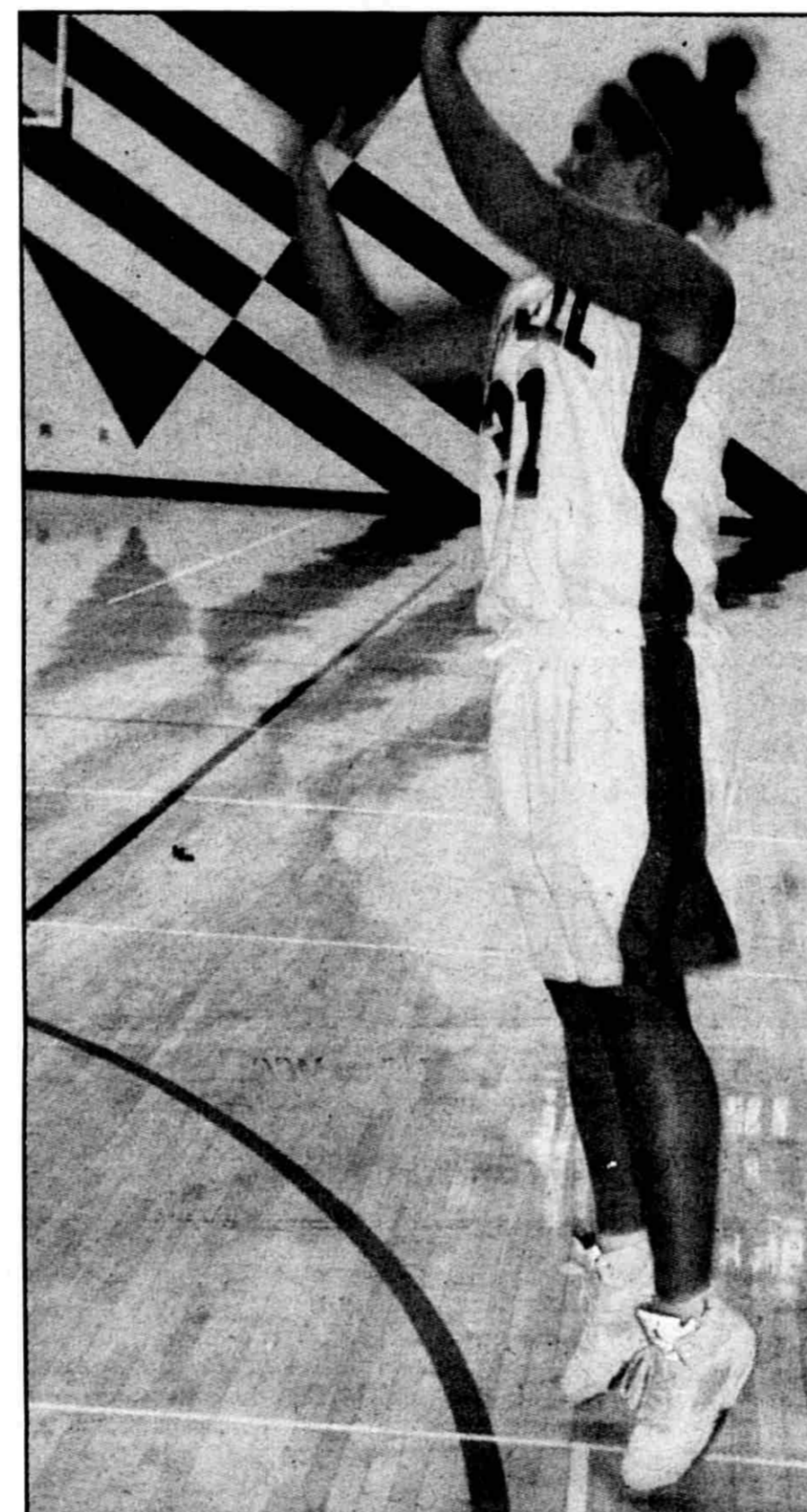
The Arrows will compete at FHN Friday.



(Right): Keri Fosburg (24) goes up for a basket against two EGR defenders.

(Far right): Krista Foster (31) hits a three late in the second quarter.

(Bottom): Logan DeClercq (20) plays tough D against an EGR opponent.



OK-WHITE STANDINGS

League/Overall
FHC 5-1 / 10-2
LOWELL 5-1 / 6-5
NORTHVIEW 4-2 / 7-4
GREENVILLE 4-2 / 6-5
CALEDONIA 2-4 / 4-7
EGR 1-5 / 3-7
KENOWA HILLS 0-6 / 1-9

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Definition

An injury to the soft tissues of the neck that occurs from a sudden jerking or "whipping" of the head. This type of motion strains the muscles and the ligaments of the neck beyond their normal range of motion. Whiplash often occurs when a vehicle stops suddenly in a car crash or is struck from behind. Either of these two actions causes things in the vehicle to be thrown forward - including passengers. A seat belt will keep a person's body from being thrown forward, but the head may snap forward, then backward, causing a whiplash injury in the neck. In addition to car accidents, whiplash can also be caused from a fall or as a result of a sports injury.

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Red Arrow SPORTS

ATTENTION:

The next home game for boys' basketball is: Thursday, Jan. 17 at 7 p.m. vs. East Grand Rapids

Boys' basketball notches three wins to boost winning record

The boys' basketball team defeated three area teams in the past week to put their record at 5-4 for the season.

Lowell vs. FHE
The team defeated Forest Hills Eastern Monday night 62-54.

Matt Kurtz led the Arrows with 17 points, and Brett McMahon added 16. Michael Schumm had 11

points, while Tim Hettinga took in 10.

Lowell trailed FHE during the first half, but rallied to overcome the Hawks. They proved yet again that this has already, and looks to be, one exciting season.

Lowell vs. KH
The Arrows defeated Kenowa Hills Friday night 56-43.

Hettinga and Kurtz both had 12 points, while McMahon added 11.

Lowell vs. Northview
On Tuesday of last week, the Arrows defeated Northview 61-53.

Eric Saenz and Schumm each scored 14 points. Kurtz added 12.

The Arrows will take on East Grand Rapids at home Thursday night at 7 p.m.

OK-WHITE STANDINGS

League/Overall
FHC 5-0 / 7-3
EGR 4-1 / 6-4
LOWELL 3-2 / 5-4
NORTHVIEW 2-3 / 4-5
CALEDONIA 2-3 / 3-6
KENOWA HILLS 1-4 / 3-8
GREENVILLE 1-5 / 4-7

THE BENNING-FIELDER

by molly benningfield
sports editor



"Fan of the Week" starts soon

This week's sports section was fun to put together because I was able to write about winning, more winning and - you got it - lots of winning. The winter season has continued Lowell's tradition of good matches and great records.

Pretty soon, we're going to start a part of the sports section called "Fan of the Week". We've come to realize that there are some crazy, sports-lovin' fans around here, and why not showcase their dedication to the sport like the athletes?

At all home games, matches, invitationals, etc. I'll watch out for fans who exude the kind of attitude I think Lowell is best known for.

So if you feel like being chosen as fan (or fans) of the week, come and let me know. I'll only choose one photo each week, regardless of how many home events there are. So get out your No. 1 foam hand, red and white apparel and a loud voice to match, and I'll follow with my camera.

Lowell-Caledonia hockey continues to win

It's been a winning streak for the Lowell-Caledonia hockey team, as they defeated two tough teams last week.

L/C vs. Northview
The Arrows beat Northview 5-1 Friday night.

Justin Bowyer had two goals, while Jordan Steger, Jon Kuzava and Drake Chittenden all added one apiece.

L/C vs. MCC
The Arrows also defeated Muskegon Catholic

Central last Wednesday night 5-3.

Justin Story had three goals, while Kuzava had three assists.

Coach Mike Ballard had called this game a "tough match."

The hockey team will take on Hudsonville Thursday night in a big match-up.

Their next home game will be against West Ottawa Friday, Jan. 25 at 5 p.m.

TIER 3

	League				Overall		
	Wins	Losses	Ties	Points	Wins	Losses	Ties
LOWELL/CALEDONIA	3	0	0	6	8	6	0
WEST OTTAWA	2	0	0	4	8	5	0
NORTHVIEW	2	2	0	4	4	11	0
SOUTH CHRISTIAN	0	2	0	0	7	7	0
WAYLAND	0	3	0	0	4	10	0



Support Your Red Arrow Teams!

Gymnastics takes fourth place at Cadillac

At the Cadillac Invitational, the gymnastics team scored 126.95 to take fourth place. Coach Skye Fisher said there were many individual medals for the girls.

Kelsey Teft medaled in all around, balance beam, floor exercise and vault.

Richelle Kimble got an uneven bars medal, and Andrea Coffey got a floor medal.

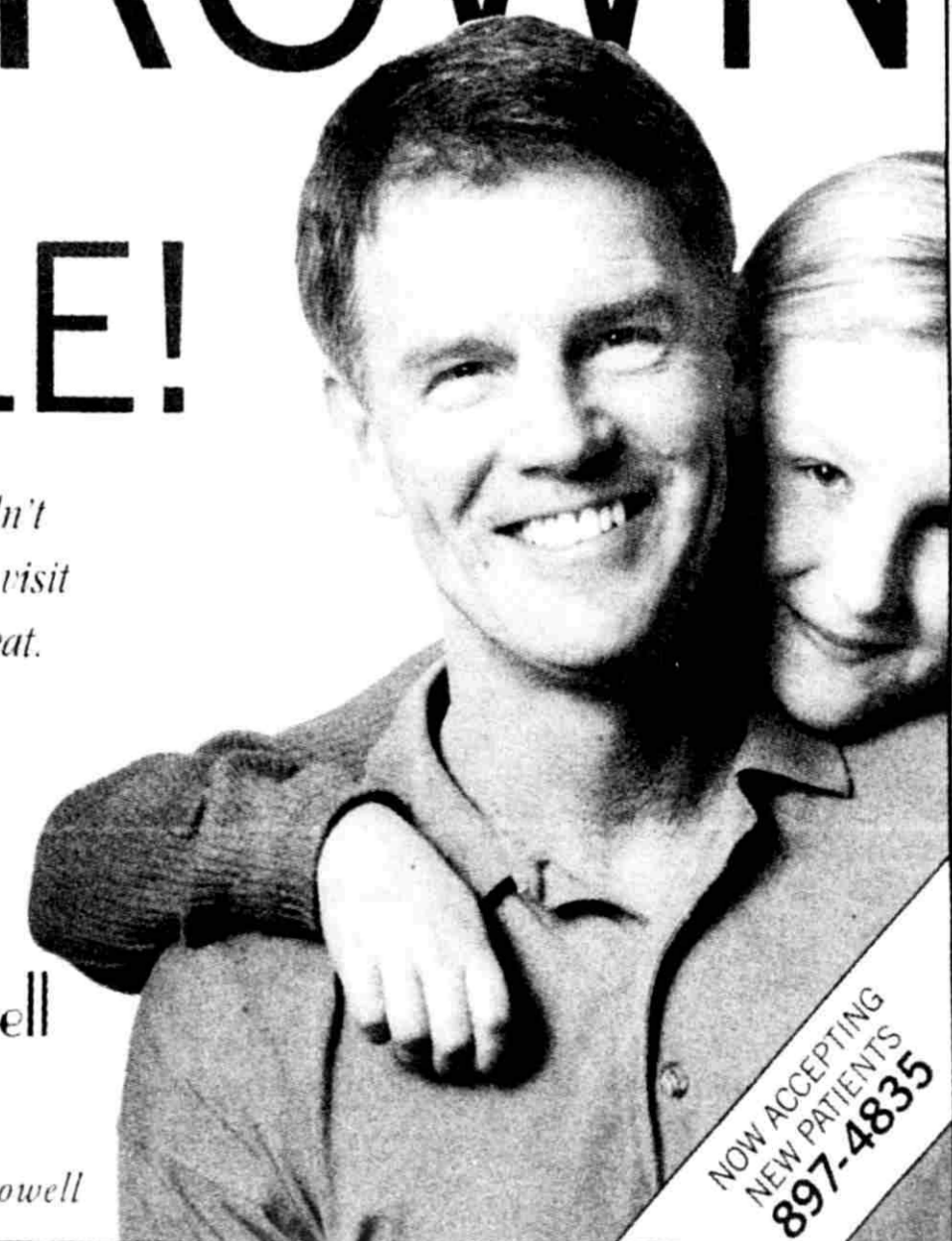
At the Rockford Invitational, Kelsey Teft was the only Arrow to medal, scoring well in floor.

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