

The Lowell Ledger

Volume 37 Issue 23

Serving Lowell Area Readers Since 1893

Wednesday, April 23, 2008

Environmentalist and philanthropist sets example for the country

Driving around the countryside in Vergennes and Grattan townships you may have noticed the bright green signs with a red barn. These signs designate preserved farmland as well as conservation easements donated by environmentalist and philanthropist Peter Wege.

We have been following the stories of these farmers who decided to preserve their farmland for future generations. Today we bring you the story of a man who has been working for the last 40 years to make this happen.



Peter Wege



By Emma Palova

As a former World War II pilot flying from Dallas in a training plane, Peter Wege wanted to stop in Pittsburgh, but he couldn't find it in the smog in the middle of the day.

That was long before caring for the environment became a modern trend.

Concerned then as he remains today, Wege, 88, is a true visionary looking beyond the horizons.

"That jarred me," he said, "what are we doing."

Sitting at a community breakfast in Wege's honor for his preservation efforts at the Franciscan Life Process Center last week, one couldn't help but be touched by his presence.

"We should have been preserving since 1950," said Wege. "It should be as normal as kindergarten. It has taken us 40 years to get it started."

Inspired by Health, Education and Welfare Secretary John Gardner, Wege embarked on a lifelong mission to save the planet in 1967. Wege backed his passion for the environment with money through the Wege Foundation established in

honor of his parents Peter Martin and Sophia Louise Wege.

"We need to do things for the civilization," he said. "We have to come together to preserve the planet."

Surrounded by area farming families and environmentalists amidst the rolling fields of Vergennes Township, an area he so much loves, Wege has seen the results of his work in action.

A total of 1,000 acres

along the Parnell Corridor has been preserved through a combination of Wege's donation of conservation easements and his funding of the purchase of development rights program.

"Without you Mr. Wege, this would not have been possible," said Rick Chapla of Land Conservancy of West Michigan, echoing the sentiment of all those present.

Area farming families the Heffrons, the Seifs

and the Merrimans were honored during the breakfast for putting their land into the farmland preservation program.

And like the rippling effort of a pebble thrown into water, Wege's preservation efforts are spreading around. Farmers Marsha Wilcox and Steve Koning are in line to have their farms preserved. Betty Jo Crosby of Ada Township

Wege, con't., pg. 11



The Heffron family receives a green farmland preservation sign. Heffrons were one of the first to preserve in Grattan Township.

Postage will be raised by a penny starting in May

by Emma Palova

A one-penny increase on first class stamps starting May 12 will offset

inflation and the cost of gas. From now on, each May, the price of mailing services will be adjusted to the rate of inflation, in

accordance with the Postal Accountability and Enhancement Act.

This year the price of first class stamps will go

up to 42 cents. The hike also impacts express mail, priority mail, parcel select, parcel return service and international mail.

The new pricing will include commercial volume and contract prices, rebates, online price reductions, and other new incentives in the highly competitive shipping market.

"It equalizes the cost of doing business," said Lowell postmaster Gil Brown. "The biggest challenge for us is keeping the correct amount of stamps in stock."

The universal Forever Stamp with a bell but without a printed value will carry over the annual price increases. So, if purchased now for 41 cents, the Forever Stamp in 20 years will have the value of whatever it costs to mail a first class letter at that time. The Forever Stamp was introduced in April 2007 to meet the demand before price changes.

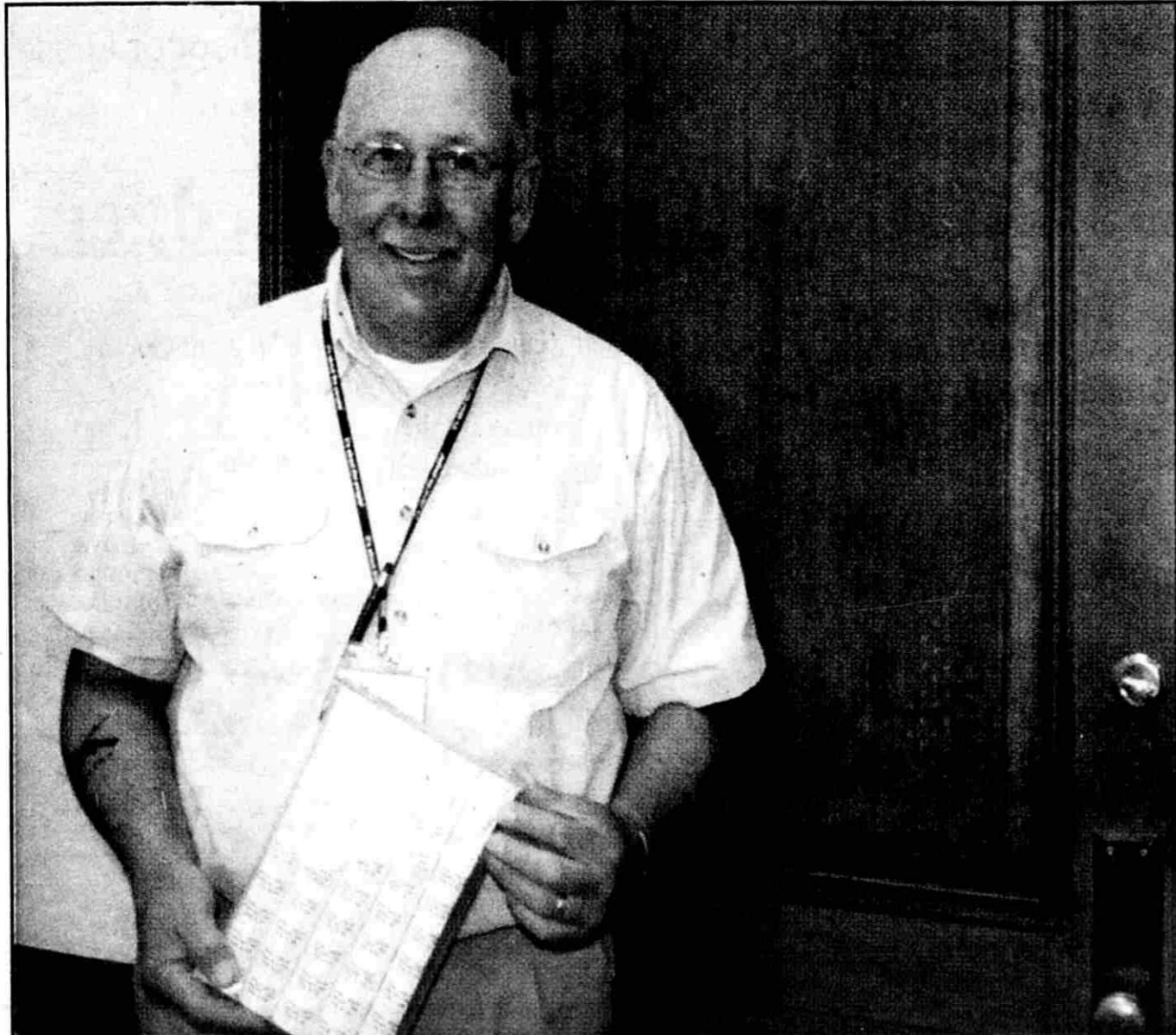
The postal service will have 5 billion Forever Stamps in stock to meet the increased demand before the price change.

Brown said the increase will have no major impact on the customer.

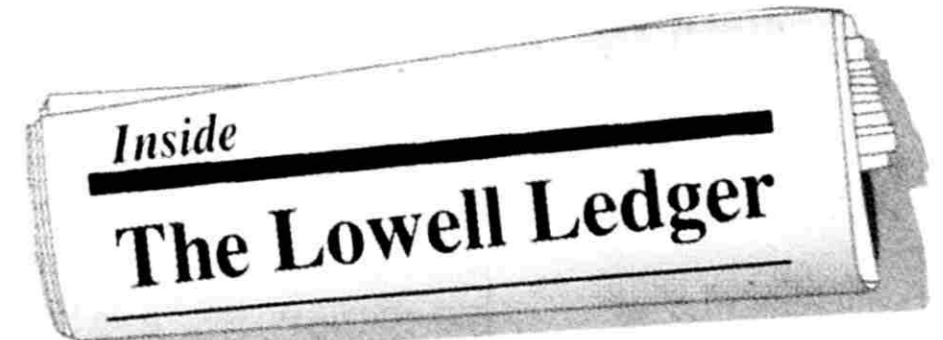
Stamps arrive in coils of one hundred. The 2008

stamp program will feature, among others, Legends of Hollywood, American journalists, Olympic Games, Vintage Black Cinema, Great Lake Dunes and Flags of Our Nation.

For more information, go to www.usps.com



Lowell postmaster Gil Brown holds coils of 42 cent stamps.



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Engineered Building System provides for affordable construction

by Emma Palova

Engineered Building System Co. Inc. (EBS) located in downtown Lowell makes home construction more efficient by using engineered building components such as trusses, floor systems and paneled wall systems.

"We increase quality and provide better product to builders looking for cost control," said operations manager Dave Tichelaar.

Tichelaar has moved his home-based business from Rockford to Lowell because he needed a physical location. He employs five in Lowell, but deals with suppliers and builders nationwide.

A builder comes in with plans, and EBS prices out a building package of material with a cost guarantee. The building materials are high quality

because they are built in a controlled environment rather than outside on the site.

"It's high quality and quicker build time than stick building," said Tichelaar.

Tichelaar works with builders from Pennsylvania, Michigan and Ohio. His goal is to go on a nation scale from coast to coast within a year.

The advantages of engineered building components include a guaranteed price of product, the elimination of waste and no cost overruns, while the plumbing and contractual work is done locally.

EBS works with Universal Forest Products in Pittsburgh. Tichelaar's wife Tammy works on custom kitchen designs for the homes with Homecrest Cabinets.

Both Tammy and Dave are 1966 graduates of Lowell High School, and four out

of five of their children live in Lowell.

"We're excited to be

here," said Dave Tichelaar. "We grew up in Lowell. This is our comeback to Lowell."

For more information go to www.engineeredbuildingsystems.net.



Tammy and Dave Tichelaar are back in Lowell to do business.

MEAP, continued ... From Page 3

In the state, Lowell had increases in all four subjects in 4th grade.

In 5th grade, the highest number came in science, with 92 percent. Kent County

saw an 83 percent average, and the state had 82 percent. Lowell saw increases in ELA and writing, but slight decreases in math, reading and science.

In 6th grade, reading was the highest-scoring subject, with 90 percent. Kent County saw 85 percent, while the state saw 82 percent. Lowell had increases in ELA, math, and writing, while their reading scores stayed the same.

In 7th grade, Lowell had high numbers in both ELA and math, with 89 percent. Kent County had 79 percent and 75 percent, respectively, while the state had 74 percent and 73 percent. Lowell had increases in ELA, math and writing, as well, and their reading scores stayed the same.

In 8th grade, the highest number was found in reading, with 88 percent. Kent County had 81 percent, while the state had 77 percent. Lowell had increases in ELA, math, reading and writing, but saw a slight decrease in science.

In 9th grade social studies, Lowell had 84 percent, as opposed to Kent County's 72 percent and the state's 71 percent. The scores are down from 91 percent last year.

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TOTS is an early childhood project of the Lowell Area Community Fund and the Lowell Area Schools.

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Viewpoint

To The Editor

Dear Editor,

I am writing regarding an issue I have with one of our City Council members. I was having dinner with my family at a Lowell restaurant on Saturday, April 12. My family goes in there almost every Saturday evening to have dinner before the larger crowd comes in. Well, on this particular Saturday, my 3-year-old son finished his meal and we went up front to get some candy out of the machine, and one of our own Lowell City Council members opened his mouth loud enough for the whole place to hear and said "someone needs to cut that kid's hair." I, of course, was quick on responding since I am his mother, and I need to protect my son since, once again, he is only 3. I told this council member I heard his comment and that he needs to mind his own business, because my son doesn't need a haircut. This council member looked surprised that I stood up for my son and proceeded to lower his voice and talked mockingly about me with his companions. I am his mother and I will make the decisions on when my son does or does not need a haircut. It is my choice if I want his hair longer than what this council member thinks is suitable. I wonder if there is something in writing concerning protocol on the personal conduct of council members? I think the city needs to know how their council members act in public and should remind

each council member they are representatives of our city when out in public.

This council member verbally disgraced my son and questioned my parental decision in public, and something should be done about it. Granted, I believe that they should have a life outside of being a council member, but still, they have a reputation to uphold for everyone in our community while they are in this position.

Soheila Dawson

To The Editor,

Headlines on the front page of the April 9 Lowell Ledger stated "Lowell receives Tree City USA Designation". Here's my viewpoint on the subject. I believe if it wasn't for the cutting down of some of Lowell's healthy tree's in the first place, Tree City wouldn't have come about, and that makes becoming Tree City nothing more than a whitewashing of a bad deed. But there's more to be read into this scenario. I believe that Lowell didn't have much of a tree-trimming policy in the first place before initiating their 10-foot take-no-prisoner policy, with the dismemberment of many of Lowell's healthy tree's. What is left out of this scenario are the years that it took to grow those trees and the years that it will take to grow new ones, and becoming tree city will be easier said than done. Sincerely,

Jim Howard



By Shelly MacNaughton

125 YEARS AGO THE LOWELL JOURNAL APRIL 25, 1883

If the B & L railroad should be built as prophesized by Mr. Willis in his letter, in another column, Lowell, being the center of the route, would have a chance at securing the car shops, which would add at least 1,000 to our population.

W. W. Cole's circus will visit Lowell during the coming summer.

100 YEARS AGO THE LOWELL LEDGER APRIL 23, 1908

The three floors of the Kopf block are again rented. The LEDGER has the ground floor. Yeiter & Wadsworth will use the second and the Woodmen lodge the third, formerly G. A. R. hall. Trustee Mange is a good manager.

Secretary William Farrell of the Ada Pioneer Society made the LEDGER a call on Monday. Mr. Farrell is an authority on pioneer history.

75 YEARS AGO THE LOWELL LEDGER AND ALTO SOLO APRIL 27, 1933

Ever since that day in early February when Governor Comstock closed all of the banks in Michigan, people have been asking the question "When will our banks reopen?"

Nobody knows. Banker themselves don't know any more about it than do their patrons. Governor Comstock, who recently made a trip to Washington to straighten out the closed bank mess in Michigan, is plenty sore. He is quoted: "Washington hasn't any program for reopening these closed banks, and it won't let us put our plan into effect."

50 YEARS AGO THE LOWELL LEDGER APRIL 24, 1958

The school electors of the Honey Creek school, north of Ada, voted 66 to 52 not to join Lowell School District.

Bunco Club will be held next week Thursday afternoon, May 1, with Mrs. Margaret Kohn with Mrs. Maude TenCate as co-hostess. Please bring tables, dice and punch and be there at 1:30.

R. E. Colby, 75, of McCords, passed away in Butterworth hospital Saturday. Mr. Colby was born October 16, 1882 and owned a general store in McCords for 45 years, and was station agent and postmaster here. He owned and operated lumber yards at Alto, Cascade and McCords.

25 YEARS AGO THE GRAND VALLEY LEDGER APRIL 27, 1983

Members of the Macker Advisory Council last week revealed to City Council members plans for the 10th, biggest, and last on the street Macker Basketball Tournament.

Hundreds of scouts and their leaders will converge on Lowell April 29-30 and May 1 to celebrate the Lokemo District's Scout Fest '83.

A barn on the Richard Nies farm, 2216 Fallasburg Park Dr. N.E. burst into flames Thursday April 21, at about 8:30 am.

**Sharing
The Vision**
With Gregory Pratt
LHS Superintendent

In earlier articles throughout the year, we have discussed the changes in curriculum and delivery methods in education. One of the most recognizable changes to the educational landscape in the past decade has been continual development of the Michigan Educational Assessment Program (MEAP) test, which elementary and middle school students take in the fall. The Michigan Department of Education (MDE) uses results from the MEAP test to fulfill the requirements stated in the federal mandate of No Child Left Behind. Testing in schools today is considered to have high stakes associated with their outcome. Most recently, Lowell Area Schools has received results from the latest round of our MEAP tests, and we are able to compare those

Outdoors

By
Dave Stegehuis



CERTIFIED HABITAT

A sign just inside the woods by our driveway appears to be a NO PARKING sign. A closer look reveals the green and white rectangle on the rough-hewn post displays the logo of the National Wildlife Federation. The sign and the paper certificate we received earlier, recognizes the property as an official Certified Wildlife Habitat site.

Certification means the area provides food, water, cover, places to raise wildlife young, and must employ sustainable gardening practices. Schools, businesses, and community sites are certifiable; however, the majority of certified sites are on the property of private citizens. Habitat size can range from urban balconies to thousands of acres.

Because of the persistent development of rural areas over the years, land has been fragmented into smaller and smaller parcels. The total effect has been a significant loss of wildlife

habitat which, in the long run, can affect the population and sometimes the survival of a species. Governmental units can only address public property, but thousands of individual private sites can have a major positive impact on wildlife as well as the environment.

Wildlife-friendly habitat features can also protect homes from extreme weather, prevent soil erosion, reduce the use of gas-powered equipment, and absorb carbon dioxide, thus slowing global warming. Establishing and maintaining viable habitat is another way to jump on the going green bandwagon. Another benefit is that a certified habitat could help to sell a home, and new owners are likely to maintain the habitat after the sale.

Information about how to certify your property is available from the National Wildlife Federation at www.nwf.org. Even if one is not interested in certification, this site will provide a wealth of information about meeting the needs of all types of wildlife. For example, you can learn how to attract and retain butterflies in a small garden, or get tips on feeding birds.

So the sign by the woods doesn't prohibit parking, but we do need to be careful not to hit the dead tree with all the holes in it because someone lives there. When it comes to wildlife habitat, every little bit counts.

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Investing In Michigan Innovation
 With Senator Carl Levin

This year marks the 50th anniversary of the Defense Advanced Research Projects Agency (DARPA). If you have never heard of DARPA, you are not alone. But some of the innovations it has supported are familiar to all of us, and the work they are doing today will shape the way we live tomorrow. DARPA began the research that led to the creation of the Internet; it originated the technologies used in our military's stealth aircraft; and it even provided funding to the inventor of the computer mouse. These innovations have changed the way we learn and

Financial Focus
 With Christopher C. Godbold
Edward Jones
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WHO'S LOOKING OUT FOR INDIVIDUAL INVESTORS?
 If you've been investing for a while, you know that there are few guarantees in the investment world and that, in one way or another, you're going to be taking some risks with your money. Still, you'd like to know that you're participating in a system that is fair to everyone and governed by rules. So you may ask yourself: "Who's looking out for me?"

Fortunately, you're not alone. In fact, a variety of government agencies and industry groups are working to protect you. Let's take a quick look at some of them:

- SEC — The Securities and Exchange Commission (SEC) was created in 1934, in the midst of the Great Depression, to restore investor confidence in U.S. capital markets. The laws that created the SEC were designed to ensure that companies selling securities must tell the public the truth about their businesses, the securities they sell and the risks involved. The SEC may investigate a wide range of violations, including outright theft, price manipulation, insider trading and misrepresentation or omission of key information about securities. For a more detailed understanding of what the SEC does, go to its Web site at www.sec.gov.
- FINRA — The Financial Industry Regulatory Authority (FINRA) was created in July 2007 through the consolidation of the National Association of Securities Dealers (NASD) and the member regulation, enforcement and arbitration functions of the New York Stock Exchange. FINRA registers and educates financial services professionals, writes and enforces rules, enforces federal securities laws

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Wege, continued ... From Page 1

has donated a conservation easement.

"We need to set an example for the rest of the country," said Wege.

Following the presentation, Wege spoke naturally about his love of the land and what needs to be done to preserve it. He believes that politicians should be involved in preserving the environment.

"The population is going out of control," he said. "farmland is incredibly important."

In June, Wege will be speaking to 200 mayors from all over the country in Grand Rapids with the hope of spreading the word.

"This effort has to grow through meetings," he said.

His focus is on saving the Great Lakes through the Healing Our Waters Coalition backed by several U.S. legislators. It targets eight Great Lakes states and two Canadian provinces. Education remains one of the most important pillars of his foundation.

After sowing the seeds of environmental education locally with the Wege Wittenbach Center and the Goodville Nature Center, Wege wants his message to go world wide.

"My goal is to get the leading colleges of the world together," he said.

Already the University of Michigan, Michigan State University, Western Michigan University,

Alma College and Aquinas College are backing Wege's effort.

"We have to think about what are we doing to this country," he said.

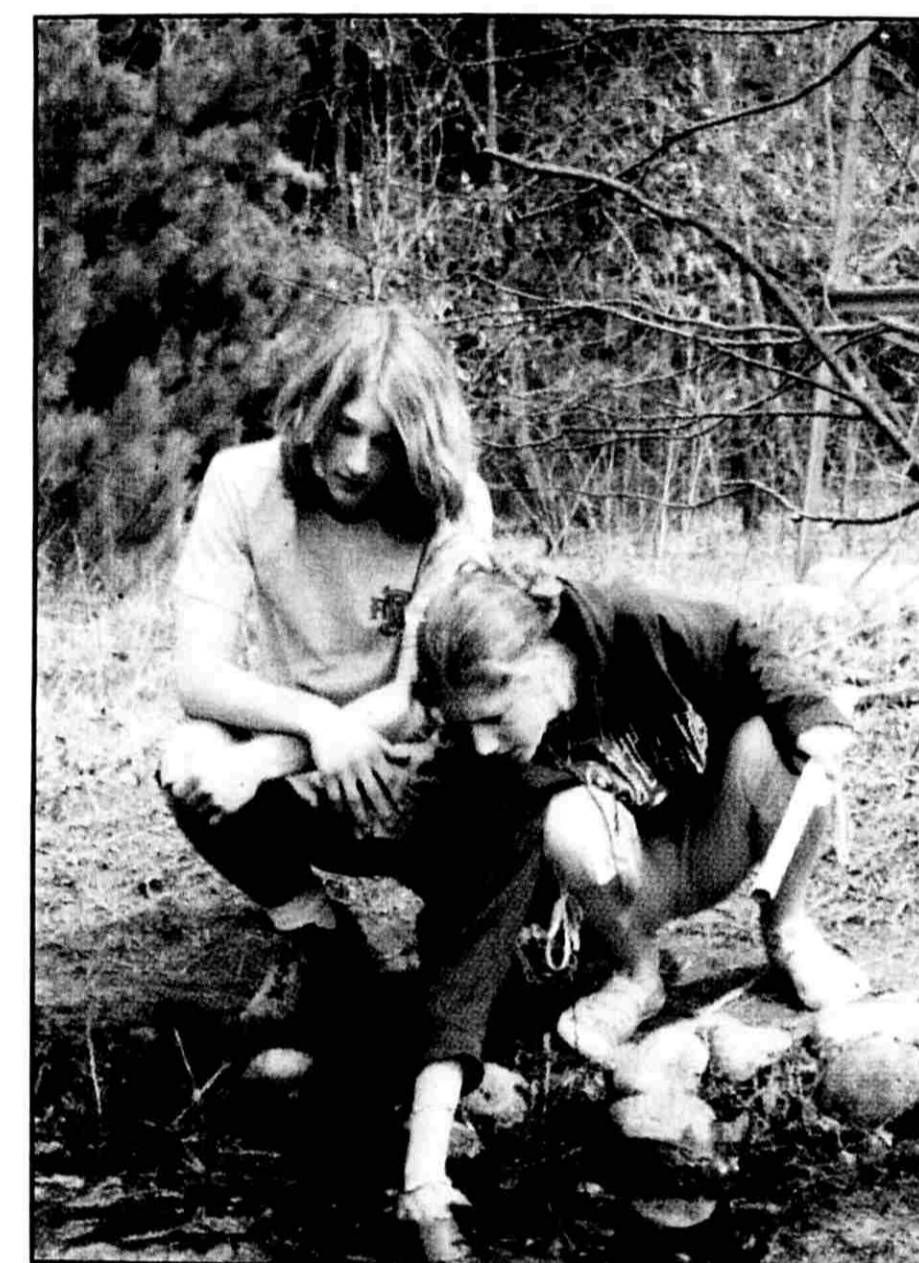
Wege, who is also a poet and a lover of arts, has authored two books about environment. He has coined the term 'Economicology' for striking a balance between economics and ecology.

Environmental and philanthropist Peter Wege accepts recognition from Rick Chapla.



Conservation expo at WWC kicks off land preservation week

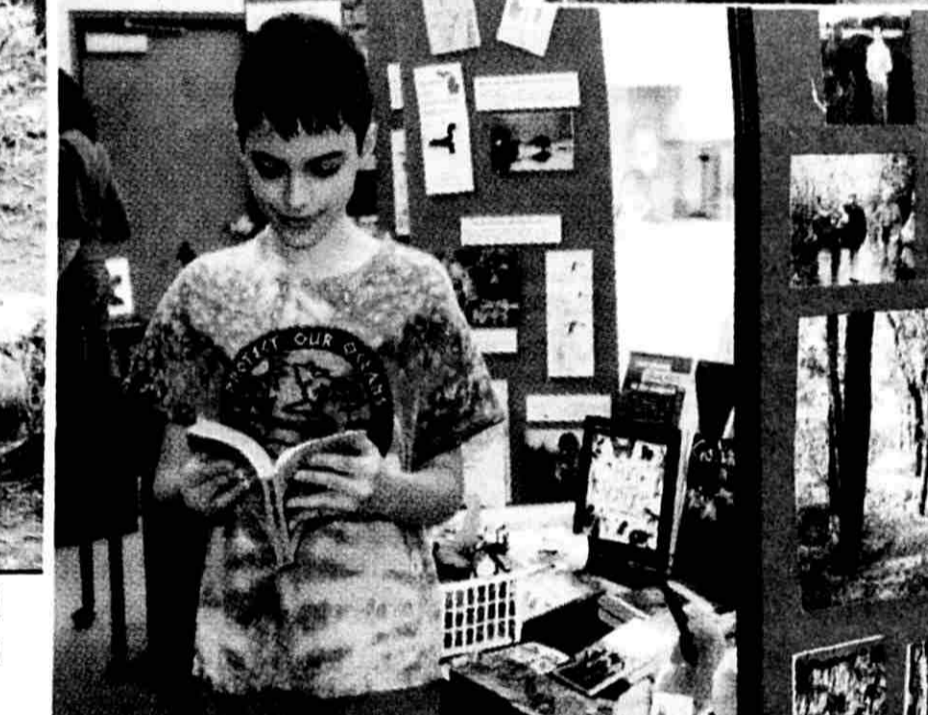
The conservation organization expo held last week at the Wittenbach-Wege Center kicked off the newly declared land preservation week April 20 through April 26 by Senator Patty Birkholz. The expo featured numerous booths of area environmental organizations, like Wild Ones.



Sage and Asher Maliepaard checked out the pond by the hiking area during the expo. There were several featured hikes in the area.



Pictured, from left to right, Mark Fitzpatrick, Sue Osgood, secretary, Steve Mueller and Carol Phelps, president.



Corey Sorg of Walker loves butterflies and insects. That's why he came to WWC expo for second year in a row. Walker also did the nature hike.



On The Wild Side

With Ranger Steve
Wittenbach/Wege Center Director

GARLIC MUSTARD PULLS

Stewardship Cluster groups have been organizing garlic mustard pulls since January, working with the Lowell Conservation Association as a participant.

The Stewardship Network has organized a campaign to get a variety of groups in the region to pull together to help stop garlic mustard from destroying our local natural areas.

To make this even more exciting, the West Michigan cluster is competing with other clusters in Michigan to see who can pull the most garlic mustard. The end goal is to pull a total of 100,000 pounds across Southern Michigan.

Please help protect your local natural area, including its spring wildflowers, and help us reach our goal by participating in one of the garlic mustard pulls in the region. Listed are all of the garlic mustard pulls in West Michigan.

West Michigan's Garlic Mustard Pulls:
Aman Park (Ottawa Co.) April 26, 9 a.m.
Grand Rapids Audubon Club
Stoney Lakeside Park (Kent Co.)
..... April 26, 10 a.m. and April 27, 2 p.m.
Lowell Area Conservation Association
Lowell Boy Scout Cabin (Kent Co.) April 30, 6 p.m.
Lowell Area Conservation Association
Hager Park (Ottawa Co.) May 3, 10 a.m.

Stewardship Network/Ottawa County Parks
Aman Park (Ottawa Co.) May 3, 10 a.m.
Stewardship Network/Grand Rapids City Parks
Seidman Park (Kent Co.) May 3, 10 a.m.
Stewardship Network/Kent County Parks
Ada Park (Kent Co.) May 3, 10 a.m.
Ada Township Parks
Prairie Wolf Park (Kent Co.) May 3, 9 a.m.
Gaines Charter Township
Parks and Recreations Committee
Dune Pines Preserve (Allegan Co.) May 10, 9 a.m.
Land Conservancy of West Michigan
Pierce Cedar Creek Institute (Barry Co.) May 10, 9 a.m.
Pierce Cedar Creek Institute
Brower Lake Preserve (Kent Co.) May 17, 9 a.m.
Land Conservancy of West Michigan
Tunnel Park (Ottawa Co.) May 17, 9 a.m.

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Red Arrow SPORTS

FUNDAMENTALLY, WE'VE BEEN PLAYING REALLY SOLID.

- Coach Juston Miller

Red Arrow baseball keeps season perfect with 10-0 start

by Molly Benningfield
Editor

It's early in the season, but the Lowell baseball team is looking strong as they continue their winning streak against area teams, and get a 10-0 record.

The Arrows defeated Thornapple-Kellogg Monday night in a doubleheader, winning 14-4 and 10-2. The first game ended in the bottom of the 6th inning, after Lowell went up by 10 points.

The team also won the

Lowell Invitational Saturday afternoon, after defeating St. John's 12-1 and Hopkins 10-2 in the final game.

Pitcher Torsten Boss picked up his second win vs. Hopkins, while Will Bryan went 2-3, with two RBI. Nick Trasky went 2-4, and Ethan Drain went 2-2.

Against St. John's, the team had 11 hits and recorded no errors. Zach Stevens was the winning pitcher for the game, striking out 12 players, with no walks. The game ended in the fifth

inning. Jesse VandenBosch was 3-3, and had three runs scored, and four bases stolen. Josh Drake was 2-2, and Pete Scudder was 2-4, with two RBI.

In a doubleheader against Ionia on Thursday, the team went 2-0, winning Game 1 8-2 and Game 2 11-0, ending the match in the fifth inning.

In Game 2, Trasky picked up his second win pitching. Stevens was 2-4. The team scored seven runs in the third inning to propel



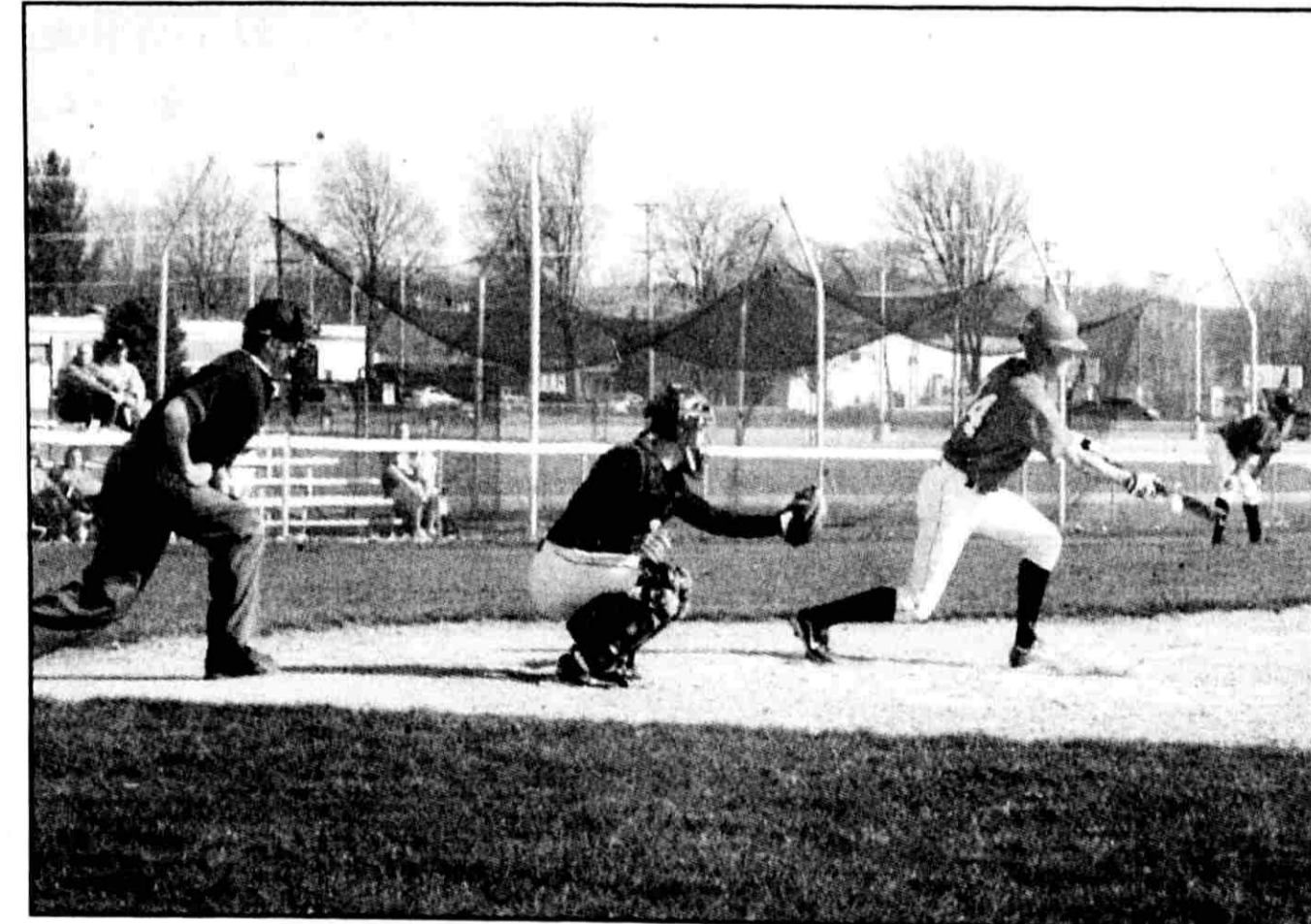
The team heads out to home base to meet Torsten Boss (4) Monday, who hit a single-run home run.



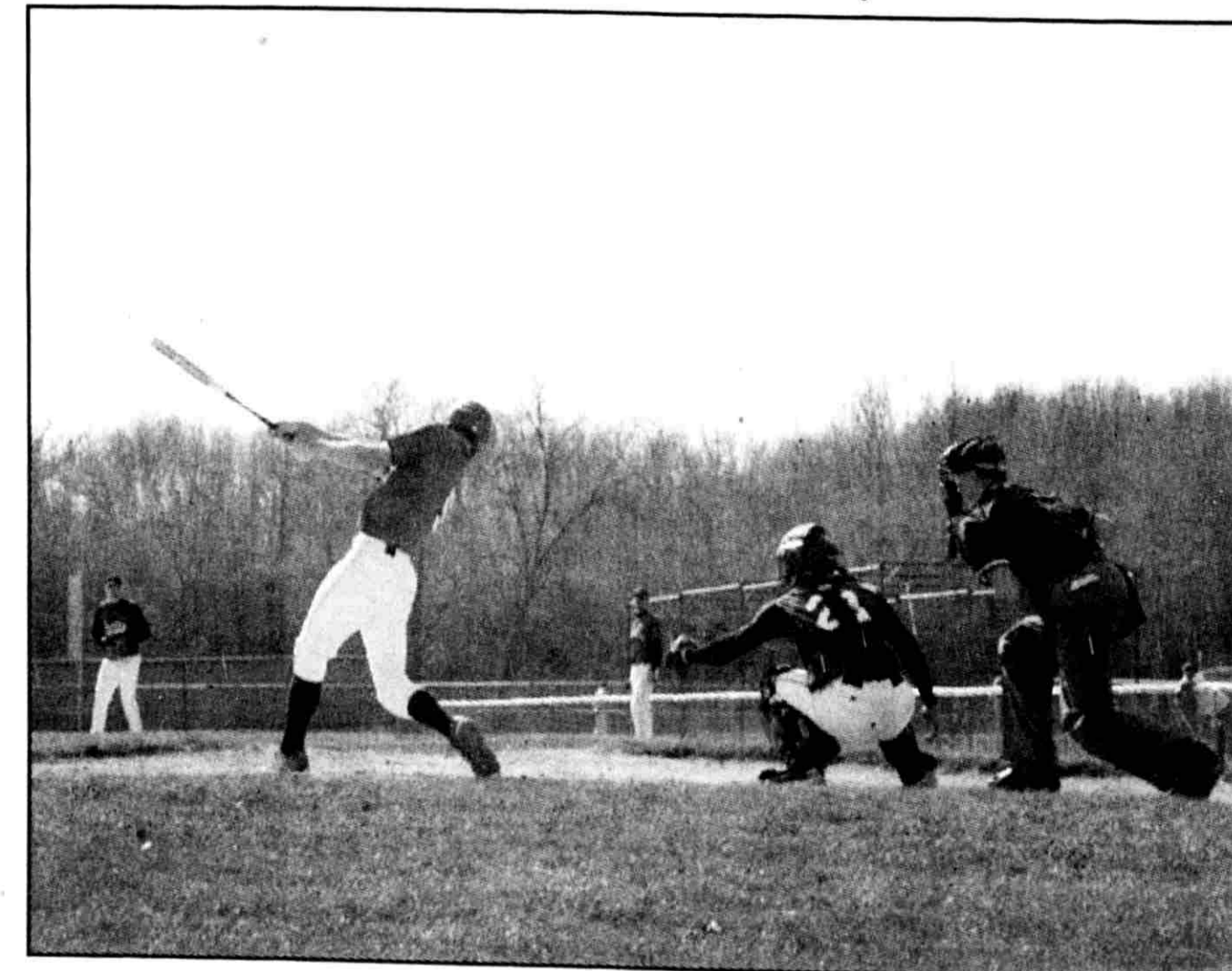
The varsity baseball team won the Lowell Invitational Saturday.



Lowell makes the out on first base against Thornapple-Kellogg.



Pete Scudder (14) at bat against Ionia Thursday.



them to 11-0. In Game 1, Drake went 2-0, and had eight strikeouts and one walk. Boss was 4-4 at bat.

The Arrows also defeated Unity Christian on Wednesday, 7-4.

Boss was 2-2 hitting, picking up a single and a double, and had his first win pitching. Scudder went 2-4, and had a single and a triple. Coach Juston Miller said the team was tied 4-4 going into the seventh inning, and scored three runs to get the lead. Scudder hit a triple in the 7th for two go-ahead runs.

Miller said team has been playing the game well. "Fundamentally, we've been playing really solid, getting a lot of guys in. The key role players are playing hard, and making others [play hard] too."

He said the team is going to "take it forward from here. The boys are doing good and working hard to beat the game of baseball."

NEXT GAME

Today, April 23
@ 4 p.m.

Cherry Creek
vs. Greenville

(Right): Nick Trasky (9) gets a hit against Ionia Thursday.

NOTICE OF PUBLIC HEARING LOWELL CHARTER TOWNSHIP PLANNING COMMISSION

The Lowell Charter Township Planning Commission will hold a public hearing to consider amendments to the Lowell Charter Township Zoning Ordinance regarding Special Land Uses. These amendments would amend Section 4.7 of the Lowell Charter Township Zoning Ordinance. The specific amendments would provide standards and procedures for reviewing special land uses, placing conditions on the granting of a special land use, amending a special land use and revoking a special land use.

The hearing will be held as follows:

WHEN: MONDAY, MAY 12, 2008

TIME: 7:00 P.M.

WHERE: LOWELL CHARTER TOWNSHIP
HALL
2910 ALDEN NASH AVENUE SE
LOWELL, MI 49331

The proposed amendments are available for review at the Lowell Charter Township offices, 2910 Alden Nash Avenue, NE, Lowell, Michigan, 49331 during normal office hours on Monday, Tuesday, & Thursday or by calling 897-7600.

Tim Clements, Secretary
Lowell Charter Township Planning Commission

Red Arrow SPORTS

next game

APRIL 23

vs. Reeths-Puffer
6:45 p.m.

Red Arrow soccer gets a tie and a win in first week back

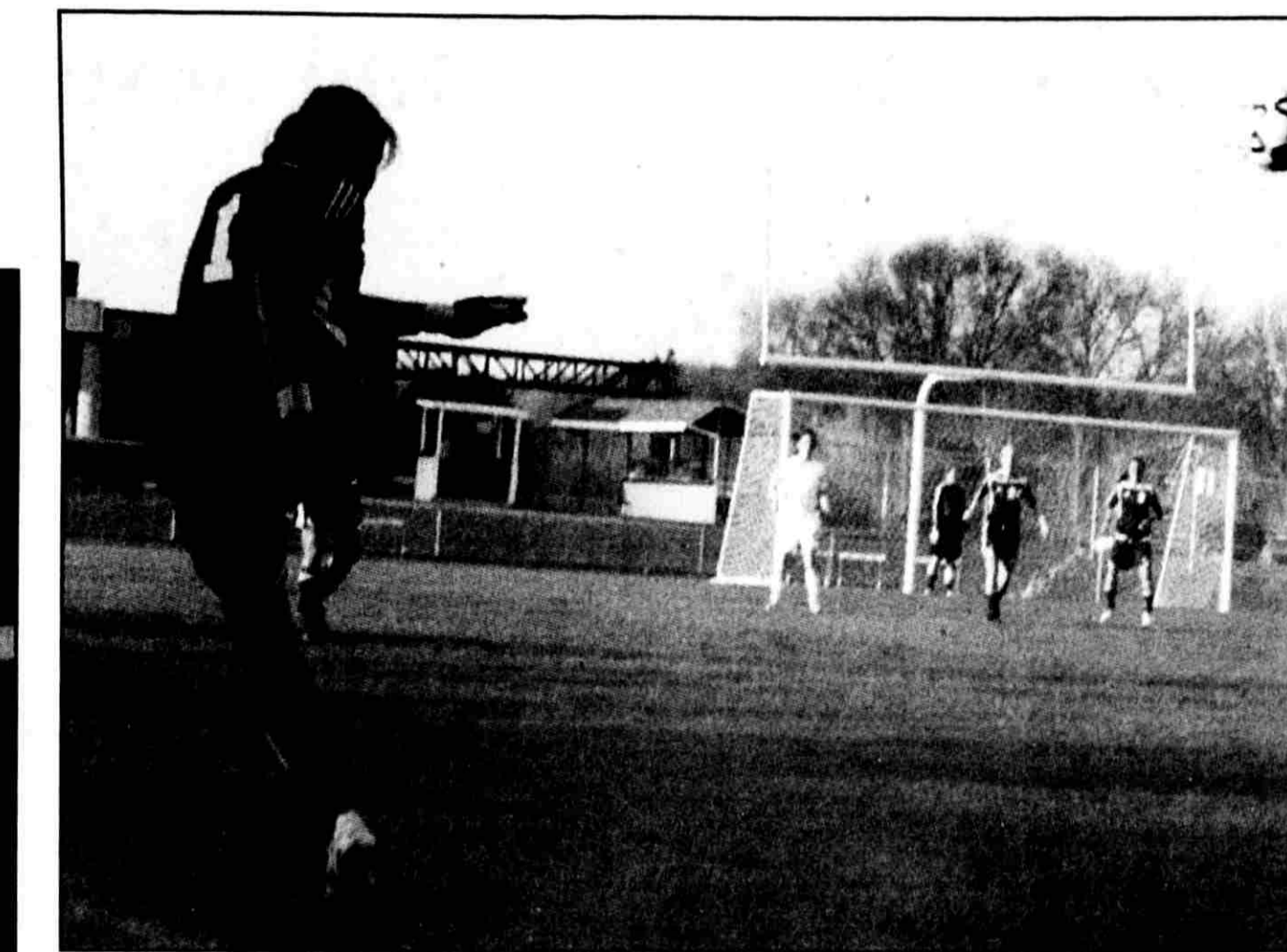
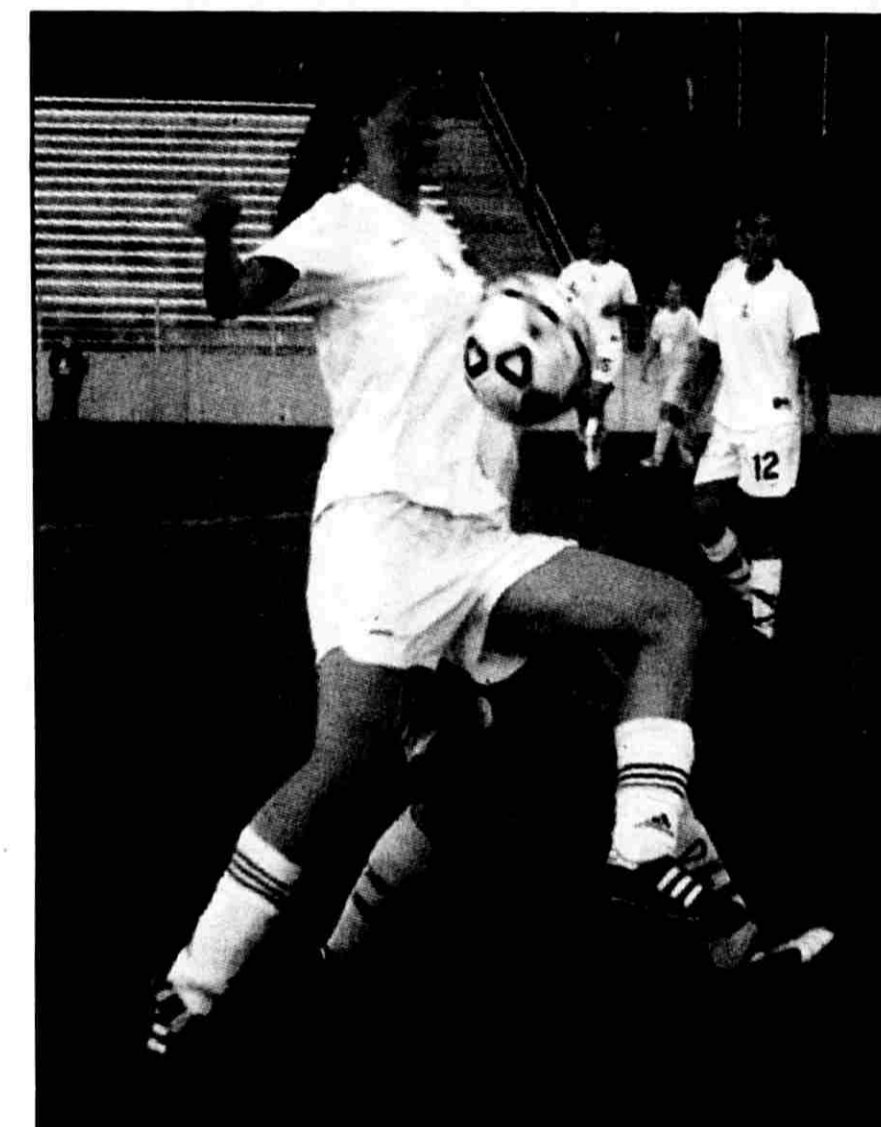
by Molly Benningfield
Editor

The girls' soccer team scored a win last night against conference team Greenville, and a tie against Mona Shores last week.

These two games were the first match-up for the team coming back from spring break training in Arizona.

The Arrows won against Greenville 8-0, with the game ending at 24:54 in the second half, invoking the mercy rule. Chelsea Harrison scored the game-winning goal as the goalie accidentally helped knock it in.

Lowell tied Mona Shores 1-1 last week.



(Left): Courtney Schmidt (14) fights for the ball against Mona Shores.

(Lower left): Chelsea Harrison (15) plays tough D Monday.

(Top): Goalie Cat Howard takes a free kick Monday.

(Right): Hannah Oberlin (11) takes a free throw Wednesday.



Crew team competes in GR Invitational



On Saturday, April 19, the Lowell Crew Team competed against 25 teams from Michigan and Indiana in the Grand Rapids High School Invitational Regatta, which was held at Riverside Park on the Grand River. The team competed in the Junior Women 8, Junior Men 4, Novice Women 8, and Junior Women 4. The Junior Women 4 A Team, with rowers Sam Hagerman, Jessica Mankel, Lauren Hanson, Mattie Kropf and coxswain Cheyenne Brown rowed to a 7th place finish for the best performance of the day for Lowell.

Garden Fitness Stretches

- Before stretching for any activity, breathe in and out, slowly and rhythmically; do not bounce or jerk your body, and stretch as far and as comfortably as you can. Do not follow the no pain, no gain rule. Stretching should not be painful.
- While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.
- Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel towards your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg.
- While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.
- Do the "Hug your best friend." Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two or three times. Finally, be aware of your body technique, form and posture while gardening. Kneel, don't bend, and alternate your stance and movements frequently.

As springtime approaches weather warms up and leaves turn green, many people will spend more time outside planting bulbs, mowing the lawn and pulling weeds. Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, your body may not be ready for exercise of the garden variety. Gardening can be enjoyable, but it is important to stretch your muscles before reaching for your gardening tools. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb. A warm-up and cool-down period is as important in gardening as it is for any other physical activity. Performing simple stretches during these periods will help alleviate injuries, pain and stiffness. To make gardening as fun and enjoyable as possible, it is important to prepare your body for this type of physical activity. The stretches located on the left will help to alleviate muscle pain after a day spent in your garden. Always remember to consult your physician prior to beginning any new activity.

If you already feel muscle aches and pains and did not complete the warm-up and cool-down stretches there are ways to alleviate the discomfort. Apply a cold pack on the area of pain for the first 48 hours or apply a heat pack after 48 hours and consider chiropractic care.

TREATMENT

Chiropractic care works on correcting fixated vertebrae reducing pain and improving flexibility and function. To see if chiropractic may be able to help you call today for a complimentary consultation.

Lowell Chiropractic
Aaron J. Buys D.C.
(616) 897-8284
2531 W. Main St.
Lowell, MI 49331

Caledonia Chiropractic
Eric Seif D.C. -Tanya Seif D.C.
(616) 891-8153
9090 S. Rodgers Ct.
Caledonia, MI 49316



Oh My Blooming Back!

Red Arrow SPORTS

“TALENT-WISE, FROM TOP TO BOTTOM, WE ARE BETTER THAN WE HAVE EVER BEEN.”

- Coach Eric Bredin

Lacrosse wins two and hosts third annual lacrosse day

by Molly Benningfield
Editor

The varsity lacrosse team saw two wins last week, in a match against Holland Saturday during Lacrosse day 8-2, and against East Lansing, 8-2 on Wednesday. The Arrows also played Zeeland Thursday, losing a tight match 6-7.

The team is now 2-3, after losses to Grand Haven and Holland Christian.

During Saturday's all-day tournament, five of the six Lowell teams won their matches.

"Saturday was a huge success from the players on the field playing to the event t-shirt sales to the volunteers working the gate," head coach Eric Bredin said. "Davenport, boasting 2 Lowell grads, also won."

Bredin said it was nice to be able to introduce the sport to many people in Lowell. "In attendance was

superintendent Greg Pratt, who saw his first Lowell lacrosse game and stopped by my classroom to tell me he had a great time."

Bredin said he's happy with the way the team has been playing so far.

"Talent-wise, from top to bottom, we are better than we have ever been," he said.

"To be honest, I have been very impressed, and a little surprised with how skilled we are this year. Whether or not we are as successful as we are talented will depend on how well we come together as a team."

He also noted that the defense and goaltending has been the team's strength, as well as their transition game.

Goalie Roman Tapia, a senior, has saved over 80 percent of shots so far this season.

Other top players are senior defenseman Drake Chittenden, who leads the team in takeaways and senior attackman Joel Morgan, who leads the team in scoring. The team has been also helped by newcomers like junior midfielder Eric Petersen and sophomore attackman Kolin Morgan.

The Arrows will need to work offense, said Bredin, and "learn to move better and work together to put more points on the board."

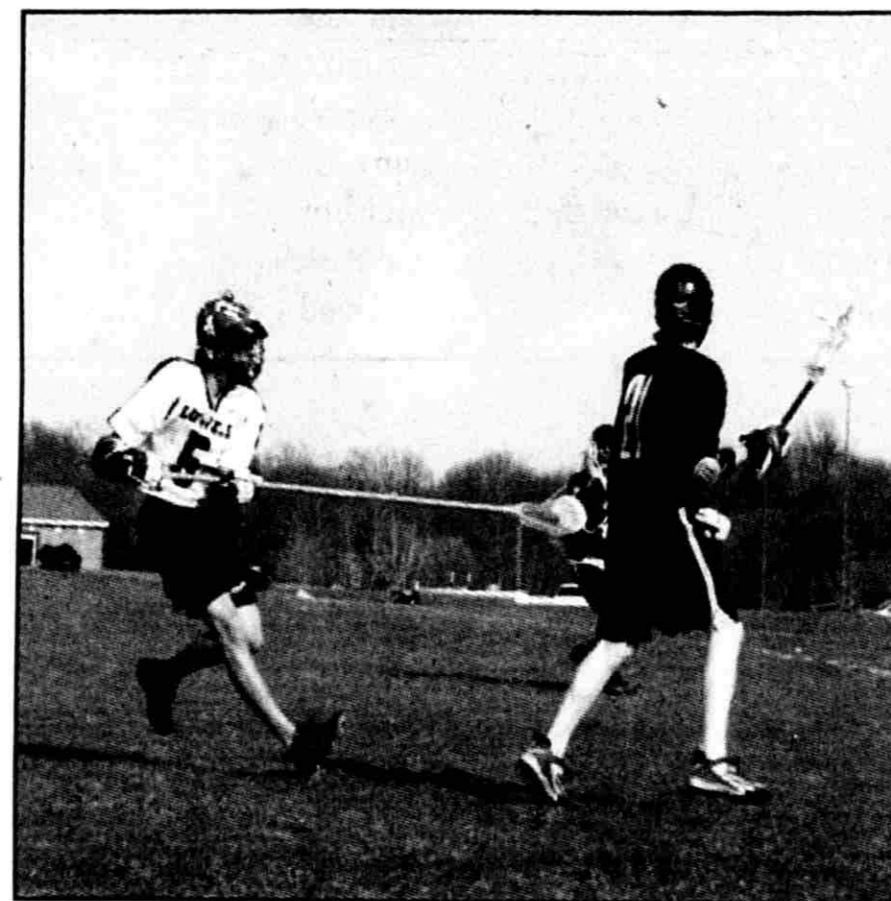
"I'm very pleased with the effort and attitude of this group and if we continue to focus on our weaknesses, I think we'll be a good team and will break .500 for the first time in our short history," he said.



(Top): Eric Meyers (25) looks to block an East Lansing player while Nick Lachniet (20) gets in close.



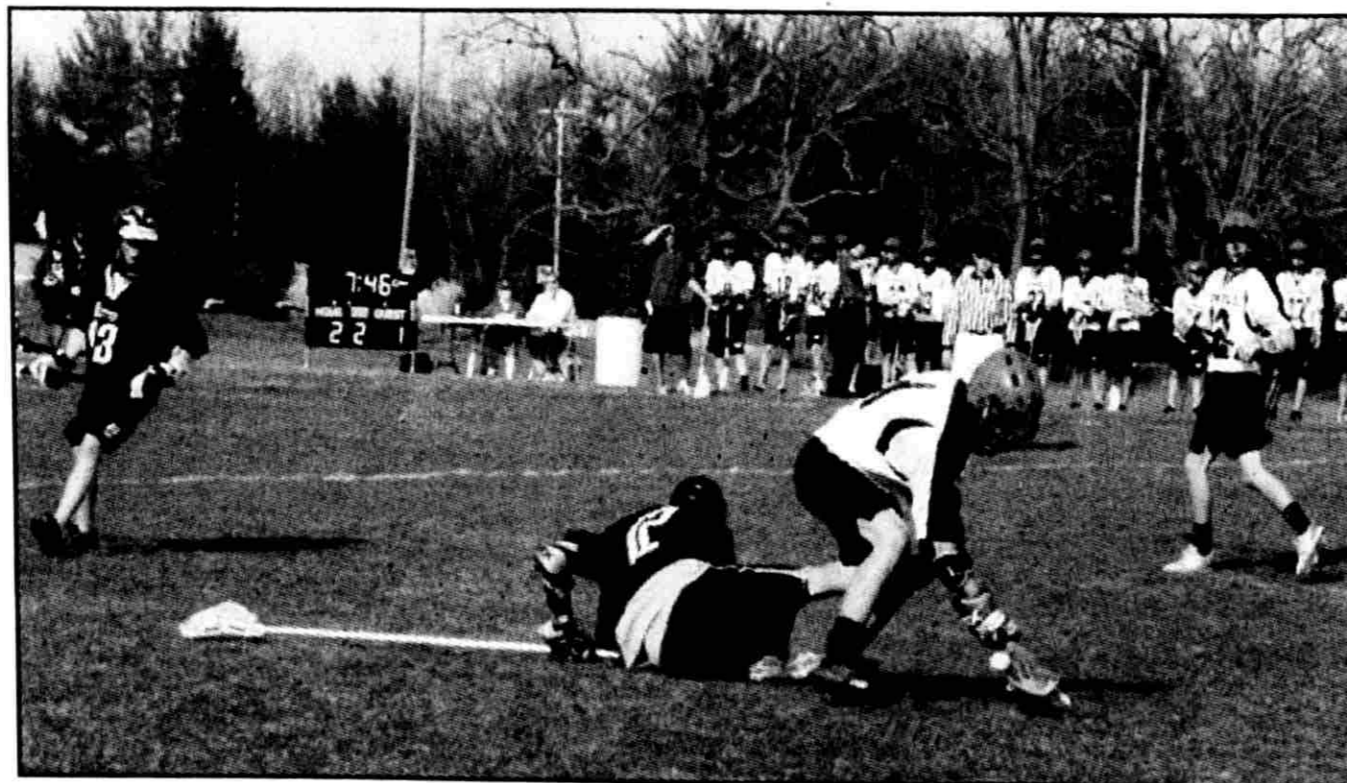
(Top): Lowell beat East Lansing 8-2 on Wednesday.



(Top): Drake Chittenden (5) plays defense.

Saturday scores

- Davenport 12, WMU 8
- Lowell Varsity 8, Holland HS 2
- Lowell 5/6 grade 3, Northview 0
- Lowell JV 3, Caledonia 2
- Lowell Freshmen 7, Portage Northern JV 2
- Lowell 8th grade 8, Mattawan 78ers 2
- Lowell 7th grade 2, Mattawan 78ers 9



(Top): Kolin Morgan (4) takes the lead against East Lansing defenders on Wednesday.

VERGENNES TOWNSHIP ZONING BOARD OF APPEALS PUBLIC NOTICE

There will be a meeting of the Vergennes Township Zoning Board of Appeals on Thursday, May 8, 2008 at 7:00 p.m. at the Vergennes Township offices located at 10381 Bailey Dr. PO Box 208, Lowell to hear the following business:

Applicant Craig Veldman has requested a variance from the front setback distance described in section 201.304 (F) (1) to construct a new house closer to the road than permitted on his property located at 11800 Alden Ct, Lot 22, Carlson Farms, Lowell. The request is due to the grade slope of the lot.

The members may review any other business that may come before them as permitted by the Michigan Zoning Enabling Act and Vergennes Township Zoning Ordinance.

The complete application can be reviewed at the Vergennes Township Hall from 9 a.m. to 3 p.m. on Mondays, Wednesdays and Fridays. Public comment will be heard at the meeting. Written comments received by mail, in person or in the mail slot located at the office entrance will also be considered if received at the Township office prior to 7:00 p.m. on the day of the meeting. Comments may also be emailed to: zoning@vergennestwp.org

Vergennes Township ZBA

Red Arrow SPORTS

“WE'RE BETTER THAN WHAT WE'VE BEEN PLAYING.”

- Coach Bob Rodenhouse

Lowell softball team works to play up to potential

by Molly Benningfield
Editor

The Lowell softball team's record shows 2-5, with tough losses this past week, but coach Bob Rodenhouse said his team is "better than what we've been playing."

The Arrows split a doubleheader Monday night against Thornapple-Kellogg, losing the first game 4-6, but rallying back in the second game with an 8-2 win.

The team traveled to East Kentwood for a round-robin tournament Saturday, and lost two tough games. Against host East Kentwood, Lowell lost 3-13.

Rodenhouse said the score was 4-3 after four innings, but EK "just kept scoring". He pointed out the five errors the team made, and said his team can't keep doing that.

The Arrows lost to Traverse City West in the other game of the tournament, 5-8. Rodenhouse said the

game was close, and that the team "jumped out on top 5-4 in the sixth", but TCW came back for the win.

Samantha Mundt had three hits against EK and four against TCW with a triple, and was 7-8 for the entire day. Ashley Nawrocki had a double and triple against EK, Cassie DeCator and Katie McElroy each had two hits against TCW.

"[TCW] was a pretty close game, I thought we were going to win it," Rodenhouse said.

Against Ionia on Thursday, the team split a doubleheader, winning the first game 12-7, but losing the second game 4-16.

In Game 1, the Arrows went wild in the third and fifth innings, scoring five in each, and had two runs in the sixth. However, they also gave up five errors in the game.

McElroy had two hits and one RBI, Tricia Thuston was 3-4 and had two RBI.

Ellie Timpson had a key hit, Jourdan Westdorp had a two-strike bunt. Lauren Dood had two RBI, DeCator had two hits, and two RBI.

Rodenhouse said the team hit the ball well in the first game, and had a "nice rally comeback."

In the second game, Ionia won 16-4.

"Ionia just hit the spot out of the ball," Rodenhouse said. Westdorp and Nawrocki each had two hits.

The Arrows lost to Unity Christian on Wednesday 0-9. UC is No. 4 in Class B for the area.

Nawrocki had two hits, while McElroy had one hit. Bailey Allen, a freshman who picked up her first varsity win against Ionia, didn't give up a run after coming in in the fourth inning.

Rodenhouse said the team needs to work on their defense and pitching to start making the win.



(Top): Ashley Nawrocki (13) slides into home against Ionia.

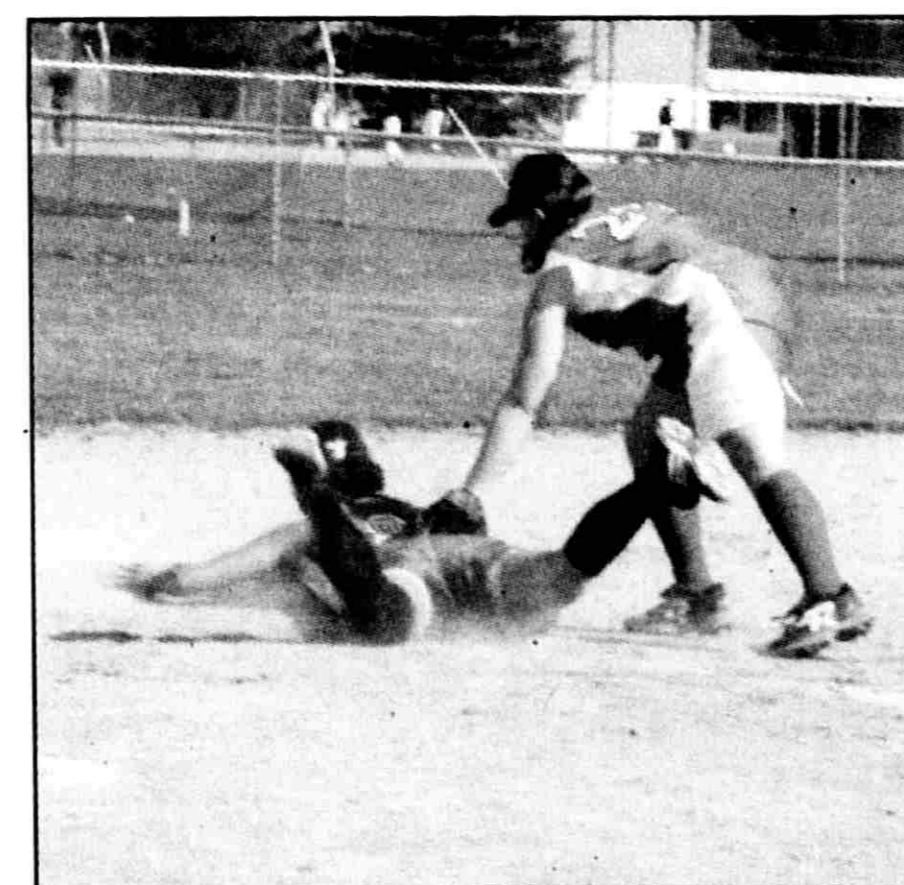


(Top): Bailey Allen (15) winds up against Ionia.

(Right): Katie McElroy (12) gets a hit against Ionia.

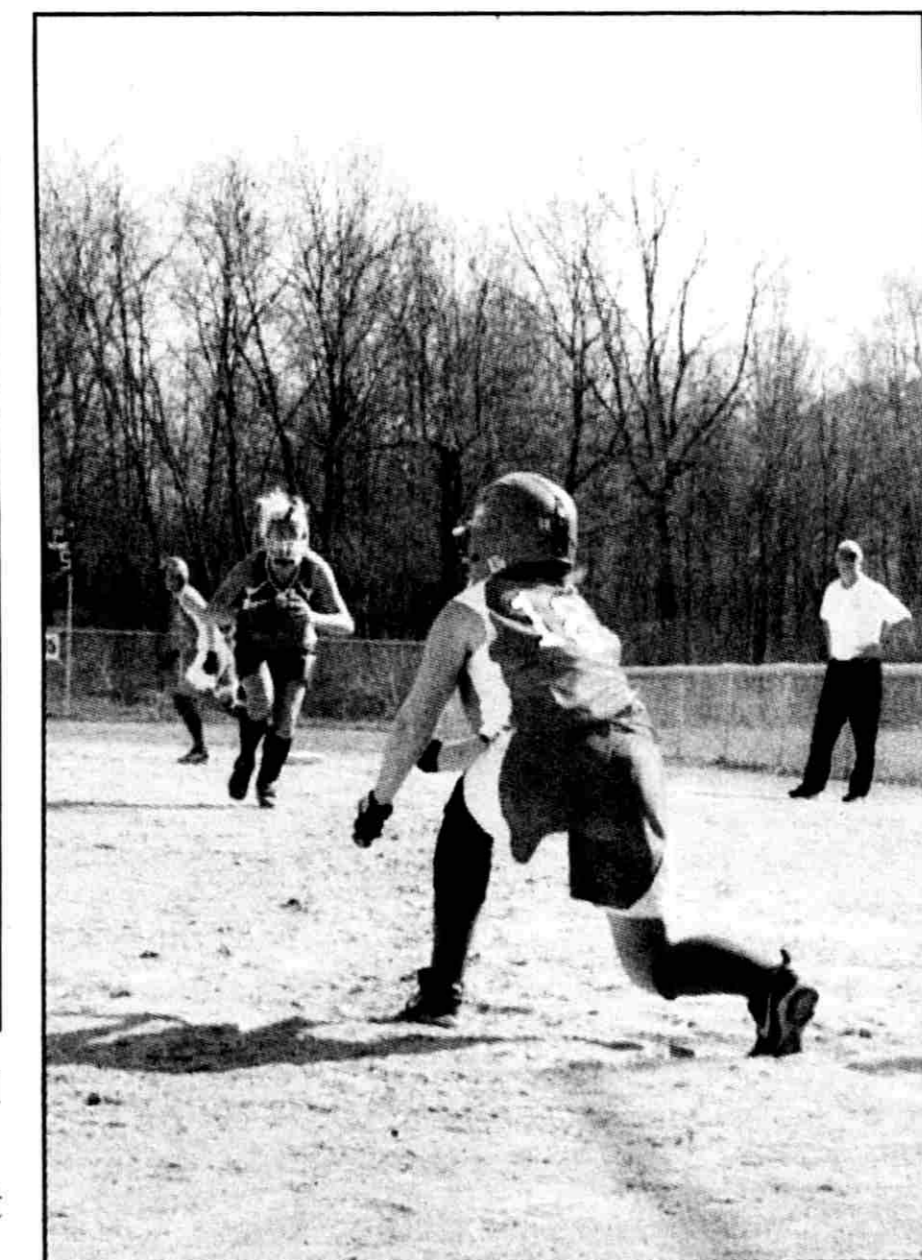


(Top): Catcher Trisha Thuston (19) looks for help as an Ionia player touches home.



(Top): Lauren Dood (23) gets an out at third base.

(Right): Samantha Mundt (18) goes for a bunt against Ionia.



NEXT GAME
Today, April 23
@ 4 p.m.
Cherry Creek
vs. Greenville

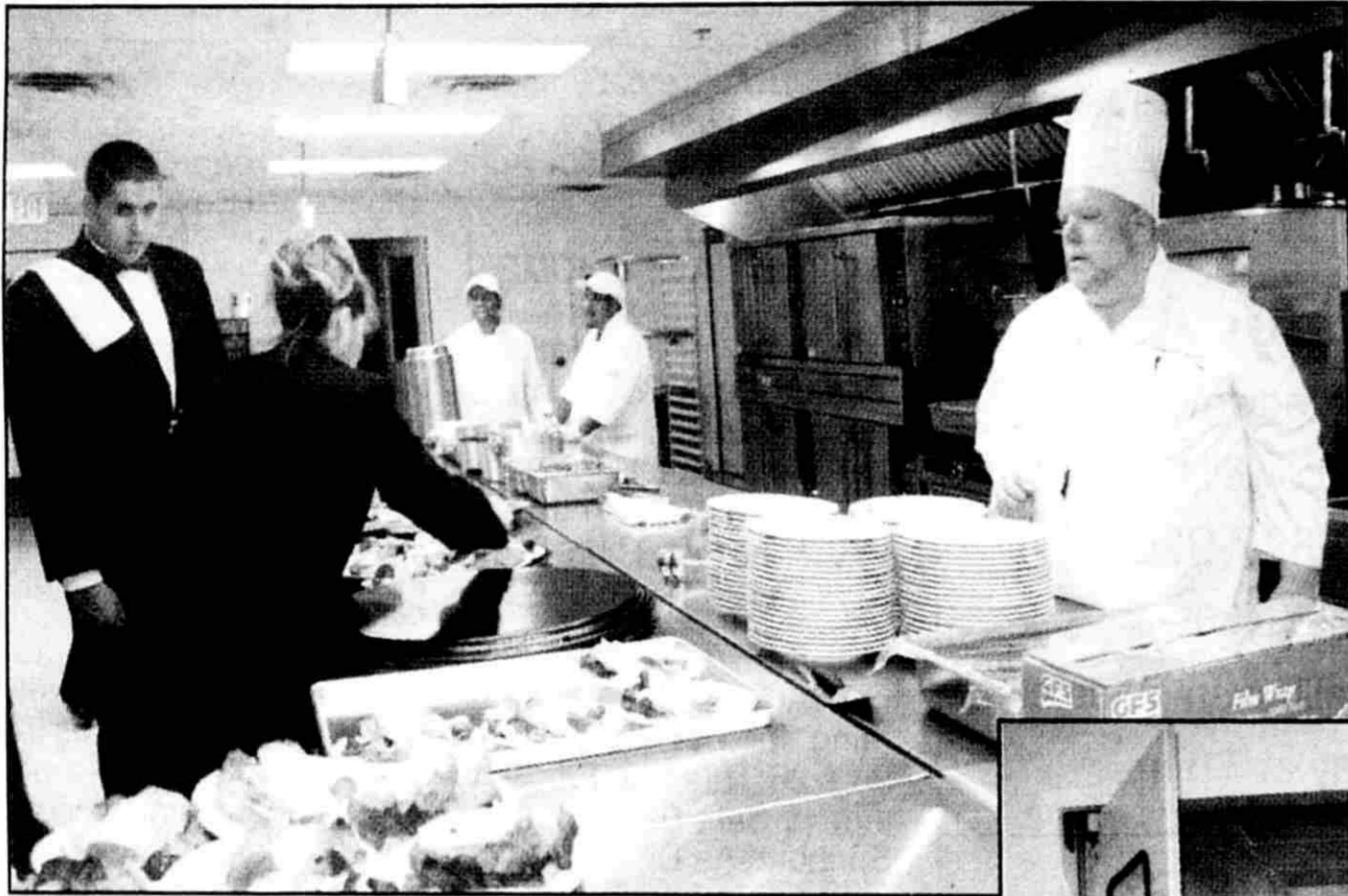
BOWNE TOWNSHIP NOTICE

There will be a public accuracy test of the Optech tabulator on Wednesday, April 30, 2008 at 10:00 a.m. at the Township Office, 8240 Alden Nash SE., Alto, MI 49302 in preparation for the May 6th School Election.

Sandra L. Kowalczyk
Bowne Township Clerk

Somewhere in Time

The Somewhere in Time museum fundraiser with Mary Todd and Abraham Lincoln at the Grand Volute Ballrooms was a big hit. With approximately 195 in attendance, the program featured a Chinese auction, delicious food cooked up by executive chef Jonathan Studley, excellent service by local employees and humorous entertainment consisting of the Lincolns courtship. Even locals pitched in as Mary Todd's suitors, Brian Doyle and Dave Thompson. "We're making history," said museum director Pat Allchin.



Chef Jonathan Studley of Grand Volute Ballrooms prepared an inaugural banquet Friday for the Somewhere in Time museum fundraiser. The meal consisted of a salad, beef tenderloin kebabs or Michigan chicken with beans almondine and wild rice. The service delivered by a local team of employees was excellent.

Maranda Ruegsegger brings out a tray of salads in an orchestrated grand entrance into the ballrooms during the museum fundraiser last week at the Grand Volute Ballrooms.



Mary Todd, Brian Doyle, Abe Lincoln and Dave Thompson.



Mary Todd and Abe Lincoln played by Fred and Bonnie Friebe

LOWELL HIGH SCHOOL PRESENTS

BARRY MANILOW'S

COPACABANA

Book By: Barry Manilow, Bruce Sussman and Jack Feldman
 Lyrics By: Bruce Sussman and Jack Feldman
 Music By: Barry Manilow

April 25 & 26 7:00
April 27, 3:00
May 2, 7:00
May 3, 2:00 & 7:00

\$5 Students / Senior Citizens
\$7 General Public
\$8 All tickets at the door

* tickets on sale starting April 1st in the LHS Main Office
 * tickets also available at Pep Talk

Join us before the show for dessert!
 For show information call 616-987-2956

Lowell Performing Arts Center
 Lowell High School 11700 Vergennes Rd. Lowell, MI



Above: The Copa Boys and Copa Girls (Phil Getzen, Brian Sejat, Sean Briggs, Josh Brubaker, Rebecca Hommowun, Molly Doyle, Brooke Spoelman, Whitney Bunn, Sierra Moore, Andrea Converse, Breanna Bueche, Becca Happie, Brianne Warren, and Nikki Gould.

Below: Rehearsal Photos of the cast.

