



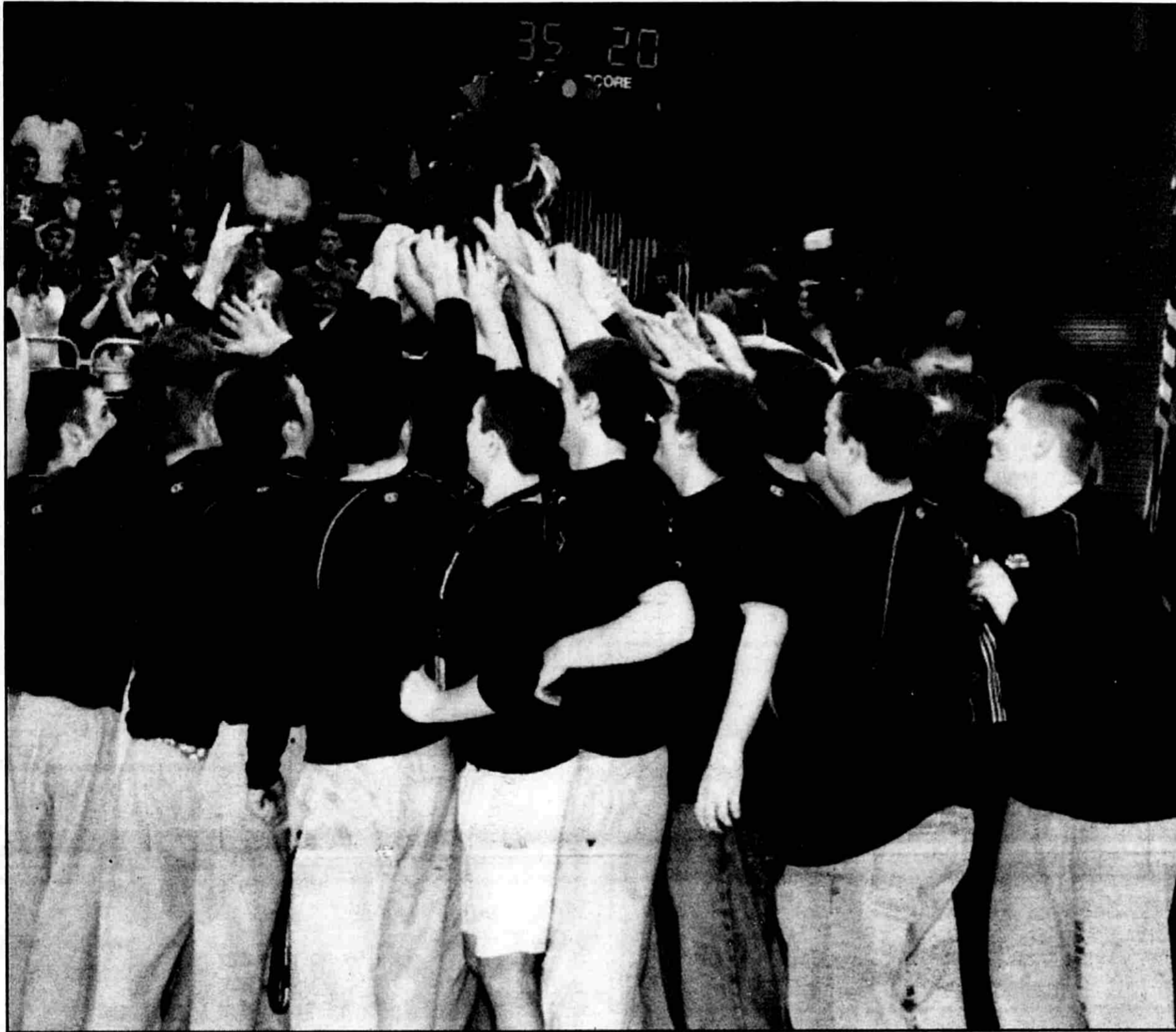
The Lowell Ledger

Volume 38 Issue 15

Serving Lowell Area Readers Since 1893

Wednesday, March 11, 2009

Lowell pins down third state wrestling title



by Thad Kraus

For the third time in eight years Lowell claimed a state wrestling championship.

The most recent one came Saturday at the Kellogg Arena in Battle Creek as the Red Arrows overpowered Oxford 35-20 in the Division 2 state final.

"The boys stuck with it. This is their reward for all their effort and hard work," said Lowell wrestling coach Dave Dean. "I am proud of them."

There were plenty of challenges along the way. Arguably the most formidable was a regional final match-up against Greenville.

That victory slid Lowell into a number one seed and heaped some pressure on the Red Arrows as well.

"I felt a change right after we beat Greenville. There seemed to be a different state of mind. We didn't seem the same. We felt a lot more pressure," Dean said. "Knew we were in number one seed and didn't want to let that down."

Lowell got out of the gate a little slow against Oxford, losing two of the opening three matches, but there was no let down.

From there, the Red Arrows ripped off eight straight matches to take a 35-11 lead.

Ryan Olep's 7-1 decision at 189 pounds sealed the state title for Lowell with three matches still to wrestle.

"We just tried to stay focused and to get done what we needed to get done," Olep explained. "The first match today was little tough, but we were ready to go for the finals."

State title winners, cont'd., pg. 13

Following title win, the Lowell wrestling team holds the trophy for its faithful following.

City will act as agent for LARA trail grant application

by Emma Palova

The city of Lowell will act as an agent on behalf of the Lowell Area Recreation Authority (LARA) for grant application for phase 1 of the trail project.

Phase 1 will connect Cherry Creek Elementary School with the high school and Wittenbach Agriculture and Environmental Center.

The estimated cost of the 2.5 mile trail, partly paved and partly wooden boardwalk, is approximately \$1.3 to \$1.5 million.

The LARA group has been seeking funding through a combination of grants from the Michigan Department of Natural Resources trust fund, the Michigan Department of Transportation (MDOT)

Enhancement monies and private donations.

"No local taxpayers' money will expended," assured Dave Austin of Williams and Works.

The firm had been hired in December to assist LARA with design of the trail and the grant application.

LARA grant, cont'd., pg. 2

Recycling of cell phones will prevent toxins from entering landfills and soils

by Emma Palova

For Hayley Jones and Ashley Middleditch, recycling is an important way of preserving our planet.

Jones and Middleditch are members of the Lowell High School Environmental Club that carries out the message of preservation of the earth for the future generations.

"Recycling helps keep

our planet clean," said Jones.

The club has partnered with Planet Green, a printer cartridge and cell phone manufacturing and recycling company out of California, to start a new recycling program in Lowell.

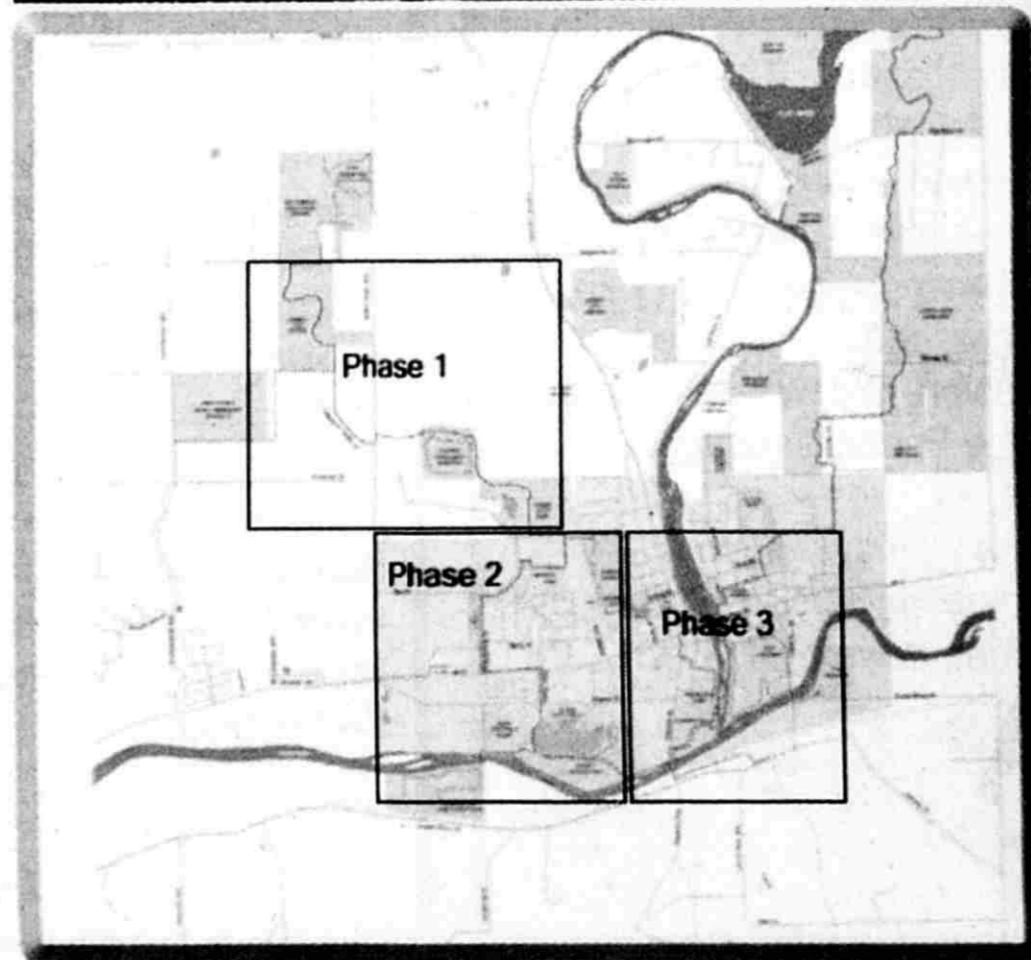
Collection boxes for old used cell phones and ink cartridges have now been placed at the Wege Wittenbach Center (WWC), at all the Lowell Area

Schools buildings and at the Englehardt Library.

The program will also help raise funds for other activities sponsored by the environmental club and WWC such as Earth Day activities.

"Not only is this project for a good cause, but the funds will go to other projects that are environmentally friendly," said Middleditch.

Recycling, cont'd., pg. 4



Aerials and maps showing phases 1&2 of the Lowell Area Recreation Authority trail system.

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to make?

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* Anniversary announcements cannot contain an
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A FEW
NOTABLE
EVENTS FROM
MARCH 5
- MARCH 11 -
2009

- Zimbabwean Prime Minister injured and his wife killed in car accident.
- President Obama abolishes stem-cell research limitations.
- The French Legion of honor was awarded to Harry Patch, 110, Britain's last surviving World War I veteran.
- The real-life 'Cheers' bartender, Eddie Doyle, 66, was laid off after 35 years tending bar at the Boston tavern that inspired the television show.
- Five of the men charged in the 9-11 attacks say they are "terrorists to the bone."
- Citigroup reports a profit and the Dow jumps up more than 300 points.
- Comedian/actor Robin Williams to undergo heart surgery.
- Gandhi items sell for \$1.8 million.
- CNN correspondent Dr. Sanjay Gupta withdraws from surgeon general consideration.
- Bernie Madoff may plead guilty in Ponzie scam.

Spring ahead!

Rain and temperatures of up to 60°F caused the snow to quickly melt practically overnight last week. Geese and other fowl played in the melting ice on the Flat River near the Showboat and by the Fallasburg Covered Bridge. And the sun was out with more sunshine over two days in March, than the entire month of December. And even though it is hard to believe, the forecasts predict, "The winter is not over yet."



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College News

Kristin Johnson, of Alto, marketing major, was awarded the Dean's Scholarship from The University of Findlay for the 2008-09 academic year.

Saint Mary's College, Notre Dame, Ind., named Caitlin Stevenson, of Ada, and Edith Chittenden, of Lowell, to the Dean's List for the fall 2008 semester. A student must achieve a grade point average of at least 3.4 on a 4.0 scale to earn academic honors at Saint Mary's.

Bradley Nordman, of Lowell, has been placed on the Dean's Honor List in recognition of outstanding academic achievement at University of Michigan for the 2008 fall term. Nordman has also been nominated for membership in Tau Beta Pi, the national engineering honor society. He is a 2007 Lowell High School graduate.

University officials have announced that 3,549 students received Academic Honors for the semester that ended in December 2008 at Ferris State University, Kendall College of Art and Design.

Among the students honored were: Deborah Anderson, Alison Bedi, Darcie Clements, Evan Hyma, Blair Jeffers, Kristie Kurth, Brett Lesiewicz, Sarah Lockwood, Daniel Mooney, Ryan Nugent, Graham Otten, Robert Schaub, Kari Searls, Alyssa Spielmaker, Kasey Stowell, Nicholas Szymanski, and Claire Vredevoogd, all of Ada.

Lauren Alexander, Sara Fifarek, John Lloyd, and Judith Mendez, all of Alto. Tamara Coffey, Devin DeCator, Travis Gillan, Trevor Hoard, Brittany Huisman, Whitney Jernigan, Andrew Kelly, Michael Kleinpaste, Carlene Lyons, Eric Mundt, Maranda Ruegsegger, Blake Spoelman, Linda Stretton, Marissa Thaler, Andrew Vogel, Kyle Wittenbach, and Angela Worsley, all of Lowell.

Some 827 students completed the requirements for certificates, associate, bachelor's, master's and doctoral degrees at Ferris State University, Kendall College of Art and Design, and the College of Professional and Technological Studies

during the semester that ended in December 2008.

Among the students graduating were: Deborah Anderson, Jordan Moore, Susan Mulder, Jonathan Puhek, and Matthew Small, all of Ada.

Jade Barrera-Wilder and Judit Mendez, both of Alto. Carlene Lyons, Linda Stretton, Marissa Thaler,

Andrew Vogel, and Angela Worsley, all of Lowell.

The University of Northwestern Ohio is proud to acknowledge that William B. Zigmont, of Lowell, has made the Dean's List for the January 2009 session in the College of Technologies. Full-time students must receive a grade point average

of 3.5 or better to be named to the Dean's List. Zigmont is a 2008 Lowell High School graduate. His parents are Al and Helen Zigmont of Lowell.

Taylor Verdon, of Lowell, was honored as an outstanding student leader during Northwood University's second annual Leadership

Dinner. Faculty and staff were asked to nominate outstanding student leaders participating in student organizations, athletic teams or taking initiative in the Midland community. Students received a letter from the individual that nominated them, along with a small token of the University's appreciation.

ADVERTISEMENT FOR BIDS BID PROPOSAL

Sealed bids, in triplicate, for the Lowell Area Schools Phase 3 Renovations, will be received at Lowell Area Schools Administration Building, 300 High Street, Lowell, Michigan on Thursday, March 26 2009 at 2:00 P.M.

All proposals received (mailed and delivered) will be opened and read publicly shortly after 2:00 p.m. local time on in Lowell Area Schools Administration Building Conference Room 300 High Street, Lowell, MI.

Bids may be mailed to Lowell Area Schools, 300 High Street, Lowell, Michigan 49331. Mailed bids must be received prior to the bid due time and date stated above. **FAXED BIDS WILL NOT BE ACCEPTED.**

SITE INSPECTION

A construction pre-bid meeting will be held at Lowell Area Schools Administration Building in the Conference Room, 300 High Street, Lowell, MI, on Wednesday, March 17 2009 at 3:00 P.M. Appointments can be made for other site visits as needed. All bidders are encouraged to attend.

BID DOCUMENTS

The Bidding Documents may be obtained at Owen-Ames-Kimball Co., 300 Ionia N.W. Grand Rapids, MI. A deposit of \$100.00 is required. The deposit will be refunded if documents are returned within 15 days after bid opening. A non-refundable charge of \$25.00 will be required for mailing documents.

BIDDER QUALIFICATIONS

- Bidders submitting a Bid for this Project shall have qualifications as follows:
- Shall be a reputable, recognized organization, with at least five (5) years successful experience on work of this type and scope of this project.
 - Shall have a license where required by public authorities having jurisdiction.
 - Shall have ample financial resources for work of this magnitude.

BID SECURITY - PERFORMANCE BONDS

Each bid shall be accompanied by good and sufficient bid security or bid bond in an amount not less than 5% of the Bid amount and shall secure the Owner from loss or damage by reason of the withdrawal of the Bid by a Bidder or by failure of the successful Bidder to enter into a Contract with the Owner if his Bid is accepted by the Owner. The successful Bidder will be required to secure Performance, Labor and Material bonds for all contracts exceeding \$50,000, from a surety company having a rating of A- or better, for the full amount of the Contract.

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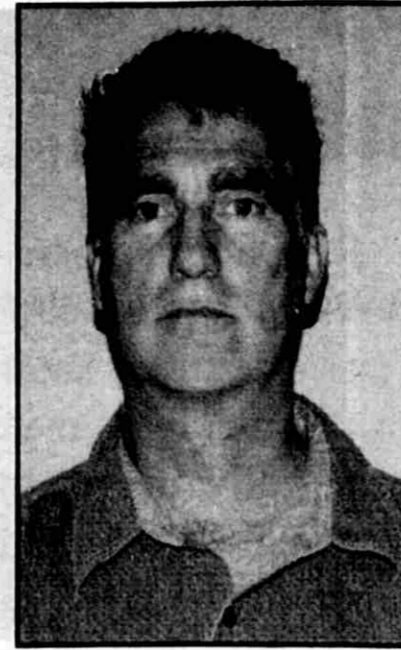
The Lowell Ledger
105 N. Broadway, Lowell

BUSINESSES SERVICES



- TOBY JONES

Position: Maintenance at the post office
Residence: Lowell
Education: 1976 Graduate of Lowell High School
Experience: Military 1976, post office since 1980
Family: Children Cory, Tracy and Kevin
Hobbies: Bowling with dad, John and deer hunting in November on the farm



Postal worker loves helping out fellow business people

by Emma Palova

A true altruist, Toby Jones, doesn't mind lending a helping hand here and there. In winter, you see him shoveling snow in front of the post office and even helping out his fellow business owners like the Lowell Ledger.

In summer, you see him planting flowers around the flag pole, and meticulously watering them in the heat of the day. He is weather-resistant to almost any temperature or precipitation.

Jones, a former carrier and a maintenance worker, has been with the post office for the last 30 years. One Wednesday night, at the bowling alley, then postmaster Charlie Doyle, helped Jones get the

postal job. Dedicated and compassionate, Jones never wanted to quit since.

"You have to like the outdoors," he said.

Jones, who is also a farmer, definitely likes the outdoors and he meets nice people all the time. Over the years, his job has changed from carrying mail on a walking route in the city to doing whatever is needed.

"I show up and do whatever needs to be done," he said.

In a rough economy, when people are shipping less, Jones takes it one day at a time. But, he doesn't think any of the potential trimming of delivery days will actually happen.

"As a business owner,

you want your mail every day," he said.

It wasn't just the economy, but the winter has been rough with increased maintenance of walks, parking lots and extra expenses to heat. On top of that Jones is still upset over the closing of the alley between the post office and the Ledger Buyers Guide offices.

"I think it's terrible," he said. "It's an inconvenience for the carriers. They have to go around the block; I don't understand what the city accomplished."

He credits his parents John and Phyllis Jones, who taught him to work hard for his success. His every day motivation are his kids,

Cory, and twins Tracy and Kevin. His Airedale Kia is also a part of the family.

"I was taught that hard work pays off," he said.

Divorced since 2005, Jones is a full time dad trying to keep the kids focused.

"My main goal is to get the kids through life," he said.

The kids and dad hunt

together every November on the 80-acre family farm on 52nd Street. The kids are involved in 4-H with pigs and Pigmy goats.

Although excited about the upcoming 75th anniversary of the Kent County Youth Fair, Jones fears possible cutbacks for the fair.

"You know it's scary,"

he said, "but I love the 4-H atmosphere. You make a lot of good friends with people from out of town. I am hoping for an excellent fair."

He plans to retire in five years and farm full time and help the kids. As far as the post office, Jones knows it will survive the economy, and pick back up.



Jones often lends a helping hand, including walking Elliott, the Ledger company mascot owned by J. Boss.

HAPPY ST. PATRICK'S DAY

Dr. Reagan and Staff

CHRIS

Pictured: Dr. Reagan, Carrie, Gail, Lorie, Sue, and Cara.
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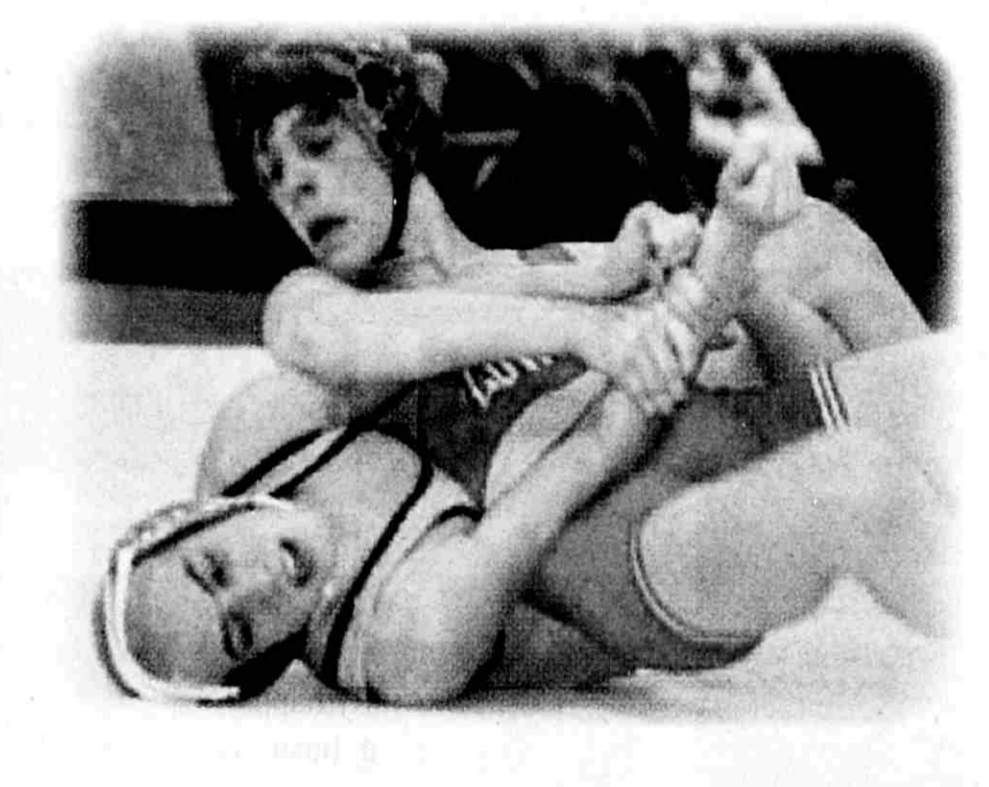
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And Don't Forget to Participate In Our Weekly Poll

Then watch for the results in the Ledger each week!

Red Arrow
SPORTS

State title winners, continued ... From Page 1

Olep's decision was preceded by Gabe Dean's (171) 7-5 decision over Geoffrey Charles; Tim Gingerich's (160) 3-2 decision against A.J. Logan; Jackson Morse's (152) 13-4 major decision against Mike Myer; and Rocky Pabon's (145) 10-8 decision against Ben Ralston.

"I've worked so long and hard for this. Everybody stepped up. It was a team effort. All of us seniors didn't want that feeling of losing a finals again," Pabon said. "Everybody came through. We wanted it. This is the best way to go out."

The run of eight straight wins began with Dan Fleet's (130) 12-4 major decision against Zach Miller; Ryan Dean's (135) 10-1 major decision over Dakota Peasley; and Andrew Morse's (140) 18-0 technical fall against Luke Blöse.

"It's an amazing feeling," Ryan Dean said. "Once we beat Greenville I had a pretty good idea we were going to take it."

Trailing 5-0, Lowell's Ty Jack (119) put Oxford's Mike Thomas on his back

in 1:59 of the first period to give Lowell a 6-5 lead.

"Being the first time in the state finals and to come out and finish runner-up is something to be proud of," said Oxford wrestling coach, Scott Couch. "We didn't wrestle great in the finals, but we have good young guys and we'll come back and be ready to go."

Lowell 34 St. Johns 26

Lowell's toughest challenge came early Saturday in the semi finals against a strong St. Johns' squad.

The Redwings won the first four matches to take an early 13-0 advantage.

For Red Arrow fans, it wasn't the fact they won four matches as it was the wrestlers St. Johns took down during that stretch.

Ryan Dean (135) lost a 5-3 decision; Andrew Morse (140) fell 8-4; Rocky Pabon (145) dropped an 11-3 major decision; and Jackson Morse (152), for the first time this year, lost 7-6.

"We knew all that was possible. St. Johns is a very dangerous team."



Following the four division championship matches, medals were handed out to the participants.

For coach Dave Dean and his Red Arrows the focus was on getting to the point in the match where Lowell had the upper hand.

"The match started at the strength of St. John's lineup," Dean explained. "We were hoping to win Ryan's (Dean) and Jackson's (Morse) matches, but we didn't. We also knew we had some mismatches we were getting to."

For the pure wrestling

fan, the match at 152 pounds was special not only for its timing but for what the wrestlers represented. St. Johns' Taylor Massa entered the match at 52-0 against Morse who was 34-0.

"We didn't set up the match for the fans, we did it because we thought it was the best for the team," Dean explained.

St. John's coach thought a match that special is good for the fans and also helps promote the sport.

"We knew the matches would be close. But we knew we had the ability to win them," said Redwing coach Zane Ballard. "Lowell's a strong team and we knew that we wouldn't keep winning. We also knew we'd need some help at the lower weights."

Ballard pointed to 103 pounds as a match they thought they needed.

Instead, Lowell freshman Aaron Nowak on wrestling's biggest stage put forth his finest effort in recording a 16-2 major decision against Val Sanchez.

"It was an opportunity for Aaron to step up for the program. To see him do that was great," Dean said.

The freshman who has taken his share of hard knocks this season felt good afterwards.

"I went out there and tried my best and wrestled my hardest," Nowak said. "To win for the team feels real good."

Nowak's win extended Lowell's lead from two to six at 23-17.

"It's a win we needed, but he wrestled better than we thought. Give the Lowell kid credit, he had a good day on the mat."

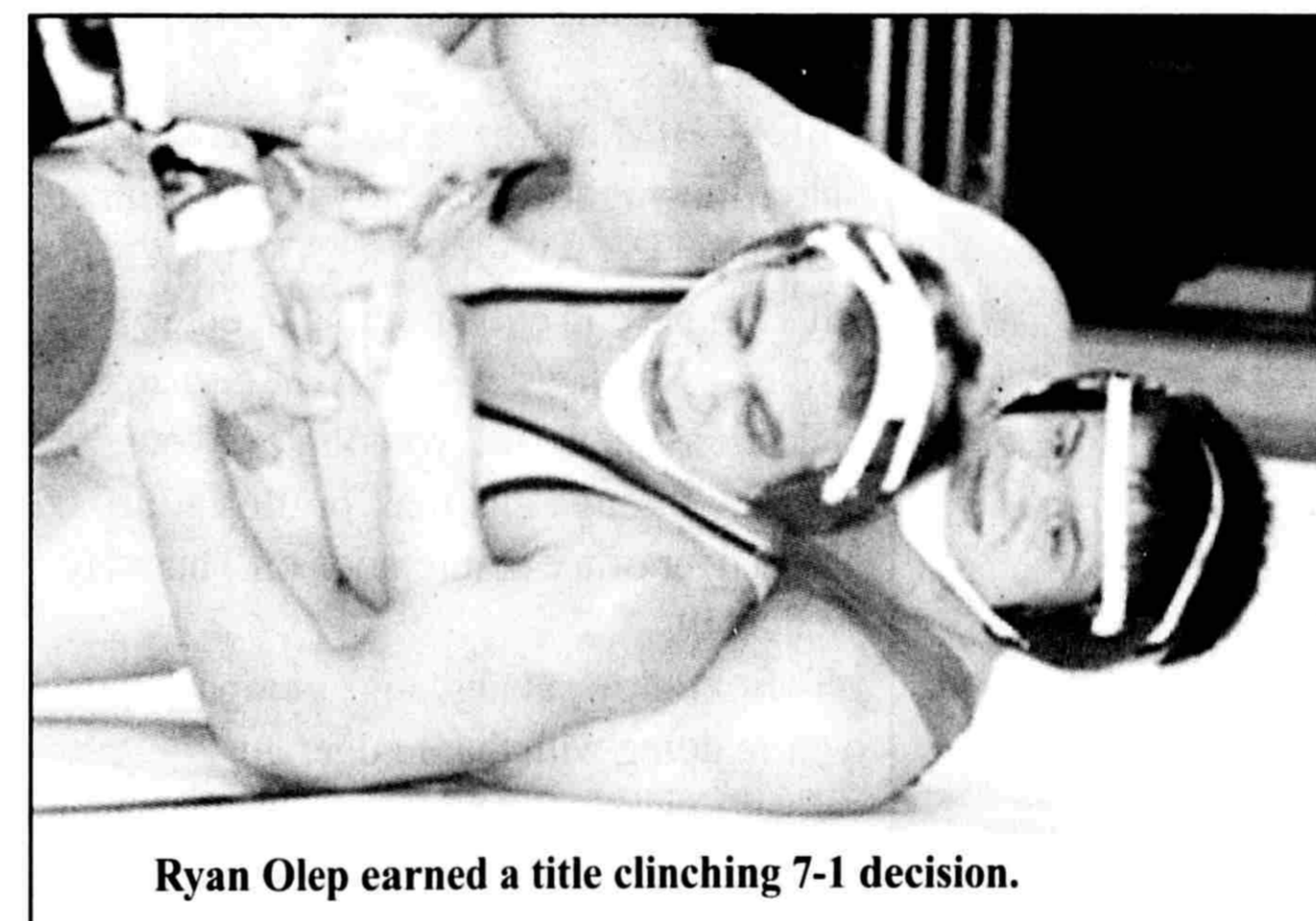
The two teams split the 14 matches. Lowell, however, tallied more bonus points (13-5).

Lowell 39 Hazel Park 12

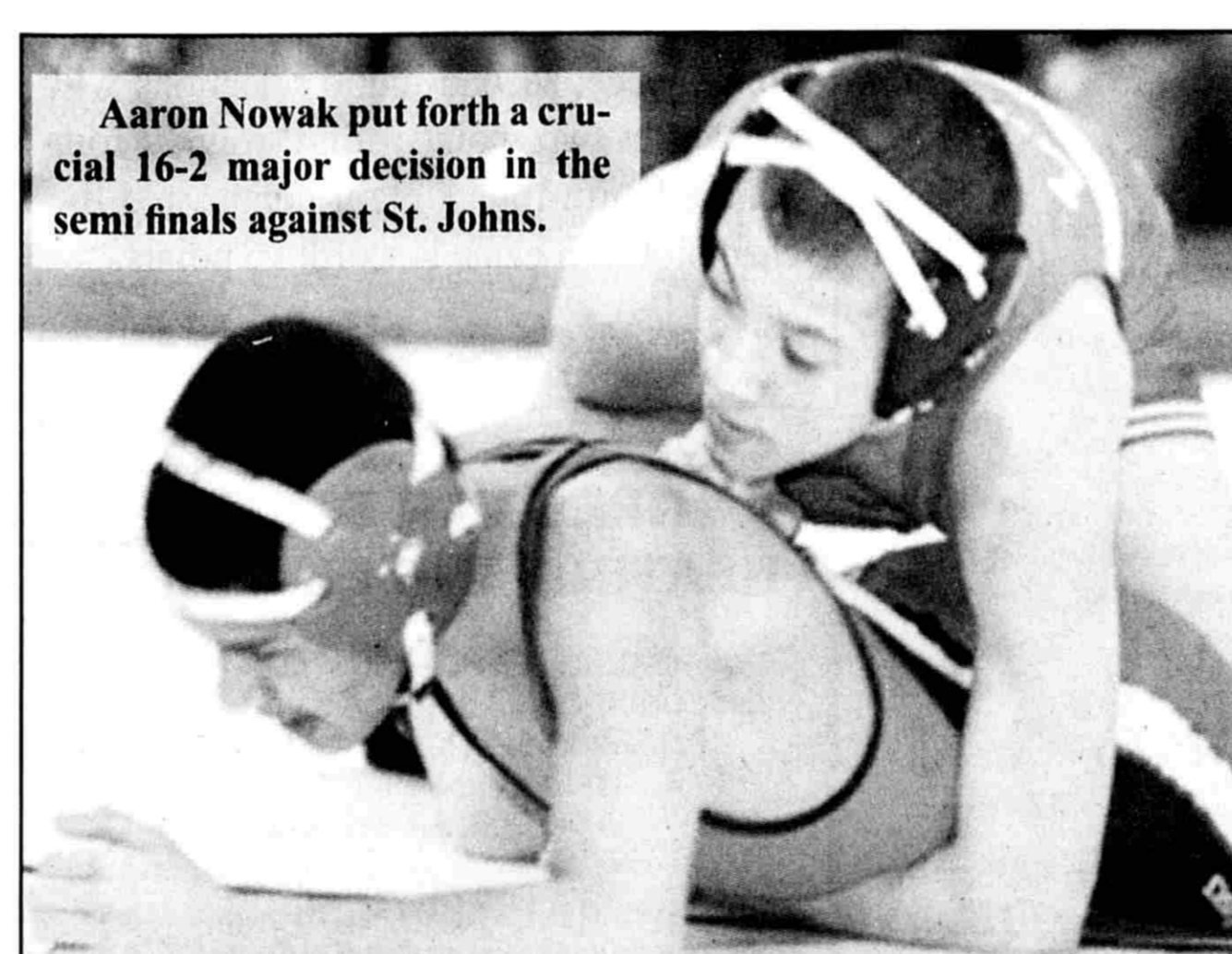
Lowell won 10 of 14 matches in knocking off Hazel Park in the quarterfinals on Friday night.

The Red Arrows jumped out to a 16-0 lead before the Vikings battled back to within four at 16-12.

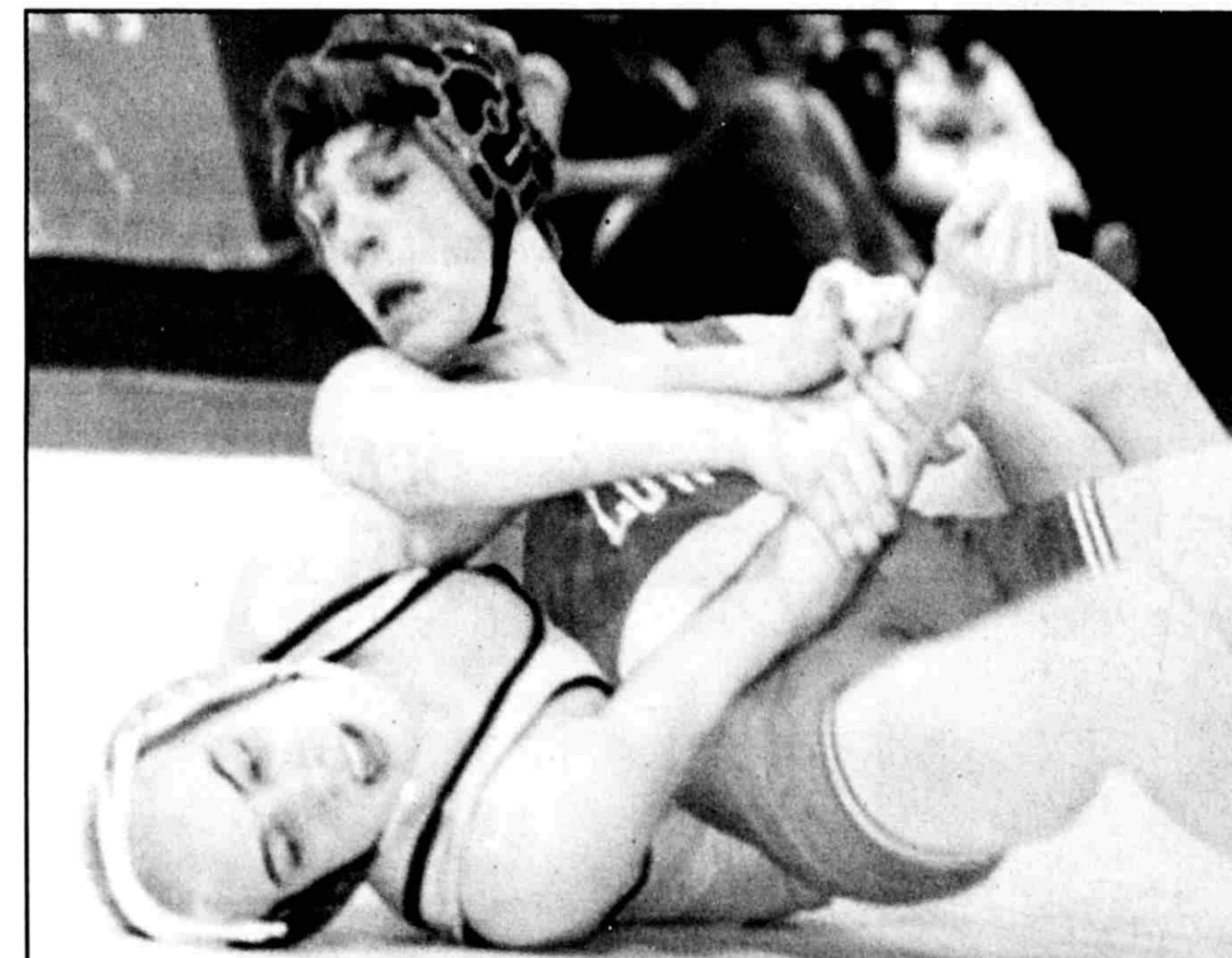
Lowell responded by winning the final six matches.



Ryan Olep earned a title clinching 7-1 decision.



Aaron Nowak put forth a crucial 16-2 major decision in the semi finals against St. Johns.



Lowell's Ty Jack (119) put his Oxford opponent to his back at 1:59 of the first period.

GO, TEAM, GO!
Support Your Red Arrow Teams!

Red Arrow SPORTS

High marks send Teft and Kimble to state gymnastic meet

by Thad Kraus

With the level competition as high as it's ever been, Lowell's Kelsey Teft and Richelle Kimble each found ways to break into the top eight at the regional competition in Kenowa Hills on Saturday.

"I don't remember a time when the level of competition has been so high," said Lowell assistant gymnastics coach Michelle DeHaan, who was filling in for Red Arrow head coach Skye Fisher.

DeHaan's point was supported by the fact that Richelle Kimble's 9.1 in the floor exercise did not

qualify her for the state competition.

"I don't think there has ever been a year in the time I've been in gymnastics that a 9.1 in the floor exercise hasn't qualified a gymnast for state competition," DeHaan explained.

Kimble did, however, qualify for the state competition on the balance beam and vault.

The senior tallied a 9.1 on the beam, placing her second at the regional.

Kimble recorded an 8.75 on the vault tying her for eighth with teammate Kelsey Teft on the vault. Teft was second at the

regional in the floor exercise with a mark of 9.275.

"Kelsey's floor routine was excellent. After not being able to execute a double full twist in practice she hit it during her routine," DeHaan said.

Teft was also successful with her single full twist. Both Teft and Kimble continued their consistent ways on the vault.

"Those two girls feed off one another and have pushed one another throughout the year," DeHaan said. "I think Kelsey is going to be lost without Richelle next year."

Despite not qualifying for the state competition,

Andrea Coffey had a good day.

"Andrea was just wonderful in the floor exercise and she hit everything on the beam," DeHaan said. "The only thing that kept her out of the state meet on the balance beam was the high level of competition."

Coffey's highest two marks came on the beam with a mark of 8.25 and an 8.8 in the floor exercise.

Lowell placed eighth at the regional with a team score of 129.975.

Kimble and Teft will compete in the state competition this Saturday at Rockford, at 3:30 p.m.

Vault	Beam
Morgan Rogalke 7.85	Lauren Trasky 5.25
Sarah Piell 8.0	Cassie Miles 6.25
Andrea Coffey 8.25	Andrea Coffey 8.25
Richelle Kimble 8.75	Richelle Kimble 9.1
tie for 8th place	2nd place
Kelsey Teft 8.75	Kelsey Teft 7.45
tie for 8th place	

Bars	Floor
Lauren Trasky 4.85	Emma Bencker 6.95
Sarah Piell 6.25	Sarah Piell 7.85
Andrea Coffey 7.15	Andrea Coffey 8.8
Kelsey Teft 8.55	Richelle Kimble 9.1
Richelle Kimble 7.85	Kelsey Teft 9.275
	2nd place

Lowell's Boss named Mr. Football

Metro PCS awarded its first-ever Mr. Football Award at Tuesday night's basketball game between Lowell and Muskegon Reeths-Puffer.

After four months of voting, fans and Metro PCS named Lowell's Torsten Boss as its best 2008 Michigan high school football player of the year.

Boss recorded 1,700 yards in receptions, scored

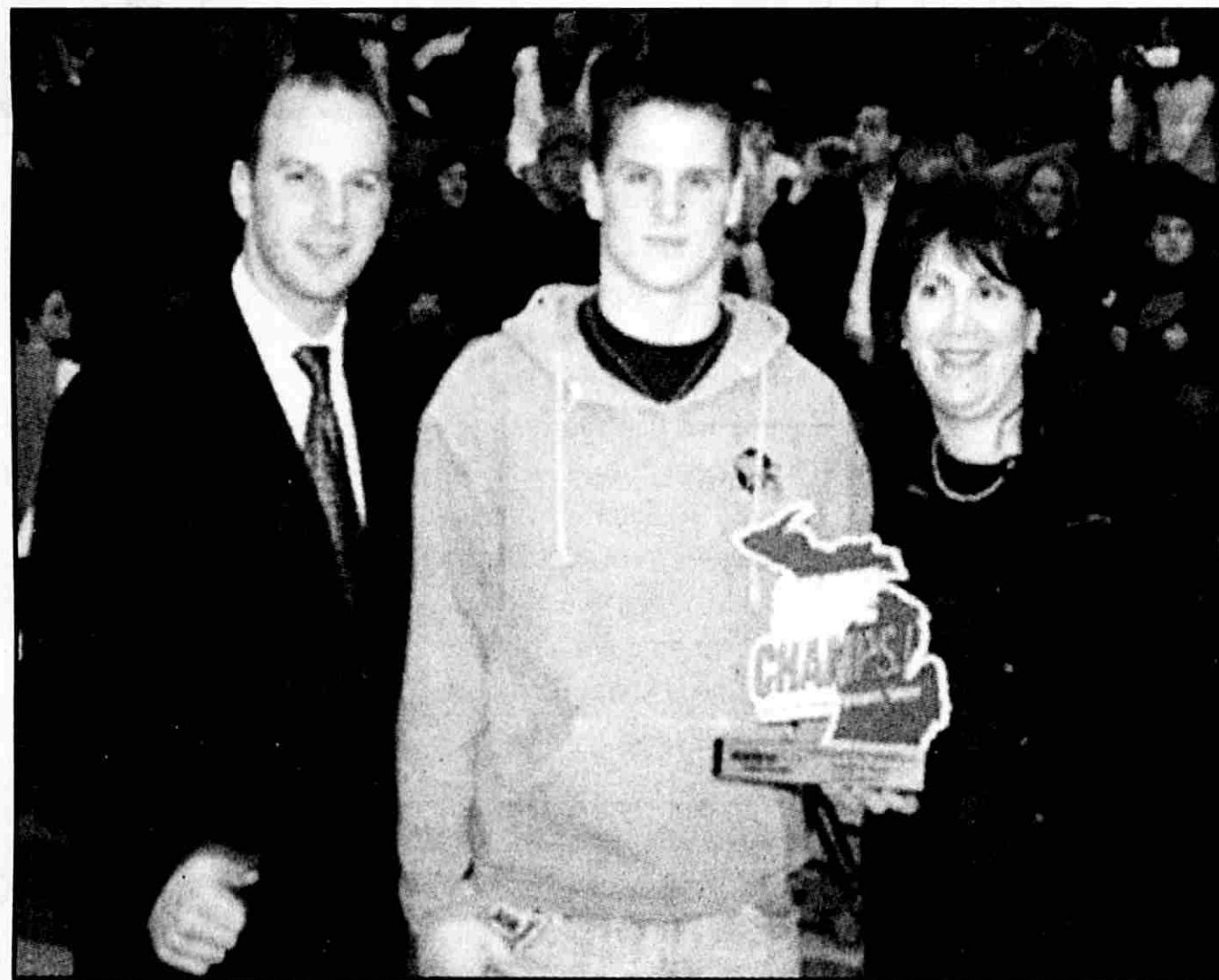
22 touchdowns and led the Red Arrow defensive unit in tackles.

Boss and East Grand

Rapids' Joe Glendenning were two of the final four finalists for the honor.

In the end, it was Boss'

consistency and durability throughout the season that separated him from other finalists.



Torsten Boss was honored with the first-ever Metro PCS Player of the Year Award.

March MADNESS

**64 TEAMS ...
32 PICKS ...
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Join in the MADNESS of it all and make your college basketball tournament selections along with Ledger sports editor Thad Kraus.

BEAT HIM and have your name entered into a drawing at a chance to win a \$35 dinner certificate to LARKIN'S RESTAURANT.

It's simple and costs nothing to enter.

After Sunday's NCAA Tournament Selection Show, fill your bracket out all the way through and mail or drop it off at the Ledger office before noon on Thursday, March 19.

Then, follow along, and compare how you're doing with that Ledger guy.

Thad's picks will be published in the paper and his running total will be in each week's edition.

First-round selections will be worth a point apiece; second-round selections will be worth two points; third-round, four points; fourth-round, eight points; and the championship game is worth 16 points.

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Red Arrow SPORTS

Seniors find the touch in final regular season home game

by Thad Kraus

It's the type of win that can propel a team with a below average record to March-maddening troubles for its opponents.

Lowell boys' basketball team, less than a week away from the start of the district basketball championship, found its confidence and shooting touch as it buried Muskegon Reeths-Puffer 65-46 in a nonconference tilt at Lowell High School.

The Rockets, coming off a tough 70-64 loss to O-K Black division-leading Forest Hills Central, did not have an answer for what awaited them at Lowell High School.

"Nothing we tried worked well," said Rocket basketball coach Dalrecus Stewart.

Asked if his game with Lowell, coming off the loss to FHC, was a trap game.

"I guess so," Stewart said. "They just shot the lights out. Lowell did a terrific job of shooting from the perimeter. Our offense, on the other hand, did not resemble how we've played the last two weeks."

A 21-10 Lowell second-quarter scoring advantage enabled the Red Arrows to open a 33-24 half-time lead. "We've shown glimpses throughout this tough stretch, but tonight the boys

put a number of glimpses together over four quarters," said Lowell basketball coach Jeff McDonald. "There's nothing better than for on senior night to watch your seniors walk off the floor after a victory. I'm happy for the seniors. They have stayed positive and hung in there."

Lowell produced as balanced an attack as it has all year.

Isaac Tawney netted 17 points (five threes) to lead an attack which saw four Red Arrows score in double figures.

Tim Netting threw in 12, Mitch Malling added 11 and Danny Lane scored 10. Elliot Drain contributed with nine points off the bench.

"It was a fun night. There was nothing that this team needed more," McDonald said.

**Northview 61
Lowell 51**

An inability to sustain any offensive tempo off pressure and turnovers, the Lowell offense sputtered in an opening-round district basketball loss to Northview.

"We have struggled all year in the half court, which makes it a must that we get

baskets off turnovers," said Lowell boys basketball coach Jeff McDonald. "We need the score to be in the high 40's and low 50's."

For the 6-15 Wildcats it was a big first game in the post season.

"It's a huge game for our guys," said Northview basketball coach Trevor Chalmers. "I thought our underclassmen played well and I thought our seniors stepped up as well."

The third meeting between the two schools proved to be much like the first two.

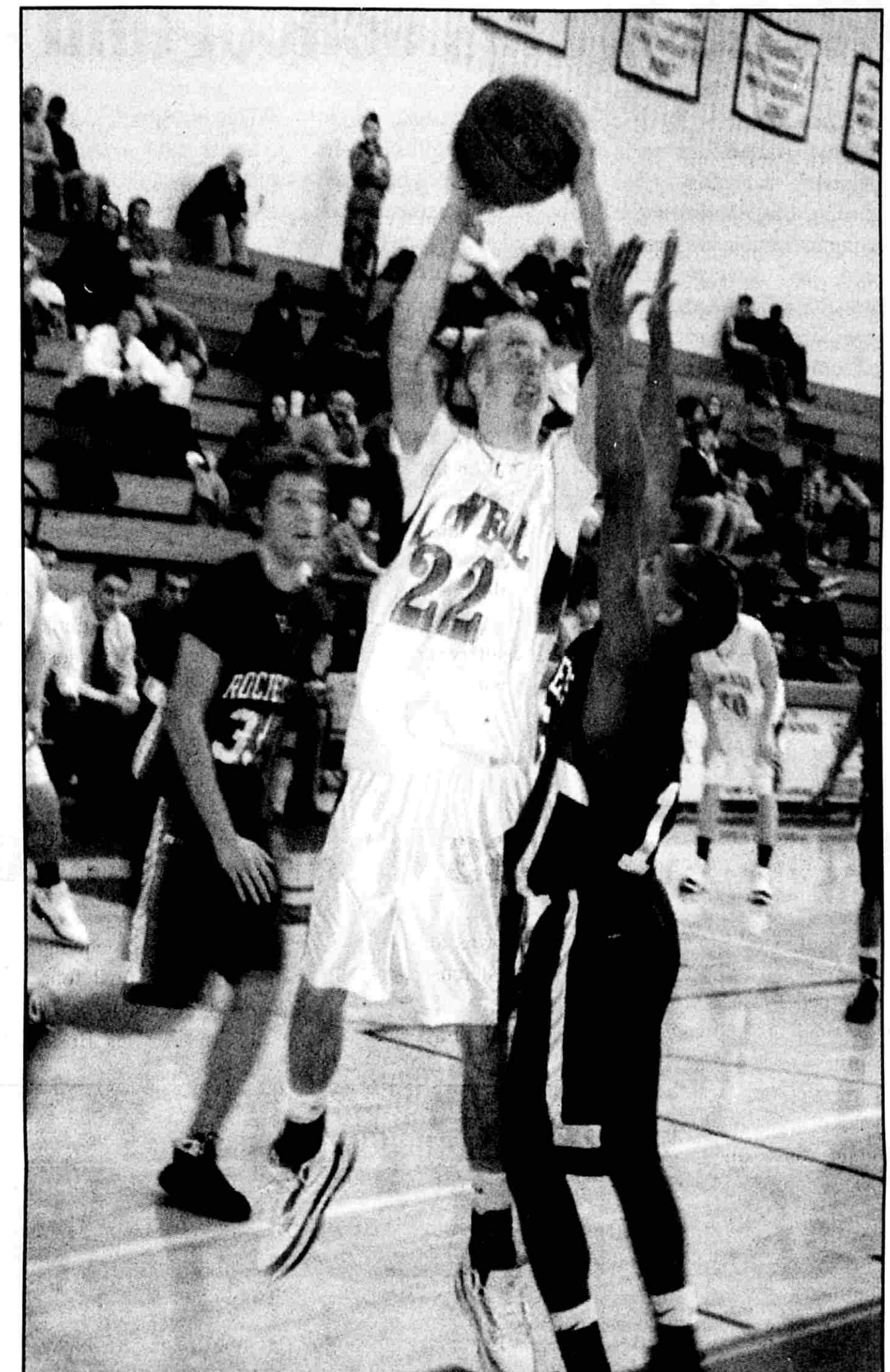
"They were pretty much identical," McDonald said. Northview broke on top early, building an eight-point second quarter lead and led by three (26-23) at half-time.

Lowell never got closer than the half-time deficit in the third quarter as the Wildcats stretched their lead to six at 39-33.

Lowell's deficit ballooned to as many as 12 over the final eight minutes. The Red Arrows did manage to trim the deficit in half (51-45) with 2:35 to play.

Northview outscored Lowell 10-6 over the final two-and-a-half minutes.

Danny Lane led all Lowell scorers with 17 points and



Danny Lane goes hard to the hoop in Lowell's win over Muskegon Reeths-Puffer.

Isaac Tawney contributed

job guarding the perimeter and not giving up many open looks from three," Chalmers explained.

Jordan Stevenson led all scorers for Northview with 20 while Kevin Rich netted 13. "I thought we did a good

at 5-17.

Lowell finishes its season

at 5-17.

"The finality of the last game always hurts," McDonald said. "You can only hope the seniors are better young men for having played in our program."

Lowell girls Varsity Club goes to Lacks Cancer Center

The positive ripple effect of the Pink Arrow Project is continuing through educational initiatives in the Lowell Area School district.

One of the first of these projects was for the girls Varsity Club to travel to Lacks Cancer Center for an opportunity to learn more about the disease. Nearly 30 Lowell High School female athletes participated in this trip to Lacks Cancer Center at Saint Mary's Health Care.

The girls' Varsity Club is an organization that was created by Kathy Talus approximately ten years ago with one of the first grants awarded by the Lowell Area Community Fund. She believed that leadership skills were an important skill for all girls to learn and that

it was important to be part of a team.

One of the goals of taking the Lowell girls Varsity Club's trip to Lacks Cancer Center was to increase their awareness, stress the importance of education and how vital early detection of breast cancer can be in the fight against the disease.

"I enjoyed being able to see all the job opportunities available in the medical field and healthcare industry," said Lowell High School student Becky Chamberlain. "It was especially nice to see there are ones available that don't include seeing all the blood and guts."

Jamie Caughren, MD who is the head of the Breast Cancer Center, spent a great deal of time talking about the importance of early

detection. The young ladies were also able to tour the Breast Cancer Center and observed the mammography units first-hand and were able to ask many questions about all aspects of the mammography process.

"I enjoyed this visit. It was an eye opener. A family member of mine has recently died from breast cancer and I honestly didn't know much about this disease," said LHS student Lauren Heemstra. "I am so glad they went over the different ways one can check themselves for any signs of cancer."

Chery Valentine RN, BSN, OCN, a nurse navigator, also spoke to the group from several perspectives including that of being a nurse educator at Lacks Cancer Center. Working

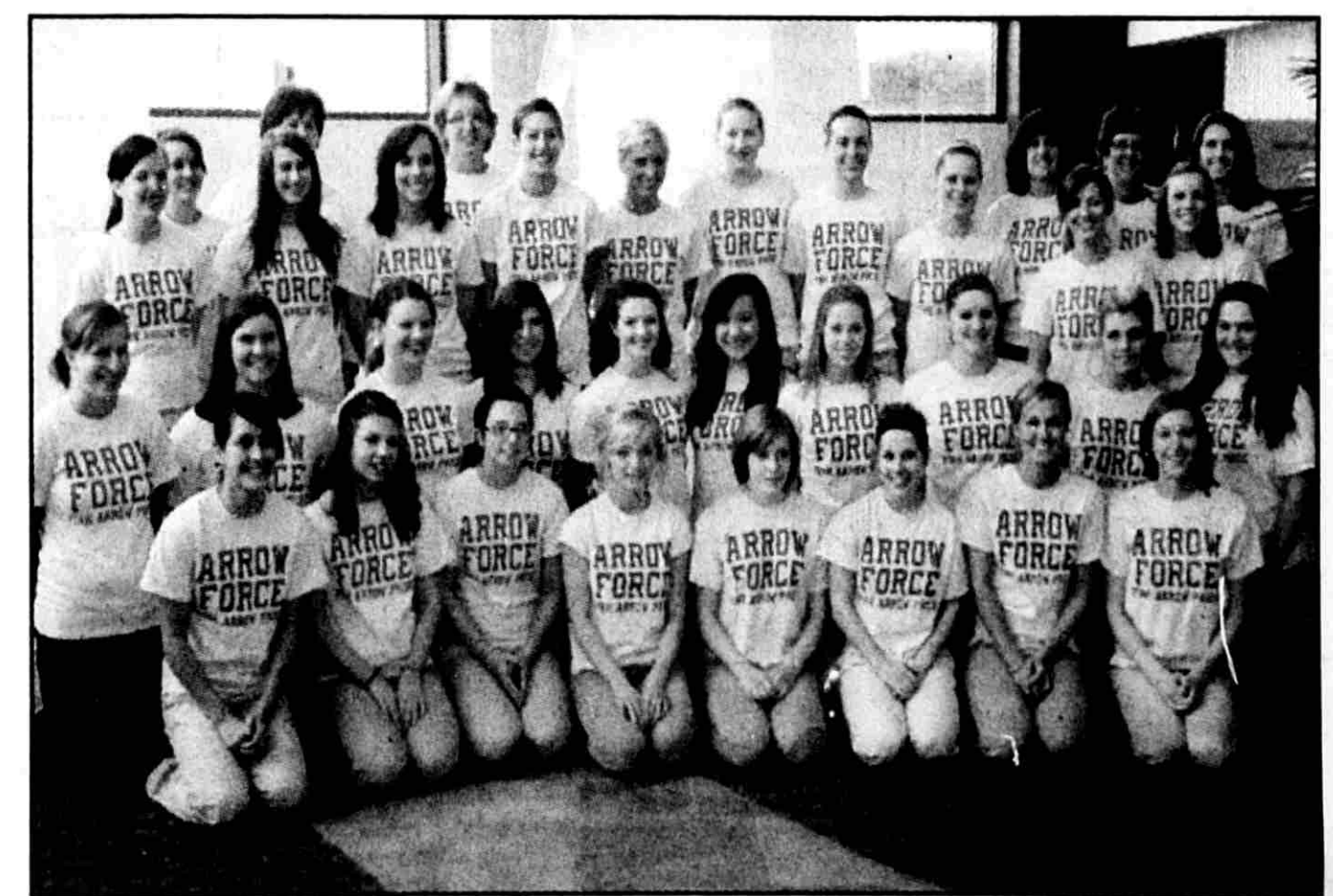
with patients and family who come to the Breast Cancer Center and from the perspective of being a breast cancer survivor.

The group visited the

healing garden high atop the Lacks Cancer Center. This is a warm, lush and peaceful spot for families to be able to get away from the hospital

environment just for a little while. There were also many opportunities for career exploration while on this visit.

enviroment just for a little while. There were also many opportunities for career exploration while on this visit.



Red Arrow SPORTS

WLHS brings school and community events home

by *Thad Kraus*
What started out as a wireless technology class designed for short distance communication has grown into an Internet radio vehicle which broadcasts over 70 events a year. From football games to graduation; from wrestling

to concerts; and from baseball and softball to the arts; all have been broadcast live on the Internet and/or recorded and played back. "It's grown from a 1/4-watt station that could send a signal to the bus garage to where we are now," explained Al Eckman.

Where is it now? Anyone with a computer and a sound card can pick up a live feed from anywhere in West Michigan and beyond. "We had a former Lowell resident listen live to a Lowell football game from China," Eckman said.

Lowell's public access channel was initially maintained by Lowell Cable Television (now Comcast) up until two years ago when the duties were transferred over to WLHS audio visual department. Getting to the point of sending a live Internet feed

back to Lowell from Battle Creek (wrestling state finals) this past weekend and any number of other live events was made possible early on in WLHS' formidable years through technical assistance from WION's Jim Carlisle and Comcast. "Jim's technical assistance was instrumental in getting us to where we're at today," Eckman explained. "Comcast has also been generous in helping us out with fiber optics and other glitches. They were willing to come out and worked with us."

The manpower needed for the plethora of tasks is found in volunteers which includes 25 student volunteers, on-air talent volunteers and an incredible amount of Eckman's time. Students are trained to set up equipment, run cameras, monitor equipment during games, and make the call for

the different camera shots at games in a technical director's capacity.

The taping of a high school basketball game requires the efforts of five volunteer students and two on-air volunteers.

Students fill the roles of cameramen, control personnel, switcher and technical director.

From the studio/WLHS AV room, community announcements are inputted on the community access channel and background music is also inserted.

At WLHS' conception, there were roughly 2000 songs available for use; a little more than two-and-a-half years later there are over 12,000 songs available for air play.

Equipment for the audio visual room has been garnered through donations and grants from the Lowell Area Community Fund.

Noel Dean and Rob Stehley broadcast the wrestling finals back to Lowell over the Internet.



OKAY -
Someone Has To Say It ...
by *Thad Kraus*

It's the motto they lived by. It's what they declared in every huddle. It's what they believed. It's what had to be for the whole to be greater than the sum of its parts. It was echoed throughout following Lowell's 35-20 state championship win over Oxford on Saturday. From its coaches, to its senior leadership, to its freshman, Lowell was "All In." From the start of

practice back in November, through its losses to Goodrich, Mishawaka, Parrish-Graham and Greenville, to its wins and there were plenty of those (35). Lowell was "All In." After all, a steadfast devotion to one another is what separates a team from a collection of individuals. "It hurt when we lost two years ago to Allegan. It feels so good to pull it off this time," said Lowell senior Tim Gingerich. "Everybody worked so hard. Everybody always chanted 'All In' and that's what we did." The Red Arrows were "All In" with work effort, attention to detail and commitment. "These are a bunch of guys who did all the right things," Lowell wrestling coach Dave Dean said. Ryan Dean, after winning the state title said he tried his best and did all he could for the team.

Freshman Aaron Nowak following his big win against St. Johns said he wrestled his hardest for Lowell and it felt good. Rocky Pabon added that everybody stepped up and that it was a team effort. He added one other thing, "Everybody was All In." Ram Tough A few weeks ago I mentioned Middleville's Tom Lehman and the fact he reached the 700-win plateau. Saturday before a full house at the Kellogg Arena, Rockford's Don Rinehart was recognized for his 29-year commitment to the sport of wrestling. The Rams' 30-29 championship win over Holt was Rinehart's final match and final win as a high school wrestling coach. Congratulations coach Rinehart. He finished with a record of 557-152-2.

Students make sure that building's history is not lost at Unity High School

by *Thad Kraus*

The significance of a building's history can be lost as time rolls on.

Efforts, therefore, to transcribe and record history before things are radically transformed is paramount.

With the blog component, any class in the Lowell School District can now bring knowledge and photos to a project that will live well beyond the classroom.

That is the case with Unity High School's Michigan history class which is taught as a lab enabling students to carry out historical Michigan research.

A class project was conceived last spring to document the history of Unity High School.

The building is tied to a larger history that dates back to the early 1900's.

"It was the central hub of the district," said Unity High School instructor, John Stempien. "This building is where the Lowell district was founded and grew."

Through Stempien's supervision, students (24) are creating a walking tour pamphlet, and a digital walking/interactive tour

which will allow historians and Lowell residents to check out the landscape without ever leaving the confines of their home.

An oral history element includes transcribed interviews with past students and teachers.

A project of this magnitude takes 2-4 years to thoroughly complete. Through two trimesters, students have provided a basic primer as to what can be done.

Information was attained through a number of sources including numerous past

documents stored in the district's warehouse.

"For the students this was a means to give back to the school and take ownership," Stempien explained.

The students were focused and completed what needed to be done, even in

Stempien's absence.

"On days when a sub was filling in for me, the students organized and pushed on with the project," Stempien explained. "Wheelbarrels are only good when pushed. No pushing was necessary in this case."

The touch and reviewing of old documents enabled students to see the landscape differently.

The information their research turned up can be found on sites.google.com/site/riversideorg.



Students, over two trimesters, gathered historical data as part of a Riverside history project.

Financial Focus
With Christopher C. Godbold
Edward Jones
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CREATE A STRATEGY FOR MATURING CDS
Some things, like fine wines, get better with age. But a certificate of deposit (CD) is not one of them. If you have a maturing CD, you need to decide what to do with it — and the earlier you make this decision, the better off you'll be. So if you've got one or more CDs coming due in the next few months, start planning now.

Of course, if you had a specific goal for a maturing CD — such as a college tuition payment — your decision has already been made. But if you've purchased a CD for another reason, you'll have to choose whether to renew it or invest the proceeds elsewhere.

If you bought the CD for the income it provides, you may want to renew it. If prevailing interest rates are the same, or higher, than the rate on your maturing CD, you can purchase a new CD without worrying about reducing your income stream. But if rates have fallen, you may have a dilemma: How can you reproduce the income you received from your now-matured CD?

Here are a few alternatives to consider:
• Purchase a bond that pays a higher rate. Instead of buying another CD, you could possibly purchase another fixed-income instrument, such as a bond, that pays a higher interest rate. Be aware, though, that if you find a bond that pays a higher rate, you may be taking on more risk, so make

sure any bond you purchase is considered "investment grade quality" by the independent rating agencies.

• Buy a longer-term CD. Generally speaking, you can get a higher interest rate when you purchase a longer-term CD. Your money will be locked up for a longer period of time, but it will help provide you with a more stable income stream over time.

• Create a fixed-income "ladder." To combat interest-rate concerns, you might want to build a fixed-income "ladder" by buying several CDs or bonds with varying maturities — short-term, intermediate-term and long-term. When market rates are low, you'll still have your longer-term vehicles earning higher interest rates. And when market interest rates are high, you can reinvest the maturing short-term bonds and CDs at the higher rates.

Thus far, we've talked about replacing a maturing CD to protect your income stream. But if you bought a CD for

another purpose — such as removing some of your money from a volatile stock market — then the CD's maturity gives you a chance to re-evaluate your investment strategy. As you know, 2008 was a tough year for the stock market, so, at the time, diverting some of your money to a CD might have seemed smart. But history tells us that even the worst bear markets don't last forever, and that the biggest gains in a rally often occur at the early stages. Consequently, you may want to take this opportunity to "rebalance" your portfolio, and, if appropriate for your individual situation, look for ways to invest the proceeds of your CD into quality equities or other securities.

By planning ahead, you won't feel rushed to make a hasty decision when your CD matures or, even worse, be tempted to spend the money and have little to show for it. Your maturing CD can help you achieve your financial goals — if you give it a chance.

Nonsense
by *Dan Goggin*
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