



The Lowell Ledger

Volume 38 Issue 39

Serving Lowell Area Readers Since 1893

Wednesday, August 26, 2009

Sun sets on last Sizzlin' concert of the summer



It was a brief summer filled with both traditional events such as the Sizzlin' Summer concert series, as well as the new fundraiser for the arts council, the River Revelry.

Last to play on the Riverwalk stage was the Crossroads Blues Band who performed for a nice size audience relaxing in lawn chairs or on the Showboat.

The band appeals to a wide audience due to its flexibility coming from the diverse musical backgrounds of its members.

Their interests range from straight up Jazz and Blues to Tejano and Country, from Psychedelic to Rock and Roll. In a time where so many blues bands follow

in the blues-rock footsteps of Stevie Ray Vaughan and ZZ Top, the Crossroads Blues Band refreshingly draws its influences from the likes of T-Bone Walker and Gatemouth Brown.

From Texas-style jump blues to raucous Chicago blues shuffles and Detroit boogie-woogie... the band has all the bases covered. Crossroads Blues

Band members include: Dave "Gator" Allemang (lead guitar, harp, vocals), "Dangerous" Doug Olson (bass guitar, vocals), "Slammin Sammy" Glen Giordano (drums and percussion), and Eddie "Blue" Lester (tenor and alto sax, percussion, vocals).

Local collector publishes Detroit Artists' Workshop Press Bibliography

by Emma Palova

Michael Jernigan, a collector of materials put out by the Detroit Artists' Workshop Press, has published a bibliography of the press publications, to keep track of what they had printed.

The Detroit Artists' Workshop was a commune of artists formed in 1964 near the campus of Wayne State University. The workshop printed a number of books and underground newspapers which Jernigan catalogued with descriptions and full color cover reproductions in the bibliography.

The introduction is by one of the workshop founders, John Sinclair.

At first, the books were made on the mimeograph machine in the Monteith Student Center at Wayne State University. They ranged from short stories, music and poems to underground newspapers.

"I got interested in the Detroit Artists' Workshop

when I met John Sinclair in Ann Arbor," said Jernigan.

Sinclair, along with other artists, founded the workshop to create an outlet for their work in poetry, prose, drama, criticism and photography.

"It was a low budget

way of getting their work out," said Jernigan.

The actual collection of the mimeographed books from different artists is a product of its own time, according to Sinclair's introduction. It documents the art of an era from 1964 to

1968 that eventually ripened into a political movement.

"They formed a commune of artists who had similar interests in arts," said Jernigan.

Jernigan was so fascinated by the little mimeographed books that he wanted to find them all.

"I had always thought that the Detroit Artists' Workshop was the seed of many things to come," said Jernigan.

Out of the workshop came Trans-Love Energies, the White Panther Party, the Rainbow People Party and other organizations.

"The effort of these organizations and the individuals who formed them helped shape history," said Jernigan.

The Bentley Library in Ann Arbor has a large collection of these books which were donated by John and Leni Sinclair.



Michael Jernigan shows his collection of mimeographed books by the Detroit Artists' Workshop Press.

Local collector, cont'd., pg. 17

Pink Arrow Project may have a copycat in the area

The Pink Arrow Project 2009 officials are warning the public about a possible scam to solicit donations, for a different organization with doubtful credibility, under the false pretense of the successful venture.

Just a few weeks away from the second annual fundraiser kick-off for cancer patients, one of the organizers, Teresa Beachum, said a copycat may be using the success of last year's project.

The 2009 project is just getting ready to send out pink postcards to Lowell High School alumni about the fundraiser, with the logo of Gilda's Club,

as opposed to the scam version of a pink letter.

First United Methodist Church minister Rick Blunt shed some light on this, while warning his congregation, when he received the pink letter.

"The kids have done a great job," he said. "Somebody is trying to take advantage of this."

Beachum said not to send money to the questionable organization.

"I want our residents to be careful when reading mail about Pink Arrow Project," she said.

The pink postcard has the following web site: www.pinkarrowpride.org.

Attention: Lowell High School Alumni
You Can Help Bring FREE Cancer Support to Lowell!

Everyone knows someone who's been affected by cancer. Giving cancer patients an educational and supportive place within the community helps to ease their painful process during the cancer journey. Gilda's Club provides free cancer and grief support for anyone—children and adults, families and friends—touched by cancer. The Pink Arrow Project is bringing Gilda's Club to the Senior Neighbor's Center in the historic George Halle farmhouse located in the center of Lowell. Please show your love and alumni pride with a contribution to this worthy cause.

Please send your tax-deductible donation to:
Pink Arrow Project, P.O. Box 246, Lowell, MI 49331
For online donations via Pay Pal go to:
www.pinkarrowpride.org

Lowell Program
www.gildasclub.org

The official postcard for the Pink Arrow Project.

Obituaries

ADAIR
Gayann Pearl Adair, age 71, of Ionia, formerly of Saranac, passed away on August 20, 2009. She was preceded in death by her husband, Raymond Sr.; two brothers; and three sisters. She is survived by her children, Lareita Reason, Raymond Adair, Jr., Monica Adair and Denise Shattuck; step-children, Terry Deveraux and Max Adair; brother, Larry (Rose) Jerrils, of Alto; sister, Roxy Hallock, of Florida; many nieces and nephews. Funeral services were held Tuesday at the Lake Funeral Home in Ionia.

JOHNCOX
Dorothy A. Johncox, aged 85, of Clarksville, passed away August 19, 2009. She was born May 7, 1924 in Jackson, the daughter of Miles and Lila (Peters) Davison. Dorothy married Robert M. Johncox May 9, 1948. He preceded her in death in 1993. She attended Friendship Country Chapel. She is survived by her children, James and Donna Johncox, of Waterford; Cheryl Juranek, of Rives Junction; and Linda and Art King, of Clarksville; 13 grandchildren; and 19 great-grandchildren. Dorothy was

Lend A Hand VOLUNTEER OPPORTUNITIES

HOST FAMILIES NEEDED
Pacific Intercultural Exchange (PIE) has 14 students waiting for a host family. School starts in two weeks. Can you share your home for the 2009-10 school year with one of these 15 to 17 year old students?
The students are from Germany, South Korea, Thailand, Mexico, China, and Hong Kong. The host family would be responsible for guidance, board and room. The students have their own spending money and medical insurance.
Empty nesters, single parents, large families and retired families may apply. If you have questions or may be interested in hosting a foreign exchange student, call your local PIE manager at 616-527-0012 or 1-800-382-7439.

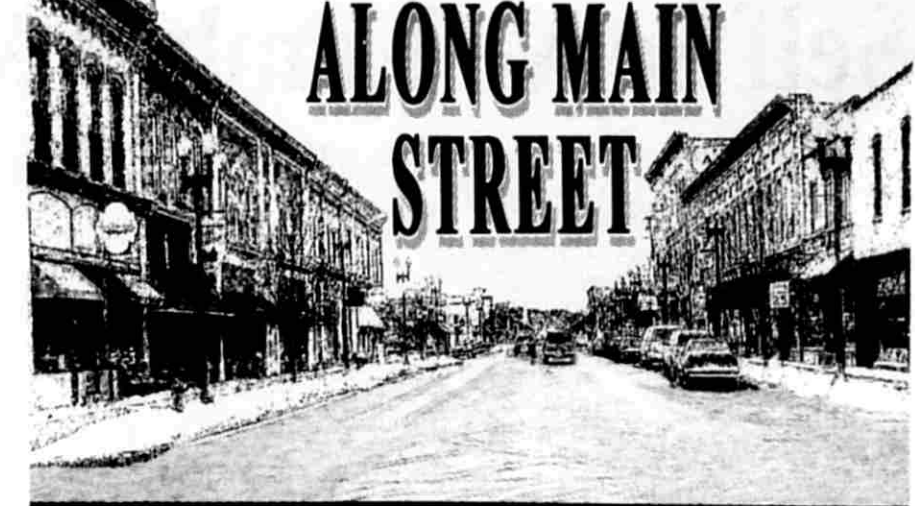
LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT
NOTICE TO CREDITORS Decedent's Estate
File No. 09-187,120-DE
Estate of LESTER H. GIBBS, Date of birth 8/18/1928.
TO ALL CREDITORS:
Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to ROGER P. HARRIS, named personal representative, or proposed personal representative, or to both the probate court at 180 Ottawa Ave. NW, Grand Rapids, MI 49504 and the named/proposed personal representative within 4 months after the date of publication of this notice.
Aug. 21, 2009
John T. Conroy P43709
410 Bridge Street NW
Grand Rapids, MI 49504
616-454-4119
Roger P. Harris
712 Ferndale NW
Grand Rapids, MI 49534
616-791-0563

Gas station cleanup on Main Street



The former gas station property located at 427 E. Main Street is getting a facelift. Although the gas tanks had been removed a long time ago, the oil soaked into the ground, so the soils had to be mitigated. The station has not yet sold and it is available. The removed saturated soil has been taken to a landfill, according to city manager Dave Pasquale.



STUDENT ORIENTATIONS

Orientation for returning 10th-12th grade students will be held Aug. 25 and 26. Students may pick up their class schedules, textbooks, handbook, and have their pictures taken (this includes seniors for ID card purposes). Students may attend either 9-11 a.m. or 1-3 p.m. Upper classmen must have their student id to check out textbooks.

FRESHMEN SMART START

Orientation for incoming freshmen students will be held on Thurs., Aug. 27. Last names A-K from 9-11 a.m., L-Z 1-3 p.m. Students will be given important information to kick off the school year, will receive schedules and textbooks, and will have their pictures taken. Parents should be prepared to pick their students up after the full two hours.

NEW STUDENT ORIENTATION

Orientation for 10th-12th grade students who are new to Lowell High School will be held on Thurs., Sept. 3, at 1 p.m. The orientation will be finished at 3 p.m.

FRESH COMMUNITIES

Food orders for low income families at the Moose Recreation Building, 1320 E. Fulton, Thurs., Sept. 3, 9 a.m. - 4 p.m. Bring proof of income and social security numbers for each member of household. Please bring bags. Questions, call David, 616-745-8520 or Virginia, 897-8754.

CLASS OF 1959

50th Class Reunion, Sept. 19, Fallasburg Village, 12 noon sharp. Group picture at bridge. Line music, great food & conversation to follow. For late comers, call Dottie Blain, 897-7035.

PUMPKIN CHUCKIN'

The 2nd annual Pumpkin Chuckin' contest, being held Oct. 10 at the Kent County fairgrounds, is looking for entries. There are two divisions: apple chuckin' for the younger kids, and pumpkin chuckin' for the older "kids." Build a trebuchet and see how far you can chuck your apple or pumpkin. For more information, rules and entry forms go to www.kcfcg.org.

FOOD PANTRY

The F.R.O.M. Food Pantry is presently in need of canned fruit and vegetables, soup, crackers, and cereals.

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DRAFT SYNOPSIS OF THE REGULAR MEETING OF THE LOWELL CITY COUNCIL MONDAY, AUGUST 17, 2009

- Motion to approve the agenda as submitted.
- Motion to approve the regular minutes of the August 3, 2009 meeting as submitted and the accounts payables was approved.
- Motion to approve the closing of Broadway from the Post Office to the Main Street intersection on Saturday, October 10 from 7 a.m. to 7 p.m. for the Larkin's Chili Cook Off.
- Motion to award contract to Architectural Building Restoration to repair the Cable TV Building roof for \$12,850.
- Yea: 4. (Altoft, Ellison, LaPonsie and Hodges) Nay: 1. (Pfaller).
- Motion to set a public hearing for Tuesday, September 8, 2009 to consider a front yard setback variance for a covered porch at 414 N. Monroe.
- Motion to approve the purchase and resolution of financing for two 2010 Chevrolet Impalas with Police package.
- Motion to appoint Council member Altoft as a voting delegate and City Manager David Pasquale as alternate for the Michigan Municipal League Annual meeting held in Kalamazoo from September 22 -25, 2009.
- Motion to adjourn at 8:12 p.m. The next regularly scheduled meeting will be Tuesday, September 8, 2009.
- Complete minutes will be available after approved on September 8, 2009 on the City's web page at www.ci.lowell.mi.us or at City Hall.

Betty R. Morlock
City Clerk

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Doing nothing is very hard to do ... you never know when you're finished.
- Leslie Nielsen (1926 -)

The Lowell Ledger

(USPS 453-830)

Published weekly for \$22⁰⁰ a year for zip codes beginning with 493 or 495
\$32⁰⁰ a year any other zip code.

J-AD GRAPHICS INC. PUBLISHER
EMMA PALOVA LEAD REPORTER
THAD KRAUS SPORTS/SALES
TAMMY JANOWIAK CLASSIFIED/ACCOUNTING
JON JACOBS ADVERTISING SALES

(616) 897-9261

E-Mail: ledger@lowellbuyersguide.com
Second Class Postage Paid at Lowell, MI
Published every Wednesday
POSTMASTER: Send address change to:
The Lowell Ledger
P.O. Box 128 • Lowell, MI 49331
www.lowellbuyersguide.com

Pink Arrow artwork on display

Beginning Tuesday, September 1, all artwork created for the Pink Arrow Project will be on display in the Lowell Area Arts Council Gallery. The artworks were created as the artists' interpretation of what the Pink Arrow Project means to them. Artworks were donated by Peter Bauman, Cheryl Blodgett, Mary Bommarito, Jan Johnson, the Jason Katt Family, the Lowell High School Ceramic Class, Kathleen Mooney, and Daniel Vosovic. One artwork will be chosen to be featured on the cover of the Pink Arrow program for the September 11 game. In addition, runner-up images will be featured inside the program.

During the afternoon of Tuesday, September 1, the Lowell Arts Council is hosting "Alive in Art" - a day with the Arts for Children. This event will take place on the north lawn of the Arts Council from 1-5 p.m. There will be "Creation Stations" giving children and youth, ages 5-13, the opportunity to try out many different art mediums and theatre. The children can also help design a community banner on the Pink Arrow theme that will be displayed at the LHS Stadium on September 11 where the Pink Arrow activities will be held.

Parents are encouraged

to bring their children for this creative and fun afternoon. Art on display, cont'd., pg. 4

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DISTINCT 8 (R) 4:50, 7:20, 9:50
THE TIME TRAVELER'S WIFE (PG-13) 4:40, 7:10, 9:40
MY SISTER'S KEEPER (PG-13) 4:30, 7:00
ORPHAN (R) 9:30
SI JOE: RISE OF THE COBRA (PG-13) 4:10, 6:40, 9:10
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Self Serve Lumber & Home Center offers competitive prices

by Emma Palova

The new Self Serve Lumber & Home Center located at 925 W. Main Street celebrated its grand opening on Aug. 15.

The store, based out of Saginaw, has been family owned for the last 50 years.

Low prices are due to low overhead, and the store specializes in buybacks and closeouts. But you can also find unique high quality products such as complete kitchen packages or custom designed pole barn packages.

"Our staff is friendly and knowledgeable," said manager Matt Maatman. "We hope to grow and support the community."

And it definitely is nice to have a local lumberyard back in town again.

The building has been completely remodeled after Stock Lumber closed its doors approximately 18 months ago.

"We have a fully stocked lumberyard," said Maatman.

Self Serve is open seven days a week, Monday through Friday from 8 a.m. to 7 p.m., on Saturdays from 8 a.m. to 6 p.m., and

on Sundays from 10 a.m. to 5 p.m.

Some of the products and services include: plumbing, electrical, hardware, kitchen cabinets, vanities, lawn and garden, roofing, pole barns, paint, flooring, tools, building materials, doors, windows, and lighting.

The closest other location is in Belding on West State Road.

The mission of the store is to provide customers with low prices and friendly service, offering a quick in and quick out, hometown shopping experience.

A complete pole barn package includes job site delivery, a step-by-step layout, and can be custom designed with several options to choose from, and includes free quotes.



Self Serve Lumber & Home Center manager, Matt Maatman.

Art on display, continued ... From Page 3

noon. Jan Bailey, who is heading up the afternoon activities states, "Our hope is that people will take advantage of this time to get to know the Lowell Arts Council and what is available for adults and children."

The public is invited to visit the Lowell Arts Council Gallery, 149 S. Hudson, during the week of September 1 - 8 to view the Pink Arrow artworks and to bid on their favorite piece through a silent auction. Hours are

Tuesday - Friday 12-6 p.m. and Saturday, 1-4 p.m. or by appointment.

On Tuesday evening, September 8, the final silent auction will be held in the Lowell Arts Council Gallery beginning at 7 p.m. There

will be representatives from the Pink Arrow committee, sports team coaches, and athletes hosting the evening along with Lowell Arts Council members. Entertainment and refreshments will be offered as part of

the evening. All proceeds raised through this auction will benefit the Pink Arrow Project.

For more information, call the Lowell Arts Council at 897-8545 or Pink Arrow Project at 897-7768.

LOWELL CHARTER TOWNSHIP PLANNING COMMISSION NOTICE OF PUBLIC HEARING FOR PROPOSED AMENDMENTS REGARDING ESSENTIAL PUBLIC SERVICES

The Lowell Charter Township Planning Commission will hold a public hearing on proposed amendments to the Township Zoning Ordinance regarding regulations for Essential Public Service Equipment and Buildings. The proposed amendments if adopted by the Township Board would:

1. Create new definitions for Essential Public Service Equipment and Essential Public Service Buildings and Structures;
2. Allow Essential Public Service Equipment in any zoning district but such equipment would not be subject to the provisions of the Township Zoning Ordinance as this equipment would be largely underground or in the road right of way;
3. Require a Special Use Permit for Essential Public Service Buildings and Structures in all zoning districts and establish regulations for lot size and frontage, setbacks, access, driveways and allow the Planning Commission to modify these regulations in order to minimize the impact of the use on neighboring residents and properties.

The hearing will be held as follows:

WHEN: MONDAY, SEPTEMBER 14, 2009
TIME: 7:00 P.M.
WHERE: LOWELL CHARTER TOWNSHIP HALL
 2910 ALDEN NASH AVENUE SE
 LOWELL, MI 49331

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

Tim Clements, Secretary
 Lowell Charter Township Planning Commission

**Lowell Area Schools
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Viewpoint

To The Editor

Dear Editor,

I want to thank you for the fine article in The Lowell Ledger on my 100th birthday. My memory of running for the school board was this: Dr. Siegle (incumbent), three other men, and I were running for a four-year term. Dr. Siegle and I won.

You mentioned David Davis having been a student of mine, a dear personal friend and brilliant art student. The last letter I received from him was dated Christmas '06. It told me "a cool yule" and included "hugs and kisses," and

also a note saying he had health problems: heart and feet. Before I could write him, he was gone and I was too ill to get to his memorials.

I appreciated greatly the mention of my student art shows of which I was always very proud. Bill Mills was the music director at the time and he and I always worked well together.

After a Christmas concert, people would come down to see my student art show: paintings, sculpture, copper jewelry, macramé, and many other designs. After Bill's spring concert, another art show: beautiful work and great variety. I believe these shows increased the public appreciation.

Sincerely yours, Blanche Muller



By Shelly MacNaughton

125 YEARS AGO THE LOWELL JOURNAL AUGUST 27, 1884

Frank T. King has been appointed receiver for Winger's grocery.

Ora Hayden, the barber, ran a foot race with a stranger the other day and won the price of fifty shaves in a very few seconds.

Rev. J. M. Van Wagner gives notice that the Sabbath school at the south ward will be resumed next Sabbath at three o'clock p. m.

100 YEARS AGO THE LOWELL LEDGER AUGUST 26, 1909

The public schools will open Monday morning, September 6, when it is hoped that all who expect to do work in the Lowell schools will be ready to enter.

We expect a large attendance at the Lowell schools this fall and urge all young people who desire to attend a high school to enter the Lowell schools.

75 YEARS AGO THE LOWELL LEDGER AND ALTO SOLO AUGUST 30, 1934

The Lowell Public Library reopened Tuesday, after being closed for two weeks, and will operate on its regular schedule of Tuesday, Thursday and Saturday from 2 to 8 o'clock. The floor has been repainted. The furnace was repaired for winter use through a source outside of the library budget, so the board was able to contribute the money to the Book Purchasing Fund.

50 YEARS AGO THE LOWELL LEDGER AUGUST 27, 1959

Miss Florence Lee King, 344 Madison Avenue SE, Grand Rapids, passed away at home Sunday at the age of 72. Born in Lowell, Miss King was the daughter of Frank T. King, founder of the King Milling Company.

Disagreeable connotations are related to zero as far as pupils in school are concerned. Pupils don't like zero in the ordinary sense of the word. Neither do they like the meaning of "Zero Hour" as it pertains to the opening of school, but schools are a "must" in the good old USA and what are schools without pupils? And so the boys and girls, big and little, are to report for the beginning of another school year on next Monday afternoon at 1 p.m.

25 YEARS AGO THE GRAND VALLEY LEDGER SEPTEMBER 5, 1984

A violent thunderstorm accompanied by high winds caused tens of thousands of dollars worth of damage in the Lowell area early last Thursday. Worst hit was the Eberhard Supermarket which had about half of its built-up tar and gravel roof stripped by the fierce winds. Two heating units, a large air conditioner and a compressor were ripped from their mountings and punctured the roof. Store manager Jeff Hendrick said that the rain came through the damaged roof in torrents, ruining ceiling tiles, meats, produce, and other inventory.

Outdoors

By Dave Stegehuis



TO EACH HIS OWN

Traveling around the Upper Peninsula recently, it became apparent that whatever recreational interests one has, there is something for everyone in Michigan. That's good; otherwise, it could get crowded in some places if everyone did the same thing.

A foursome is putting-out on a challenging golf course along I-75 near Vanderbilt. Signs warning of elk crossings suggest an elk viewing tour in the Pigeon River country might be an interesting side trip. A truck and trailer carrying ATV's and a motorcycle exits the expressway and heads for off road trails near Atlanta.

Pleasure boats on the Indian River cruise the Inland Waterway between Crooked Lake and Lake Huron. Canoes paddled by weekend voyagers drift in the swift current of the Sturgeon River. Jet skis skip across the waves on Burt Lake.

A sailboat passes under the Big Mac and sets a course for Mackinaw Island. On the island, tourists experience the rich history of the Straights area. Forty miles to the east, artists capture the essence of nature on Drummond Island with watercolors.

Financial Focus



With Christopher C. Godbold
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SOCIALLY RESPONSIBLE FUNDS

Over the past several years, you might have heard about socially responsible investing, sometimes known as "sustainable investing" or "ethical investing." Probably the most common way to take part in this type of investing is through socially responsible mutual funds — but are these funds suitable for your overall financial goals?

Before you can answer that question, you need to become somewhat familiar with how these types of mutual funds operate. Basically, the managers of socially conscious funds seek to own companies that, in various ways, may promote such things as human rights and environmental and consumer protection. These managers also typically "screen out" those companies involved with the military, tobacco, alcohol and other industries involved with products or services that may be controversial.

So you may ask yourself, after these qualifications are imposed and screens are applied, can socially responsible mutual funds still find the right investments to earn a reasonable rate of return? And the answer is yes — the performance of many of these funds has been comparable to that of non-screened funds.

Furthermore, the performance of socially responsible funds can be tracked and measured against other funds with similar objectives. Socially responsible funds even have their own index — the Domini Social 400 Index. While this index is not managed, and you can't invest directly in it,

you will find it a useful tool should you decide to invest in socially responsible funds.

Yet, despite these factors, there is at least one potential drawback to investing in socially responsible mutual funds: lack of diversification. The problem isn't so much that an individual socially responsible fund may not be properly diversified, although that could happen, given the necessity to screen out entire industries. The bigger issue is that the universe of socially responsible funds is much smaller than that of other funds, and socially responsible funds, by definition, resemble each other to a certain extent. Consequently, you may have a hard time achieving a diversified portfolio of socially responsible funds across different asset classes — small, mid-size and large companies, "value" stocks, international stocks, etc. — that is so important when investing.

Of course, diversification, by itself, cannot guarantee a profit or protect against a loss. However, the more asset classes you can diversify into, the better opportunity you have to help reduce the effects of volatility on your portfolio. This helps explain why socially responsible portfolios tend to have more volatile returns and are more susceptible to sharp downturns during bear markets than non-socially responsible mutual funds.

Before you invest in a socially conscious fund, or any mutual fund, for that matter, be sure to read the prospectus carefully, because it describes the fund's investment objective, risks, charges and expenses. In the investment world, knowledge is power.

Ultimately, in evaluating socially responsible funds, you will have to decide just how much your sense of social responsibility will affect your investment choices. So take your time, evaluate all the factors involved, consider the alternatives — and make the decisions that are right for you.

Weddings

Wirgau/Richmond

The ceremony which united in marriage Andrea Richmond and Dustin Wirgau was performed at St. Patrick Parish on May 23, 2009. The bride is the daughter of Jerrold Richmond, of Lowell, and the late Diane Richmond. The groom is the son of Jon and Barb Wirgau, of Posen.

Maid of honor was Elena Scott. Bridesmaids were Jolene McCabe, Kristi Cummings, Stephanie Miller, Mary-Beth Baney, Karen Richmond, and Olivia Richmond. Flower girls were the nieces of the bride.

Best man was Brian Shafer. Groomsmen were Chris Cummings, Kenny McMillen, Dean McMillen, Derek Wirgau, and Dillon Wirgau. Ushers were Mark Richmond, Sean Peterson, and Tom Cosley.

The couple will be residing in Glen Ellyn, IL.

New Arrivals

Delnick



Isabelle Kay Delnick

Isabelle Kay Delnick was welcomed into the world on July 14, 2009 weighing 7 lbs. 12 oz. and measuring 19 inches at 7:56 a.m. by proud parents, Casey and Kristen Delnick,

of Lowell, and big sister, Khloe. She is also welcomed by her grandparents, Bill Cook, of Ionia, Jim and Robin Cahoon, and David and Rhonda Delnick, all of Lowell.

Methodist church finishes new building

The Bowne Center United Methodist Church held a Service of Consecration for their new Connector Building on Sunday, August 9, at the 11 a.m. worship service. A light brunch and tour followed the service.

The 1867 Sanctuary and the 1990 Fellowship Hall, formerly free standing structures, are now joined together by the Connector Building which includes a large gathering/meeting room, a nursery room with rest room, and ample downstairs storage space.

Reverend Laurie Haller, superintendent of the Grand Rapids District of the West Michigan United Methodist Conference, preached, along with special music by vocalist Holly Hawkins Workman, and the church choir, under the direction of Lorrie Capen.

Art Benedict and Richard Hawkins, Sr., co chairs of the building committee, are grateful for all who contributed to the success of the project, especially for the general contractor, D'Agostino Builders, Inc.

Pastor Dean Bailey invites the community to stop by to see the new addition. The church is located at the corner of Alden Nash Ave. SE (M50) and 84th Street in Bowne Township.

Wit makes its own welcome, and levels all distinctions. No dignity, no learning, no force of character, can make any stand against good wit.

- Ralph Waldo Emerson (1803 - 1882)

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Model house helps visualize Senior Neighbor's Center transformation

Submitted by
Dave Thompson

If you missed the fair parade or the fair itself, you may have missed seeing the model house built by Ivan Blough that shows the changes coming to the Senior Neighbors' Center and the new Gilda's Club of Lowell. For a month now, a team of volunteers has literally swarmed over the old house and grounds on South Hudson including members of the Lowell football team and members of the high school student council, all of whom have left their marks on this project.

Last week, student council members prepared the new ramp area which will soon be set with brick pavers. Football players pulled up worn carpet, removed the covered walk roof, took off the old storm doors and dug out landscape timbers, while some 7-8'ers collected the scrap steel removed from the old roof so it could

be recycled. A host of other volunteers patched, painted, and rewired throughout the house, keeping the project

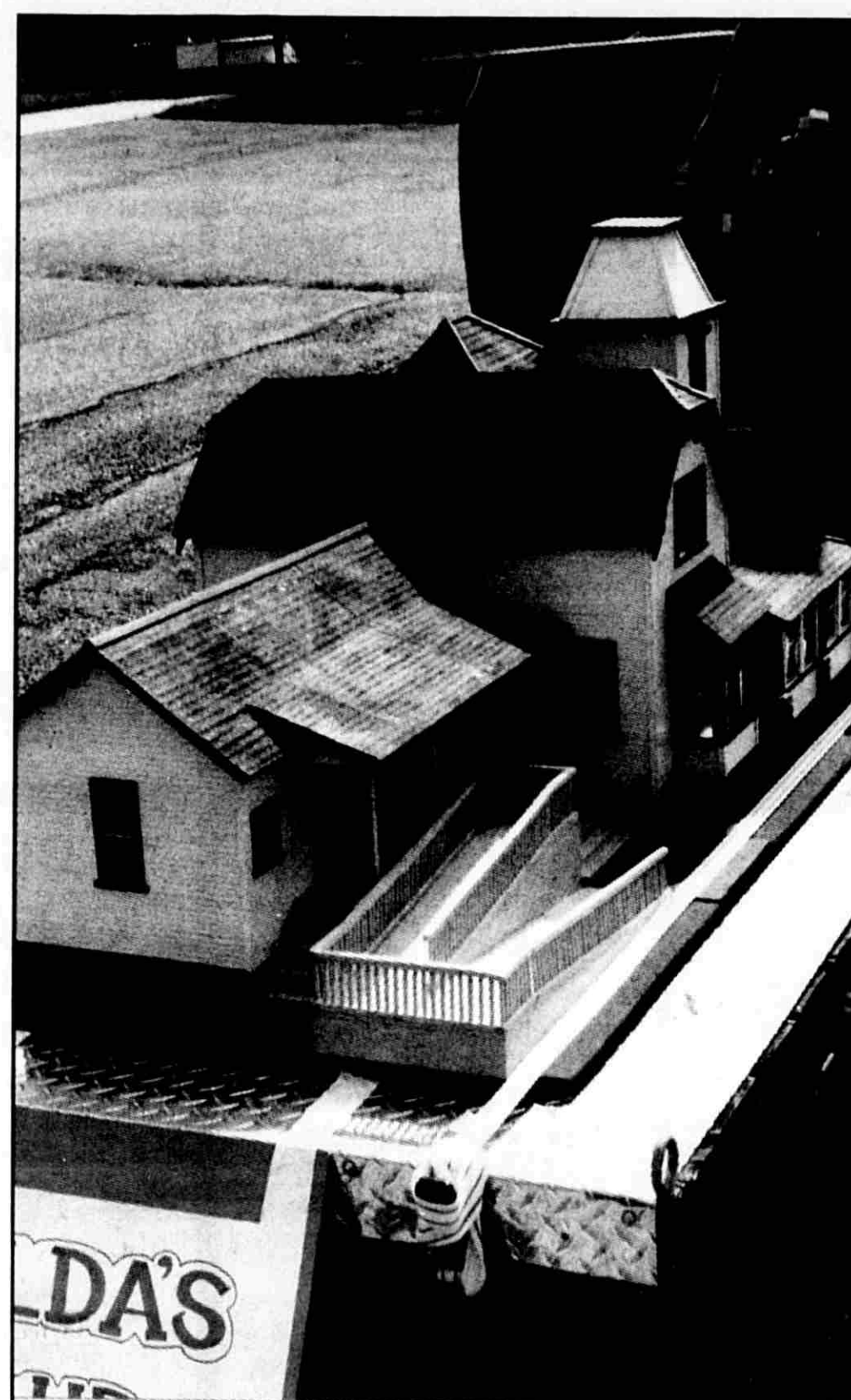
on schedule.

The calendar says the ribbon cutting ceremony is only 19 days away, set for

Sunday, September 13, and

everything is on schedule. In the past week, the interior electrical upgrades were completed, all painting was finished upstairs and most of the downstairs, the new outdoor lighted sign area was readied, the new flag pole ordered, the heating and cooling units were installed, and the railing for the new handicap ramp was about to be put in place. "The end is in sight," said Brian Krajewski, who has been the point man for the reconstruction project. "And frankly, we have been overwhelmed with the out pouring of support from all corners of our community who have so willingly stepped up to the challenge. We are on schedule for September 13!"

Finally, remember, the new cyber pink t-shirt, Arrow Force II, is your ticket to this year's game festivities on September 11.



Trailer for the fair parade, the model of the Senior Neighbors' house shows the new handicapped entrance. The "house" will be making appearances around town including the Pink Arrow football game.

HEALTH

With Drs. Paul Gauthier, Jim Lang, Wayne A. Christenson III, John G. Meier & Tracy Lixie



OBESITY

Overweight and obesity is a serious problem in America. The ease of access to high calorie foods and limited physical exercise has contributed to the steady rise of obesity in the United States. In 2008, only one state had an obesity prevalence less than 20 percent (Colorado).

Obesity is defined as a weight that is unhealthy for a given height. This is determined by a body mass index (BMI) calculation. A BMI of 25 to 29.9 is considered overweight and a BMI of greater than 30 is considered obese. BMI calculators are easily found online.

Obesity is one serious risk factor for developing metabolic syndrome and diabetes, as well as a major contributor to many other medical problems. Our next article will discuss these in more detail.

The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.

- Calvin Trillin (1935 -)

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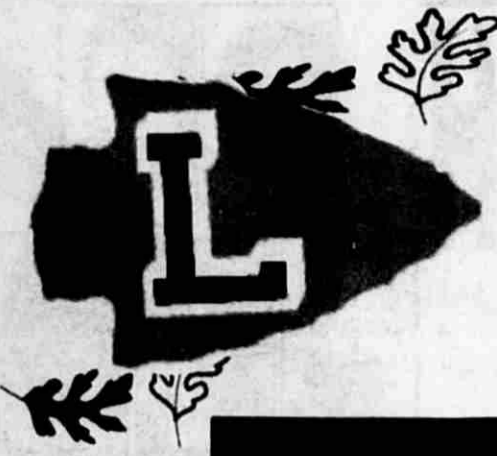
Topics include:

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- Medicaid and Medicare Planning
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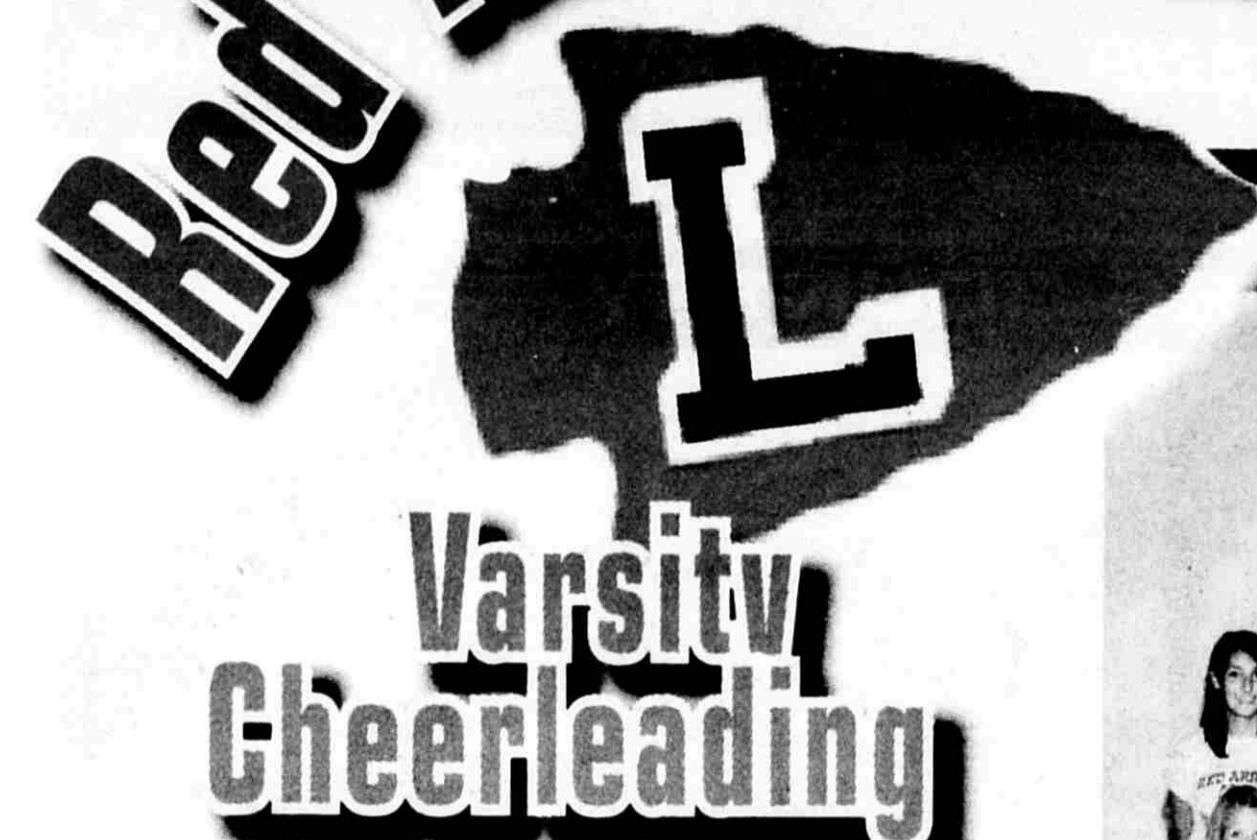
Lowell High School Fall SPORTS PREVIEW



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Red Arrow Fall Sports Preview



2009 LOWELL HIGH SCHOOL VARSITY TEAMS

CHEERLEADING



Front row, left to right: Hailey DeGrote, Cassie Miles, Courtney Race, Ericka Claypool, Becky Chamberlain, Kirsten Baker, Shawna Bush and Chelsea Prill; second row, left to right: Erin Groom, Rachael Nova, Erin Fleet, Kate Scudder, Paige Rash, Anna Scudder, Jenn Hartley, Brittany Essich and Taylor Moore; third row, left to right: team manager, Julia Kopp, Dayna Crumback, Tanisha Griner, Mariah Moore, Montana Bergy, Whitney Bunn, Crystal Vosburg, Jordan Wakefield, Britney Poll, Lindsey Stehley and coach Kari Dawson.

Lowell plays for a chance at a third state title

by Thad Kraus

With the opening of the high school football season just a day away, Lowell football coach Noel Dean and his Red Arrows are already playing for week 10.

How can that be? Dean coaches his club to be playing at a level in week 10 that lands Lowell in what he calls the "chance zone."

"That and with some luck and a few things happening the right way, we have a chance at winning another state title," Dean explains.

This is a program that has won 90 percent of its games, seven league titles (including the last

three), three regional championships, and two state titles during Dean's tenure.

High expectations have been self-anointed and more often than not, met.

While the returning seniors are a talented group and this year's club, Dean calls, the strongest physically, it does not have the home run hitters of the past few years.

What it does have are two first-team all state players in offensive tackle, Connor Kruse and inside linebacker Randy Hogan.

In addition, there is special mention all-state fullback, Austin Graham.

"Those three guys are our leaders," Dean declares. "I could spend a lot of my time as a coach with guys like Austin. That would make me feel good."

Dean's coaching philosophy is to make his club's weakness its strength and its strengths stronger.

"As a coach I can't focus on my best six players. I have to be working with the next 16," he explained. "We can't forget how we've done things. I think the way we've coached kids has been validated."

The scheme Dean employs is tweaked from year to year based on personnel.

From an offensive perspective Dean starts from a base and the more talented kids, the more that is added and used.

"This year we will probably be a little more run-based. In the past we've used the pass to set up the run," Dean said.

The Lowell coach says he has two players who can both be successful at the quarterback position.

Vying for the most important position (quarterback) is junior Gabe Dean and senior Pat Martin.

Dean likens Martin to a Ryan Dykhouse type and Dean to a Kyle Nichol type.

Pat Martin suffered a separated shoulder in a scrimmage against Holt, therefore making the choice for the opener against Detroit Mumford an easy one.

"The important thing is where will we be in game 10," Dean said.

Minus a home run hitting wide out, Lowell will replace that with a solid core of receivers in Renn Osborne, Derek Cornish, Keegan Hanrahan, Matt Houston, Jacob Myers and Austin Tackmann.

A restructuring of a whole new defensive line is

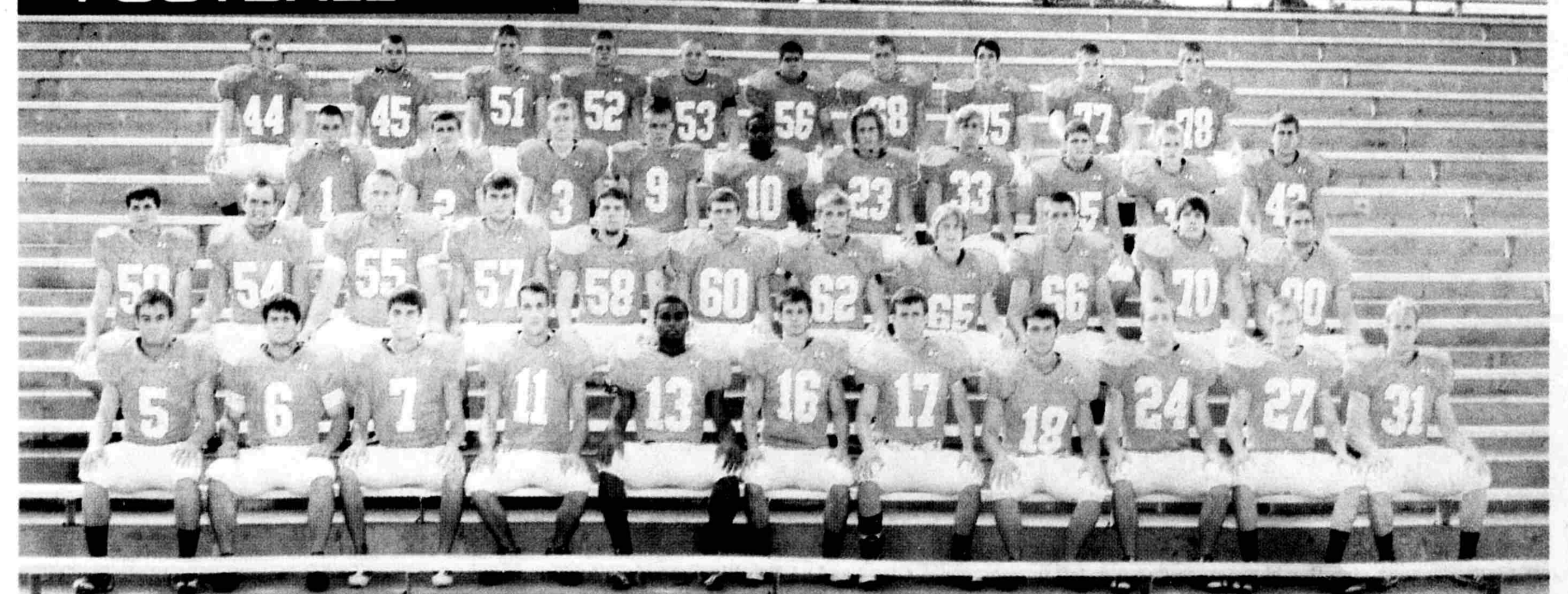
needed with the graduation of its starters from a year ago.

Dean says the strength of its defense will be at the linebacking position.

The strength of the O-K White is Lowell and East Grand Rapids. Until another school steps up, it doesn't look like that will change in 2009.

Lowell and East will meet again on Oct. 16 at East Grand Rapids, likely with a conference championship on the line.

FOOTBALL



Front row, left to right: Zachary White, Ryan Olep, Pat Martin, Derek Cornish, Marc Destine, Jake Fillingham, Dylan Olin, Kyle Fitzpatrick, Austin Tackmann, Jon Hanson and Austin Graham; second row, left to right: Trevis Shea, Randy Hogan, Connor Kruse, Zach Noskey, John Bogardus, Jason Miller, Keith Williams, Nick White, Matt Persons, Tyler Matteson and Keegan Hanrahan; third row, left to right: Jacob Myer, Gabe Dean, Matt Houston, Derek DeWard, Jone Destine, Renn Osborne, Sam Steed, Dan Fleet, Brandon Blough and Erik Ingebretson; fourth row, left to right: Evan Swift, Taylor Porter, Tyler Mitchell, Nick Crook, Sam Young, Mark Fron, Wade Schlosser, Nick McKay, Jacob Murray and Jared Williams.

Red Arrow Fall Sports Preview



2009 LOWELL HIGH SCHOOL VARSITY TEAMS

It's all about heart for Lowell harriers

by Thad Kraus

"You Gotta Have Heart" turned into the team song for the hapless 1959 Washington Senators who finished the season at 63-91.

Lowell girls' cross-country coach, Sarah Ellis, may want to borrow that tune to remind her club of what it takes to become a good cross-country runner.

Heart and spirit of competition are essential elements Ellis is looking for in this year's club.

"Running is a heart and mind deal," Ellis explained.

Last year's Red Arrows finished fifth in the O-K White. While short on wins, Ellis points to and looks to build on her club's

improvement in numbers, attitude and times.

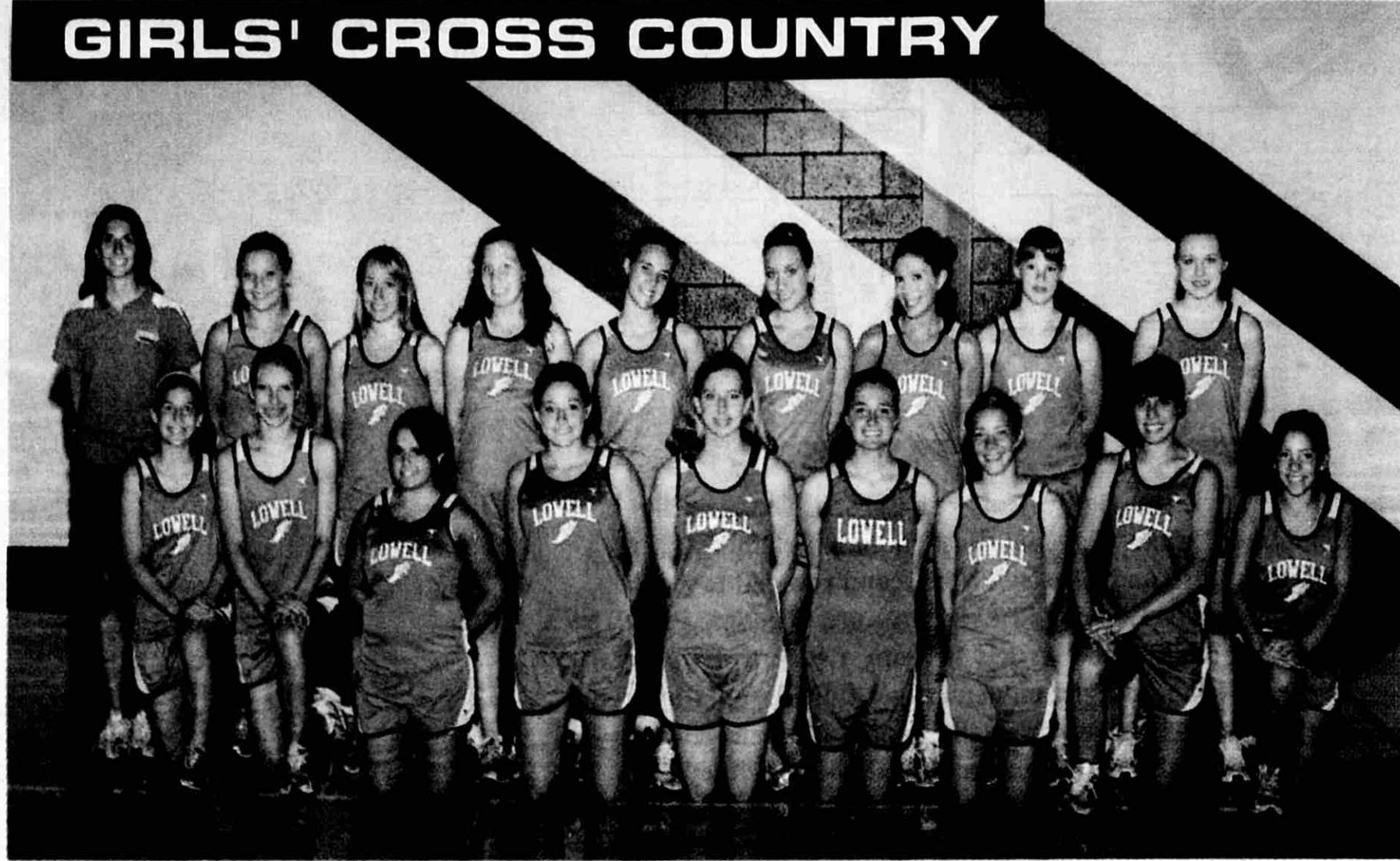
Five of last year's top seven harriers return in 2009. With the mix of some talented freshmen, a good year may be on the horizon.

"I'm excited and optimistic about the future. We have more talent on this year's team and we're still building," Ellis explained.

Topping this year's list of runners are senior Taylor Marchido, freshmen Rebekah Betts and Amy Bartkus, seniors Emily Jelsma and Katie Jousma, and sophomore Carissa Paez.

Lowell's top five runners are bunched closely

GIRLS' CROSS COUNTRY



Front row, left to right: Amy Bartkus, Kelsey Mankel, Chelsea Montgomery, Nicole Everitt, Haleigh Timmers, Taylor Marchido, Katie Jousma, Alli Oesch and Leigha Boogaard; second row, left to right: coach Sarah Ellis, Lexi Wabeke, Skye Thebo, Karis Dilly, Kendall Solon, Jessica Lewis, Emily Jelsma, Allie Hinton and Pauline Harrington; not pictured are: Carissa Paiz, Rebekah Betts, Melissa Southwell and Annie Vescolani.

together. Marchido starts the year running in the mid 20's. The other four range from the low 21-minute marker to the mid 20's.

Ellis notes that ideally she'd like to see all of them

below 20 by the end of the year. The second-year coach also points toward a top three finish in the league.

The two favorites, East Grand Rapids and Grand Rapids Christian, finished

one-two in the state a year ago.

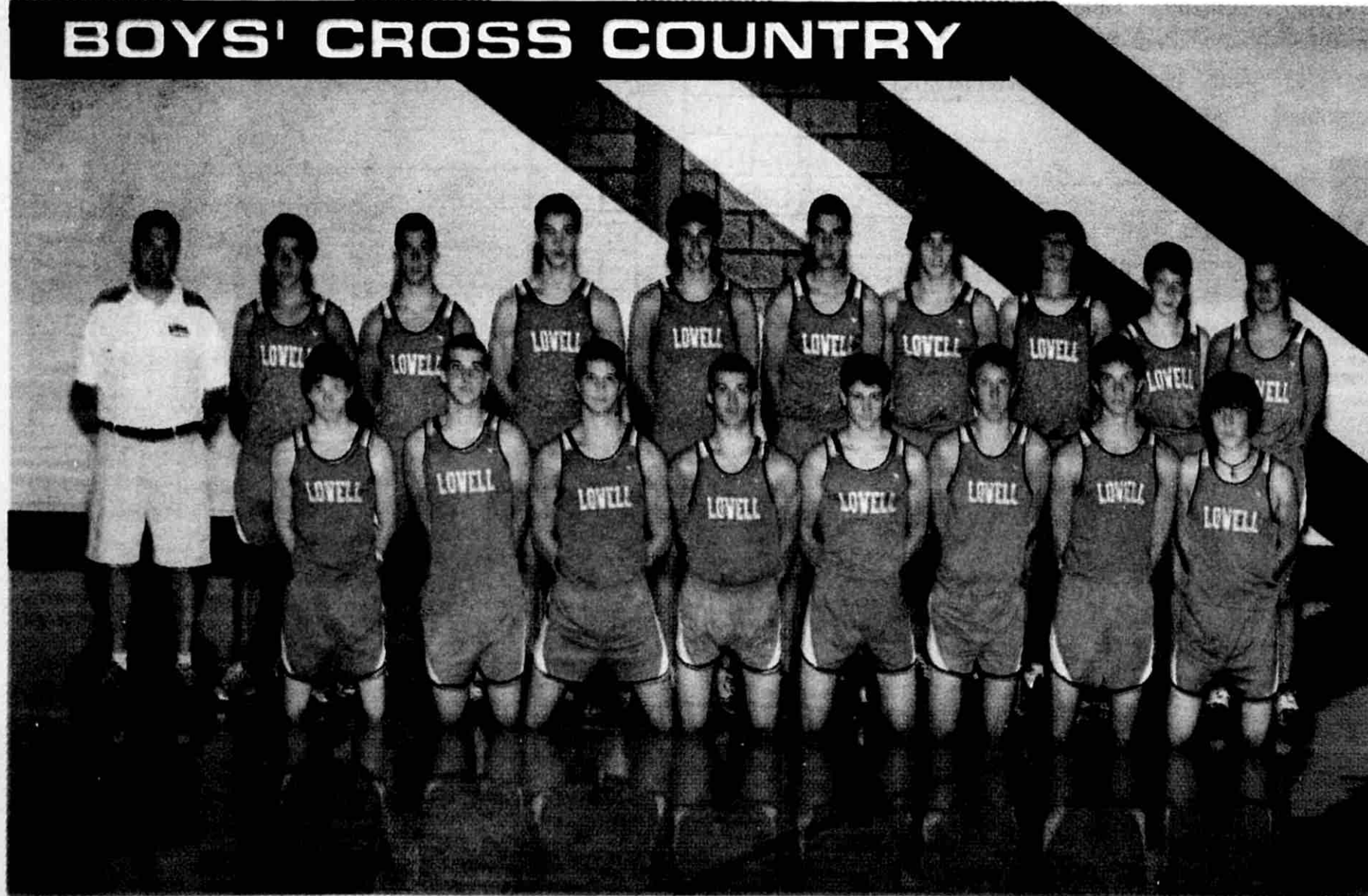
"A top three finish would be good, but you always shoot for first," Ellis said.

Other runners expected

to contribute in 2009 are seniors Haleigh Timmers and Katie Jousma, sophomores Skye Thebo, Melissa Southwell and Annie Vescolani.

Signs point to Red Arrow boys running with success

BOYS' CROSS COUNTRY



First row, left to right: Zach Robinson, Chris Bewell, Jackson Morse, Jake Gould, Matt Griffioen, Tom Mark, Josh Corteville and Caleb Hershburger; second row, left to right: coach Clay VanderWarf, Ben Partridge, Zach Jeffries, Andrew Morse, Bryce Hrusovsky, John Mark, Gabe Morse, Ryan Timmers, Scott VanOosten and Brennan Page.

by Thad Kraus

It's a good sign when your runners don't appear tired after preseason workouts.

It's a good sign when your team numbers have more than doubled from the previous year.

It's a good sign when the core of your team has been running year-round.

With all of those good signs, some might anticipate that the Lowell boys' cross country team may do well in 2009.

They may be right. "We're looking good. I like the strength of the boys' running," said Lowell boys' cross country coach, Clay VanderWarf. "They have come into the year fit and are running strong."

Returning from a year ago is the Red Arrows' leading runner, Zach Robinson. The all-conference runner will start the season in the low 17s and most likely will finish somewhere in the mid to high 16s.

Following in Robinson's

footsteps will be teammate Tom Mark. This Arrow is also expected to break into the 16 minute marker by the end of the year.

Not far behind the top two harriers are Ben Partridge and Josh Corteville. Both runners will open the year in the low 19s.

Texas native, Caleb Hershburger, in his first year with Lowell, and freshman Jon Mark, should join the pack as VanderWarf anticipates both of these Red Arrows running with Partridge and Corteville.

"I think with the large numbers will come some depth," VanderWarf said.

Such depth should hold Lowell in good step with Greenville. Both clubs however, will struggle to keep pace with league favorite Grand Rapids Christian.

VanderWarf said a good benchmark as to where his club is at will come at the meet on Sept. 2 featuring schools from the O-K White and O-K Black conferences.

Red Arrow Fall Sports Preview



2009 LOWELL HIGH SCHOOL VARSITY TEAMS

Lowell's tennis program increasingly formidable

by Thad Kraus

There was a time in the Lowell boys' tennis program when players showed up without equipment.

Now they show up with equipment and can play the game.

Lowell tennis coach, Bonnie Wall, remembers and is grateful and excited about how the program has grown over her 11 years as coach.

"Now when players get up to the varsity level, we work on strategy and things that will help them play better," Wall explains. "Many of our junior varsity and varsity players participate in summer programs."

While Wall hasn't coached many tourney players during her tenure at Lowell, she has stayed true to her belief that tennis is a sport of a lifetime.

Wall wants to see her players compete and win, but she wants more than that.

She wants her players to enjoy the game of tennis and improve under her tutelage.

Last year, the Red Arrows finished third in the O-K White behind Grand Rapids Christian and East Grand Rapids.

With seven returning starters and some strong

promising underclassmen, Wall admits it will be tough, but expectations and goals have been set high.

"EGR is power packed and probably isn't beatable, but second place is possible, but will be tough," Wall explains.

Lowell will battle Grand Rapids Christian and Northview for that second spot.

Lowell's top four singles players from a year ago are all back this year.

Junior Cort Thompson returns at first singles while seniors Josh Spratt and Isaac Tawney will play at

TENNIS



First row, Dan Cowden; second row, left to right: Jack Weeber, Cort Thompson, Josh Spratt, Micah Babcock and Conner Smith; third row, left to right: coach Roger Wall, Joel Bieri, Isaac Tawney, Evan Wilterink, Dan Wernet, Sean Briggs and coach Bonnie Wall.

second and third singles respectively. Sophomore Connor Smith will fill the fourth singles spot.

In doubles play, seniors Evan Wilterink and Jack Weeber will fill the role

at first flight. Senior Sean Briggs and freshman Micah Babcock are penciled in at second doubles. Juniors Joel Bieri and Dan Wernet are Lowell's third doubles team. Freshman Dan Cowden

will team up with exchange student Carlos Ruiz at fourth doubles. Also vying for a spot on that fourth doubles group are juniors Tony Hanson and Ryan VanHeulen along with freshman Tom Pastor.

Red Arrow spikers eyeing their first game date

by Thad Kraus

Amidst all the banners and all the years on the banners in the Lowell High School gymnasium, something is missing. No, make that a date is missing.

Lowell's volleyball team has set out to change that in 2009.

What's missing? A date that signifies a conference championship in volleyball.

"The girls want this to be the year we put the first date on the volleyball banner," said Lowell volleyball coach GiGi Peal.

Peal believes this year represents the most realistic chance of that happening in her 10 years as head coach.

Seven starters return from last year's third place finish in the O-K White.

While last year's team was young, youth will again be served in '09. The varsity roster has just one senior sandwiched between nine juniors and four sophomores.

Peal says her roster has many go-to players, but success will depend on her club's confidence in knowing how good it is at scoring big points while controlling the game and

sustaining momentum.

Much of that can be extracted through good defensive play. Peal is clear on the importance of defense. "It's great to watch big hitters, but the toughest teams to play are those who play good defense. Defense wins championships," Peal explains.

The Lowell coach calls this year's club the best defensive unit she's coached. That combined with an outstanding setter in sophomore Jordan Timmer may have Lowell positioned to take that next step.

Timmer will be setting to hitter Madelyn Brower, the only senior, and an outside hitter that should tally many points in this, her final season.

Strength up the middle will come from junior hitters, Hannah Geelhoed and Katie Tompkins.

Hitting from the right side for the Red Arrows will be junior Sam Visscher.

Defensively at the net, Lowell will look to sophomore Arielle Nausieda and Courtney Schmidt.

New faces on this year's

roster are juniors, Emily Oberlin and Paige McVey; and sophomores, Anna

Rozema and Stephanie Stevens. League honors should

come down to East Grand Rapids, Grand Rapids Christian

champion) and Lowell. Peal warns that Northview should not be overlooked.

VOLLEYBALL



Front row, left to right: Anna Rozema, Megan Montgomery, Summer Moore, Jordan Timmer, Stephanie Stevens, Arielle Nausieda and Taryn Endres; second row, left to right: coach GiGi Peal, Katie Tompkins, Emily Oberlin, Courtney Schmidt, Hannah Geelhoed, Sam Visscher, Paige McVey and Madelyn Brower.

Red Arrow Fall Sports Preview

2009 LOWELL HIGH SCHOOL VARSITY TEAMS

Highs and lows ahead for young team

by Thad Kraus

Lowell soccer coach, Paul Legge, knows his young Red Arrows will play teams this season who are just better than them.

He also knows that doesn't mean Lowell can't beat them.

"Every year there is a new challenge," Legge explains, as he enters his 10th season as the Red Arrow coach.

The youthful minded Red Arrows will undoubtedly win a few games they are not expected to, but that same youthful lot could lose a few along the way they shouldn't.

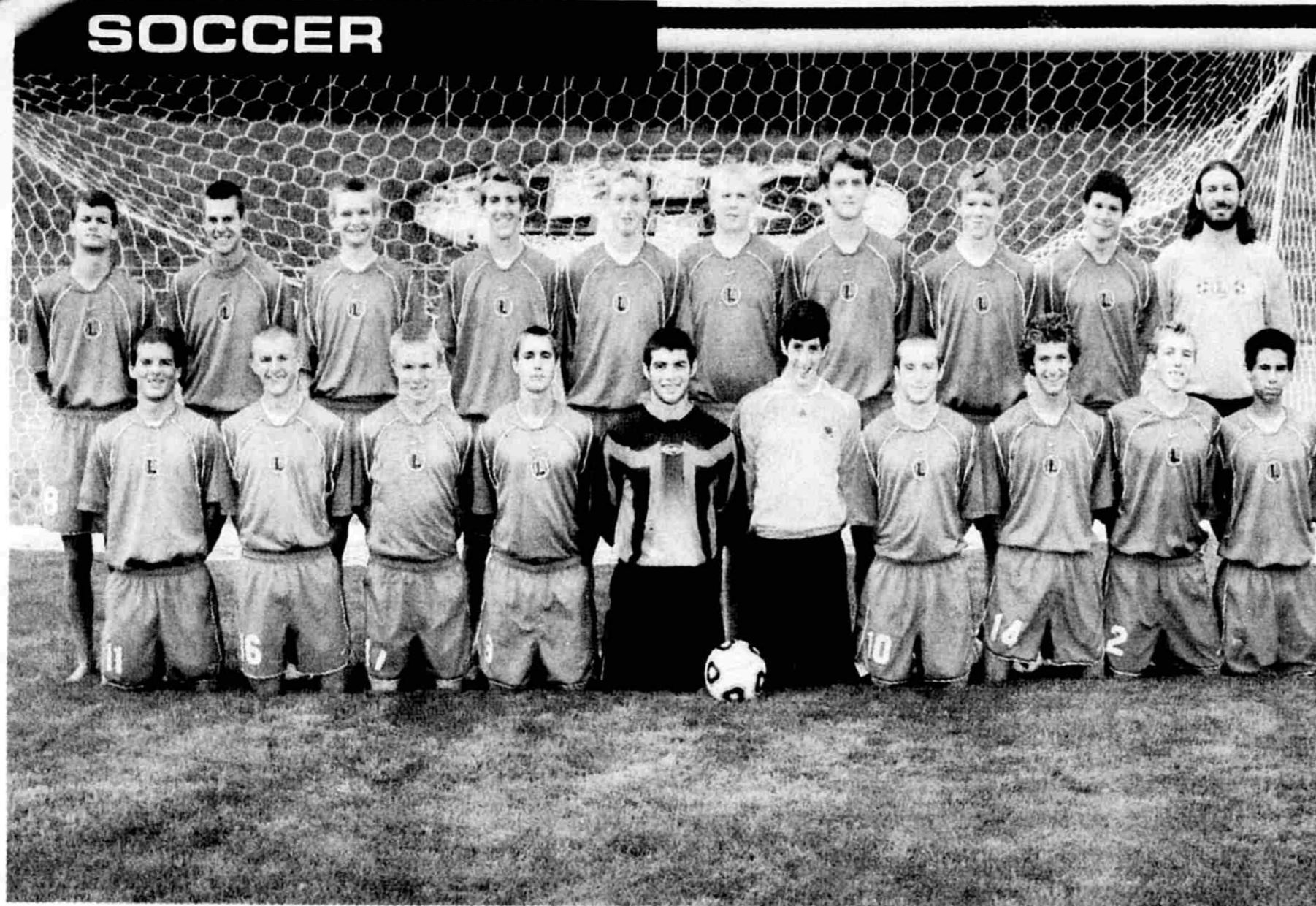
The challenge in '09 is to get a group, led by six sophomores, to navigate a season full of highs and lows.

"This year is going to be the slow ride up of the rebuilding side of a roller coaster," Legge explains. "Ultimately, though, the goal will be to have a team that improves and grows throughout the season."

Two returning seniors who will help guide the young fellows on the field will be forward Jake Karasiewicz and center/back Brent Cone.

"Jake is a good attacking player and is a good senior to build around," Legge said.

Junior Tommy Rodriguez and sophomore Matt Kyllonen are Lowell forwards who will help Lowell push the ball up field. Sean DenBraven is also expected to fill a number of roles.



First row, left to right: Jim McCormick, Joe Sweet, Martin Hewitt, Sean DenBraven, Kyle Fitzpatrick, Alex Nurmikko, Josh Depew, Will Athmann, Matt Kyllonen and Tommy Rodriguez; second row, left to right, Jacob Karasiewicz, Michael Underwood, Alex Ligman, Evan Kohtz, Brent Cone, Aaron Fetzer, Al Calvi, Jeremy Wodarek, Caleb Schultz and coach Paul Legge.

Returning starter, Joe Sweet, may be the straw that stirs the shake.

"Joe is a strong player. He was as a freshman center/midfielder," Legge said. "He will make us competitive."

The style of play will be simplified in '09. "Tactically,

we will play a straight forward soccer - a grind it out style," Legge says.

A year ago, the Red Arrows were 12-7 and finished second in the O-K White behind East Grand Rapids. Legge tabs the Pioneers as the favorite again

with Lowell Northview and Grand Rapids Christian in the mix, but chasing.

The last 10 years of soccer at Lowell, Legge describes, as amazing.

"With the talent we've produced between the boys'

and girls' programs, we have had 30 all-state players," Legge says. "The challenge for the program is to mix three good classes of players with three or four kids from each class."

Red Arrow golf team green in course experience

by Thad Kraus

How do you define rebuilding?

In the case of Lowell girls' golf coach, Bob

Steuwe, it's having to count on a number of first-year golfers to step up and figure prominently in 2009.

"We're definitely rebuilding from last year," Steuwe explains.

Lowell's fifth-year head

coach will do so with a foundation built around two returning lettermen.

Melissa Shepard and Jenna Ries will need to lead by example. Both golfers are expected to card scores in the low 50s to upper 40s.

On the list of golfers to watch is sophomore Morgan Groom. She shot a 52 in a preseason scrimmage. Steuwe thinks the sophomore has the makeup and potential to be on the all-conference list at year's end.

Seniors, Shelby Herb and Sara Weaver, are both first-year varsity players. Herb, however, played on the junior varsity a year ago.

"Sara shows some excellent potential for a first-year player.

Herb, junior Shelby Mitchell and freshman Sophie Kotze all are expected to help out by year's end.

Lowell placed third in the O-K White last year and with a short roster and a lack of depth may struggle.

"I will look for improvement from week to week," Steuwe explains.

The Lowell coach tabs Grand Rapids Christian and Greenville as the conference favorites.

He still believes his Arrows can compete for the top three spots in the league.

"Right now we lack course experience," Steuwe concludes.



Front row: Morgan Groom; second row, left to right: coach Bob Steuwe, Shelby Herb, Melissa Shepard, Sara Weaver, Jenna Ries, Shelby Mitchell and Sophia Kohtz.

GOLF



LOWELL AREA SCHOOLS 2009 VARSITY FALL SPORTS SCHEDULE

This Page Brought to You By The Lowell Ledger

BOYS VARSITY FOOTBALL

* Indicates a home game at Red Arrow Stadium

Games begin at 7 p.m. unless indicated.

8/27 Mumford*

9/3 Holland

9/11 Union* (Pink Arrow Game)

9/18 Mona Shores*

9/25 Greenville

10/2 Creston

10/9 at 7:30 p.m. G.R. Christian*

10/16 East Grand Rapids

10/23 Northview*

GIRLS VARSITY GOLF

* Indicates a home game at Deer Run Golf Course

Games begin at 3:30 p.m. unless indicated

8/26 at 8 a.m. Preconference at Quail Ridge

8/28 Greenville

8/31 Greenville/Northview*

9/2 G.R. Christian*

9/3 NorthPointe Christian*

9/9 G.R. Christian/Creston

9/15 East Grand Rapids

9/16 Creston/Northview

9/18 at 9 a.m. Kenowa Hills Invitational

9/23 East Grand Rapids*

9/28 Calvin Christian*

9/30 Conference at Thornapple Point

10/5 Forest Hills Eastern

10/6 Unity Christian

BOYS VARSITY SOCCER

* Indicates a home game at Red Arrow Stadium

Games begin at 6:45 p.m. unless indicated

8/28 NorthPointe Christian*

9/2 Holland

9/8 Union*

9/10 Greenville*

9/15 at 4 p.m. Creston

9/17 G.R. Christian*

9/19 at 11:45 a.m. Grandville

9/22 at 7:15 p.m. East Grand Rapids

9/24 at 7:15 p.m. Northview

9/26 at 11:45 a.m. Zeeland East

9/29 Mona Shores*

10/1 Greenville

10/6 Creston*

10/8 at 6:15 p.m. G.R. Christian

10/13 East Grand Rapids*

10/15 Northview*

VARSITY CHEERLEADING

* Indicates a home meet at LHS Campus

Meets begin at 7 p.m. unless indicated

9/3 Holland

9/25 Greenville

10/2 Creston

10/16 East Grand Rapids

BOYS VARSITY TENNIS

* Indicates a home meet at LHS Tennis Courts.

Meets begin at 4 p.m. unless indicated

8/26 at 8 a.m. Jenison Invitational

8/27 at 10 a.m. Hastings*

8/31 at 9 a.m. Caledonia

9/2 Greenville

9/9 at 4:15 p.m. Creston

9/12 at 9 a.m. F.H. Eastern Invitational

9/14 Mona Shores*

9/16 at 4:15 p.m. G.R. Christian*

9/23 at 4:15 p.m. East Grand Rapids

9/26 at 9 a.m. South Christian Invitational

9/28 at 4:15 p.m. Northview*

9/30 NorthPointe Christian

10/3 time TBA Conference*

10/5 Unity Christian

GIRLS VARSITY VOLLEYBALL

* Indicates a home game at LHS Main Gym

Games begin at 7 p.m. unless indicated

8/29 WMVOA Tournament at E. Kentwood

9/1 at 4 p.m. Alma

9/11 at 5 p.m. FHN* (Pink Arrow Game)

9/19 at 9 a.m. Caledonia Invitational

9/24 Creston

9/29 G.R. Christian*

10/1 East Grand Rapids

10/3 at 8:30 a.m. West Ottawa Invitational

10/6 Northview*

10/8 Greenville*

10/13 Creston*

10/15 G.R. Christian

10/20 East Grand Rapids*

10/22 Northview

10/24 at 8 a.m. Unity Christian Invitational

10/27 Greenville

10/31 time TBA White/Black Tournament at EGR

VARSITY CROSS COUNTRY

* Indicates a home meet at LHS Campus

Meets begin at 4:15 p.m. unless indicated

8/27 at 8 a.m. East Grand Rapids Invitational

9/2 at 4 p.m. Black/White Meet at Reeths Puffer

9/9 Jamboree at Greenville

9/11 at 5 p.m. Pink Arrow Meet

9/14 at 4 p.m. Thornapple-Kellogg Inv. at Gun Lake

9/19 at 8 a.m. Sparta Invitational

9/23 Jamboree*

9/26 at 9 a.m. Bob Perry - Lowell Invitational*

10/3 at 9 a.m. Carson City Invitational

10/7 Jamboree at Northview

10/10 at 10:15 a.m. Allegan Jamboree

10/21 at 4:15 p.m. Jamboree at Creston

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

Red Arrow SPORTS



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

Another fall season is upon us. We're just a day away from Lowell's opener against Detroit Mumford.

Over the last couple of weeks I've been asked a few times how good is Lowell going to be?

Good is relative. If they were a Division 3 school, I'd say Lowell is championship banner good.

Division 3 football is bad. Just ask East Grand Rapids.

The Pioneers are the three-time defending state champions in Division 3. For most astute high school football fans, all that brings is a 'so what!'

In Division 2 it is likely the Pioneers would not have even made it to the regional championship in each of the last three years.

Sometimes it is better to be lucky than good! Just ask the Pioneers!

As for Lowell, the Red Arrows will be good 9-0, 8-1 good.

However, this is a Red Arrow squad without a home run hitter. Without a difference maker.

How important is that? Remember Mark Catlin, Keith Nichol, Mike Koster, Kyle Nichol, Torsten Boss and Jordan Moore.

The elite teams, the teams that win championships often times have at least one of those special players.

It's not mandatory, but it sure the heck helps.

Yes, Lowell will be good. Good enough to win a fourth consecutive O-K White Conference championship? Possibly. If they can get past East Grand Rapids on Oct. 16.

Lowell has some big shoes to fill at wide out and at quarterback. Are there players in place to do that? Possibly, but only time will tell.

If you put my feet to the fire-- I'd say Lowell will win a fourth consecutive league title but will fall short of a regional title.

Before you send off a nasty letter, remember my bowl picks? Remember my NCAA basketball picks?

Bad! Bad!

However, bad won't stop me from making some weekly picks during the football season.

Here are my opening week's Pick 10:

Rockford travels to Davison and comes home 1-0.

East Grand Rapids pounds Orchard Lake St. Mary's.

Hudsonville is toppled at Lake Orion.

Muskegon defeats Detroit Martin Luther King.

Zeeland West blasts Comstock Park.

South Christian falls to Grand Rapids Christian.

Catholic Central defeats West Catholic.

Forest Hills Central squeaks past Traverse City Central.

Byron Center loses to Northview.

And finally, Lowell wins!

Lowell netters third at Portland

by Thad Kraus

Two points is all that separated the top three tennis teams at the Portland tournament.

Lowell, with four firsts and two seconds, finished third with 15 points. The Red Arrows trailed Portland with 16 and the tournament champion, Parma West, with 17.

In singles action, Cort Thompson, first seed, and Isaac Tawney, third seed, took firsts.

"Cort is just a class player. He has strong, excellent ground strokes," said Lowell tennis coach Bonnie Wall. "Isaac is

just a gifted athlete. He pressures his opponent and is opportunistic."

Josh Spratt, second seed, and Conner Smith, fourth seed, placed second.

In doubles play, Jack Weeber and Evan Wilterink earned top honors with a 7-6 (4), 6-3 win over Parma West.

"They were aggressive to the net and volleyed well," Wall explained.

Micah Babcock and Sean Briggs, second seed, were 2-1 on the day and tied for first.

"They played an aggressive strong match," Wall concluded.

Annual Pink Arrow Project claims "It's more than a football game"

On September 12, 2008, the Lowell High School Red Arrow football team took to the field wearing pink jerseys, each player honoring someone who had or was battling cancer. In the crowd of just over 8,000 fans, a sea of pink showed support for those who had been on the front lines of this fight. This event ignited the Lowell community to raise over \$93,000 for the first annual Pink Arrow Project.

Friday, September 11, they're going to do it again, only bigger, and it begins with the 2009 cyber pink tees.

The new 2009 t-shirt is the game ticket for the expected crowd of up to 15,000.

A day of festivities beginning at 2:30 p.m. will be capped off by the Pink Arrow Pride parade at 6 p.m. and the Lowell vs. Union football game at 7 p.m. Post game events will include the Jersey Presentation and an evening musical performance by Lowell's own newly signed national act, "Sargent Avenue."

Pink Arrow Pride 2009: "It's more than a football game"

The event, which is being sponsored by Meijer, Lacks Cancer Center and Fifty-Fifty Music, begins at 2:30 p.m. and includes:

- Guinness World Record Breaking MHSAA volleyball game, and professional doubles tennis exhibition match with:
- NIAA two time all-American national College player of the year, Michael Rose;
- two time state champion, Mac player of the week for Northern IL, Adam Ford vs. Former MSU #1 singles and doubles player, Mike Hodge; and
- three time all-American NIAA and former doubles partner of Adam Ford, Patrick Bruining.
- Olympic finish cross country meet, finishing in the Red Arrow Memorial Stadium.

Live musical performances from Fifty-Fifty Music National Recording Artists:

- Ashley Renay, Rebekah Rhys, Brandon Briggs, Sargent Avenue, Melissa Dylan, and The Backstrokes.
- Official autographed sports memorabilia from professional tennis legend, Andre Agassi.

Family activities: Air bounce, inflatables, face painting, and golf range.

Details for the event, "Sidewalk Chalk," will be given to parents via the Lowell Elementary Schools.

Tee shirts are available for pre-purchase from now until game night at: Pep Talk, 505 W Main St, Lowell, 616-897-7200. Shirts and printing will also be available at the event. The cost is \$15.00 per shirt.

Donation instructions to the event and more details can be found at www.pinkarrowpride.org.



A FEW NOTABLE EVENTS FROM AUGUST 20- AUGUST 26 • 2009

- An 18 year-old runner from South Africa wins a gold medal in the women's 800 meter at the World Championships in Berlin. Doctors are examining Caster Semenya to see if she carries too many male characteristics to compete as a woman.
- Don Hewitt, creator of 60 Minutes, dies at the age of 86.
- A seven year-old girl dies after being swept away by a rogue ocean wave kicked up by Hurricane Bill off Maine's Acadia National Park.
- The Chicago Tribune inks a deal to sell the Cubs to the Ricketts family. The family is paying about \$800 million to acquire a 95 percent interest in the team, Wrigley Field and the Tribune's 25 percent stake in Comcast Sportsnet Chicago.
- Lockerbie bomber, Al Megrahi, 57, gets a hero's welcome in Libya after being released from a Scottish prison. He was convicted in 2001 of planting a bomb on Pan Am Flight 103 and is now dying of cancer.
- Solar cell phones take off in developing nations, retailing for around \$35.
- Venezuelan Stefania Fernandez was named Miss Universe 2009. She beat out more than 80 other contestants during a pageant held Sunday in the Bahamas.
- A Missouri couple is selling everything they own and trading in their Northland, Kansas City home for a teepee. Bob and Susan Hobbs say they are sick of the rat race and bought 10 acres and plan to live there.
- The latest coroner report out of California has deemed Michael Jackson's death a homicide.



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BACKPACKS AND YOUR KIDS

Getting Back to School Can Be "Back Breaking" Work: Don't let a Heavy Backpack Ruin Your Child's Day. WHAT CAN YOU DO?

The American Chiropractic Association, its Council on Occupational Health and your local doctor of chiropractic offer the following tips to help prevent the needless pain an over stuffed backpack could cause the student in your household. And now that backpacks have begun to replace briefcases in the work place, you too, might want to follow this advice:

- Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. The backpack will cause your child to begin bending forward in an attempt to support the weight on his or her back rather than on the shoulders, by the straps.
- A backpack with individualized compartments will help you position the contents most effectively and ensure that your child's sandwich isn't flattened by a heavy textbook.
- When packing the backpack, make sure that pointy or bulky objects are packed away from the area that will rest on the child's back. An uneven surface rubbing against your child's back could cause painful blisters.
- Tell your child to use both shoulder straps, not just one. A backpack slung over one shoulder disproportionately shifts all of the weight to one side, and can cause not only neck and muscle spasms, but also low back pain.
- Padded shoulder straps are very important. Not only will they be more comfortable than non-padded straps, but they will also help prevent the straps from digging into your child's shoulders.
- The shoulder straps should be adjustable, so the backpack can be fitted to your child's body. Shoulder straps that are too loose can cause the backpack to dangle uncomfortably, and cause misalignment and pain.
- If the backpack is still too heavy, talk with your child's teacher. It might be possible to leave the heaviest books at school, and bring home only lighter handout materials or work books.
- Talk to your child about the proper use of backpacks and help him or her understand why this and other ergonomic issues are important. A child who is educated early in life on these issues can apply this knowledge late in life (at home or in the office) and as a result, your child will be happier and healthier.

Working together for the Betterment of our children's health

For More Information Call:
Lowell Chiropractic
Dr. Jim Chichester
2531 W. Main St
Lowell, MI 49331
616-897-8284

Payton's Race For a Cure!
Family Oriented Event

Date: September 12, 2009
Location: Cedar Springs Practice Track
www.midmichiganmotocross.com
Time: Riders sign in at 9:00 a.m.
All other activities at 12:00 (noon)

e-mail Michelle DeWitt with any questions: mldewitt729@yahoo.com

Pre-Registration & Event updates at: www.umd.org/paytonsrace

Between now and Sept. 12
Chimera Jewelry will donate 10% of sales to Payton's Race For The Cure

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• Kid Activities •
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Including local band Alive & Well

CONCERT LINEUP

| | |
|--|--|
| 12:30 - 1:30pm....Zach Sheneman | 5:45 - 6:45pm.....Exit 49 |
| 1:30 - 2:15pm.....DJ with Audio Master DJ Services | 6:45 - 7:30pm.....DJ and Magician P. J. Webber |
| 2:15 - 3:15pm...Alive and Well | 7:30 - 8:30pm.....Elegant Junkie |
| 3:15 - 4:00pm.....DJ | 8:30 - 9:15pm.....DJ |
| 4:00 - 5:00pm...Stolen Horses | 9:15 - 10:15pm...Hollow Point |
| 5:00 - 5:45pm.....DJ | |

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| 2006 Ford Fusion SEL CarFax, 1 owner, low miles, like new great MPG's. \$13,990* | 2009 Pontiac Vibe #9183 Low miles, front wheel drive, power package, alloy wheels, remainder of 5 year/100,000 mile warranty. \$15,450* | 2008 GMC Acadia DVD, front wheel drive, CD, fully loaded, remainder of 5 year/100,000 mile warranty. \$27,900* | 2004 GMC Envoy Moonroof, running boards, 47K, 4x4, new tires. \$12,950* |
| 2008 Pontiac Grand Prix Like new, CD, alloy, great MPG's. \$10,995 | 2007 Buick Rendezvous 1 owner, 3rd row seating, local trade sunroof, loaded. \$14,950* | 2006 Chevrolet Malibu 27K, Great MPG's, sunroof, chrome wheels, CarFax, 1 owner, spoiler. \$10,900* | 2008 Ford Edge SEL CarFax, 1 owner, 37K, FWD, MPG, player 6 disc. \$19,500* |
| 2005 GMC Sierra Z-71 Crew cab, SLE, tow package, full power. Was \$18,750 NOW \$17,995* | 2002 Dodge Caravan Just serviced, Runs Great! \$5,995* | 2005 Chevrolet Equinox LT Also air, AWD, 37K, alloy wheels, sunroof, CD. \$14,987* | |

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Local collector, continued ... From Page 1

"This collection helped me to come up with a partial list of the workshop publications," said Jernigan. Jernigan gathered the rest of the list from workshop members including John Sinclair, Leni Sinclair, Jim Semark, Robin Eichele, and book dealers from across the country.

"Every attempt was made to locate all of the publications that were produced by the workshop," said Jernigan. The books and the newspapers were not produced on acid free paper, so Jernigan realized they would not last forever and wanted to somehow preserve them. "I decided to put the bibliography together," he said. The table of contents and the names of the people who were involved in producing the workshop publications are reproduced in the bibliography as they appear in individual publications. Leni Sinclair took the

cover photo many years ago, Gary Grimshaw put the lettering on the cover, Kelly Loucks Wilson helped with the pictures of the books, and Sondra Loucks Wilson helped with editing. Copies of the book are available for \$19.95 each plus \$4 shipping by sending a money order to Michael Jernigan, 14295 Spruce Forest, Lowell, MI 49331, or by PayPal at jernigan@iserv.net. The bibliography was printed in May 2009 in an edition of 250 copies by J-AD Graphics, Inc. based in Hastings.

BOWNE TOWNSHIP NOTICE OF ORDINANCE ADOPTION ORDINANCES 09-4 and 09-5

At a regular meeting of the Bowne Township Board held on August 17, 2009 Ordinance 09-1 was repealed and replaced by Ordinance 09-4. The purpose of the Ordinance is to confirm the establishment of the Bowne Township Planning Commission in compliance with the Planning Enabling Act, Public Act 33 of 2008.

- Bowne Township will appoint nine members to the Planning Commission, whose membership will be representative of the important segments of the community and of the entire geography of the community;
 - Members will be appointed to staggered three-year terms;
 - Members may be removed for malfeasance in office upon written charges and after a public hearing;
 - The Planning Commission will meet at least four times per year;
 - The Commission shall have the powers and duties as set forth in PA 33 of 2008 as amended, being the Planning Enabling Act, and as set forth in PA 110 of 2006 as amended, being the Zoning Enabling Act.
 - The Commission shall prepare the Township Master Plan; review proposals for public streets, ways, and spaces; review land division, subdivision and condominium proposals; and undertake other duties and responsibilities as requested by the Township Board.
- This Ordinance will become effective seven days after publication.

Ordinance No. 09-4 is available for review at the Bowne Township office, 8240 Alden Nash SE, PO Box 35, Alto, Michigan 49302-0035 during normal office hours or by calling 616-868-6846.

At a regular meeting of the Bowne Township Board held on August 17, 2009 Ordinance 09-5. The purpose of the Ordinance is to amend the Bowne Township Land Division Act to be in Compliance with the Michigan Planning Enabling Act, Public Act 33 of 2008.

1. Amend Section 1.05 Overview to reference the Planning Enabling Act, PA 33 of 2008 as amended.
 2. Amend Article 2 Definitions to reference the Planning Enabling Act, PA 33 of 2008 as amended.
 3. Amend Section 4.02 Preliminary Plats, C. Procedures:
 - To require the Planning Commission to review Preliminary Plats and to hold a public hearing according to the requirements of Section 21.04 of the Bowne Township Zoning Ordinance.
 - To require the Planning Commission to recommend approval, approval with conditions, or disapproval within 63 days after the plat is submitted to the Planning Commission. The grounds for any recommendation of disapproval of a plat shall be stated in the records of the Planning Commission.
 - The 63-day review period may be extended if the developer consents. If no action is taken by the Planning Commission within 63 days, the preliminary plat will be deemed to have been approved by the Planning Commission.
 - A plat approved by the Bowne Township Board of Trustees shall be considered to be an amendment to the Master Plan of Bowne Township.
- This Ordinance will become effective seven days after publication.

Ordinance No. 09-5 is available for review at the Bowne Township office, 8240 Alden Nash SE, PO Box 35, Alto, Michigan 49302-0035 during normal office hours or by calling 616-868-6846.

Antiques, Collectibles & Tractor AUCTION

Saturday, August 29 * 10:00 AM • Lowell, MI
Partial Listing: Allis Chalmers "B" w/ Woods Belly Mower; Allis Chalmers "C" w/ Plow (stuck); Allis Chalmers "C" w/ Bucket; Allis Chalmers WD45 (stuck); 2 Plows & Cultivator for WD; AC Single Bottom Plow; Remington 870 Express 12 ga; Remington 870 Wingmaster 12 ga; Browning 10ga BPS; (Note: *Firearms NOT kept on auction site. Will be available auction morning for inspection*); Glassware; Old Dolls; Toys; Victrola & Records; Antique Furniture & Collectibles; Great Wheel; Pump Organ; Collection of Pennants; American Flier Freight Train Set; Slot Machine; Lawn & Garden; Tools; Woodworking Tools; Weathervane; Lots of Primitives; LOTS MORE! **Directions:** 2 1/2 Miles North of Main & Hudson Intersection in Lowell on Lincoln Lake to Bailey. Left to Alden Nash. North to 2534 Alden Nash NE. **Terms:** Payment in Full Auction Day by Cash or Verified Check. Proper ID required. All Items sold as is, where is. Announcements Auction day take precedence. *Registered Auctioneer #2801000036.*

See Website for Photos and Complete Listing!
www.twiauctioneers.com
TWI Auctioneers Grand Rapids, MI
Appraisers 616-785-3711

LOWELL CHARTER TOWNSHIP PLANNING COMMISSION NOTICE OF PUBLIC HEARING FOR PROPOSED LOT SPLIT AMENDMENTS IN THE AG-1 ZONE

The Lowell Charter Township Planning Commission will hold a public hearing on proposed amendments to the Township Zoning Ordinance regarding regulations of the AG-1 Zone. The amendments are being proposed in order to implement the recommendations of the 2007 Township Master Plan. The proposed amendments if adopted by the Township Board would:

1. Define an "original parcel" as a parcel in the AG-1 Zone which is of record on the effective date of this proposed amendment;
2. Allow one building permit for a single family dwelling to be issued for all original parcels in the AG-1 Zone which are vacant and which are less than 80 acres in size. The original parcel may be divided to create a new lot for a new dwelling but the new lot must meet the lot size requirements of the AG-1 Zone. A building permit for a new dwelling will not be issued for any other lots created from the original parcel;
3. Allow two building permits for single family dwellings to be issued for an original parcel in the AG-1 Zone which is vacant and which is 80 acres or more in size. The new lots created for the two dwellings must meet the lot size requirements of the AG-1 Zone. A building permit for a new dwelling will not be issued for any other lots beyond these two created from the original parcel;
4. Authorize the Township to establish a system to monitor the land divisions in the AG-1 Zone;
5. Reduce the minimum road frontage requirement for a new parcel in the AG-1 Zone from 300 feet to 200 feet.
6. Amend the minimum lot size and road frontage requirements for other permitted uses in the AG-1 Zone;
7. Delete the definitions of "Agricultural Dwelling" and "Non-Agricultural Dwelling";
8. Delete the term "Agricultural Dwelling" as a permitted use in the AG-1 and AG-2 Zones.

The hearing will be held as follows:
WHEN: MONDAY, SEPTEMBER 14, 2009
TIME: 7:00 P.M.
WHERE: LOWELL CHARTER TOWNSHIP HALL
2910 ALDEN NASH AVENUE SE
LOWELL, MI 49331

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

Tim Clements, Secretary
 Lowell Charter Township Planning Commission

Filming of Genesis Code takes center stage at Larkin's



The crew put up a screen in front of Larkin's to create a winter-like atmosphere with Christmas decorations inside.

The filming of Genesis Code has taken center stage in downtown Lowell, as the movie crew worked on set arrangements at Larkin's. A large screen was put up front to give the shoot a winter feel, as well as Christmas decorations. Many local extras spent hours hanging around Larkin's, as well as the movie cast. Due to the heat created by the lights, air conditioning and fans had to run to cool everything down. The scene featured the two main actors, Kelsey and Logan, inside the pub. Broadway Street had to be blocked off to make way for the movie trucks and trailers carrying various equipment. The crew has yet to shoot at Sneakers and the entire post-production will complete the movie inside the former Flat River Antique Mall.



The extras waited patiently through the rehearsal with leading actors Kelsey and Logan in a pub decked out with Christmas decorations to invoke a holiday winter atmosphere in the movie *Genesis Code*.



The making of Genesis Code shifted inside Larkin's on Monday night.

AWANA IS BACK!!!



Web: fbclowell.org

AWANA

BEGINS
SEPTEMBER 9
at FIRST BAPTIST
of LOWELL

2275 W. Main • 897-7168
E-mail: contact@fbclowell.org

REGISTRATION AT FIRST BAPTIST
CHURCH - AUGUST 30

(Prior to and following services) AND ...
SEPTEMBER 9 beginning at 5:45 p.m.
Clubs start at 6:15 p.m.

**THE BUS WILL
PICK UP HIGH SCHOOL
AND MIDDLE SCHOOL
STUDENTS ONLY!**

We are looking forward to a great year!



**REGISTRATION/EMERGENCY CARE FORMS
AVAILABLE AT THE CHURCH OFFICE
OR REGISTRATION TIMES.**

***PLEASE NOTE - Our pre-school club, Cubbies,
will be for ALL 4 & 5 year old potty-trained children.

"EXCITE" YOUTH MINISTRIES:

Begin September 9 at 6:30 pm ...

"IGNITE" (Middle School)
"EXPLODE" (High School)

** "Excite" Youth Ministries bus leaves church 6:25 pm - returns 7:50 pm

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Limited time only, complete gas furnace check-up... **\$59⁹⁵**

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