

the lowell ledger

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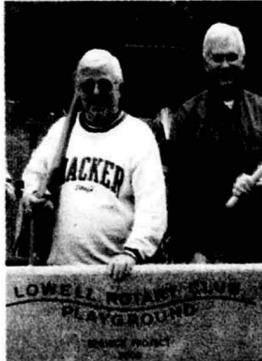
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band plays for big win



page 9

park improvements



page 2

holiday performance



page 7

sports trainer



page 11

Traveling exhibit explores history of area churches

by Emma Palova

The "Where We Worship" traveling exhibit will explore the history of area churches from Bowne Center to Parnell.

From pioneer churches to present, the exhibit showcases how churches impacted the development of communities.

"The main purpose of the exhibit is to educate and reach out to the community," said director Pat Allchin, "to get the history out past the four walls of the museum."

Some of the churches like Methodist Episcopal of south Lowell no longer exist. Others like Zion Church joined the Methodist Church.

Museum educator Luanne Kaeb discovered a lot of interesting information, such as the names from plat maps, while doing the research for the exhibit. This research will become an important document for the museum.

Traveling exhibit, continued, page 8

Lowell First Congregational Church



City seeks uses for cable television building

by Emma Palova

The city of Lowell is looking for new uses of the former Cable TV building located on the Riverwalk.

The building, currently used as storage for the Department of Public Works, boasts prime location. Most of the summer events take place along the Riverwalk.

"We just have it on our radar screen," said Downtown Development Authority (DDA) chairman Jim Reagan.

The DDA considered uses such as restrooms, concessions or business incubator.

Chamber director Liz Baker said the chamber does not want the building.

"It could be an incubator for a start up business," she said.

In related business, the city may have to conduct a second environmental

study on the recently acquired parking lot next to the Shell station.

The DDA also approved a \$4,400 contract with Kenmark Inc., of Buckley, for Christmas decorations.

Upcoming downtown events include Christmas through Lowell on Nov. 20, Nov. 21, and Nov. 22., and the Christmas parade on Dec. 5 at 6 p.m. There will be free carriage rides on Dec. 11 only from 5:30 p.m. to 7:30 p.m. from Riverwalk down Lafayette Street and back.

The traffic count on Main Street is down from previous years, from 16,000 to 13,000 cars, according to police chief James Hinton.

Also, the speed limits on Main Street are right

Cable TV building, continued, page 3



The former Lowell Cable Television building is currently being used as storage by the DDA.

Film shot in Lowell set for winter release

by Emma Palova

'Genesis Code,' first movie filmed in Lowell, is wrapping up for mid to late December release. A

showing in Lowell is in the works as a thank you to the community.

One of the producers, Jerry Zandstra, held a private screening inside the production offices in the former Flat River Antique Mall building last week. Zandstra and director of media Mark Vanderwal presented a 28-minute long summary of selected scenes from the film.

The film was directed by Patrick Read Johnson and C. Thomas Howell with screenplay written by Michael W. Leighton.

The selected scenes at the preview mainly included hockey scenes at the Patterson ice arena and scenes at Calvin College. The movie explores the conflict between science, evolution and religion in the main protagonists, students Kerry and Blake, played by Logan Bartholomew and Kelsey Sanders.

Zandstra plays Reverend Wells. An interesting scene takes place in Wells' office with advisor Myra Allitt played by Catherine Hicks. Hicks talks to Zandstra about

Film, continued, page 3



Mustangs gallop in for Friday's regional

by Thad Kraus

Asked what he knows about Lowell football?

Portage Central football coach Brett Foerster said "I know we'd better have our chin straps tight."

Foerster, in his fifth year, has coached his Mustangs to eight wins or more in each of the last four years.

"We have been relatively successful, not to the level of Lowell," Foerster explained. "That's a state championship program. We're closing the gap with bigger kids, but we're still working to get there."

This year, the 10-1 Mustangs shared the Southwestern Michigan Athletic conference west division title with St. Joseph.

Its signature wins have come against Portage Northern, Stevensville-Lakeshore, Ottawa Hills and Caledonia.

Defensively, the Mustangs have been an opportunistic bunch. Portage Central is plus 16 in the take away department.

"If the quarterback throws a bad ball, we think we have players who can catch it. If the opposition fumbles, we've been lucky enough to recover," Foerster says. "We tackle hard in hopes the ball squirts out."

Offensively, Portage Central tries to stretch its opponent vertically and horizontally.

The triggerman running the veer for Foerster is senior Jeremy Renda.

"He's nothing

special to look at, but he's efficient," Foerster explained.

Sharing the backfield with Renda is a special tailback in Spencer Munson.

Football preview, continued page 11



50 CENTS



Rotarians continue to improve Richards Park

It was another work day at Richards Park on Oct. 20 as volunteers installed a granite bench. The bench was installed inscribed on the back with the names of some of the major donors. On the front are the words "Lowell Rotary Club Playground Service Project 2009."

Bordering two sides of the playground are engraved granite pavers. The engraving was done by the Lowell Granite Company.

For a donation of \$100, pavers may still be ordered by contacting a Rotary member or calling Lowell City Hall. The pavers may be engraved with your family name, in memory of a loved one, the name of your business or organization.

Some of the proceeds from the paver sales will be used to fund the playground as well as for buying equipment for the skateboard area.



Rotarians working on the playground are pictured, left to right: Jeff Wilterink, Richard Bryan, John Gruizenga, Jim White and John Sterly.



Jim White and John Gruizenga install pavers at Richards Park.

It's the friends you can call up at four a.m. that matter.

- Marlene Dietrich (1901 - 1992)

the ledger

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along main st.

VIETNAM: THE TROUBLED WAR
Lowell area veterans tell their stories in "Part 2" on channel 25 on Wed., Nov. 11 at 6 p.m.; Thurs., Nov. 12 at 6 p.m.; Fri., Nov. 13 at 1 p.m.; and Sat., Nov. 14 at 5 p.m. Sponsored by Lowell Area Historical Museum.

SLEIGH BELLS & HOLLY
This year's "Sleigh Bells & Holly: A Gallery of Fine Art and Gifts" will have over 30 artists selling a wide variety of fine arts and gifts. A reception to meet the artists is Thurs., Nov. 12, 6-8 p.m. at the Lowell Area Arts Council, 149 S. Hudson. Extended gallery hours are Tues.-Sat., 10 a.m. to 6 p.m., through Dec. 23.

ART ATTACK CANCELLED
Art Attack in Black & White has been rescheduled for Jan. 2010. If you have purchased tickets, you are provided the option of a refund or you can use your ticket at the future event. Any questions, call 897-8545.

LOWELL ELEMENTARY SKI CLUB
Please contact the elementary school offices for information to be sent home with your child. For office, email: spomper@lowellschools.com or call Susan Pomper, first grade teacher at Bushnell Elementary, 987-2650.

Feel free to send your event information to the Ledger for Along Main St. All submission requests for Along Main St. are subject to space limitations and The Ledger makes no assurances that they will appear in print. To ensure that an event notification will appear in the Ledger, it is best to place a paid advertisement. All efforts will be made to place suitable items in the Along Main St. column but they are printed at the discretion of the publisher. For profit events, church services, yard sales and the like, will not appear in this column.

FROM CHRISTMAS BOX DONATIONS

FLAT RIVER OUTREACH MINISTRIES Flat River Outreach Ministries will be collecting new, unwrapped toys and gifts through December 17, 2009.

TOY BOXES OR BARRELS

will be in place at the following locations beginning Fri., Nov. 20: Showboat Automotive, Rite Aid, Dollar General, Brenda's Hair Design, Curves, Fifth Third Bank, Grand River Veterinary Hospital, Springrove Variety and Walgreens.

ANGEL TREES

will be in place at the following locations: Huntington Bank & Huntington West, Firstbank, Englehardt Public Library and Simple Pleasures.

Foods, Toys and Monetary Donations

can be dropped off at the FROM Food Pantry, 11535 Fulton Street E., on Wednesday and Thursday, Dec. 16 & 17, between 10 a.m. and 4 p.m. Food and toys will be distributed on Saturday, Dec. 19 from 9 a.m. to 2 p.m.

If we can be of assistance to your family with food and/or toys, please come to the Food Pantry to sign up.

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4:45, 7:20, 9:55

4:50, 7:15, 9:45

SAW VI (R) 7:30, 9:40

ASTRO BOY (PG) 9:00

CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 7:10, 9:35

WHERE THE WILD THINGS ARE (PG) 5:20

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Concussion risks foster conservative approach by schools

by Thad Kraus

The definition of a concussion hasn't changed over the last 20 years, however, the management of it has and none too soon.

That change has evolved by gaining coaches attention

through published criteria of medical agencies.

There was a time when a concussion was assessed by a player being confused but knowing which way to run.

The most common head injury in high school

athletics is a concussion. This is defined by Kimberly G. Harmon of the Sports Medicine Clinic, Hall Health Primary Care Center at the University of Washington, as a transient disturbance of neurologic function caused by trauma.

Symptoms of concussion include dizziness, headache, difficulty in concentrating, disturbances of vision or equilibrium, post-traumatic amnesia (loss of memory

for events occurring after the injury) and loss of consciousness. Fewer than 10 percent of all concussions result in loss of consciousness.

It is estimated that, in high school football alone, as many as 250,000 concussions occur each year and that up to 20 percent of players sustain a concussion. Other sports in which players are also at risk for concussion or head injury include boxing,

ice hockey, wrestling, gymnastics, lacrosse, soccer and basketball.

A player becomes as much as four to six times more likely to sustain a second concussion once it has sustained the first one.

According to the Center for Injury Research and Policy at Nationwide Children's Hospital in Columbus, OH, as many as 40.5 percent of athletes who suffer concussions return to

action prematurely, setting themselves up for more severe injuries.

Young athletes, whose brains and skulls are immature, risk death or additional concussions by going back too soon. Recurrent concussions may lead to early dementia, according to studies on retired NFL players.

Concussion risks, continued, page 11

Cable TV building, continued

on track around 22 mph to 25 mph according to recent survey.

The enforcement of the new parking fines will be complaint driven. The police department will chalk tires for complaints.

However, clients of merchants, who spend more than two hours in downtown, will be reimbursed if ticketed.

"I want this community to be friendly," said Hinton. "Have them come in and I'll take care of it."

The culture and the

dynamics of the downtown has changed. The town is no longer just shops where visitors go in and out, but also firms and businesses where employees work all day.

Due to the upcoming Michigan Department of Transportation (MDOT) project, Consumers will be moving a gas main and gas outages are expected.

During the downtown bridge replacement project, the issue of a sinking sidewalk on the west side will be addressed.

Film, continued

his daughter Kerry being too dogmatic to study science.

Among other stars in the movie are Ernest Borgnine, Louise Fletcher and Fred Thompson.

The crew shot more than 100 hours of footage which has been condensed into a two-hour movie. This is Zandstra's first movie and first acting role.

The movie sends a definite message to the audience, which was Zandstra's intent.

"I will not do entertainment that does not have a point," he said.

Zandstra said the market for such a movie is good after the recent release of 'Fireproof.' One of the distributors under consideration is Sony, who has distributed 'Fireproof.'

His next project is 'American Jihad,' as well

as a documentary about science behind the science scenes from 'Genesis Code.' Zandstra plans to act in 'American Jihad' as well. The plot features deer hunters who stumble across an Al Qaeda cell.

The movie came within budget of \$5.2 million.

Zandstra said the biggest challenge was the economy as investors struggled to deliver funds. Other challenges included working on the movie and acting in it for Zandstra.

At one point, there were approximately 100 people at the production offices in Lowell that were fed twice a day.

"It's a lot more difficult than it seems," he said.

Vanderwal said scheduling and locations were difficult because everything kept changing.

However, due to the help of police chief James Hinton everything in the end worked out.

In a letter to the city manager Dave Pasquale, locations manager Denise Skinner thanked the city for cooperation.

"It has been on my mind for some time now to write you a letter of appreciation regarding your chief of police, James Hinton, because he did such a wonderful job as

a liaison for our film making efforts in Lowell," Skinner wrote. "We all hope to return someday to make another fine movie."

Go to www.thelowellledger.com to see a podcast of an interview with Jerry Zandstra filmed after the preview of Genesis Code.

business matters



Siggie Winsor

Greenridge Realty announced that Siggie Winsor received Realtor of the Month in October.

This award recognizes Winsor for her outstanding success and achievements.

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Despite rising concerns on the funding of education - good things happening in Lowell Schools

Middle school principal Dan Vander Meulen and several middle school staff updated the board on a new initiative at the middle school called Capturing Kids Hearts. Staff attended professional development training over the summer. Teachers have created social contracts with students that outline expected behavior and consequences for each classroom. Students actually help to create the contract and then teachers and

students use it to follow up on behavior throughout the year. Teachers are actively engaging everyday with students, such as greeting each student when they enter the classroom. "We are all working together and feeling pretty positive and part of that is due to Capturing Kids Hearts," said principal Vander Meulen.

Assistant principal Nate Fowler presented some of his own statistics that showed a reduction in student behavior referrals. "Last year at this time there were 361 behavior referrals and this year, 273. Also last year, at this time, there were 12 suspensions and this year, eight," said Fowler.

Chief financial officer, John Zielinski, updated the board on the budget and offered an amended budget for the 2009-2010 school year. The budget amendment reflects 30 fewer students enrolled and a foundation reduction of \$165 per pupil coming from the state. The

foundation allowance was \$7,316 and is now \$7,151. The new amendment reduces the district fund balance by almost \$1 million, but the district does still have a 10.38 percent fund balance.

"Contact your state legislators and governors' office to let them know that Proposal A needs to be rectified to resolve the current budget issues at the state level," said board member Jim Turner. School districts must approve budgets in June while the state doesn't decide their budgets until October.

"We know that our superintendent and administrators are doing what they can to keep us informed on our budget," said board member Nancy Hopkins.

"The term budget comes up on a regular basis. We are very fortunate to have the staff that we work with here at Lowell Area Schools. Our staff is keeping focus on students and the

programs they provide," said superintendent Greg Pratt.

Keeping with the ideas of the budget, board member Pat Nugent spoke about the Lowell Education Foundation which provides grants to educators to further teaching in this district. "So far this

year the Lowell Education Foundation has awarded over \$13,000 in grants. Last year the foundation granted over \$30,000 including \$10,000 to put projectors in classrooms across the district. We have a goal of awarding \$20,000 a year," said Nugent.

Hildenbrand explores run for 2010 State Senate

State Rep. Dave Hildenbrand formed a committee to explore a run for the Grand Rapids-based 29th State Senate seat in 2010. Hildenbrand, a third term state rep., is unable to run again for the House due to term limits.

"I grew up in the Grand Rapids area and believe this is truly a special place. It is an honor and privilege to represent part of the city of Grand Rapids and several suburbs in the State House," said Hildenbrand. "I am excited about the potential to continue to serve this area."

The 29th Senate district includes the City of Grand Rapids, City of Kentwood, Cascade Township, City of Lowell, Lowell Township, Vergennes Township, and Grattan Township, all within Kent County. Senator Bill Hardiman, who currently represents the district, is unable to run again due to term limits.

"My focus will be to strengthen our economy and bring jobs to this state so people can prosper, raise their families and enjoy our great state and country," said Hildenbrand.

viewpoint

to the editor

Dear Editor,

November 11 is called Veterans Day today, but it was originally known as Armistice Day. This celebrates the signing of peace in WWI. We want to honor all of our Veterans who served in any and all conflicts that the United States of America has endured. We take this day, November 11, to show our gratitude to all those who have served in the Armed Forces. We want the public to realize what the Veterans have done for this country.

It is the Veteran, not the preacher, who has given us freedom of religion.

It is the Veteran, not the reporter, who has given us freedom of the press.

It is the Veteran, not the poet, who has given us freedom of speech.

It is the Veteran, not the campus organizer, who

has given us freedom to assemble.

It is the Veteran, not the lawyer, who has given us the right to a fair trial.

It is the Veteran, not the politician, who has given us the right to vote.

It is the Veteran who salutes the flag.

It is the Veteran who serves under the flag.

*Herb Rice, Lowell
Veterans of Foreign Wars,
Post 8303
Lowell*

To the Editor,

It stated in the Oct. 7 issue of the Lowell Ledger that the DDA approved \$2,800 for an engineering study to stabilize the west bank of the Flat River as a public improvement. The study area will cover from Springrove Variety to just north of the Lowell Light

and Power maintenance garage. The intent, according to engineer Dave Austin, is to only stabilize the embankment and not create an area suitable for a future riverwalk surface. But an article in (Oct. 28) the Lowell Ledger stated that Mayor Hodges was very much in favor of creating a west side riverwalk as an extension of the east side.

Is this stabilization nothing more than having matching river banks? Could a riverwalk just be down the road? The DDA

has multiple agendas with the restructuring of the now defunct amphitheater. You have to ask yourself why the DDA gets to spend, at will, on fruitless projects, while the rest of the community suffers from a severe recession, where the general fund continues to scrape the bottom of the barrel and Lowell's roads continue to disintegrate from being twice the age of replacement. Even I can see that there is something wrong with this scenario.

*Sincerely,
Jim Howard,
Lowell*

Letters To The Editor:

The Lowell Ledger welcomes your Letters to the Editor. Letters are required to bear the author's signature, phone number and address (for verification purposes only, not for publication). Letters will be published at the discretion of the publisher. All letters are subject to editing for length and grammar. Thank you letters, advertising or personal attacks will not be printed.

Letters may be submitted via email to: ledger@lowellbuyersguide.com ("to the Editor" in subject line) or dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331. Also, our website, www.lowellbuyersguide.com has a link to submit emails on the left side of the page.

ask kathryn



Kathryn Denhouer Ph.D.

This is the second article in a series of five articles on "Executive Functioning." There are a set of skills that encompass executive functioning, which when acquired will help the child navigate successfully through childhood issues and become successful in their academic subjects. Organization is the second skill that will be discussed. Last month's discussion was about planning, which is the ability to create a "roadmap" to reach a goal or to complete a task. Organization is a critical piece needed to plan and achieve goals. Organization is defined (according to Dawson and Guare in their book, Executive Skills in Children and Adolescents) as "the ability to arrange or place things according to a system."

needed to ensure success. First of all, children need to have adequate cueing in place as to when to use the organizational schemes, and secondly, they need to have reinforcement (verbal and otherwise) once they have used the organizational schemes appropriately. When these two strategies are in place, then the child can be independently organized. So often the problem is that the parent(s) closely monitor the organization and the child is not able to be adequately organized when the parent is not around. Some typical areas that can be used for training might include:

1. Room-cleaning schemes such as plastic bins that are labeled for organizing toys or belongings are helpful.
2. Backpack organizational schemes might include specific pockets for lunch, permission slips or money.

Youngsters (and sometimes adults) need to be given schemes to help them organize. To be successfully organized, along with these schemes, two strategies are

Ask Kathryn, continued, page 6

financial focus



Christopher C. Godbold

What should you do with 401(k) after a layoff?

As you're no doubt aware, the long and deep recession has resulted in the highest unemployment rate in decades. But if you've been laid off, or if you fear a layoff may soon be coming, you're less interested in statistics than in your immediate financial future. How will you get by until you land a new job?

This is a scary question, of course. And it can cause you to look at all your available financial resources — including your 401(k), which may well be the largest single financial resource you have.

But before you cash out your 401(k), make sure you understand what's involved. Your former employer is required to withhold 20 percent of your account balance

to prepay federal taxes. Also, all your 401(k) proceeds will be taxed as ordinary income. And if you're under age 59½ when you liquidate your 401(k), you may also be subject to a 10 percent penalty. And worst of all, the money may not be available to you when you retire.

Obviously, if you have no other financial resources, you may have no choice but to tap into your 401(k) plan. However, if you can find an alternative way to tide yourself over until you're working again, you may be better off in the long run by not cashing in your plan.

If you decide against the "cash-out" option, what can you do with your 401(k)?

Financial Focus, continued, page 6

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By Shelly MacNaughton

75 Years Ago The Lowell Ledger and Aito Solo November 15, 1934

A beautiful U.S. flag was unfurled Saturday at the top of the new grain storage tank just completed at the King Milling Co. The flag was presented by Jake Mattern, miller at the King Mill for a half century or more. The installation of this flag was quite an engineering feat in itself, four men being sent here from Detroit to do the job. It falls to the lot of but few men to have had the privilege of 54 years of service with one institution and as this flag was flung to the breeze we can well imagine that deep emotions filled the breast and many memories filled the heart of Jake Mattern.

50 Years Ago The Lowell Ledger November 12, 1959

Lowell officials, Roger Westerbroek, superintendent of the municipal utility and workers, all had plenty of trouble last Thursday. It was house moving day for the former Nash home located next to Eberhard's that was moving to Jefferson Street to allow room for a new enlarged parking lot for the super market. The house hardly got off the parking lot before it got hung up between tress and power poles. Three tress had to come down, power poles moved, and by late Thursday night the house was still in the street stuck between two big trees. After trimming out the overhanging trees the house finally reached its new home, but the road remained blocked Friday night.

William Christiansen, who was having the house moved, and his mover had posted a bond to cover damages and expenses to the power company during the move.

25 Years Ago The Grand Valley Ledger November 14, 1984

A poaching complaint resulted in a near head-on crash when the suspected poacher's vehicle attempted to flee units of the Lowell Police Department at about 11:30 p.m. Saturday.

125 Years Ago The Lowell Journal November 12, 1884

Sarah Mott, teacher of penmanship and painting, is organizing a class in Lowell. Her specimens are good. Died — In Vergennes Nov. 6th, 1884, of diphtheria, Loren N., second son of Geo. H. and Mary A. Godfrey, aged 8 years, 2 months and 12 days. This is the second child taken from this stricken family within a few days.

100 Years Ago The Lowell Ledger November 11, 1909

The contract for the erection of the Lowell Auto Body factory main building has been let to A. W. Morgan of Grand Rapids, a former resident of Lowell, and construction work has already been begun.

With the new city hall in progress of erection just across the way, Lowell is making a noise like building.

Financial Focus, continued

Here are two possibilities:

• Keep the money in your former employer's plan. If your former employer permits it, you may be able to leave your money in your 401(k). You won't have to pay any immediate taxes, and your money can continue to grow tax deferred. But you may no longer be able to add funds to your account.

• Roll your money over to an IRA. If you roll over your 401(k) assets to an IRA, you'll avoid paying immediate taxes, and your money can continue to grow tax deferred. Furthermore, you can fund your IRA with many types of investments, as opposed to a 401(k), which may offer only a handful of choices. And when you can afford it, you can make additional contributions to your IRA. Also, when you retire, you may find that an IRA gives you more flexibility in making withdrawals than a 401(k).

While there are some clear benefits to keeping your 401(k) with your former employer or moving it to an IRA, neither choice helps you answer the question of how you'll make it, financially speaking, until you're working again. If you've built up a cash cushion in the preceding years, you can turn to it now, of course. And if you've created an investment portfolio outside your 401(k), take a close look at it. You can consider adjusting your investment mix to add more income-producing investments, if appropriate. Keep in mind that your portfolio should reflect your risk tolerance, long-term goals and time horizon.

A layoff is never easy — and it can force you to make some tough choices. But if you can help protect your 401(k) today, you'll be helping yourself tomorrow.

Ask Kathryn, continued

3. Schemes for organizing schoolwork might include colored folders that are used for work completed and for work not completed.

Remember that the goal for this kind of training is to help your child be independent and capable of organizing their school life on their own. Once organizational

skills are in hand, then the youngster is well on the way to setting and achieving their goals.

Next week, the importance of time management will be discussed. I welcome your questions or comments. Please send them to me via email at kathryndenhouer@gmail.com

In The Service

Navy Seaman Craig A. Loetz, son of Catherine Ott-Loetz, of Alto, and Eric Loetz, of Alto, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, Loetz completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness.

The capstone event of boot camp is "Battle

Stations." This exercise gives recruits the skills and confidence they need to succeed in the fleet. "Battle Stations" is designed to galvanize the basic warrior attributes of sacrifice, dedication, teamwork and endurance in each recruit through the practical application of basic Navy skills and the core values of honor, courage and commitment. Its distinctly "Navy" flavor was designed to take into account what it means to be a sailor.

Loetz is a 2009 graduate of Lowell High School.

happy birthday!

NOVEMBER 11

Mike Roudabush, Tom Roudabush, Dan Wingeier Jr., Rachel Burns, Zachary Ligman, Justin Warren, N. Stephen Kelley.

NOVEMBER 12

Harry Erickson, Deborah Malloy, Al Olszewski.

NOVEMBER 13

Brian Gerard, Dan Schneider.

NOVEMBER 14

David Durkee, Doris Rhines, Deaken Roth.

NOVEMBER 15

Beth Stouffer, Emily Myers, Gina Gidner, Doug Decker, Alyssa Rash, Dave Hildenbrand, Janet Allison.

NOVEMBER 16

Cherry Lilley.

NOVEMBER 17

Scott MacNaughton, Cory DuBridge, Tyler Shindorf, Mary Schutts, Anastasia Barnes, Ali Wernet.

health



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

Mononucleosis

Mononucleosis (often called mono) is an infection caused by the Epstein-Barr virus. Symptoms of mono include fever, sore throat, fatigue, weakness, swollen nodes in the neck and armpits, loss of appetite, and night sweats. Symptoms in young children are generally mild, while symptoms in adolescents and young adults tend to be more severe. Mono is not spread as easily as some other viruses, such as the common cold. The mono virus is found in saliva and mucus. It is usually passed from one person to another through kissing, which is why it is often called the kissing disease. However, mono can also be passed through exposure to a cough, sneeze, or through sharing food utensils with someone who has mono.

Signs of mono usually develop four to six weeks after exposure to the virus. Generally, people only get mono once. It is most common among people 15 to 35 years old. Mono can be diagnosed in the physician's

office through a blood test called the Monospot test. Sometimes other blood tests are needed if the results of the Monospot aren't clear. Mono can occasionally have complications. The main complication with mono is the enlargement of the spleen. The spleen is in the upper left part of the abdomen. It helps to filter blood. In severe cases of mono, the spleen can rupture. This is a rare but serious complication. Signs of a ruptured spleen include sharp pain in the upper left abdomen, feeling lightheaded, blurred vision, and fainting.

There is no cure for mono. The main goal of treatment is symptomatic relief. This includes rest, plenty of fluids, and over the counter medications such as Tylenol and Motrin. Antibiotics are not effective against mono. Sports, physical activity, and exercise should be avoided for four to six weeks to avoid splenic rupture.

college news

Central Michigan University is pleased to announce that Dana Callihan and Michael Martin, both of Lowell, are summer 2009 graduates.

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Local dancers to perform with Youth Ballet in production of *The Nutcracker*

Lowell's very own will perform in the West Michigan Youth Ballet (WMYB) performance of *The Nutcracker*. This December, ten students will perform the complete *Nutcracker* Ballet with 80 other local dancers and Grand Rapids' dancer Ken Tepper featured as Drosselmeyer. Hannah Briggs, Taylor Higgins, Leah Brogger, Josealyn Pontius, Nicole Mooney, Megan Dollar, Rachael Fotis, Christy Lyon, Sierra Post, and Christine Ringel range from ages six to 12 years.

The WMYB's mission is about preparing young dancers to enhance their skills thru the study of ballet, preparing them for

performances and careers in dance as they learn from talented professional choreographers from around the country.

The performances run December 12 through December 13 at Forest Hills Fine Arts Center. \$12 for adults and \$6 for children 10 and under. *Nutcracker* Tea will be held Sunday at 3 p.m., \$4 for children, \$2 for adults, with a performance ticket purchase. Tickets are now on sale at Fire and Water Art Gallery, 219 West Main, Lowell, 890-1879; Ada Dance Studio, 473 Pettis, Ada, 676-9430; or December 2 at Forest Hills Fine Arts Center.

Ballet dancers, front row: Sierra Post, Taylor Higgins, and Megan Dollar; back row: Josealyn Pontius, Rachael Fotis, Christine Ringel, Hannah Briggs, Nicole Mooney, Christy Lyon, and Leah Brogger.



VanAntwerp named recipient of the MCTE Charles Carpenter Fries award

Dr. Jill VanAntwerp was awarded the Charles Carpenter Fries award by the Michigan Council of Teachers of English (MCTE) at their annual conference in Lansing on Oct. 30.

The Fries award, first given in 1967, honors Charles Carpenter Fries, a University of Michigan professor and an early president of MCTE. Recipients have served not only the local communities in which they live and work but also have provided significant service on the state and national level. The award is given in recognition of a distinguished career in the teaching of English and dedication to the advancement of the profession.

VanAntwerp began her

teaching career in the Lowell Area Schools where she had a 29-year career. She served 15 years as English department chair at Lowell High. In 1999, the Board of Education of the Lowell Area Schools awarded her the Marsha Wilcox award for 29 years of service to the schools.

In 1998, VanAntwerp joined the English department at Grand Valley State University, where she is an associate professor of English education. She has been the chair of the GVSU English department since 2006.

She served on the executive committee of MCTE as a regional coordinator, co-editor of the Language Arts Journal of Michigan,

annual conference chair, vice president, president, and past president. From 2005 through 2008, she served on the executive board of the Conference on English Education (CEE) of the National Council of Teachers of English (NCTE). In that capacity, she was co-convenor of strands at the 2005 and 2007 conferences of CEE and co-chair of the 2009 CEE conference in Elmhurst, Illinois.

Over her career, she has served on many committees with the Michigan Department of Education, including the taskforces that created the Michigan Curriculum Framework, English Language Arts MEAP tests, the 2000 standards for endorsement for secondary English

teachers, and the Michigan Test for Teacher Certification for English. She is currently chair of the revision committee for the endorsement standards for secondary

English teachers. VanAntwerp's work has focused on quality English education for students K-12 and on the mentoring of future and new teachers of English. She has

presented on these topics at conferences of MCTE since 1986 and of NCTE since 1999 in addition to other workshops and conferences.

area churches

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www.goodshepherdlowell.org
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Worship Service.....10:00 A.M.
(Nursery available)
Joseph Fremer, Pastor 897-8307
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Robert Holmes, Pastor
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WEDNESDAYS:
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Morning Worship.....10:00 A.M.
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FIRST UNITED METHODIST CHURCH OF LOWELL
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Help us stretch the value of your donation by keeping our dumpster costs low. We would much rather use that money to help our neighbors in need. Please do not donate items that are in poor repair, have missing parts, are moldy, stained or torn. Because of limited demand, we cannot accept typewriters, TV's, computers or computer components, encyclopedias, stoves, refrigerators, washing machines, dryers or other large appliances. We are not equipped to care for live animals. Please take them to an appropriate shelter instead.

Once again, please remember us with our usable items for our ministry. Thank you and God bless you for all you do to help!

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Traveling exhibit, continued

A lot of churches have stayed strong throughout the years from their establishment to this day. The Vergennes United Methodist Church is the longest continuing congregation since 1843, while the newest church is the Church of the Nazarene.

One hundred years ago churches were more than just religious organizations. They were community centers for socials, town meetings and education.

the growth and evolution of the churches and their expansion or demise.

"We want to show how churches represent the moral fabric of our community," said Allchin.

The exhibit will open on Nov. 15 at the First United Methodist Church in Lowell. It will stay at each location for approximately two months.

The exhibit will become a part of the traveling exhibit museum collection. It will join the previous traveling

exhibits including Ghost Towns, From Cutters to Corvettes, Red Arrows, and From Wheat to Flour.

"These were all well received," said Allchin.

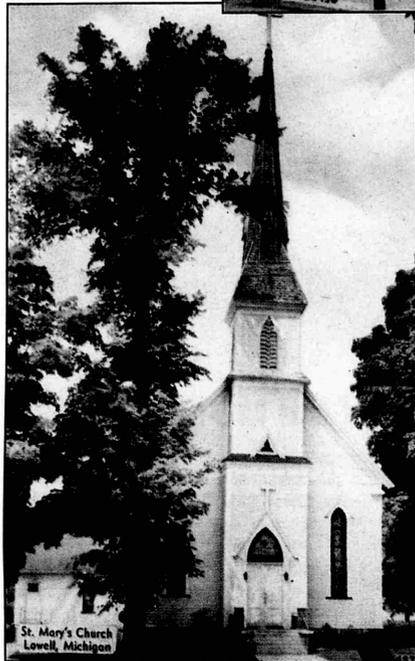
The sponsoring churches are: First Baptist Church, First Congregational Church, First United Methodist Church, Vergennes United Methodist Church, Lowell Church of the Nazarene and Saint Mary Church.



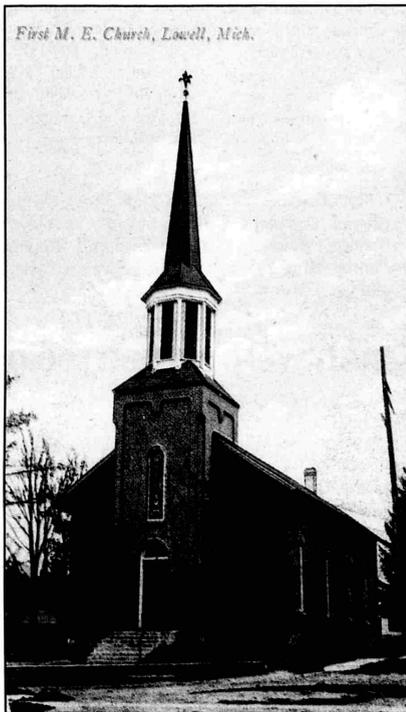
Church of The Nazarene — Lowell, Michigan
"The Church For The Whole Family"



Pictured, clockwise: First Baptist Church, Lowell Church of the Nazarene, Lowell First United Methodist Church and St. Mary Church.



St. Mary's Church
Lowell, Michigan



First M. E. Church, Lowell, Mich.

Red Arrow SPORTS

Lowell runs through Muskegon and on to regional competition with 26-19 victory

by Thad Kraus

Lowell exercised its longest time-possession scoring drive of the year and in doing so exorcised painful playoff losses past.

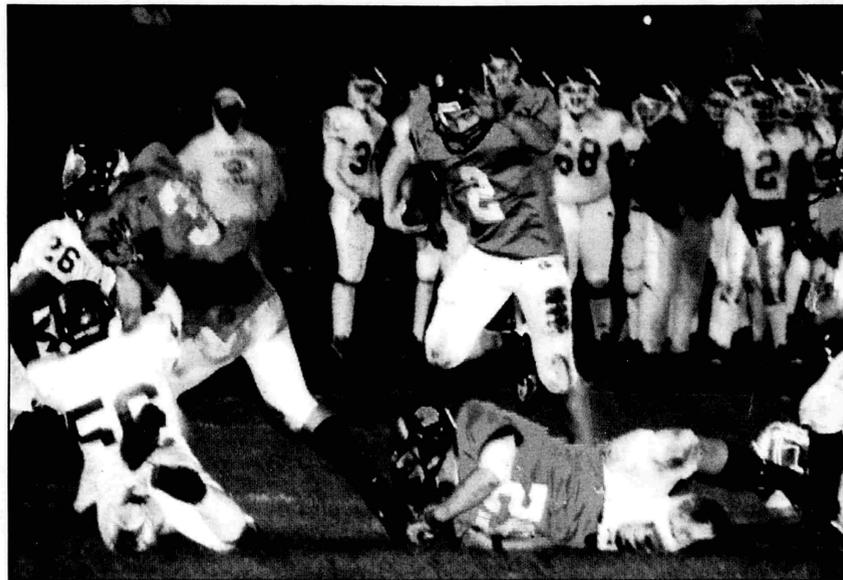
The result, the Red Arrows advanced to the Division 2 regional championship with a 26-19 win over the fifth ranked, Division 2 Big Reds from Muskegon. Lowell was on the losing end of its two previous playoff encounters with the Big Red in 2008 and 2006.

The victory advances Lowell to the regional where

it will host Portage Central Friday night at home. The Mustangs won their district championship game with a 27-14 win against Caledonia.

"A lot of people said a lot of things (referencing Lowell's previous two playoff losses to Muskegon), but it feels good to win and to be back for another week. To be around these kids and play at home one more time, that's pretty special," said Lowell coach Noel Dean.

Lowell held the slimmest of margins, one-point lead (20-19), with a



Gabe Dean rushed for 185 yards and three touchdowns against Muskegon Friday night.

little more than 11 minutes to play in the game. Starting on its 40-yard line, the Red Arrows marched 60 yards in 16 plays consuming 8:29 of the fourth-quarter clock with Austin Graham busting into the end zone from the one-yard line.

That's the synopsis. The long version is highlighted by a 22-yard completion from Gabe Dean to Graham on third and six from the Muskegon 45.

Eight plays later on fourth and 20 from the Big Reds 32, Dean, with pressure all around him, stepped up into the pocket with the poise of a senior, and drilled Derek Cornish on a post route for 23 yards and the game's biggest first down.

"We couldn't get him wrapped. He made a fantastic play to hit #11 (Derek Cornish) on the post route," said Muskegon coach Matt Koziak.

Lowell's coach chose to go for two following a Muskegon offside on the extra-point attempt. This time Graham was busted by the Big Red defense shy of the goal line.

"Based on the way we'd played the whole game we just thought we could get a yard-and-a-half," Dean explained. "It was one play we thought could change the game considerably. Even if we didn't get it they still had to drive the entire field."

Muskegon got the ball back on its 36-yard line with

2:45 to play down just seven as opposed to eight. Lowell's Randy Hogan intercepted a Muskegon first down pass, returning it to the Big Red 30-yard line.

From there, the Red Arrows were able to run out the remaining 2:37 seconds.

Lowell not only ran the ball well, but it also stopped the Muskegon running game.

The Big Reds were held to just 60 yards on the ground while Lowell amassed 261 yards. Dean led the way with 185 yards and scored three touchdowns on runs of 11, 48 and two yards.

"I give all the credit to my offensive line," Gabe Dean said. "This team helped me build confidence in myself. We just wanted to play every

play and hit hard hoping to break them down."

Of the big fourth down pass play, Dean added, "My offensive line deserves all the credit."

Graham rushed for 73 yards.

"Dean and Graham are two great athletes. They are a good one-two punch and they feed off each other. The quarterback hurt us more than the fullback tonight. He plays bigger than a 10th grader," Koziak explained.

"Defensively Lowell was able to take away our triple option play," Koziak said.

Muskegon did, however, have success through the air. Kevonta Keyes connected on five-of-10 passes for 155

yards and three touchdowns (65, 20 and 10 yards) and the one interception.

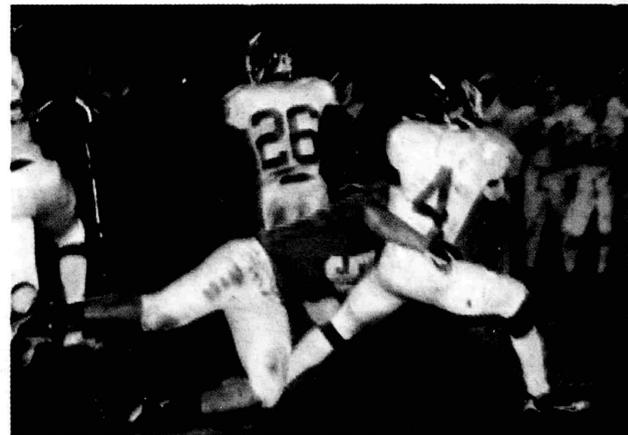
"I thought our defense played very well up front," Dean said.

Muskegon had its season end having lost four games by a mere 14 points.

"I'm proud of the way the kids played all year," Koziak said. "They fought all year. Only eight teams can win a state championship out of 600."

With the big win over Muskegon behind them, the Red Arrows must now prepare for Portage Central.

"We must make sure that tonight wasn't so awesome a win that we can't prepare for the next game," Dean concludes.



Big Reds' Kevonta Keyes was held to just 30 yards rushing. Muskegon managed just 60 on the ground.



The Lowell High School band performed at halftime of Friday's game

LUNCH MENU

ELEMENTARY MENU
Week of
Nov. 16, 2009

MON: Chicken patty on bun (hot dog on bun also offered at Alto, Cherry Creek & Murray Lake), fresh mini carrots, assorted fruit, milk.

TUES: Belgian waffle sticks w/syrup or cereal w/ graham crackers & scrambled eggs, fresh fruit, applesauce, milk.

WED: Soft shell taco w/ lettuce, tomato, cheese (tuna salad sandwich also offered at Alto, Cherry Creek & Murray Lake), corn, assorted fruit, milk.

THURS: Pepperoni pizza (burrito w/cheese sauce also offered at Alto, Cherry Creek & Murray Lake), fresh broccoli, cinnamon apple slices, milk.

FRI: Beef & cheese nachos (Rib BQ on bun also offered at Alto, Cherry Creek & Murray Lake), tossed salad w/low fat dressing, pineapple, milk.

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- Wilson Mizner (1876 - 1933)

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It's Time For the Lowell ledger First Deer CONTEST

SUNDAY, NOV. 15



Be the first hunter to arrive at
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 105 N. Broadway, Lowell
SUNDAY, NOVEMBER 15, 2009
 with a legally tagged deer and win!
Prizes for 1st, 2nd and 3rd place!

Anyone who brings in their deer BEFORE NOON on opening day will get their picture in The Ledger!

Football preview, continued

"Spencer hits the hole hard, has escapability, loose hips, tremendous vision, doesn't get tackled on the first hit and can run away from people," explains the Portage coach. The Mustangs have played in six bad weather games. "Because of that, our receivers (Tyler Timmerman and Cal Perjis) may be better than people think," Foerster said. The Mustang coach hopes his club can match the physicalness of its Red Arrow opponent. "Lowell has always had an aggressive defense that makes things difficult for your offense," he says.

Tickets for Friday's game at Red Arrow Stadium (Bob Perry Field) go on sale Thursday and Friday from 7:30 a.m. until 3 p.m. Tickets are \$5. The gate will open at 5:30 p.m. Kickoff is scheduled for 7 p.m.



Concussion risks, continued

According to Dawn Comstock, the study's director of research, only 42 percent of high schools have athletic trainers.

The Columbus center estimates that during the 2007-08 school year, more than 137,000 concussions were sustained by high school athletes. More than 70,000 of them were in football, followed by girls' soccer (23,595) and boys' soccer (17,447).

Criteria now used to return athletes to competition are no longer based on an athlete's subjective response to questions. A graduated return to play is now recommended.

"These guidelines have been out three years. It's a school by school thing, depending on the orientation of the trainer or team physician," Lowell team physician Donald Gerard says. "More or less, schools have been following these guidelines. With the litigious climate of our society, they'd better be."

Old practices allowed for athletes to return to play when their symptoms (headache, dizziness, nausea, confusion) had dissipated. New guidelines to protect the athlete from further injury to his/her brain was presented at the 3rd International conference on Concussion in Sport held in Zurich.

An expert panel of researchers from clinical medicine, sports medicine, neuroscience, neuroimaging, athletic training and sports science prepared a published consensus on concussion in sports.

The new guidelines for management of concussion

calls for the focus on diagnosed concussions to be on both physical and cognitive rest until symptoms resolve.

Athletes recovering from a concussion need to quiet both their bodies, and minds. The quieter the minds and bodies the quicker the recovery. Missing class and practice may well be part of the recovery plan. Activities that require concentration and attention may exacerbate the symptoms and possibly delay recovery.

A specific progression of activities is recommended to ensure a safe return to play.

The progression levels are:

1. No activity with complete physical and cognitive rest
2. Light aerobic exercise (less than 70 percent of maximum heart rate)
3. Sport specific exercise
4. Non-contact training drills
5. Full contact practice
6. Return to normal game play

Each level takes 24 hours with the athlete asymptomatic (symptom free) before moving to the next level. It's recommended if any symptoms occur during the progression, the athlete drop back to the previous level after a 24-hour rest period. The six-step progression should take one week.

The challenge with all of this is the implementation. Historically, coaches are used to having athletes with concussions return to play within 24 hours. Therefore, the new recommended guidelines may cause tension. Getting buy-in from the coaches, athletes, parents, and their athletic staff is imperative.

Some athletes seek the services of their own physician, but the school controls when he/she plays again," Gerard explained. "If an athlete gets hit in the head and comes back on Wednesday and says his physician has cleared him/her to play, we (Lowell) will still require the athlete to sit out a game."

by Thad Kraus

There's a new athletic trainer at Lowell High School and her name is Patti Beggs.

The 2005 Central Michigan graduate was contracted out to Lowell through Dery Physical Therapy in Lowell.

Beggs, prior to coming to Lowell, worked at Health Motion Physical Therapy in Kentwood where she outreached to the Grand Rapids' Public Schools.

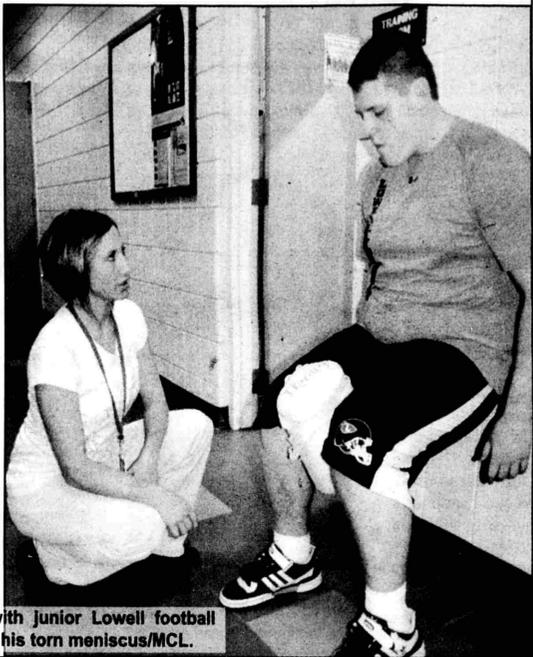
"I worked in Grand Rapids about a month before I was hired by Dery and then contracted out to Lowell," Beggs explains.

Beginning this week, Beggs will teach a conditioning class for Lowell seventh- and eighth-grade students. The class is being offered after school on Tuesday and Thursday from 4 to 5 p.m.

The East Jordan High School graduate earned a bachelor of science in sports medicine/athletic training.

"I've enjoyed my stay in Lowell. The coaches and staff have been great," Beggs explains. "The athletes have been welcoming, courteous and have asked a lot of questions."

Lowell trainer Patti Beggs with junior Lowell football player Jacob Murray on rehab of his torn meniscus/MCL.



Gerard notes that a concussion suffered by a Lowell football player on Friday night means a player doesn't play the following week. A second concussion

has a player out at least a month. "A third concussion means the athlete is playing tennis," says Gerard.

There was a time when players and coaches tried

to hide concussions, but now that published criteria is gaining the attention of coaches and players, that is happening less and less.

It's That Time Of Year Again! Christmas will soon be here.



With that in mind, All Weather Seal is looking for a family in the Lowell area whose house could use a little extra care this year when the cold air starts to settle in. **We would like to give away a houseful of windows to a family in need.** Please submit your nominations with an explanation of why that family deserves this special gift this holiday season.



Deadline for entries is Dec. 15, 2009. Submit entries to: ALL WEATHER SEAL CHRISTMAS GIVEAWAY
 319 E. Main St., Lowell, MI 49331 or E-mail kaitlin@awswest.com

Rudd's

SEPTIC SERVICE

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- Home Sale Evaluations •
- 3 Months Free Additives •

1 Year Supply Of Custom Bio Bacteria OR \$15 Off Septic Pumping.

(VALUE \$39.95) EXPIRES 12/31/09

897-8560

obituaries

FOX

Carl Junior Fox, age 86, of Alto, passed away Thursday, November 05, 2009 peacefully at home with his family around him. Carl was the son of Earl & Ida (Wolfe) Fox, born October 19, 1923. Carl was married to Treva B. Seese on March 17, 1945. He met Treva while working on a muck farm on Hastings Road just north of Drew Rd. He is survived by their children, Phillip (Gloria) Fox, Phyllis (Ken) Myers, Lois (Dale) Byars; 10 grandchildren; 15 great-grandchildren; three great-great-grandchildren; sister-in-law, Elithe Fox; brothers-in-law, Calvin (Fern) Seese, Harold (Judy) Seese; many nieces, nephews and special friends at McDonald's. He worked for Runciman in early years and the Bradford White Corp in Middleville as a welder where he retired after 34 years of service. He was also part of the UAW Local 1002. Carl enjoyed his family, young and old. Carl and Treva enjoyed many years of camping and fishing with family and friends. He will be sadly missed by all. Funeral services were held Saturday, November 7 at Roth-Gerst Funeral Chapel with Pastor David McBride of Leighton United Methodist Church, Caledonia, officiating. Interment Bowne Mennonite Cemetery. Memorial contributions may be made to Faith Hospice, 2100 Raybrook SE, Suite 300, Grand Rapids, MI 49546.



ODELL
Brian Gerald Odell, age 51, of Mobile, Alabama, went to be with the Lord after a long and courageous battle with cancer, on Tuesday, November 3, 2009. Brian was a devoted family man, a loyal friend, and a faithful Christian. He is survived by his wife of 16 years, Pamela (Stevens); his children, Parker, age 12, and Molly, age 10; brothers, Roger (Vicki) Odell, Bruce (Susan) Odell; sisters, Judith (Milt) Halverson, Linda (Jonathan) Damon, Joyce (Peter) Manigold; and many nieces and nephews. He was preceded in death by his parents, Adelbert and Cordelia Odell. Brian graduated from Lowell High School and held a Bachelor of Science degree in Chemical Engineering from Michigan State University, a Master's Degree in Chemical Engineering

from Tulane University, and a Master of Religious Education from Grand Rapids Theological Seminary. Employed by Chevron for 29 years, Brian worked in refineries in New Orleans, Marietta, Ohio, and Pascagoula, Mississippi. His most gratifying work was as a member and an elder of Grace Community Church in Mobile; this church and its members were his "home away from home." Brian became a Christian as an adult when he encountered the gospel of God's grace which impacted and influenced him throughout the rest of his life. For Brian "to live is Christ and to die is gain." Philippians 1:21. A memorial service was held Monday, November 9, at Vergennes Methodist Church. In lieu of flowers, memorial contributions may be made to the Vergennes Methodist Church Building Fund.

LEGAL NOTICES

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS
Decedent's Estate
File No. 09-187,456-DE

Estate of JOSEPH C. BORK, date of birth 2/3/1918.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, JOSEPH C. BORK, who lived at 1076 Oakleigh NW, Grand Rapids, Michigan, died 7/4/2009.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to JOSEPH C. BORK, JR., named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Ave. NW, Grand Rapids, MI 49503 and the named/ proposed personal representative within 4 months after the date of publication of this notice.

Joseph C. Bork, Jr.
4164 Jeanola NW
Grand Rapids, MI 49544
616-784-6666

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS
Decedent's Estate

In the matter of the ROLLA LEWIS ULLERY TRUST.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, ROLLA LEWIS ULLERY, who lived at 176 Gleneagle Drive NE, Rockford, Michigan, died March 2, 2009.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to JUDY ULLERY, named Trustee of the Rolla Lewis Ullery Trust AGREEMENT within 4 months after the date of publication of this notice.

Thomas E. Lane
(P36477)
688 Cascade West
Parkway SE
Grand Rapids, MI 49546
616-285-6050

Judy Ullery
7021 Windcrest SE
Grand Rapids, MI 49546
616-676-9269



lend a hand

Sharing opportunities

Host families for second semester needed

Pacific Intercultural Exchange (PIE) is looking for caring host families for the January 2010 to June 2010 high school session. There are nine students from 15 to 18 years of age waiting for a host family, for example: Joanna, 17, from Germany, who likes many sports, choir, plays in a local orchestra, and who has won awards both academically and in sports. Cuong, 17, from Hong Kong, plays the drums, has excellent grades, and hang out with friends. Students from many other countries are available. All families, empty nesters, single parents, retired, or even large families are invited to apply. The host family is responsible for board, room and guidance. The students have their own spending money and medical insurance. The student files for the Aug. 2010 - June 2011 school year are also arriving in the office. If you have questions or are interested in sharing your home with one of these foreign exchange students please call your local regional manager, Pat, at 616-527-0012 or 1-800-382-7439.

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

- Martha Washington (1732 - 1802)

Lehigh Lawn Care & Snow Plowing

- Lawn Mowing Landscaping
Lawn Maintenance Planting & Pruning

David Lehigh - Owner
Call for service or questions!
616-897-0276

office hours:
Mon.-Thurs. 8 a.m.- 5 p.m.
Fri. 8 a.m. - 2 p.m.
closed Sat. & Sun.

classifieds

for sale

MATTRESS - Replace your worn out mattress for as little as \$79, all sizes. Name brand. Never used. 616-682-4767 or 293-6160.

CLASSIFIED ADVERTISING SPECIAL - Receive 30% off your ads when you place it in the Buyers Guide & Lowell Ledger and bring in 3 non-perishable food items for donation to Flat River Outreach Ministries. Ad must be prepaid. Deadline Thursdays at 5 p.m. for Saturday's paper. Special runs until Nov. 19, 2009. Stop by our office at 105 N. Broadway, Lowell, MC, Visa & Discover accepted.

SERTAPERFECT SLEEPER MATTRESS/BOX - Excellent condition. Includes heavy duty frame, \$110 complete. Hammond Wholesale, 320 W. Main, Carson City, 989-584-1600.

2BARSTOOLS - Metal with suede seats, \$25 each; George Foreman Grill, \$20. Call 897-7883.

MATTRESS SALE - Factory new bed sets, twin, full, queen, \$59 each. Frame \$25. Firm & plush choices. Hammond Wholesale, 320 W. Main, Carson City, 989-584-1600.

MAKE SURE YOUR BUSINESS IS LISTED - in the 2010 Lowell City Directory! If you run a business out of your home & do not have a business phone number in the GR phone book, there will be a charge to put your phone number in the Lowell City Directory this year. There will also be a charge if you would like your cell phone listed or for an out of the area listing. The cost is \$10 & your business name & phone number will be listed in the red pages & one spot in the yellow pages. Call Tammy at 897-9560 or email: citydirectory@att.net for further info or to place your order.

SEALY MATTRESS/BOX SPRING SET - Full or queen. Includes frame, headboard, \$95 complete. Hammond Wholesale, 320 W. Main, Carson City, 989-584-1600.

1999 HONDA ACCORD LX - 215,000 highway miles. Silver 4 door, auto., 4-cyl. Runs good, reliable. \$3,000.obb.517-388-0678, Lowell.

QUEEN FOUR POST BED - Solid wood, w/foam style mattress set. New, never used. Cost \$1,000, sacrifice \$225. Call 616-232-3282.

TRACTOR - 40 hp, loader, 3 pt., 12 speed, live PTO, newer tires, chains, asking \$4,300. 460-9654.

FOR SALE - 20 ton horizontal log splitter, \$850. Call 616-550-9465.

HONDA - 1992 Civic CX, 155K, 5 speed, AC, leather, good MPG, terrific first car, perfect for winter, \$499. Call 745-3562 after 7 p.m.

for sale

UPDATED 4 BEDROOM HOME IN LOWELL! - \$112,900! Great home has been refreshed, refined & refurbished! New kitchen, paint, carpet, laminate, cabinets, light fixtures & lots more! Huge oversized garage, fenced-in yard, walk-out lower level with family room! Wow! Immediate possession! Pat, 581-7580, Five Star Real Estate.

APPLES \$5 BUSHEL - N. Spy, Gala, Honeycrisp, Red and Golden Delicious, Empire. Self serve-already harvested. Please bring your own containers. 9384 Portland Rd., Clarksville. Questions call 616-745-3898 or applegirl@hotmail.com

FREE RANGE BROWN EGGS FOR SALE - local delivery available 10 dozen or more. Call 616-437-1526.

FOR SALE - Vintage wedding ring set, 1/2 carat diamonds total, 5 stones on band, 3 on engagement band, size 4 1/2. \$400. Call 897-8591.

1995 CONVERTIBLE CUTLASS - Supreme, red w/white top, needs engine, \$1,500. Call 616-822-2450.

BED & DRESSER SET - Plush Sealy mattress & frame. Large dresser w/ deep drawers. Set \$125. Hammond Wholesale, 320 W. Main, Carson City, 989-584-1600.

QUARTER HORSES - with nice disposition and conformation. 1 black, 2 year old colt, 1 grullo yearling colt, 1 grullo foal filly. \$400 ea. Call 616-761-3531.

KEY CARDS ARE HERE! - Help support the LHS Academic Boosters & save money at the places you shop in Lowell and in Grand Rapids. Cards are \$15. Stop by & get your card today, Lowell Ledger 105 N. Broadway. Cash or check only please.

MEMORY FOAM MATTRESS - Tempurpedic style visco memory foam. Never used. Queen \$595, king \$795. 616-682-4767 or 293-6160.

WOODBURNER - Atlanta stove, #240, thermostat control w/blower, approx. 1100 sq. ft. \$75; Fisher fireplace insert, \$100. Call 897-6843.

wanted

CASH PAID FOR - Advertising items, Zippo's, older military items, fishing lures, jewelry, metal toys, games, etc. Call 616-550-0521 to sell pre-70's stuff!

ATTENTION CRAFTERS & HOME BUSINESS REPS! - Reserve your booth space for the 5th Annual Impact Church Craft/Home Business Expo. Sat., Dec. 5, 9 a.m. to 4 p.m. Email jmazarka@comcast.net for a registration form which will contain all the details.

misc.

IT'S THAT TIME OF YEAR AGAIN - Christmas will soon be here. With that in mind All Weather Seal is looking for a family in the Lowell area whose house could use a little extra care this year when the cold air starts to settle in. We would like to give away a houseful of windows to a family in need. Please submit your nominations with an explanation of why that family deserves this special gift this holiday season. Deadline for entries is Dec. 15, 2009. Submit entries to: All Weather Seal - Xmas giveaway, 319 E. Main St., Lowell, MI 49331 or email kaitlin@awswest.com

for rent

HOME FOR RENT/SALE - 3 bedroom, 1 bath, 1,000 sq. ft. ranch. Located in nice, quiet neighborhood 1 mile E. of Lowell H.S. Newer high efficiency furnace & AC, well/septic. View home & phone number at 13444 Vergennes Just E. of Lincoln Lake, \$900 per month.

HALL FOR RENT - with kitchen, seats 150. Call 897-6050.

LOWELL MOBILE HOME PARK - Under new management. Nice 1, 2 & 3 bedroom trailers for rent. Rent from \$350-\$550. For info call George at 616-754-0276 or 616-813-8041.

CENTER COURT APT - first month rent free! (w/12 month lease.) 2 bedrooms, \$600; 1 bedroom, \$500; on-site laundry & cats allowed. Center Court Apt., 201 N. Center St., Lowell. Call CB Richard Ellis/Grand Rapids, 877-780-2200.

DENNY APARTMENTS & ROOMS FOR RENT - 1 bedroom efficiency & rooms. 897-8656.

ALTO - 1 bedroom apartment for rent. \$350 a month + utilities. \$350 deposit. Call 868-9915.

HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.vfw8303.org. Call John at 299-0486 or 897-8303.

2 BEDROOM DUPLEX - 153 N. Center. No pets, \$575/mo. includes water. Security deposit required. Call 252-5611.

lost

LOST BACKPACK - Lost from Lowell Middle School on the last week of October. If found, please turn into the office at the Middle school.

MISSING - All black long haired male cat, neutered, yellow eyes, 2 years old, name is Blackie, township office area. 897-8385.

services

HANDY REPAIR SERVICE - All kinds of service work: locks rekeyed, deadbolts installed, screen & window repair. Call Bob Ford, 299-3198.

SNOWPLOWING - It's not too late! Seasonal or per time. Salting available. Serving Ada & Lowell area. Call Gilchrist Concrete Construction, 616-893-1569.

COMPUTER REHAB - \$55 all repairs - Virus & Spyware removal. No diagnostic fees! Mon. - Sat., 100 W. Main St., Lowell. 616-828-5346, www.computerrehab.com

SNOWPLOW SERVICE - Commercial & residential, salting & shoveling services also available. Experienced & insured. Scenic Expressions LLC call Jon at 240-4464.

I'M BACK! SHEAR AMBITION HAIR SALON - 10766 Deerwood Dr. SE (Eastgate subdivision) Grand opening special - \$3 off perm (reg. \$40). Longer hair slightly higher or \$2 off haircut (reg. \$10) Free gifts while supplies last. Hours by appointment only. Call 897-1740. Bev Earls, owner/stylist. Save ad - special good thru Nov.

FIELDSTONE FARM ANTIQUES - Come visit for all your antique & collectible shopping. A full line from primitive to fine porcelain & glassware & everything in between. Shop open & appraisals, Fri. & Sat., 10 a.m. to 4 p.m. & Sun., 1 to 4 p.m. or by appointment now through Dec. 18. 9449 Wingeier Ave. SE, Alto, 1/2 mile south of M-50. 616-890-6740.

DOG TRAINING - for all breeds. Group training, \$95, indoor training center. K9academyinternational.com, 897-5722.

FALL CLEANUP - let us help prepare your yard for winter, we will take care of leaves, perennials, & pruning. Please call Tom at Scenic Expressions, LLC, 240-6215.

TAXES, PAYROLL, QUICKBOOKS, & ACCOUNTING SERVICE - by certified Quickbooks advisor. Call Kathy 897-6351.

BUSINESS CARDS - For as little as \$28 for 250. (white card, black ink). Before you order your cards - check our rates! Call Lowell Litho, 897-9261.

services

PROFESSIONAL WINDOW CLEANING - Frugal Window Cleaning is offering 25% off our first visit. Additional services include: gutter cleaning and Christmas light installation. Contact John or Brittany 734-4573.

HOT TUB SERVICE - Every make & model, covers, supplies, maintenance. Call the HotwaterDr. 616-874-3385 or contact hotwaterdr.com

PIANO LESSONS - Improve your child's school performance, concentration & confidence by learning Jazz, Blues & Classical piano & music notation. Ages 6 -18. Experienced, patient, caring teacher & a seasoned, professional performer. Vergennes Township, 897-9485 or email: MissMeowisic@msn.com

help wanted

EARN 1,000 - \$3,200 - a month to drive new cars with ads. www.AdDrive-Cars.com.

MARKETERS NEEDED - Apply Monday through Friday, 9-5 p.m. at 319 E. Main St., Lowell 49331.

events

SNOW UNIT-ED METHODIST CHURCH - at 3189 Snow Ave. SE will serve a family style turkey & dressing dinner on Wed., Nov. 11, starting at 5:30 p.m. Adults are \$9, children 6-12 are \$3, & children 5 & under are free. Take out dinners also available.

Community Calendar

PLEASE NOTE - Coming Events are for non-profit organizations. They are ran on a space available basis & are not guaranteed to run. If you would like to make sure your event is placed in the paper, please call our office & place it as a classified ad.

NEW CLASSES FOR EVERYONE - children - adults at Christian Life Center, 3050 Alden Nash SE, Lowell. Every Wednesday 7-8 p.m. Bible-centered classes for children through 5th grade, youth group for 6th grade thru high school & adult prayer & Bible study. Everyone is invited to attend.

ST. PATRICK PLAYGROUP - Thursdays 10 a.m. - 11:15 a.m. St. Patrick's preschool room. Stories, games, crafts, music & snack. Parents with young children welcome. Call Jennifer Post, 897-0251 or Sally Goffer, 863-4952 with any questions.

BOOKMARK CONTEST PROGRAM - Nov. 17, Stormy the Magician performs, Ionia Theatre, 6:30 p.m.

11th ANNUAL TASTE OF VEGETARIAN - Sun., Nov. 15 at Riverside Fellowship, 10300 Vergennes, 4-6:30 p.m. Simple & delicious samples of healthy vegetarian cuisine. Free recipes. Door prizes. Donation - at the door. Call 897-7930 to register.

BACK TO BASICS - every Tuesday and Thursday at 7:30 p.m. at 865 Lincoln Lake, Lowell. Closed AA meetings. Non-smoking.

LOWELL AREA TRAILWAY - meets 2nd Wednesday at 6 p.m. at alternate locations. Visit www.lowellareatrailway.org or call Mari 897-5671.

LOWELL WOMEN'S CLUB - 2nd Wednesday at 11:45 a.m. in Schneider Manor Community Room, 725 Bowes Rd.

KENT COUNTY YOUTH FAIR BOARD - 2nd Wednesday, 7:30 p.m. at King Memorial Center at Fairgrounds. 897-6050.

ALZHEIMER'S ASSOCIATION OF WEST MICHIGAN - Support Group 3rd Wednesday at Fountain View of Lowell, 11535 E. Fulton, 1 p.m. Call Carrie Pattee or Cindy Meyer at 897-8413.

BOWNE TOWNSHIP HISTORICAL SOCIETY - meets the second Monday of the month at 10 a.m. in the Historical Museum at 84th/ Alden Nash.

NEEDLERS - Second & fourth Monday evenings, 5:30 to 8:30 p.m. Schneider Manor Community Room.

WOMEN OF THE MOOSE - third Monday at 7:30 p.m. for business meeting.

AMERICAN LEGION CLARK-ELLIS POST 152 - meets the fourth Monday at 3100 Alden Nash S.E. at 7:30 p.m.

ALTO AMERICAN LEGION POST 528 AUXILIARY - meets 2nd Monday of the month - 7 p.m.

ALTO AMERICAN LEGION AUXILIARY - meets the second Monday of the month at 7 p.m. at the Alto American Legion Post.

LOWELL SHOWBOAT GARDEN CLUB - meets the 3rd Monday in the Church of the Nazarene Fellowship Hall, 211 N. Washington St. at 7 p.m.

BOYSCOUT TROOP 102 - every Monday, 7-8:30 p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Randy Jesberg at 897-4569 or Del Rockwell at 897-6814.

THE LOWELL BOARD OF EDUCATION - second Monday of the month at 7 p.m. in the Administration Building, 300 High St., Lowell.

NICOTINE ANONYMOUS - Every Monday 7-9 p.m. at Englehardt Public Library, 200 N. Monroe, Lowell. For info call Thomas at 691-1147. Nicotine Anonymous is a fellowship of men & women helping each other to live free of nicotine. There are no dues or fees.

WOMEN FOR SOBRIETY - meets every Monday, 7-8 p.m. at Bowne Center United Methodist Church, fellowship hall, 12051 84th St., corner of Alden Nash. Call Sue at 868-6219 or www.womenforsobriety.org.

If you reveal your secrets to the wind you should not blame the wind for revealing them to the trees. - Kahlil Gibran (1883 - 1931)

SCOTT R. KETCHUM 9/10/63 - 11/10/07



We suddenly lost you two years ago. We miss and fondly remember you each and every day. - Your Family

DOES YOUR DENTIST MAKE YOU FEEL COMFORTABLE?



At the Family Dentistry of Lowell you're more than a patient. You're part of my family. That's why I want you to be comfortable. Heated neck pillows. Natural lighting. The music you like. I've been serving families like yours since 1991. Aren't you ready for a better dental experience?

Family Dentistry of Lowell ANN WILSON, D.D.S. | JENNIFER BYRD, D.D.S. NOW ACCEPTING NEW PATIENTS - CALL: 616-897-4835 147 NORTH CENTER STREET, LOWELL WWW.FAMILYDENTISTRYOFLOWELL.COM

We want to be your Family Doctor.

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Science Diet Pet Foods
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Call 897-8484 11610 East Fulton Street • Lowell, Michigan





616-897-0787

Sound Off!

The Ledger's "Almost" anything goes column!

To vote on the current poll question go to: thelowelledge.com

In light of the recent shootings, is it time to reexamine our gun laws?

last week's poll result:

Should "In God We Trust" be removed from U.S. currency?

64% Yes
36% No

Someone had to say it!



Thad Kraus

During the opening three weeks of the high school playoffs, the home team gets to choose when the game is played (Friday night or Saturday afternoon).

The first week and even into the second week, some schools choose Saturday believing that they are competing against fewer games thus possibly increasing their gate.

Some choose Friday because they want to keep their players in the same regular season routine, and don't want to change anything up.

In my chat with Lowell coach Noel Dean during our weekly Red Arrow Football Show, which can be viewed on Wednesday at 8 p.m. on the cable access channel and can also be seen at 1 a.m., 9 a.m. and 9 p.m. on Tuesday, the coach had an interesting take on the home team's call.

Dean explained that most of the highly rated officials work small college football games on Saturday afternoon, therefore, limiting what's available in the pool

of officials for high school games.

The coach, therefore, chooses Friday night games where a larger deeper selection of officials are available.

Thad's Pick 10

From the high of a 14-0 week to a season low 3-6 this week.

That's the life of a prognosticator.

My record dips to 79-24 (77 percent).

It appears that I should have toned down my confidence in West Michigan football.

Caledonia, West Catholic, Hamilton and Kelloggsville all were shown their way to the playoff sidelines following district championship losses, as was Grand Haven and Morley Stanwood.

The West Michigan banner is now being carried by Rockford, East Grand Rapids and Lowell.

The Rams advanced with a win over Grand Haven. EGR moved on with a win over Byron Center and Lowell defeated Muskegon. Lakeshore schools

to advance were Holland Christian, Ravenna and Muskegon Heights.

This week's picks are:

For the third consecutive week Rockford will host a team it defeated in the regular season. Holt travels west, but fails the test. Rockford wins!

St. Joseph travels east to play the Pioneers and it leaves with the least number of points, East Grand Rapids wins!

Holland Christian travels south to Three Rivers (10-0). The Maroons' journey ends, Three Rivers wins!

Muskegon Heights hosts Berrien Springs, Muskegon wins!

Ravenna hosts Merrill. I lost my mind in picking against Ravenna last week. Not this week, Ravenna wins!

Thad's Top 10

1. Rockford
2. EGR
3. Lowell
4. Grand Haven
5. Holland Chr.
6. West Catholic
7. Hamilton
8. Caledonia
9. Byron Center
10. Kelloggsville



November 4 - November 10

Iran is charging three American hikers with espionage, a Tehran prosecutor stated

Monday. The Americans have been held since July 31 and it is unclear what the penalty will be at this time.

The 20th anniversary is being celebrated of the fall of the Berlin Wall. The fall celebrates a moment in modern history, changing the map and political future of Europe.

President Obama, on Sunday, praised the "historic" House vote to pass a bill overhauling the nation's ailing health care system and said it is time for the senate to "take the baton." The House vote for health care was a 220-215 vote.

Rupert Murdoch of Fox News says he will remove stories from Google's search index as a way to encourage people to pay for content online.

The number of text messages transmitted in the U.S. grew by more than 80 percent over 12 months. The report released by a communications industry group stated there were 135.2 billion text messages sent in 12 months.

Sesame Street celebrates 40 years on the air.

11th Annual Taste of Vegetarian

Simple & Delicious Samples of Healthy Vegetarian Cuisine

Free Recipes Door Prizes Cost: Donation

10300 Vergennes Corner of Parnell & Vergennes

Please call for a reservation and choose one of the two seatings below
Call Church @ 897-7930 or Linda @ 876-1667 or Marian @ 897-0581

SUNDAY, November 15

Please call and choose one of the seatings below:
Seating #1 - 4:00 - 5:00 PM
Seating #2 - 5:30 - 6:30 PM

Sponsored by Riverside Fellowship of Seventh-day Adventists

PUBLIC NOTICE

Lowell Light and Power will be conducting some routine tree trimming during November and December. The following locations are scheduled for the week of November 16th.

- Tyler Trail
- 28th Street (Pratt Lake towards Montcalm)
- 1376 Sibley
- 2485 Gee Drive
- Huntington Bank (West Main)

ADVERTISE IN OUR Holiday Celebrations

Coming in the Nov. 18 lowell ledger

NEW FOR 2009

Holiday Recipes, Cooking Tips, Holiday Entertaining, Decorating Ideas and more!

Advertising Prices

- 1.8 Page - \$50
- 1.4 Page - \$100
- 1.2 Page - \$200
- Full Page - \$400
- 1 color - \$40
- full color - \$90

For more information on advertising in this section, please call 897-9261. Deadline is Fri., Nov. 13 at 2 p.m.

the lowell ledger
105 n. Broadway • Lowell • 897-9261



THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
Puzzle answers, games, opinion polls and much more go to: www.thelowelledge.com
AND CLICK ON KIDS SCOOP BUTTON

Kid Scoop Together: Proof It!

Are you an eagle-eyed reader? Read the articles below and correct the eight spelling errors you find. The first one is done for you.

What Goes Up Must Come Down

On Earth, gravity keeps the air around us (and everything else) from drifting off into space. Gravity pulls on everything—every rock, every grain of sand, every leaf and every person.

Newton's Apple

One day, according to a _____ story, a man named Sir Isaac Newton was _____ under an apple tree. An apple _____ on his head, and he suddenly _____ of the law of gravity.

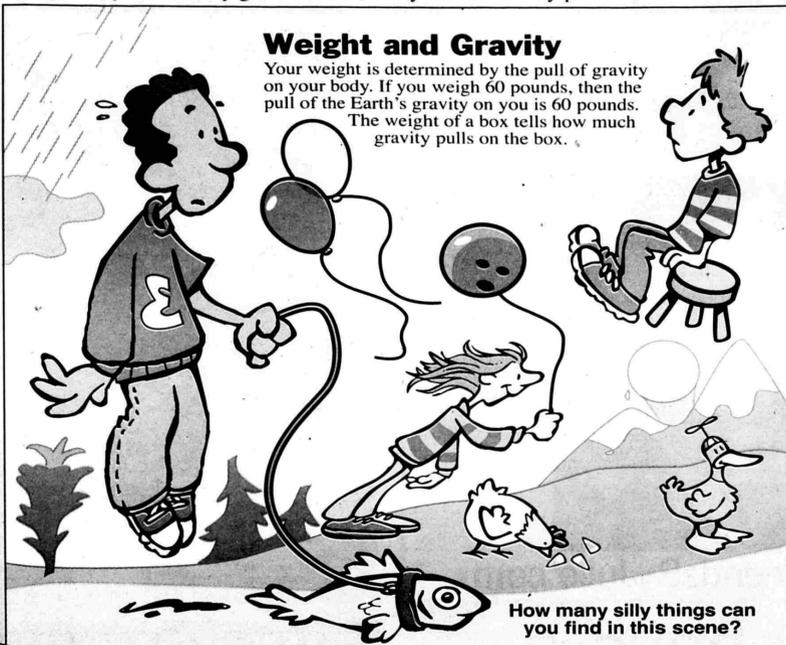
It is most likely that years of _____ things falling to the ground were what led to the _____ insight he called Newton's Law of Gravity.

Whoops! Gravity has made some of the words in this article fall to the ground. Can you find where each word belongs?

- THOUGHT
- FELL
- SITTING
- SUDDEN
- OBSERVING
- POPULAR

Weight and Gravity

Your weight is determined by the pull of gravity on your body. If you weigh 60 pounds, then the pull of the Earth's gravity on you is 60 pounds. The weight of a box tells how much gravity pulls on the box.



How many silly things can you find in this scene?

Standards Link: Earth Science: Students understand forces and know that gravity is not a physical object, but affects physical objects.

Weight Around the Solar System

Mercury
33 - 12 =

Sun
8,370 + 8,370 =

The moon and the planets all have gravity. The moon has less gravity than Earth. That means you would weigh less on the moon, because less gravity pulls on you. If you weigh 60 pounds on Earth, you would weigh 10 pounds on the moon.

How many pounds would a 60-pound person weigh on each of these planets? Do the math to discover the answer.

Venus
29 + 23 =

Mars
18 + 5 =

Jupiter
93 + 65 =

Neptune
45 + 40 =

Uranus
18 + 46 =

Saturn
97 - 29 =

Extra! Extra! I Before E or E Before I?

Look through news articles for words that have the letters i and e next to each other. In the table below, list the words spelled with the i before the e in the left column. In the right column, list the words spelled with the e before the i.

i before e	e before i
niece	either

Standards Link: Spelling: Recognize spelling patterns and know exceptions to spelling rules.

Kid Scoop Puzzler

How many new words can you make using the letters in the words:

THE LAW OF GRAVITY

1 - 5 words: Language Lightweight
6 - 12 words: Rising Reader
13 or more words: Gravitational Greatness

Standards Link: Spelling: Spell grade-level appropriate words correctly.



Check what happens when you launch a big, blue cake in the air. Go to www.kidscoop.com/kids for a fun way to find out all about gravity.

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

A	E	G	S	R	A	M	N	W	P
S	R	P	R	P	E	O	L	A	U
R	U	B	E	A	T	T	R	L	L
E	T	N	M	W	V	A	N	M	L
I	U	N	O	L	L	O	T	D	C
P	R	R	E	B	N	P	O	Y	P
U	T	L	A	C	I	T	R	E	V
J	S	T	A	I	R	S	A	N	D

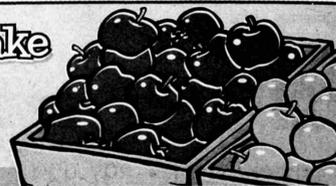
Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Who likes gravity? Look through the newspaper for examples of gravity being a good thing. Then look for examples where less gravity would be useful. Make a list of what you would miss about gravity if you were on the moon.

Standards Link: Research: Use the newspaper to locate information.

How do you make an apple turnover?



ANSWER: Push it down a hill.

Kid Scoop Joku

Complete the grid by using all the letters in the word PLUMB in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

U		B	
P	L	U	M
	M		
M		P	M

Kid Scoop VOCABULARY BUILDERS

This week's word: VERTICAL

The adjective vertical means straight up and down or upright.

Melody likes to wear shirts with vertical stripes.

Try to use the word vertical in a sentence today when talking with your friends and family members.

Write On!

The Ups and Downs of Gravity

Write a poem or descriptive paragraph telling what you like and don't like about gravity. Think about how life would be different without gravity.

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