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# the lowell ledger

wednesday • may • 5 • 2010

vol. 39 issue 30

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tale of the  
lowell troll  
part IV  
page 4

super heroes  
in town



page 2

salmon release



page 8

## Larkin's marquee prompts various opinions

by Emma Palova

The marquee on Larkin's Other Place encouraged passersby, last week, to decide whether local police enforcement may be overzealous.

It read, "Enforcement or harassment, you decide."

In a conversation with longtime restaurant owner Mike Larkin, Larkin said the sign expresses the opinion of many of his customers. Larkin used the sign as a tool for freedom of expression

and to share community news. Some of his customers have been pulled over for not using the turn signal.

"It affects my customers," he said. "It affects everybody."

Chris Rector of Lowell, who works for Valley City, got pulled over for not using the turn signal early enough which would put him into a different driveway than he intended.

"It's harassment," he said.

Larkin said the enforcement is impacting the image of Lowell to a point where it's no longer "The Next Place To Be!" He said it has nothing to do with the bridge construction.

"It's 'The Next Place To Be!' pulled over," he said.

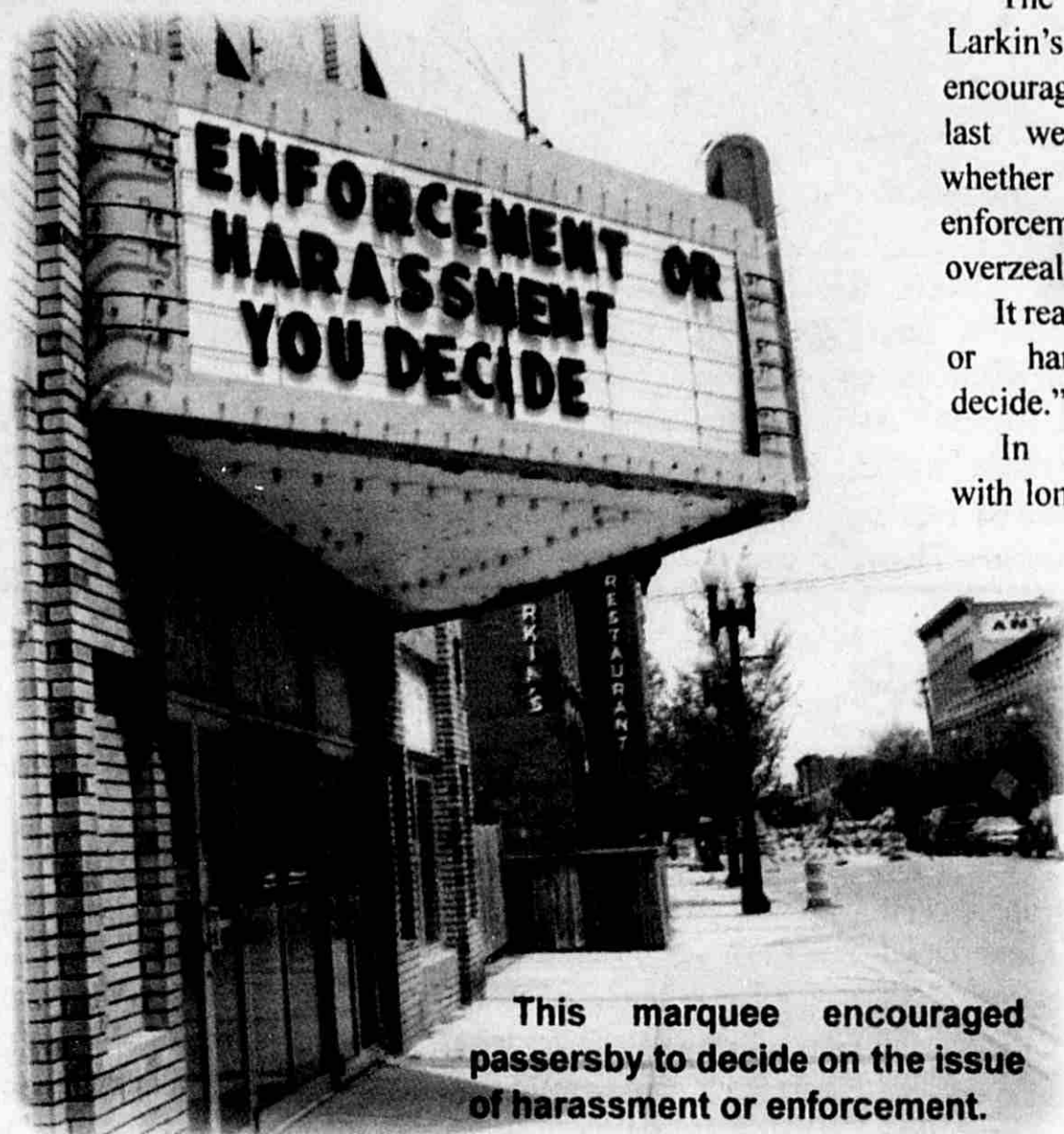
However, that was not the

opinion of police chief James Hinton who said the police officers were doing their due diligence. And if the business is down in the city of Lowell, it is not because of excessive enforcement, but because of the market situation, according to Hinton.

Hinton compiled various data to prove his point. Approximately 30,000 cars pass by through the community of Lowell. Out of that number, an average of 10 cars get pulled over for a variety of reasons, more so at night than during the day. These violations may range from speeding, head lights, tail lights, expired license plates and drunk driving.

Andy Beloney, vice-president of public affairs

marquee,  
continued, page 2



This marquee encouraged passersby to decide on the issue of harassment or enforcement.

## Walkers prepare for the annual walking challenge

by Emma Palova

The annual summer walking challenge has kicked off with registration last Saturday. Walkers are encouraged to participate by walking one mile a day, anywhere in the community, starting May 31 until September 6, 2010.

You can record your total miles by wearing a pedometer. The goal is to strive for a minimum of 2,000 steps a day which is equivalent to one mile walked on the pedometer.

The American Heart Association suggests that you should increase 1,000 steps each day until you reach 10,000 steps per day. Wearing a pedometer gives you a guideline of how active you are each day.

This year there will also be group hikes as a great new way to meet friends. Group hikes will take place on three different Saturdays. Group hike locations are the Wittenbach Wege Center on June 12 at 8 a.m.; on July 17, there will be a walk through the construction route, in the Lowell neighborhood, starting at the Lowell Chamber of Commerce at 8 a.m.; and the last hike on August 28 will start at the Fallsburg Park Clubhouse at 8 a.m.

One hundred miles is a great way to kick start summer fitness goals. Each week you will total your miles and send them in an e-mail. Prizes will be awarded to the top team and individual who have walked the most miles throughout the summer. Weekly winners will receive Bridge Bucks to be used at local downtown businesses. Registration is \$15 per person and includes a pedometer and a t-shirt.

Registration sites are at the Engelhardt Library, at the city hall in Lowell, and the Alto branch of the Kent District Library.

For more events visit [www.lowellcommunitywellness.org](http://www.lowellcommunitywellness.org). Questions can be directed to Lowell Community Wellness at [infolowellcommunitywellness.org](mailto:infolowellcommunitywellness.org) or (616) 340-7781.

## Lowell celebrates Arbor Day 2010 - plants a new sycamore

by Emma Palova

Lowell celebrated National Arbor Day by planting a commemorative tree and sponsoring the Biggest Tree contest. This year, a sycamore tree was planted on the grounds of Schneider Manor near Gilda's Club by Matt Horrocks of Horrocks Nursery. The tree will grow to be a big tree, according to Horrocks.

The Biggest Tree contest will kick off on April 25 and it will end on Sept. 26 with the winners announced at Harvest Celebration in October. Entry forms can be found at The Lowell Ledger or picked up at the city hall.

Since 2007, the Arbor Board of Lowell has annually commemorated a tree and marked it with a plaque. A flowering plum was placed in Fallsburg Park in 2007, a pair of river



Matt Horrocks planted a sycamore by Schneider Manor in honor of Arbor Day 2010.

birches was set near Unity High School in 2008, and a maple was planted in 2009 as a replacement for a failing specimen near city hall.

Biggest Tree contests

of past years have located a variety of mature trees within the city limits, all marked with plaques.

Arbor Day, continued, page 3

## City says no to soft-sided garages

by Emma Palova

So, the much agonized dilemma whether to allow soft-sided garages in the city limits is finally over. After two years in the works juggled by the planning commission, the city council rejected the temporary structures on a three to two vote.

As noted by

councilwoman Maryalene LaPonsie, who also serves as a liaison on the planning commission, the opposition wasn't always there.

"I've gone back and forth on this, and in the end it is a property rights issue," she said. "I don't see it as detrimental."

However, the recent

outray at several planning commission meetings against the structures, perceived as detrimental, persuaded the city council to vote in favor of the majority.

"We love this city because of its beautiful

Garages,  
continued, page 3

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CENTS



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# Free comic books and fun



Photos submitted by Jack Reedy

Jack Reedy poses with some superheroes when, for the ninth year in a row, Rookies Sportcards participated in the Free Comic Book Day held always on the first Saturday in May in historic downtown Lowell. The event attracted heroes and superheroes to the storefront. The heroes included Ironman, Wolverine, Batwoman and others. Inside the store, located at 106 W. Main, right on the bridge which is being replaced, were free comic books such as War of the Supermen, Bongo Comics and Ironman Thor. Ironman dominated the characters.

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the **ledger**  
(USPS 453-830)  
Published weekly for \$22<sup>00</sup> a year for zip codes beginning with 493 or 495 \$32<sup>00</sup> a year any other zip code.  
JON JACOBS ..... PUBLISHER  
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(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  
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## Marquee, continued

for the Michigan Restaurant Association, would not elaborate whether the restaurant sales in Lowell and statewide are down compared to previous years because of the enforcement or the market.  
"The sales in 2009

were down by 3.3 percent statewide based on sales tax generated by the industry," he said. "That's for the first time."  
Even in moderate years, restaurant sales go up by at least one to two percent. Hinton said he does not want the businesses or bar owners to fail.  
"If there is an issue with the officers, call me," he said.  
For Lowell Township resident Margaret Mumford, who lost her fiancée Todd Bryant in last year's bizarre "Good Samaritan" accident involving three drunk drivers, police officers couldn't be zealous enough.  
"They are trying to do the best they can," she said.



# along main st.

**HISTORY IN FASHION**  
Somewhere In Time, the Lowell Area Historical Museum's fundraising gala, will be held May 7 at 7 p.m. at the Lowell Performing Arts Center. Reserve your tickets now. \$25 each and \$30 at the door. To purchase tickets call 897-7688.

**BAKE SALE**  
Relay for Life will be holding a bake sale on May 7 at Huntington Bank, main branch, and Firstbank, in Lowell.

**ANNUAL GARLIC MUSTARD PULL**  
Sat., May 8, 9:30 a.m. at Stoney Lakeside Park, Bowes Road. For more information call Michelle at 897-8792 or Peggy at 897-7948.

**FAMILY FUN ON THE FARM**  
Sat., May 8, 9 a.m. to 1 p.m. at Wittenbach/Wege Agriscience and Environmental Education Center. This event is hosted by the Lowell High School FFA Chapter. This event is free and all are encouraged to attend. Call 987-1002 for more information.

**ANGEL FOOD MINISTRIES**  
Sign up at the Nazarene Church, 201 N. Washington St., Sat., May 8 at 10 a.m.-noon. You may also order online using your debit or credit card. Go to www.angelfoodministries.com. Any questions call Esther, 897-7395.

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. 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.

**BUILDING FITNESS - GILDA'S CLUB**  
Join a certified athletic trainer for a time of low impact fitness activities on Tues., May 11, 1-2:30 p.m. at Gilda's Club Lowell, 314 S. Hudson St. This class is adapted to your abilities with a focus on fun and fitness.

**DAYLIGHT IN THE SWAMP**  
The Lowell Area Historical Museum presents a program that will take you back to the early days of the lumberjack, when white pines covered Michigan, by Bill Jamerson. The program will be held at the Lowell Township Hall on May 13 at 7 p.m.

**SPAGHETTI DINNER FUNDRAISER**  
Friday, May 14, 5 to 7 p.m. at Cherry Creek Cafeteria. Dinner includes spaghetti, rolls, salad, dessert and drink. All proceeds will be used to fund 5th grade camp, fall of 2010.

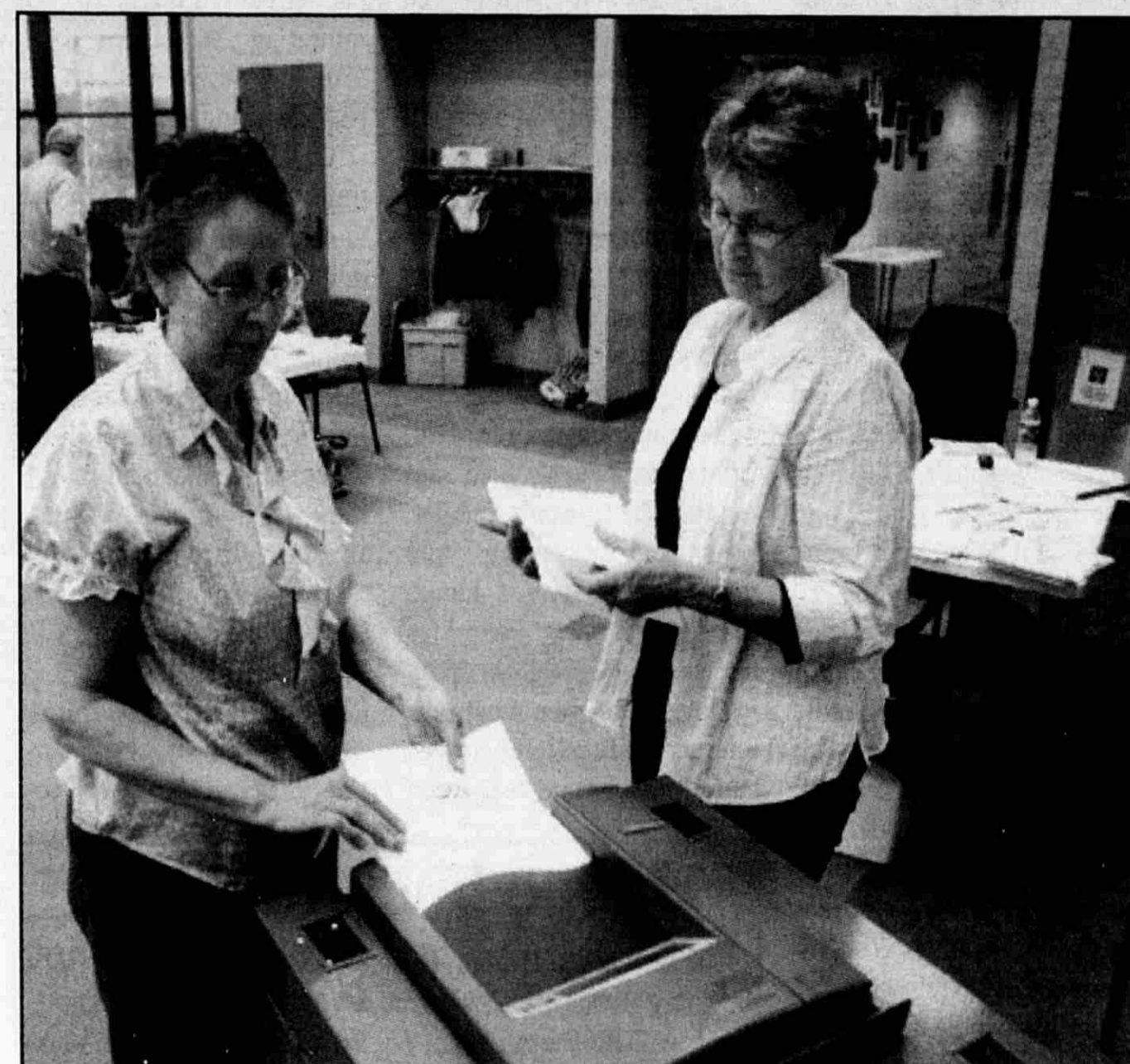
**BLUEGRASS MUSIC FESTIVAL**  
May 14-16 at Lowell fairgrounds. Bands, camping, workshops, and barn sale.

**NEW EXHIBIT**  
Franciscan Life Process Center, 11650 Downes St., will be showing "The Best of Paint-In/Out," May 17 to June 30. Hours: 9 a.m. - 5 p.m., Mon.-Fri., or weekends by appointment. For more information, call 897-7842.

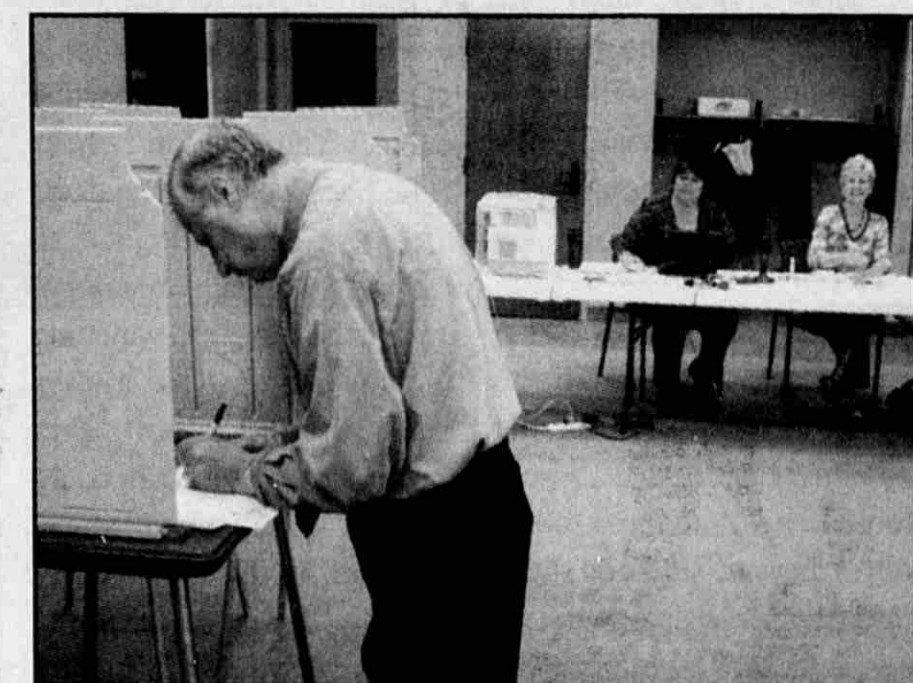
# Three vie for two school board seats

Two four-year seats were at stake in Tuesday's school board election. Pat Nugent, board secretary and incumbent, Gary Blough and Brian Krajewski were the candidates vying for the seats.

Peter Haefner, an eight-year board trustee; chose not to run for a third term. Midmorning voter turnout was low at the city precinct.



Election workers processed 99 absentee ballots.



Dave Pasquale, left, and Perry Beachum took time out in their morning to vote.

## Arbor Day, continued

Future plans include to remove and replace arborvitae along the edge of Oakwood Cemetery to create greater traffic safety on Washington Street. In the past three years, the city has planted 266 mature trees, losing only two of them to ice storms and one to drought. Major projects have included planting trees along Bowes Road and Gee Drive. In 2009, the Arbor Board collaborated with the Lowell High School Environmental Club and the Wittenbach/Wege Center to plant 200 pine seedlings near the recreation park ball field. This spring, approximately 20 to 25 mature trees of mixed variety will be put in the ground in locations throughout the city. As a result of this commitment to our community, Lowell was named Tree City in 2007 by the Arbor Day Foundation and given a Growth award in 2008. The Arbor Board has secured more than \$56,000 in grants through the support of the Lowell Area Community Fund, the Look Memorial Fund, contributions from Lowell Light and Power, city funds and private donors.

Current members of the Arbor Board are Dana Chase, Sharon Ellison, Jim Hall, Diane LaWarre and Jim Reagan. The advisory board consists of members Dave Pasquale, Dan DesJarden and Greg Pierce. Meetings are held on the second Monday of each month at noon and they are open to the public.

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12:00, 2:20, 4:40, 7:00, 9:10  
FURRY VENGEANCE (PG)  
12:10, 2:30, 4:40, 6:50, 9:00  
THE LOSERS (PG-13)  
12:20, 2:40, 4:55, 7:10, 9:35  
THE BACK-UP PLAN (PG-13)  
12:30, 2:50, 5:05, 7:30, 9:50  
DATE NIGHT (PG-13)  
1:05, 3:10, 5:15, 7:20, 9:25  
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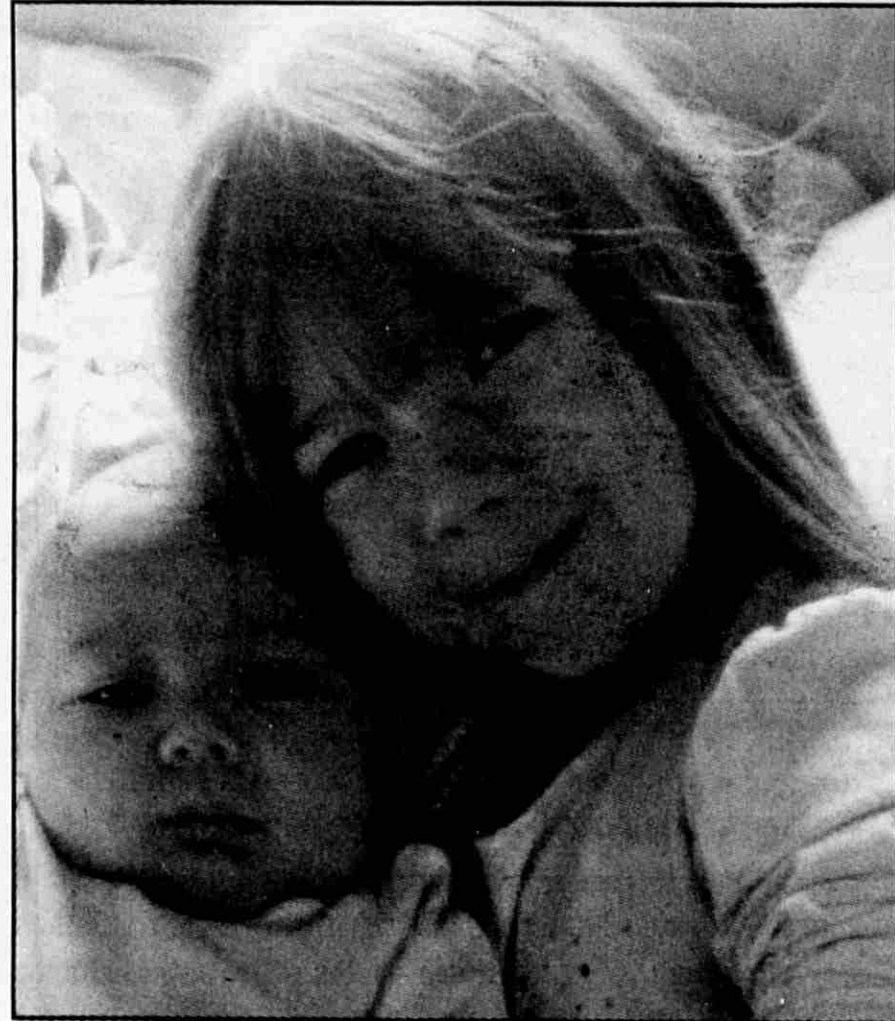
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**SAVE THESE DATES...**  
Join the community for FREE Seminars presented by specialists on behalf of Saint Mary's Health Care, Lowell Community Wellness and Pink Arrow Project.  
Time: 7:00 p.m.  
Location: Lowell Gilda's Club/Senior Neighbors 314 S. Hudson, Lowell  
APRIL 29: Muhammad Farooq, MD, cardiovascular neurologist at Saint Mary's Health Care  
MAY 6: Joseph Krainin, MD, neurologist, specializing in sleep disorders at Saint Mary's  
MAY 13: Karen Meyerson, MSN, RN, manager of Asthma Network of West Michigan  
Great exchange of information. Talk one-on-one with these experts.  
Call Teresa Beachum at 581-6199 if more information needed



Philippis



Kiyoshi Raymond Philippis with big sister Kiyomi

Big sister Kiyomi Joyce is excited to announce the birth of her little brother Kiyoshi Raymond Philippis. He was born December 31, 2009 weighing 7 lbs. 7 1/2 oz. and measuring 19 inches. Proud parents are Stacy and Deborah Philippis of Plantation, FL. Grandparents are Dennis and Dianne Kennedy of Lowell and Yuko Philippis of Miami Beach, FL.

Grattan Academy Kindergarten Round Up. Thursday, May 13, 2010 5:30 pm - 7:00 pm. Elementary School 12047 Old Belding Rd. Belding, MI 48809 616-691-8999 www.grattanacademy.com. Grattan Academy is a tuition free charter school. We offer a quality education that is tailored to the student's needs and abilities. Small class sizes, all-day, everyday kindergarten, busing available.

area churches

FIRST CONGREGATIONAL (United Church of Christ) 865 Lincoln Lake Ave. SE • 897-5906 www.OurBigChurch.org. Sunday Worship 10:00 a.m. Church School 10:15-11:15 a.m. Thursday Faith Alive Casual Worship 6:30 P.M. Barrier-free • Nursery Provided. No matter where you are on life's journey, you are welcome here.

ALTO UNITED METHODIST CHURCH Kirby and Harrison. Alto • 616-691-8011. Worship 9:30 A.M. Children's Church 9:30 A.M. OPEN HEARTS - OPEN MINDS - OPEN DOORS Pastor Dean Bailey

GOOD SHEPHERD LUTHERAN CHURCH 10305 Bluewater Highway (Missouri Synod) Highway between Lowell & Saranac on M-21 www.goodshepherdlowell.org. Sunday School & Adult Bible Class 9:00 A.M. Worship Service 10:00 A.M. (Nursery available) Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible

CHRISTIAN LIFE CENTER (Assembly of God) 3050 Alden Nash S.E. • 897-1100 • Staffed Nursery Robert Holmes, Pastor. SUNDAYS: Worship: 10 a.m. WEDNESDAYS: Family Night (for all ages): 7:00 p.m. "The Source" Youth: 7:00 p.m. Loving God ... Loving People!

FIRST BAPTIST CHURCH OF LOWELL 2275 West Main Street • 897-7168 Internet: http://www.fbclowell.org Rev. David O. Sims, Rev. W. Lee Taylor & Pastor Phil Sevens. Sun. Worship Service 9:30 A.M. & 6:00 P.M. Sunday School Hour 11:00 A.M. AWANA/EXCITE-TEENS Wed. 6:15 P.M. Contact Church Office For Prayer Meeting Times Nursery Provided - Barrier Free

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL 897-7060 1151 West Main Street, Lowell, MI Morning Worship 10:00 A.M. Sunday School 11:20 A.M. Evening Worship 6:00 P.M. Nursery available at both services Barrier-Free

FIRST UNITED METHODIST CHURCH OF LOWELL 621 E. Main Street • 897-5936 www.lowellumc.com. WORSHIP 8:30 & 10:30 a.m. SUNDAY SCHOOL 9:30 a.m. Rev. Rick Blunt Barrier-free entrance

ST. MARY'S CATHOLIC CHURCH Fr. Eugene Okol 402 Amity St. • 897-9820 www.stmary-lowell.com. Weekend Masses: SAT. 5 PM; SUN. 9:30 AM. Weekday Masses: 7:45 AM. Holy Day Masses: 9 AM & 7 PM. Saturday confessions: 4-4:45 PM. Prayer & adoration each Wed. 8:15 AM - 8 PM. RELIGIOUS EDUCATION, CHILDREN TO ADULTS - CALL PETER WIGGINS 897-7915 SEE LOWELL CABLE CH. 393, EWTN FOR 24 HR. CATHOLIC BROADCASTING

SNOW UNITED METHODIST CHURCH 3189 Snow Ave. SE, Lowell Pastor Dr. Mike Conklin 897-9863. 9:45 A.M. Sunday School 10:30 A.M. Fellowship 11:00 A.M. Worship. 897-9863 Nursery & Children Worship Programs Provided A friend...a family...a mission!

happy birthday!

- MAY 5 Scott Carpenter, Kevin Vezino, Kerry Vezino, Brenda Erickson, Robert Dalziel, Nora Bell Rash. MAY 6 Jace Bellah. MAY 7 John Schalow, LeAnn VanDyke, Duane Rasch. MAY 8 Rhoda Greenman-Batt, Rhonda Timmers, Mary Mooney, F.J. Johnson Jr., Emily Milstead. MAY 9 Tasha Brand, Ashley Reinbold, Hillary Briggs, Eric Witherell, Bobbie Clouser. MAY 10 Dee Korb, Rebecca Boruta, Jim Lindhout, Eric Swift. MAY 11 Carol Briggs, Joel Uzarski, David Kaczanowski, Gary Hoag, Benjamin Hoag.

Lacics celebrate 61 years of marriage



Al and Dot (Hanes) Lacic of Lowell are celebrating their 61st anniversary on May 7. The Lacics have five children, Adeline Brower, Arthur Lacic, Dorothy House, Russell Lacic and Mary Dillard; 13 grandchildren; five great-grandchildren; and two great-great-grandchildren. The family will have a gathering on May 21.

Al and Dot Lacic

health



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

Chronic obstructive pulmonary disease, or COPD, is also known as emphysema or chronic bronchitis. It is a lung problem that is usually caused by cigarette smoking. The air spaces in the lung are damaged and it is hard for air to go in and out. When COPD worsens, it is called an exacerbation. During an exacerbation you may suddenly feel short of breath or your cough may get worse. You may also cough up phlegm and it may be thicker than normal or an unusual color. If your symptoms worsen, call your doctor right away. He or she may want to change your medicines. You may need an antibiotic or a medicine to reduce the swelling in your airways. Some people with bad COPD may need to be hospitalized for treatment. To prevent exacerbations of COPD, stop smoking and stay away from other people while they are smoking. You should also have pneumonia and flu shots to prevent infections.

Indolence is a delightful but distressing state; we must be doing something to be happy. - Mahatma Gandhi (1869 - 1948)

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college news

Sam Carlton and Adam Konyndyk, both of Ada, have been named to the Dean's List for the 2009-10 winter quarter at DePaul University. To receive Dean's List commendation, full-time students must earn a cumulative grade point average of 3.50 or above on a four-point scale.

Samuel Gravelle of Ada, who is pursuing a mechanical engineering degree has made

Sigma XI during Albion College's annual Honors Convocation held earlier this month. The Albion College faculty and administration choose recipients for these awards from among the most exemplary students in all academic departments. Redd is majoring in physics and computer science. He is the son of James and Marsha Redd of Lowell and a graduate of Lowell High School.

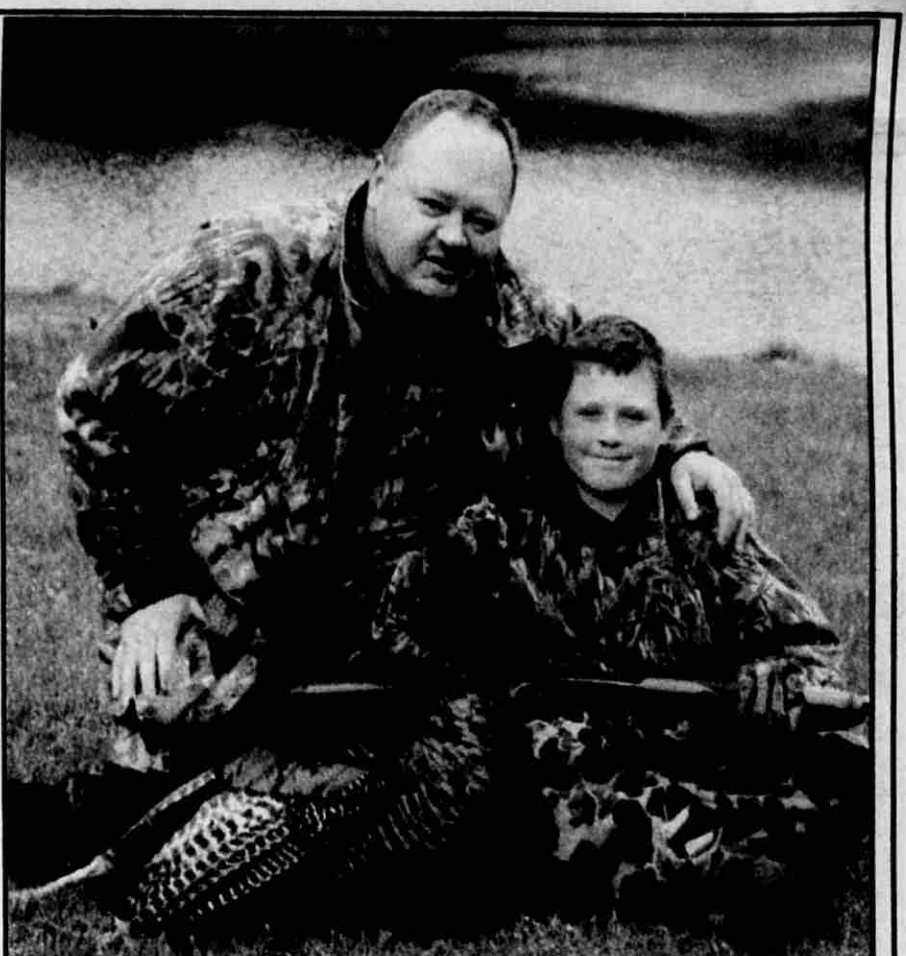
Outdoors, continued

mean always catching fish. Sometimes one can't find the fish, or they refuse to bite. Also, it is not a requirement to keep all fish that are caught. I know some very enthusiastic and skilled fishermen who catch plenty of fish but release all of them back to the water. On the other hand, if a fish is legal and you or a grateful friend will eat it, keep it. One of the most important benefits of going fishing is that it draws a person outdoors into natural settings to experience nature first hand. You will be aware of the direction and speed of the wind on a lake, or the sound of water running over rocks and the smell of cedar trees along a backwoods trout stream. Things you might not notice riding by on a tour bus. It helps to have a reason to go to out-of-the-way places. Taking young folks fishing can introduce them to a lifestyle alternative as they begin to make choices which will influence the direction of their future. No matter where you go in Michigan, it is a good idea to take a fishing pole along. You never know when or where they will be biting. Don't leave home without it.

Understanding Insurance, continued

Custom Parts and Equipment (CPE)/Accessory coverage is included in most states. Additional CPE coverage can be purchased to cover equipment up to \$30,000 in value. CPE covers equipment, devices, accessories, enhancements and changes, other than those that the manufacturer originally installs, that alter the appearance or performance of a motorcycle or off-road vehicle. This includes, but is not limited to: Any electronic equipment, antennas and other devices used exclusively to send or receive audio, visual or data signals or play back recorded media, other than those that the manufacturer originally installs, that are permanently installed on the motorcycle or off-road vehicle using bolts or brackets, including slide-out brackets. Trailers designed to be pulled behind a motorcycle or off-road vehicle (when attached to the insured cycle). Trike conversion kits. Custom paint, custom plating or custom exhaust. Mower blades, plow blades or winches. Safety riding apparel, including helmets. (Coverage is provided in the event of a Collision loss. Theft is not covered.) As with auto insurance, be sure to ask about potential savings through various discounts available. Although it varies by insurance companies, some common discounts include safety courses completed (ex: Motorcycle Safety foundation), affiliation/group discounts, multi policy discounts, and mature rider discounts (usually age 50+). If there is a topic you would like me to cover on insurance, please e-mail your requests to dave@theaicgroup.com

Turkey hunters display their trophies



Danton Jernberg, 11, bagged his first turkey while hunting with his dad, Scott Jernberg, both of Lowell. The turkey was 19 1/2 lbs. with a 6 1/2 inch beard and 5/8 inch spurs.



Doug Shassberger shot this 24 lb. turkey on a relative's property in Hastings. The turkey had a six inch beard and was approximately four years old. This was Shassberger's second time turkey hunting.

BRING THIS COUPON SPRINGGROVE VARIETY 123 W. Main St • Lowell • 897-9918 Customer Appreciation 25% DISCOUNT on all items in the store THIS FRIDAY, MAY 7 Excluding "Count on Us" items Plenty of parking available and open during construction BRING THIS COUPON

LOOK AT ME NOW!!! Lorraine Walsh and her family chose The Laurels of Kent for short-term rehabilitation after a recent hospital stay left her weak. Lorraine reached her therapeutic goals, getting her to the next level of care at Assisted Living. When asked about her stay Lorraine stated, "Everyone was so kind to me!" Congratulations Lorraine! We Miss You! www.laurelsokent.com THE LAURELS OF KENT Our current Rehab to Home Rate is 94%! A Skilled Nursing and Rehabilitation Center 350 N. Center St. • Lowell, MI 49331 • (616) 897-8473

# LHS students release Chinook salmon into local rivers

by Emma Palova  
Students from the Lowell High School Ecology and Natural Resource Management released 70 salmon that they monitored and raised from eggs. The fish were released at the confluence of Flat and Grand rivers.



The process included studying water flow and treatment, erosion, water chemistry, fish habitat, and the Greater Great Lakes ecosystem.

In celebration of Earth Week, the students also embarked on kayaks and canoes to explore the watersheds. The program was made possible by grants from Groundswell, Trout Unlimited and assistance from local community members such as Rich Stekete and Dick Smith, fisheries experts; Aaron Snell, scientist; and Jeff Lende and Jon Holmes, kayak and canoe experts.

Tammy Coleman led the classes. The fish were first acclimated to the river water. Then, they will swim

**Aaron Snell from Trout Unlimited releases the fish into the Grand.**

to Lake Michigan, where they will stay approximately four years and reach 20 to 25 pounds. Then they will come back to the river to spawn. They are not native to the rivers, but were introduced to fight invasive species, according to Snell.



**Students enjoyed the watershed on canoes and kayaks.**

# LHS April Students of the Month

In conjunction with the LHS Academic Boosters, Lowell High School is proud to announce that Delainey Ferguson, 9th grade; Nick Hawks, 10th grade; and Jessica Wehby, 12th grade; are the Lowell High School April Students of the Month. In order to be eligible for this honor a student must be nominated by a department. All the nomination forms for the month are then reviewed and voted on at the monthly Department

Chair meeting. Students are selected based on academic achievement, character, and work ethic. There are 1,283 students eligible for nomination, so this is quite an accomplishment for Ferguson, Hawks and Wehby. The students receive a \$20 movie gift card and a certificate.

Ferguson was nominated by the Freshman Center West House and they write, "Delainey has many admirable characteristics that make her a great candidate for Student of the Month. She is polite, responsible, hardworking, helpful, and an overall great person. She

works well with others and is more than willing to help fellow students and teachers if needed. Delainey is an

Wehby was nominated by the world language department and they write,

Jess to help me out and she never asks for recognition. I strongly believe Jess should be recognized by our school as being an outstanding student."

In addition, Lowell High School would like to recognize Casey Oster, 12th grade. Kent Intermediate School District has named



**Delainey Ferguson**



**Nick Hawks**



**Jessica Wehby**



**Casey Oster**

advocate for other students' success; she wants other students to do well even if this requires her to put in additional work and time. She is compassionate and radiates a positive attitude that can be felt by the entire class. Delainey always has a smile on her face and kind words for those around her. She truly exemplifies the character traits that make up an excellent student of the month nominee."

Hawks was nominated by the technology department and they write, "Nick is a hard worker and is always willing to try new things. He works hard at what he does and is a good problem solver."

"Jess is one of our seniors who has been behind the scenes of lots of great accomplishments for this senior class. I am especially proud of Jess because she has chosen to take the AP Spanish exam without having taken the AP Spanish language course. In regards to literature and writing in English, that comes naturally to Jess. Literature and writing in Spanish have been a fun challenge for Jess and she has worked very hard to be successful. Any time I need something extra done, I know I can count on

Oster as the March Student of the Month at Kent Career Technical Center for graphic design.

This program is made possible by the support of the LHS Academic Boosters, who support the high school in many ways. If you are interested in helping support the LHS Academic Boosters you may call Janine Mork at 897-5671.

# Lowell Schools kicks off FROM Food Fight 2010

There is Michigan vs. Michigan State, Lowell vs. East Grand Rapids, and now there is North Lowell vs. South Lowell.

Flat River Outreach Ministries (FROM) has put the finishing touches on what appears to be another epic battle, between North Lowell and South Lowell, to collect the most nonperishable food items benefiting FROM's Food Pantry.

After a highly successful and nationally recognized inaugural event in 2009, organizers are planning to take this year's competition to the next level.

Last year's inaugural event was a thrilling, seesaw competition that found the North Lowell team edging the South Lowell team by a mere 88 food items, 4,292 to 4,204.

With Main Street as each team's boundary, many businesses gained the spirit and collected food items for their respective teams.

"We are truly excited to have the newly formed Lowell Interact Club involved with our Food Fight this year," exclaimed Mary Novello, FROM's new executive director. "This special group of students is



allowing us to expand and enhance our event."

The Interact Club is a newly formed group of students that is replacing the Junior Rotarians as an alliance with the Lowell Rotary Club. "This group conducts their projects separately from Lowell Rotary, but with the same community service oriented attitude," said RJ Boudro, the club's Lowell Schools' advisor. "The students thought it was a great fit for their mission and wanted to make it a fun, but worthy project."

The Interact Club has organized, and will conduct and manage, the Lowell Schools 2010 Food Fight with the entire school system competing during the month of May for the North and South teams.

Rick Seese, FROM director of marketing, is excited about how the idea has blossomed with community-wide interest.

"After NBC news anchor Brian Williams' mention of last year's Food Fight on his blog, eleven cities from seven different states inquired about what we did and how we did it. We've planted the seed for food pantries across America to provide a fun, community-

wide event that can produce much-needed resources," Seese said.

The public and business portion of the Food Fight will begin on June 1 and run through the completion of the "FROM the Heart Riverwalk Parade" on Saturday, July 10. "We have added some enhancements this year that are simple,

but meaningful, as we look ahead to future Food Fights," Seese said.

With donations and in-kind support, FROM has a dedicated website that will post up-to-date scoring, pictures, stories and Food Fight Specials offered by supporting businesses.

There are also links to supporting websites and even a Food Fight blog for those interested in posting their comments. The web address is [www.FROMfoodfight.org](http://www.FROMfoodfight.org)

There is also a dedicated email address for centralized communications at [foodfight@FROMlowell.org](mailto:foodfight@FROMlowell.org)

Anyone with questions or comments are encouraged to communicate. Other changes this year include custom red (North team) and white (South team) food collection containers that will be used for the school competition and for businesses beginning June 1. There will also be a Food Fight box score showing updated scoring and highlights in the Buyers Guide and Lowell Ledger. "The box scores will also provide space for businesses to advertise their Food Fight Specials at a nominal cost, in support of the event," said Seese. "Our hope is that our local merchants will offer a discount special if you bring in a nonperishable food item," he concluded.

## Hunt for a Cure's Lowell Hike

May 15th at 9:00 am at the Lowell Wittenbach Center (across from Lowell High School)

How to get involved

**It's simple!** Just collect donations from friends, family, business, etc and show up at the Hike! If you raise \$100 or more you get a free Hunt for a Cure Tee shirt! You could win a trophy for the most money raised! We'll be hiking through the beautiful forest at the Wittenbach Center!

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## lend a hand

Spring opportunities

Get involved in your community, help protect the environment and have fun with others. Join the Girl Scouts for the sixth annual Garlic Mustard Pull at Stoney Lakeside Park on Bowes Road, on Saturday, May 8, at 9:30 a.m. For more information call Michelle at 897-8792 or Peggy at 897-7948. Bring your family, friends or group and have fun while helping the environment and community.

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## LUNCH MENU

ELEMENTARY MENU

Week of May 10, 2010

**MON:** Cheeseburger on bun (yogurt & cracker stackers - American cheese & crackers also offered at Alto, Cherry Creek & Murray Lake), tossed salad w/ lite dressing, applesauce, milk.

**TUES:** Walking taco w/ lettuce & tomato (tuna salad sandwich also offered at Alto, Cherry Creek & Murray Lake), Fritos corn chips, corn, assorted fruit, milk.

**WED:** Baked chicken nuggets & dinner roll (turkey & cheese on bun also offered at Alto, Cherry Creek & Murray Lake), mashed potatoes, peaches, milk.

**THURS:** Tony's pizza (rib BQ on bun also offered at Alto, Cherry Creek & Murray Lake), fresh vegetables & dip, fresh fruit, milk.

**FRI:** Quesadilla w/salsa (ham & cheese wrap also offered at Alto, Cherry Creek & Murray Lake), oven baked beans, pineapple, milk.

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# Red Arrow SPORTS

## Lowell's defense stifles Eagles in 2-1 victory

by Thad Kraus  
Lowell girls' soccer team is averaging just a little over seven goals per game over its first eight games.

Those numbers are skewed somewhat by Lowell's 16-0 win over Grand Rapids Union and a 21-0 shutout against Creston.

While that is true, Legge says this year's club has been scoring against some of the better teams on its schedule. The Red Arrows netted six goals against Holland and four against Grandville.

Lowell has also been stingy defensively. The Red Arrows have allowed just four goals over eight games. The goals for and against statistics explain Lowell's 7-1 start overall and 3-0 mark in the O-K White.

The Red Arrows' recent victory, and probably its biggest so far this season, was a 2-1 win over Grand Rapids Christian. The Eagles handed Lowell two of its three conference defeats last year.

The Red Arrows' first-half goal came from the leg of Stephanie Stevens on a through ball from her sister Kelly Stevens.

## Lowell nets big win against Christian

by Thad Kraus  
Lowell's tennis team removed another feat from its bucket list.

Lowell's tennis team removed another feat from its bucket list. The Red Arrows posted its program's first win ever against Grand Rapids Christian, defeating the Eagles 5-3.

while also winning at first and second doubles. Caitlin Baker and Kelsey Wittenbach, first doubles, continued their fine plat in elevating their record to 13-2 with a win against the Eagles.

as she posted a win against the Eagles. The ability to track all balls down and consistency in her play aided Morgan Rogalke in her win against Grand Rapids Christian.

Lowell's second goal came with roughly 10 minutes to play. Brooke Curtis received a ball from Stephanie Stevens before creasing the net from 18 yards away.

## Slow start too much to overcome in loss to Northview

by Thad Kraus  
Lowell's lacrosse team split a pair of league games with Caledonia and Northview.

Lowell trailed 5-4 after three quarters, before rallying to outscore Caledonia (4-1) in the final quarter.

and didn't do the little things needed to be successful on offense," Bredin explained.

on for the Red Arrows as they tallied seven goals over a 12-minute span to tie the game at 10-10.

## Red Arrows stumble against Eagles and Pioneers

by Thad Kraus  
The spectacular Lauren Grunewald and the talented and deep East Grand Rapids girls' track team had little trouble in upending Lowell 92-40.

transformed East. "We lost 90-48 to Christian but had a number of personal bests and a lot of good things happened," Briggs explained.

Kendall Hewitt took top honors in the 400 at a time of 1:04.8 with Everitt finishing third in 1:08.

Lowell rallied to take series from Greenville

Arrows in their 9-4 loss. Jordan Drake took to the bump and was the only bright spot.

Lowell's baseball team opened up league series play with a 2-1 series win over Greenville.

# Red Arrow SPORTS

## Improvement steady as Lowell eyes conference meet

by Thad Kraus  
If it's true that slow and steady wins the race, then the slow and steady progression of the young Red Arrow boys' track team may indicate that the best lies ahead.

The Red Arrow is coming home in 52.9. With the recent performances of freshmen Jacob and Sean Khodl and sophomores Calvin Meyer and Ben Partridge in the 80-meter, Stevens thinks there's a chance to make some noise in the two-mile relay.

Meyer. The sophomore is long jumping 18 feet and has been a huge help in the relays.

High Jump - 5th place, team of Cone and Marks  
Shot Put - 5th place, team of Becker and White

Discus - 6th place, team of Becker and Treglia  
Pole Vault - 6th place, team of Coffey and Bieri

First Place:  
100m Dash - Tackmann, 10.98  
1600m - Robinson, 5:02  
800m Relay - team of Tackmann, Meyer, Kyllonen and Becker, 1:40  
400m Relay - team of Tackmann, Blough, Meyer and Kyllonen, 46.38  
200m - Tackmann, 23.94  
3200m - Robinson, 11:02  
1600m Relay - team of Kyllonen, Eckman, Cone and Robinson  
Long Jump - Meyer, 18' 1  
Second Place:  
400m Dash - Kyllonen - 56.24,  
800m L. Hurdles - Cone, 46.99  
800m - Partridge, 2:14.21  
High Jump - Cone, 5'8  
Shot Put - Becker, 38' 7.25  
Third Place:  
110m H. Hurdles - Bryce Hrusovsky, 17.98  
100m Dash - Blough, 12.48  
400m Dash - Woderak, 58.76  
300m L. Hurdles - Eckmann, 51.05  
800m - K. Meyer, 2:14.48  
200m - J. Khodl, 24.85  
Shot Put - White, 37' 5"

## Eagles trip up Red Arrows, 3-2

by Thad Kraus  
As often is the case, a loss sticks with you longer than most wins.

Jenna Smith singled, Leigha Frisbee walked and Kelly Wyckoff and M.J. Vietzke followed with two-out RBI singles.

out two hits, including a three-run triple. Other Red Arrows to collect two hits were Sarah Mogor, Smith, Vietzke and Lindsey Crawford.

Lowell Invitational:  
Red Arrows - 30 points.  
Red Arrow Relay - 3rd place, team of Tackmann, Blough, J. Meyer & Kyllonen - time 1:40  
1600 meter run - 4th place, Robinson  
Long Jump - 4th place, team of J. Meyer and Schramm - distance 35'11"

East 73  
Lowell 62

Lowell squandered a nine strikeout performance from Morgan Groom in its loss to the Eagles.

Game one was highlighted by Jenna Smith's 4-for-4 day at the plate to go along with five runs batted in.

The offensive highlight of game one was a seven-run fourth inning which saw Lowell score all its runs with two outs.

On the mound, Groom allowed one hit and struck out seven to earn the victory.

By that time Grand Rapids Christian had built a 3-0 lead thanks mainly to the bat of Kris Hildenbrand.

At the plate, Wyckoff went 3-for-4 with three RBI to lead Lowell.

Lowell will now play Creston and Northview in league action.

Lowell finished the week at 12-8 overall and 2-1 in the conference.

## Baseball, continued

them bounce back from that game one performance." At the plate, Sam Steed and Pat Martin led a Red Arrow 10-hit attack.

Plummer. "We also displayed some great defense. Some good defensive plays helped us get out of a bases-loaded situation in the third inning," Miller explained.

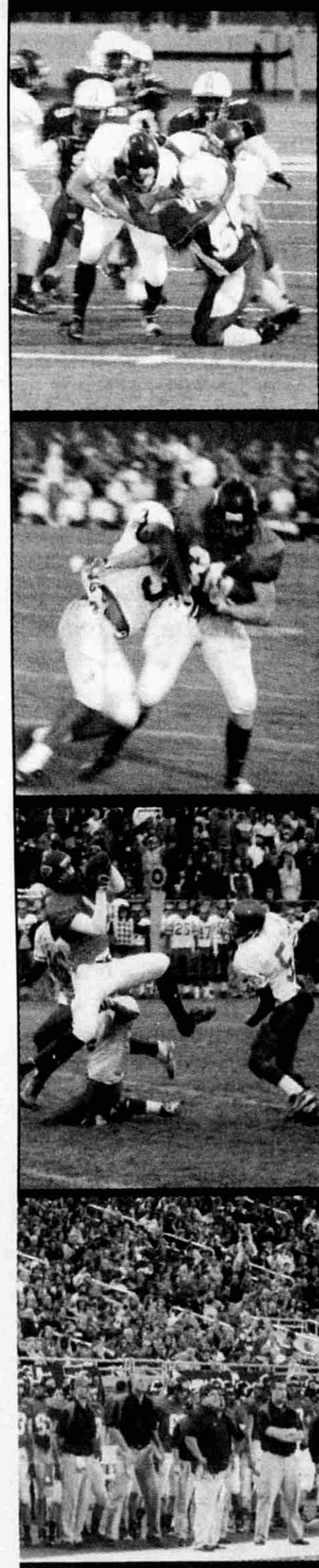
with five RBI including a three-run home run. In addition, Jordan Drake went 2-for-3 with two runs scored and an RBI.

There was no suspense in game three of the series as Lowell rapped out 12 hits and scored 15 runs in a three-inning mercy-shortened contest.

Lowell defeated Greenville 15-0 behind the hitting and two-hit performance of Will

Lowell finished the week at 12-8 overall and 2-1 in the conference.

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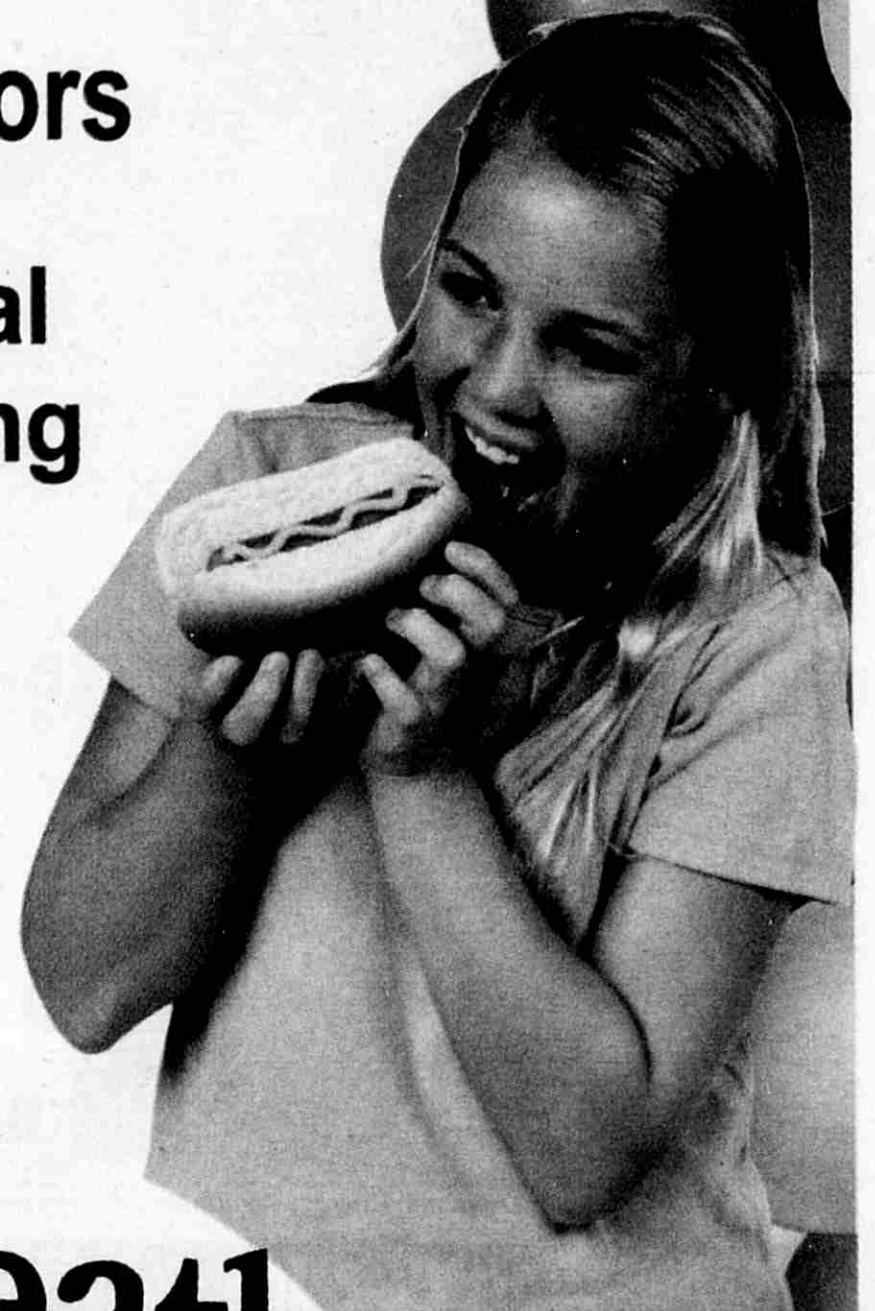
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