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go green



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This billboard north of I-96 on Alden Nash announces the Pink Arrow game date for 2010.

## Community Pink Arrow Pride Day making a difference

by Thad Kraus

There is nothing insignificant about a family going through a cancer treatment journey.

There is nothing insignificant about the number of people who know someone who has taken that journey.

There is something significant about the billboard north of I-96 on Alden Nash which announces the Community

Pink Arrow Pride Day (Aug. 3) leading up to the third annual Pink Arrow football game on Sept. 9.

"The biggest piece to all of this is the education, prevention and support piece," said Lowell football coach Noel Dean. "Pieces for research and support of family are also important aspects to all of this."

All the money raised  
Pink Arrow,  
continued, page 3

## Expedition 2010 brings awareness to the Grand River watershed

by Emma Palova

Most of the paddlers lost track of time after day nine on the Grand River Expedition 2010, when they briefly stopped in Lowell for lunch last week. After all, they've been on the river since July 14, starting out by the headwaters near Liberty, south of Jackson.

The expedition happens only once in 10 years.

"The communities wouldn't be able to support us," said expedition registrar Liutauras Gedvilas of Lansing about his first trip on the Grand River.

All the communities along the 228-mile long trek of the river to its 'Gaba Gouache,' in Indian meaning Big Mouth, fed the hungry paddlers.

In 1990, the expedition received \$75,000 from major sponsor General Motors. This year, the expedition got nothing with the exception of a few dollars from Amway for water bottles.

According to most paddlers, day one and two on the river were the worst ones since they got caught in torrential rains. A team of volunteers had to be called

in to clear fallen trees in the river with chainsaws.

"It was a long day," said Gedvilas.

Instead of the average eight-hour paddling day, the crew paddled for 12 hours.

But, Diane Ward of

Lansing enjoyed the entire trip.

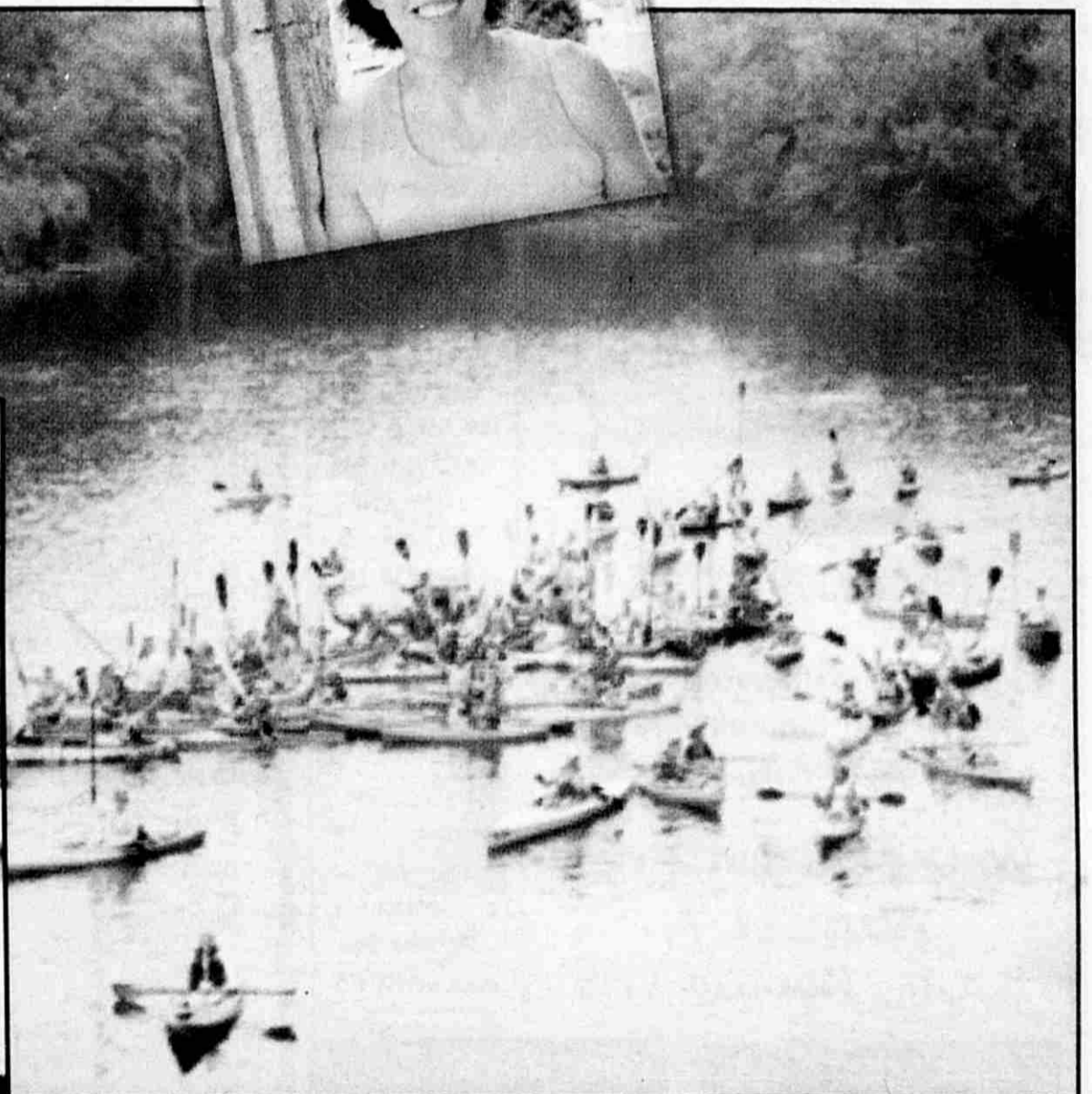
"I wish it was longer," she said, sporting a bikini

and a fishermen's hat. "I had to climb on a tree in that storm. It was a storm of the century. It was smooth  
Expedition, continued,  
page 16

Kathy Kremer of Grand Haven talked about her travels on the river.



Gaba Gouache, a replica of a birch bark canoe.



The boaters raise their paddles in a salute to the river.

## Nixle offers a social networking site

by Emma Palova

Nixle is a new social networking site that allows local agencies and municipalities to let the communities know what is going on in their own backyard.

For example, Lowell police chief James Hinton

posted a message on July 16 that water at Stoney Lakeside Park did not meet the Michigan criteria for total body contact. In other words, the total bacteria count was too high.

Anybody can sign up for nixle.com. It is a pilot program. You can also sign

up on the City of Lowell or the chamber website. You can sign up for all advisories, including traffic, schools, Lowell Light and Power, and Department of Public Works.

Hinton says there are many benefits to the program, such as staying up

to date on current events, power outages, school and road closings.

"You will stay connected with the community," he said, "crime sprees and break ins. We want citizens to know what's going on in the community."

Unlike Facebook or

Twitter, you cannot post information on the site, but you can call the Lowell Police Department.

The program was initialized in January and all the alerts will come to your phone if you have free text messaging. Go to nixle.com

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Mathews/Beimers



Meghan Mathews and Jordan Beimers

Alan and Jayne Mathews of Lowell are excited to announce the engagement of their daughter, Meghan Jayne, to Jordan Jacob Beimers, son of Tim and Pam Beimers of Rockford. Meghan, a 2008 graduate of Lowell High School, attends Grand Rapids Community College and is employed by Big Steps, Little Feet Christian Day Care in Ada. Jordan, a 2007 graduate of Rockford High School, is attending Grand Valley State University. He is employed by the Kent County Sheriff Department and has recently accepted a position with the United States Marshals. The couple is planning a August 14, 2010 wedding.

Central Michigan University is pleased to announce that the following students graduated May 2010: Daniel Lingenfelter, of Ada, with a Bachelor of Science; Laura Danielson, of Alto, with a Bachelor of Science; Keegan Folsom, of Lowell, with a Bachelor of Science; Brendon Harden, of Lowell, with a Bachelor of Science in Education; Stephen Kerr II, of Lowell, with a Bachelor of Science; Autumn Nethercott, of Lowell, with a Bachelor of Applied Arts; and Ashley Spicer, of Lowell, with a Bachelor of Applied Arts.

Brittney Burdick, Audrey K. Fleet, Erin Michael Gavigan, Molly Elizabeth Gerst, Daniel Paul Lingenfelter, Brett Mitchell McMahon, Erika L. Murray, Gregory Eugene Roy, Adam Joseph Schmieder, Matthew D. Tevlin, Kathryn Jeanne Winer, and Shawn Leo Witte; all of Ada. Whitney Custis Bradley, Linnea Suzanne Churches, Laura B. Danielson, Cynthia Lynae Engerson, Lindsey Marie Forton, and Kimberly Rose Williamson; all of Alto. Heather Ann Burger, Christin Marie Cardani, Kenneth David Garrett Hayes, Brittany Joanne Holst, Stephen R. Kerr, Joshua Joseph Kleczynski, Kelsey E. Ligman, Rebecca Myers, Autumn R. Nethercott, Matthew Thayer Schloop, Taryn Patricia Schumacher, Taylor Leigh Schumacher, Erin M. Soules, Ashley Elizabeth Spicer, Joshua Adam Wallner, and Matthew Wruble; all of Lowell.



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

Warts are bumps that develop on the skin. They usually occur on the hands, feet or extremities. Warts that occur on the penis, vaginal region or perianal areas are called genital warts. Warts on the bottom of the feet are called plantar warts. Warts are caused by an infection with the human papilloma virus (HPV). Warts are contagious. Genital warts are spread from one person to another during sexual contact. Other warts can be spread by sharing towels, razors or walking barefoot in public places like locker rooms. Most warts will eventually go away on their own if left alone but it may take several years to go away. The immune system eventually kills the virus resulting in clearing of the wart. Because warts can be unsightly or painful, many will seek treatment to get rid of their warts. Warts on the hands, feet or extremities can be treated by applying over the counter acid preparations for six to eight weeks. These medications work best if you soak the affected area for 10-15 minutes prior to application of the medication. It helps to trim the dead skin around the wart that may build up during treatment. If these warts don't resolve after six to eight weeks, your doctor may choose to treat the wart with prescription medication or destroy the wart by freezing, burning, surgery or laser. Genital warts should not be treated with over the counter acid medications because the surrounding skin is too sensitive. Your doctor will prescribe medication that is applied to the warts a couple of times per week; it may take up to 12 weeks to completely resolve the problem. If you have genital warts you should use condoms to prevent the spread of HPV to your partner.

Cherry Creek kids help raise funds to "go green"

Students from Cherry Creek Elementary worked on a service project this spring with a theme of becoming earth defenders and going green. Teacher Kim Lum headed up the project and proceeds from the fundraising project were donated to the Lowell Area Trailway. For one of the activities students decorated reusable shopping bags and then sold them. The proceeds from the Cherry Creek sale totaled \$513. Pictured with some of the decorated bags, and the check for Lowell Area Trailway, are Cherry Creek students, from left to right: Kaylee Diamond, Hannah Diamond and Noah Hayden.



DNRE reminds campers to follow state land use regulations

With the summer camping season in full swing, the Department of Natural Resources and Environment (DNRE) reminds campers that it is important to follow the state's land use regulations governing camping on state land. "The DNRE wants camping to be a fun and safe activity for everyone," said DNRE forest recreation planner Brenda Curtis. "Following the state land rules and land use orders allows campers to have the best experience possible, while also protecting our environment and natural resources for future generations to enjoy." State land rules and land use orders that campers should be aware of include the following: Campers at a state park, state recreation area, public access site, or at state forest and state game area designated campgrounds may only camp at a designated campsite. Campers must register and pay a campsite fee for each night they occupy the campsite. Reservations and payment for state park and recreation area camping can be made online at www.midnrreservations.com/ Campsites in state forest and game area campgrounds are on a first-come, first-served basis, with payment made upon arrival. Occupancy at a campsite is limited to four unrelated individuals, or a single family of eight. Campsites with families are limited to a maximum of four adults. Dispersed camping is allowed on state forest land year-round and within state game areas from Sept. 11 to May 14, if the property is not posted closed to camping. Dispersed campsites on state forest land must be more than one mile from any designated state forest campsite. A camp registration card, available for no charge, must be displayed at the dispersed campsite. The registration cards can be obtained at any DNRE Operations Service Center. Dispersed campers may establish up to four campsites in one area. If more than 20 individuals are dispersed camping together, a DNRE event permit is required. Additionally, if there are five or more campsites, or more than 32 campers in an area, a temporary campground permit is required from the local county health department, a copy of which

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Levin, continued

abundant evidence of the bank's abuses, as our second hearing showed. And it will bring new oversight and accountability to credit rating agencies, which, as our third hearing showed, issued inaccurate ratings that misled investors. Those ratings were paid for by the very same companies that produced the products being rated, a clear conflict of interest. The new law also addresses the abusive practices of investment banks like Goldman Sachs, the subject of our fourth hearing. It will sharply limit the risky trading of these banks, which saw taxpayers ending up with the tab for their losses. It will stop the egregious conflicts of interest that result when these banks package securities, often containing junk they want to dispose of, sell them to clients like pension funds, and then make a bundle betting against those very same securities. These provisions are included in provisions I wrote with Sen. Jeff Merkley of Oregon. We had to fight hard for that provision against the opposition of Wall Street, which opposed any attempt to limit its risky behavior. If you followed the debate about this bill, you know that those who opposed it made the claim that it was actually a favor to Wall Street. If Wall Street liked this bill, it sure had a funny way of showing it - they

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2. Dave has always been a grassroots activist for conservative and pro-life causes. Dave Hildenbrand has strong conservative, pro-taxpayer, pro-life, pro-family conviction. And he's fought for those values as a grassroots activist, and as a state Representative.
3. Dave serves the community. Dave is a leader in the State House of Representatives, and he's also a servant for the community here in Kent County. From his lifetime involvement with St. Patrick Catholic Church to his support of great organizations like the YMCA of Greater Grand Rapids, the Gerald R. Ford Council of the Boy Scouts and the local American Cancer Society, Dave knows that you can make a difference in someone's life every day.
4. Dave learned how to lead from leaders we trust. Dave served as Deputy Chief of Staff to Lt. Governor Dick Posthumus, and as Chief of Staff to Senator Bill Hardiman. There's no better training for principled leadership than working for those Kent County leaders.

That's 4 great reasons to vote for DAVE HILDENBRAND for State Senate www.DaveHildenbrand.com Vote For DAVE HILDENBRAND Republican for State Senate Tuesday, August 3rd, Republican Primary

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CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL 1151 West Main Street, Lowell, MI
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SNOW UNITED METHODIST CHURCH 3189 Snow Ave. SE, Lowell Pastor Dr. Mike Coakle

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JULY 29 Rachael Vegter, Mary Fox, Matt Lee, Terry M. Estes.
JULY 30 Patricia Smith, Scott Kooistra, Jodi Mohr, Kimberly DeBold, Bill Potter, Paige Rash.
JULY 31 Nancy Raymor, Sandy Roth, Rochelle Bieri, Morris Robert Young.
AUGUST 1 Barbara Callihan, Bailee Emelander.
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AUGUST 3 Rebecca Heinicke, Becky Shindorf, Kelsey Brenk, Hillary Smith.

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## Red Arrow **SPORTS**

### Trapp's elevated game brings all-state tennis honors

by Thad Kraus

Kelly Trapp's second appearance in the Michigan High School Athletic Association's state tennis tournament has brought her much deserved recognition for her play on court during the 2010 season.

Trapp became the first Red Arrow to be named to an all-state tennis team.

"Kelly is a player that makes her opponent earn

every point. She doesn't beat herself," said Lowell girls' tennis coach Bonnie Wall.

Trapp was one of 10 Division II players to earn all-state honors.

"It's a pretty exciting honor to be chosen. Kelly has proven herself worthy and has worked hard on her game," Wall said.

Trapp defeated Division II co-champion, Bloomfield

Hills' Liz Ulrich, in the opening round of the tournament.

"I think defeating a player from a team who tied for first helped," Trapp explained. "Hearing the news blew me away. I didn't expect it.

Many of her opponents didn't expect Trapp to run down so many shots but she did and Wall calls that one of her biggest attributes.

"Kelly has great hustle on the court. She never gives up, therefore is able to get back

an incredulous number of shots that others don't ever get to," Wall said.

Trapp finished her junior season at 21-7.



Kelly Trapp has become the first Lowell tennis player to be named on an all-state team.

### Not all agree with decision to dismiss LHS soccer coach

by Thad Kraus

As is normally the case, it was players, past and present, most surprised by Thursday's announcement that Lowell's boys' and girls' soccer coach of the past 10 years, Paul Legge, was relieved of his duties.

"It is surprising that they fired coach Legge seeing everything that he has done for the Lowell soccer program," said Jake Karasiewicz, who will be playing soccer at Lewis University this fall. "Without the help of Coach I would not be playing soccer at Lewis University."

Lowell athletic director (A.D.) Barry Hobrta said, "It was time for the program to head in another direction."

"It wasn't any one thing, it was a culmination of things," Hobrta explained. "Those things were not getting better."

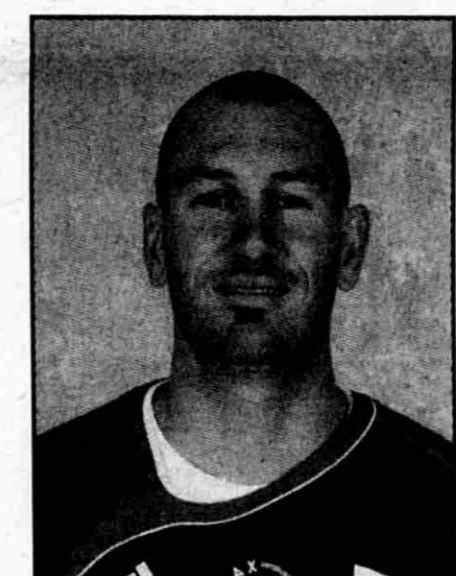
Those things included demeanor with players and use of language on the sideline, holding soccer camps during downtimes and Sunday practices (breaking MHSAA rules).

Former Lowell girls' soccer player Chelsea Smit shined a different light on Legge.

"He knows the game and has a passion for it. If anything, he wasn't tough enough on players. He always pushed for you to play to your full potential."

Smit is also grateful for the help Legge has extended off the soccer field.

"His caring did not end when I graduated. He has stayed in contact and written numerous letters for me



Paul Legge

and other girls to help us get jobs," Smit explained. "He also helped me get into the Naval officer candidate school."

Legge, during his tenure, had been instrumental in building a successful Lowell soccer program.

The Lowell soccer coach, in a phone conversation, said he had no comment about his dismissal at this time.

Legge is appealing the decision to drop him. Until that process is concluded the dismissal is not considered an official act.

However, his players continue to speak out.

"It is probably the worst decision they could have made in the interest of Lowell girls' soccer," said Lowell senior Courtney Schmidt. "He's my favorite coach and there is a group of us (8-10 players) supportive of getting coach Legge back."

With the start of the boys' season less than a month away, timing of the coaching change is less than ideal.

Hobrta said he would have liked to be able to do it earlier, but vacations made that difficult.

The Lowell A.D. announced that former Lowell soccer player and Lowell history teacher, Nick Blough, will serve as an interim boys' coach this season.

The girls' coaching job will be posted.

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# Expedition, continued

sailing after that. I loved the people and the food."

Yes, the communities along the trip, such as the Boston Saranac Historical Society, fed the hungry paddlers who stayed at provisional campgrounds.

Everyone enjoyed the scenery along the route of the lower Grand including eagles and ospreys.

Sheryl Helmus, who works at the Wittenbach/Wege Center, was on the expedition for the first time.

"I loved the fast waters by the broken dams," she said. "The first day was rough. My wrist was hurting. We had to set up the tents."

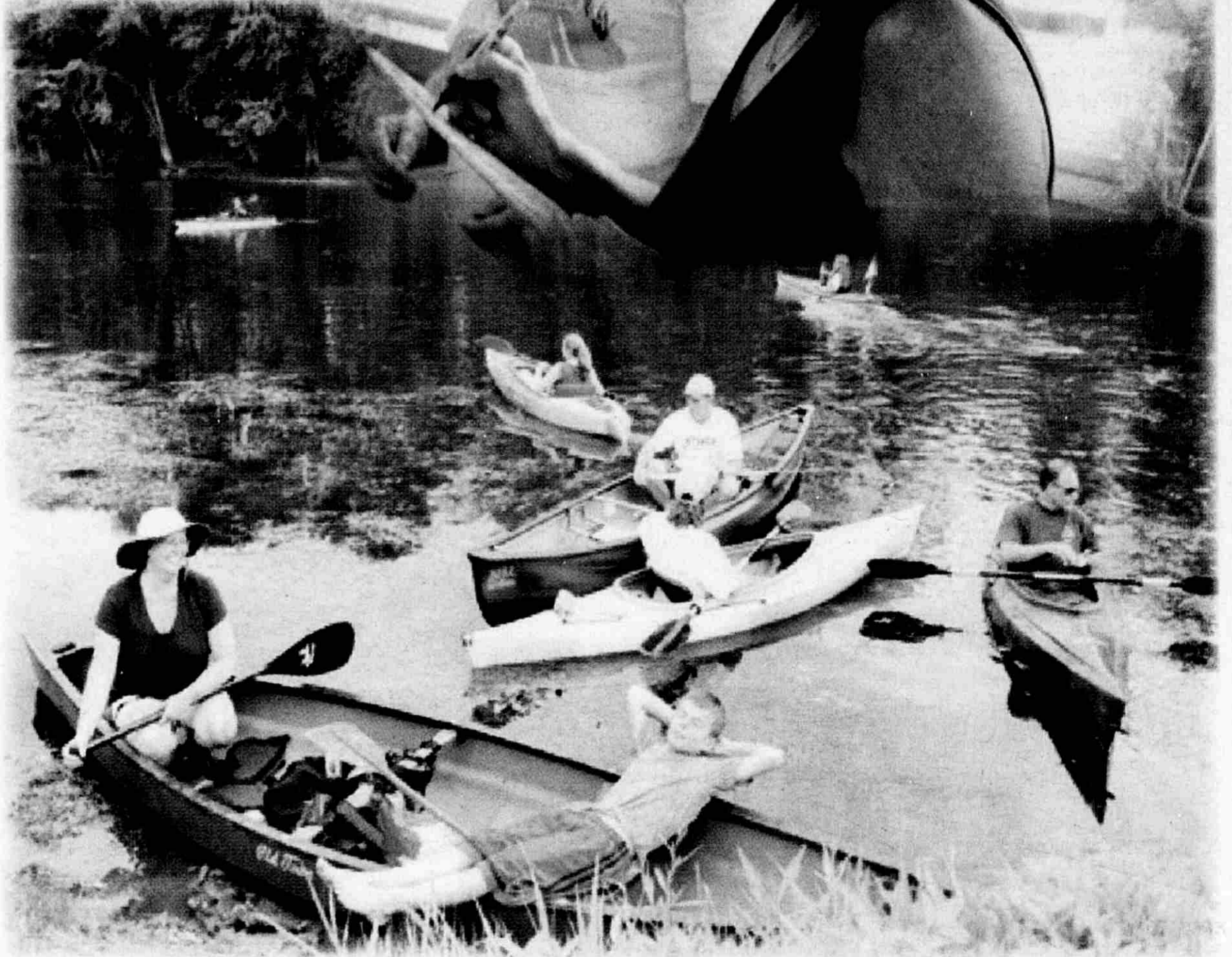
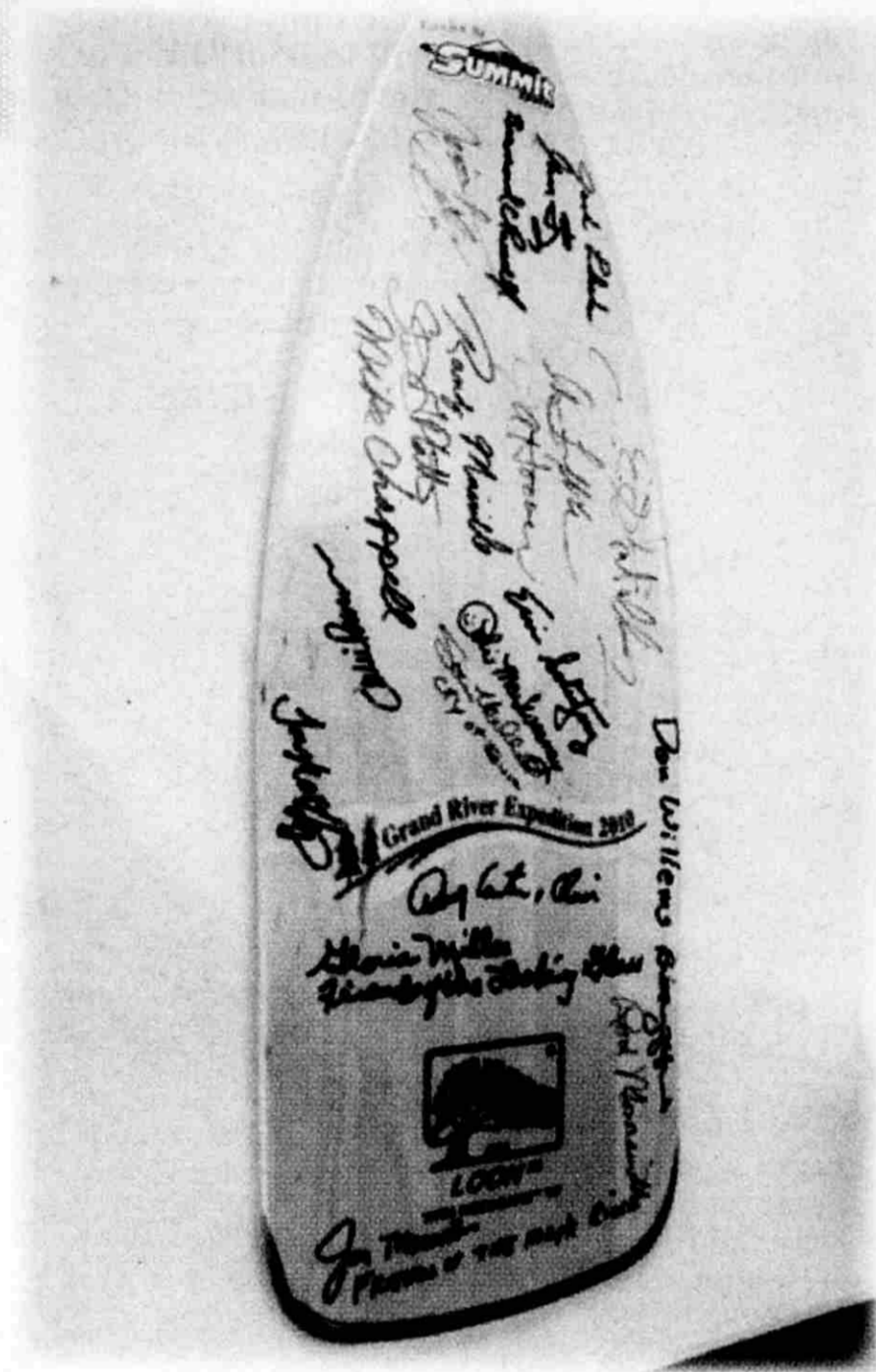
The paddlers had to do some portages around the dams by Lyons and Portland.

"It was a challenge," said Helmus.

The team had a Port-a-Potty hauled on a truck.

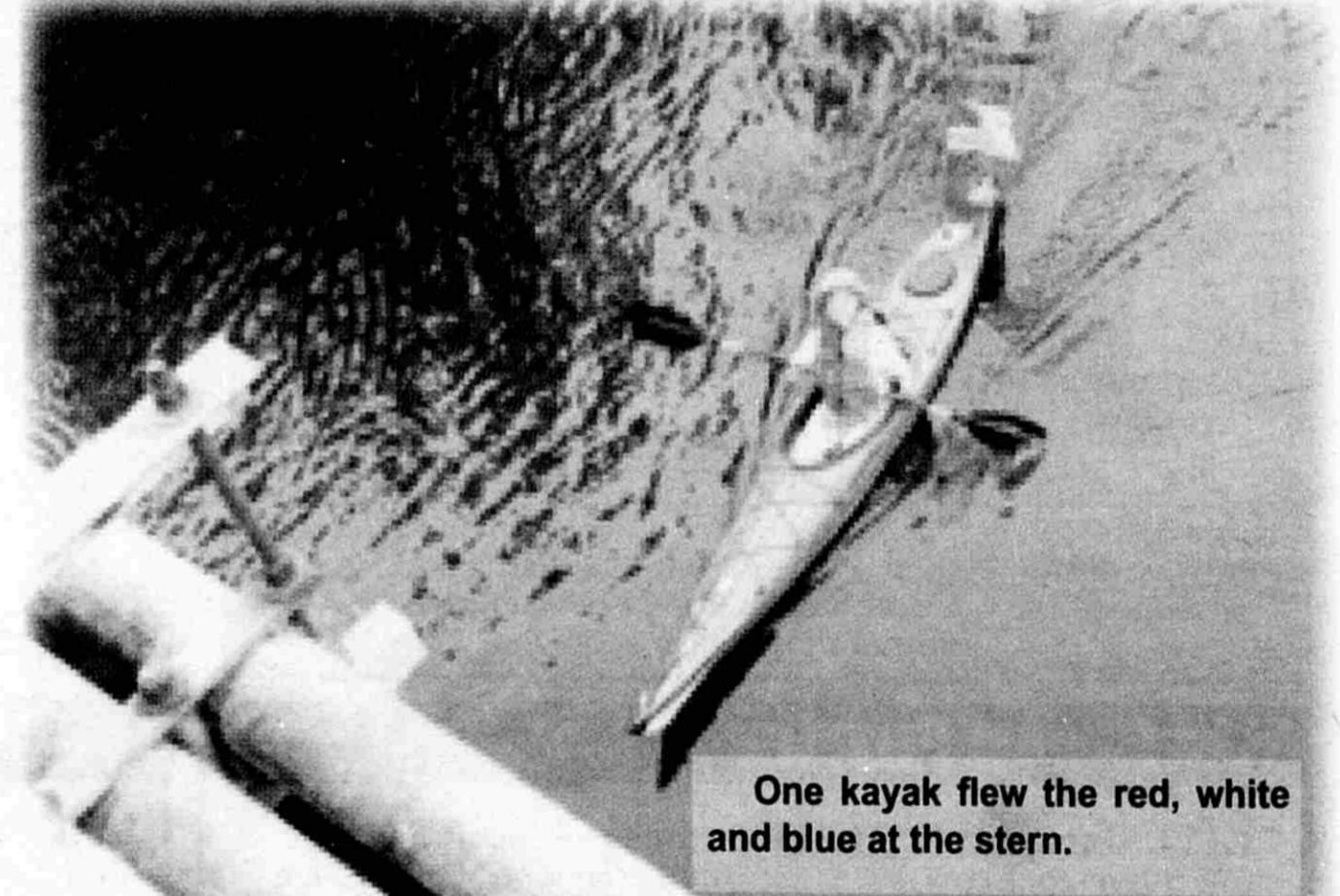
Every day a rivermaster was appointed to look out for the paddlers. On day nine, it was George Raimer from Lowell.

"I will do it again," he said.



Above, clockwise, a paddle used to collect signatures; chamber director Liz Baker applies her "John Hancock" and the paddlers rest in their canoes before their next trip to Ada.

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