

the lowell ledger

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Where were you on 9/11 a decade ago?

by Emma Palova

On the tenth anniversary of the attacks on the World Trade Center, local leaders responded overwhelmingly to the obvious question: "Where were you on 9/11 a decade ago?"

None of them had difficulty remembering that day; on the contrary, all of them could easily recall to the smallest detail exactly what they were doing.

City clerk Betty Morlock was at a rotary meeting held at the chamber of commerce. Once the news broke about the airplanes hitting the towers, everybody went and watched the TV at the police station.

"It's still hard to believe," she said. "It was a very emotional day. It still is."

After the meeting, Morlock traveled with Jeanne Shores to Battle Creek for a Michigan Municipal League conference.

"It was one of the best conferences," she said. "We talked about how we should protect our communities."

The attacks became a common bond between communities and on the road, as people drove with flags attached to their windows.

Morlock recalls the gas prices skyrocketing only a few hours after the attacks.

Department of Public Works director Dan DesJarden said, he too, will always remember that day, as

he watched along with others the news at the police department.

"It brought us together as a country and as a community," he said.

City manager Mark Howe said he remembers



Betty Morlock

that day as clear as if it was yesterday. Howe was sitting in a finance committee meeting of the Ionia County Board of Commissioners when a call came in that planes had hit the trade center and the Pentagon.

"We completed the meeting and watched the news coverage," he said.

He remembers the deadly silence, as everyone in total awe and disbelief watched the events of the day unfold.

"It was a shock," he said. "I couldn't believe it was happening, the horror unfolding before your eyes.

It was gut wrenching. It still brings tears in my eyes, maybe more so now."



Dan DesJarden

Knowing the stories of the families involved has magnified the event for most people.

Police chief Barry Getzen was working for the Grand Rapids State Police at the time. He was just dropping off a boat at an auction place on West River Drive.

He was listening to the radio as the news report broke in about an airplane hitting one of the towers.

"I thought it was an accident," he said.

As he came back to the state police headquarters in Grand Rapids, Getzen turned on the news right away.

"I watched the second plane hit the second tower and I knew we were under attack," he said.

An alert was sent out from the dispatch to all the troopers and each trooper received a phone call to stay tuned.



Mark Howe

"We did that at the local level as we waited to determine what's happening," said Getzen.

Then a broader message came from Lansing to all the state police posts.

"Everything has changed since then," he said. "We were living in a naive time, while all kinds of terrorist activities were going on around the world. We've become much more security conscious."

"We're not naive anymore," Getzen said. "We have to be super vigilant."

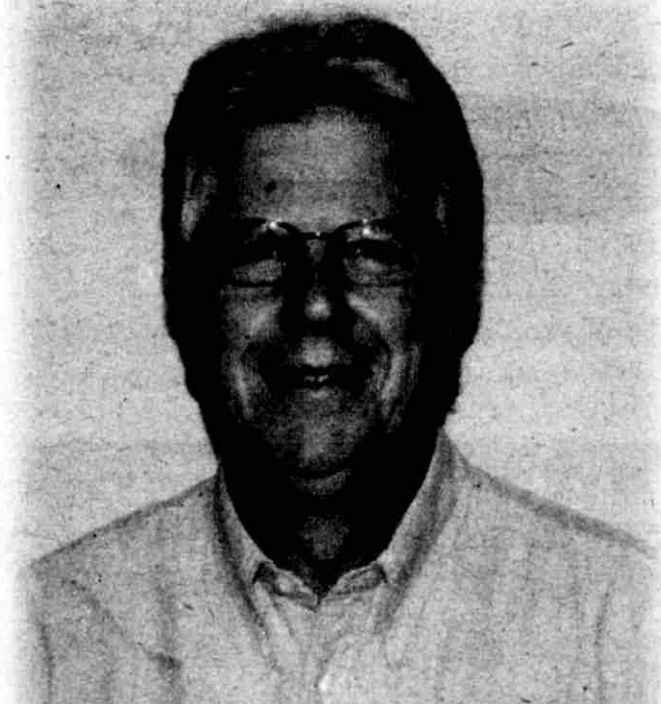
Lowell Light and Power general manager Greg Pierce was, at the time, Brownfield administrator for the city of Frankfort. He was on his way to work from Traverse City.

He found out at work about the attacks as everyone was huddling around the TV in the police chief's office.

"As the day unfolded it got worse," he said. "How could all that be orchestrated against us? To be able to pull most of it off was amazing."

But, even though we all survived, none of us will ever forget.

"The hope is that we have initiated security measures that will prevent something like that from happening again," Pierce said. "By basic nature of terrorism you can't be sure. It changed our whole perspec-



Greg Pierce

tive, that we are vulnerable like the rest of the world."

Fire chief Frank Martin was working in the lab at the Waste Water Treatment plant when he heard about the first plane hitting the tower.

"I thought that's odd," he said.



Frank Martin

When he heard about the second one, Martin knew that was not just an accident.

"I thought that's something against us," he said.

He went to the fire station to find out what was re-



Barry Getzen

ally going on. "We've come a long ways in security," he said. "I feel safer on the airplane than I ever did."

He compared the impact of the attacks to the day when President Kennedy was assassinated in 1963.

"I was in the shower after phys. ed.," he said.

Looking back at the bygone decade since

the attacks, Martin said America is more prepared to a certain point.

"You can never get enough training," he said. "We're more diligent and on our toes, but it could happen again."

North Country Trail Association wins partnership award at annual conference in Ohio

Staff and volunteers of the North Country Trail Association (NCTA) were awarded the National Park Service's Midwest Region Partnership award on August 12, 2011. The award was presented by Midwest Regional Partnerships' coordinator Diane Keith at the NCTA's 2011 annual conference in Dayton, OH. The NCTA was selected the winner in the "Outstanding Friends Group Project or Event" category from among all nominees within the 13-state award program area.

The NCTA is the major nonprofit group of the National Park Service engaged

in building, maintaining and promoting the North Country National Scenic Trail. The North Country Trail spans seven northern states, from New York to North Dakota, on its 4,600 mile route - twice as long as the famed Appalachian Trail. Trail construction and maintenance is accomplished almost entirely by volunteers, formed into dozens of local "chapters" along the trail. The Midwest Region Partnership award program was newly introduced in 2011 and the winning efforts of the NCTA staff and volunteers set the bar for future nominees.

The NCTA just completed what could be considered their most successful year ever. Throughout 2010, a cadre of 770 Volunteers-In-Parks (VIPs) tallied a remarkable 68,495 hours of service to the North Country Trail - a private sector value of more than \$1.4M. Through the efforts of the NCTA, the North Country Trail saw an additional 50 miles of new trail built, as well as countless structures in the form of trail bridges, information kiosks and hiker shelters. Additionally,

hundreds of other existing trail miles received ongoing maintenance and rehab attention. Other NCTA accomplishments for 2010, highlighted within the award nomination, included a special event where National Park Service and U.S. Forest Service employees partnered with NCTA volunteers to mow all 35 miles of the North Country Trails within the Chippewa National Forest in a single weekend; hosting numerous week-long "Roving Trail Crew"

and "Volunteer Adventure" projects where volunteers remain in the field and camp throughout the project duration; hosting two American Hiking Society Volunteer Vacations; organizing scores of diverse local events across the seven-state trail route to engage local trail users; and assisting the National Park Service in appearances during the filming of Wisconsin and Minnesota public television productions showcasing the North Country Trail as companion pieces to Ken Burns' "Na-

tional Parks" documentary. The NCTA is headquartered in Lowell and encourages the public to join them on the trail at one of their many work or social events. Learn more about them at www.northcountrytrail.org. The National Park Service is the administrative authority of the North Country Trail. Visit their website at www.nps.gov/noco to learn more about their role and information about becoming a North Country Trail volunteer.



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BLUEGRASS FESTIVAL

There will be concerts, camping and family fun at the annual Bluegrass Music Festival held Fri., Sept. 16 through Sun., Sept. 18 at the fairgrounds in Lowell.

ANGEL FOOD MINISTRIES

Sign up at the Nazarene Church, 201 N. Washington St., Sat., Sept. 17, 10 am - noon. You may also order online using your debit or credit card. Go to www.angelfoodministries.com. Any questions, call Esther, 897-7395.

FALLSBURG FALL FESTIVAL FOR THE ARTS

New Dates; Sept. 17 and 18. A unique event that develops the potential of an extraordinary historical setting at Fallsburg Park. Something for everyone. For more information call LowellArts! 897-8545 or www.lowellartsmi.org

LAHM PRESENTS ALONG THE GRAND

The Lowell Area Historical Museum will present "Along the Grand River from Ada to Ionia" with the Historical Societies of Ada, Boston-Saranac and Ionia at the Lowell Township Hall, Tues., Sept. 20 at 7:00 pm. Learn about the Grand River, hear stories of Indians, settlers, fur traders,

bridges, steamboats, the railroad, the Wolverine Pavedway. Light refreshments served after the program. For more information call 897-7688.

COMMUNITY SUPPER/FOOD TRUCK

St. Mary Church, 402 Amity, Wed., Sept. 21. Truck arrives 5 pm. Free food distribution between 5 and 6 pm. Dinner served at 6 pm. Any questions, call 897-9820.

FREE SMOKING CESSATION CLASSES

Two free classes will be offered this fall at Lowell Family Medical Center, 2550 W. Main St. Call 616-446-7058 to register. Each class runs for eight weeks. Evening and weekend sessions are available. Times and dates will be determined by those registered. Classes are facilitated by a Mayo Clinic trained and certified tobacco treatment specialist. Guests and support persons welcome to attend.

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.

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State Farm youth advisory board gives \$54,215 to Pink Arrow Pride

by Emma Palova

The State Farm youth advisory board gave a \$54,215 service learning grant for the Pink Arrow Pride Project.

Pink Arrow was selected out of 600 applications nationwide for its impact reaching beyond the community.

"It's fabulous to be selected," said superintendent Greg Pratt. "It's our first grant from State Farm, that's what makes it so special."

The money will be used for service learning activities in the community, main-

ly for the leadership component.

Lowell Area Schools was one of 64 communities to be selected across the United States and Canada.

Lowell State Farm agent Deb Wilks said that State Farm supports service learning because it combines service to the community with classroom curriculum.

The criteria for selecting the grantee must address one of the following issues: driver's safety, access to higher education, financial literacy, natural and societal disaster preparedness and

environmental responsibility.

The Pink Arrow Project was selected for its strong service learning component, according to Angie Rinock, State Farm Public Affairs officer.

"The students will be tying the service-learning aspect back into their school curriculum, so they are learning their standard curriculum with the added benefit of giving back to and engaging with the community," said Rinock.

The Pink Arrow Pride

Project's main goal is cancer awareness and prevention, as well as providing a comprehensive cancer prevention education program to all 4,000 Lowell students K-12.

The Pink Arrow provides financial support to Gilda's Club, financial support for daily living expenses for families affected by cancer and endows two scholarships for Lowell Area Schools' students pursuing a degree in medicine.

Rinock said that students and partners will doc-

ument and measure the cancer prevention education program by examining both qualitative and quantitative methods.

Data will be collected to examine the education impact, program delivery operations and logistics, marketing and auxiliary events. Students and partners will organize the evaluation tasks, such as helping with the planning, scheduling activities, collecting the data, and entering data into a spreadsheet.

The evaluation will be used to make stakeholders aware of the results and seek feedback; to use the findings as input in making changes to the program and demonstrate how results can be used to improve the program.

The State Farm youth advisory board has granted more than \$19.8 million in grant money since its inception in 2006.

Lowell Women's Club hosts annual tea

The Lowell Women's Club (LWC) board held their annual Tea-Gathering at Schneider Manor last Wednesday evening, September 7, 2011.

The formal gathering is held to honor the new junior girls who are part of the club for the 2011-2012 school year. This year sixteen girls will be participating in LWC activities. Also in attendance were the mothers of the girls and their individual club sponsors.



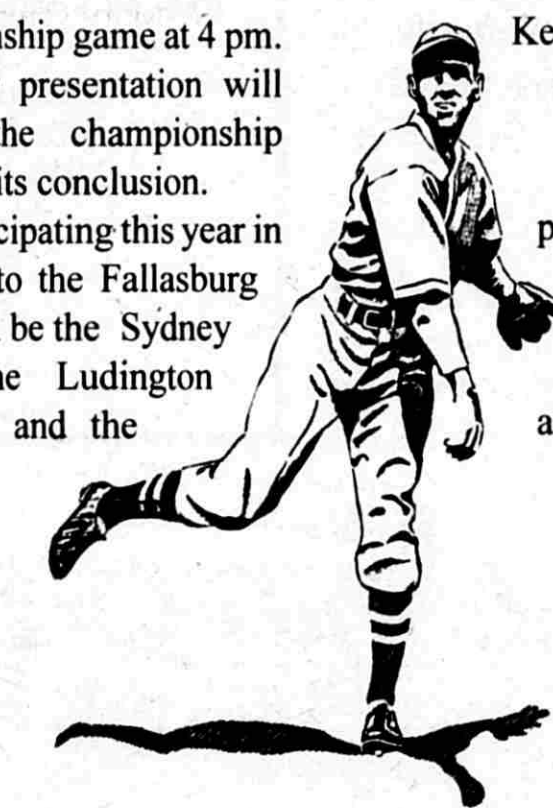
Vintage base ball tournament and Fallsburg Village openhouse

Fallsburg Historic Village will serve as the backdrop for the John Wesley Falls Vintage Base Ball tournament hosted by the Fallsburg Cubs and the Fallsburg Historical Society.

Games begin at 10:30 am on Falls field with the

championship game at 4 pm. A trophy presentation will follow the championship match at its conclusion.

Participating this year in addition to the Fallsburg Cubs will be the Sydney Stars, the Ludington Mariners and the



Kent Base Ball Club. Teams will break from 12-1 pm. A consolation match will begin after lunch.

Historic Fallsburg Village including the schoolhouse museum will be open to the public from 11 am - 4 pm. Docent led tours of the village and museums are available. As this event takes place the same day as the Fallsburg Fall Festival, the society hopes to

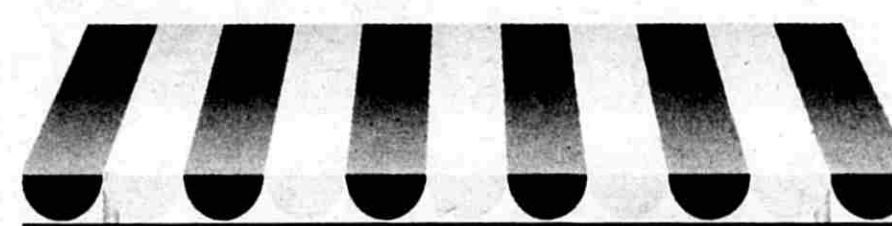
draw some of the art-loving crowd across the covered bridge for some vintage base ball and fun.

The Fallsburg Historical Society will maintain a table at Fallsburg Fall Festival on the south porch of the pavilion. Village mem-

berabilia, coffee, cider and cookies will be for sale. Donations accepted, memberships encouraged, volunteers welcomed. Fallsburg Historical Society, 13944 Covered Bridge Road, www.fallsburg.org

There is an alchemy in sorrow. It can be transmuted into wisdom, which, if it does not bring joy, can yet bring happiness.

- Pearl Buck (1892 - 1973)



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BIGGEST TREE CONTEST

In the city of Lowell is on for 2011. The contest is being sponsored by the Lowell Arbor Board. This is the third annual Big Tree Contest.

To be eligible the tree must be in the Lowell city limits and the deadline is Sept. 18, 2011. The top three entries receive plaques that can be placed on or adjacent to the tree. The 2009 winner is an oak tree at Schneider Manor on Bowes Rd. The 2010 winner is an elm tree adjacent to Duke Thomet's residence, 412 N. Division.

CONTEST DETAILS

Date of Contest: April 25, 2011 - Sept. 18, 2011

Winner announced at Harvest Celebration in Lowell Oct. 8, 2011

• Tree size will be confirmed by an arborist & a professional landscaper.

Entry form available at City Hall or City of Lowell website: www.ci.lowell.mi.us

ENTRY FORM

Name _____
Phone _____
Address _____
Location of tree within the city limits (nearest cross streets): _____

Species of tree (if known): _____
Girth of tree in inches (as measured 4.5 feet above the ground): _____
Landowner of property where tree is located: _____

Landowner phone(s): _____

Entries postmarked by Sept. 18, 2011 to:

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understanding insurance



Dave Emmette

Don't leave your family's financial future to chance

You may be feeling less financially secure than before the economic downturn began. Your retirement accounts may have rebounded, but your savings have dwindled. You may have found a new job, but at a lower salary. Some days you might feel like it's all you can do to put food on the table and keep a roof over your head. But what would happen if you died tomorrow? No one wants to think in those terms, but given that many of us are still

in the financial rebuilding stage, you need to ask yourself, "Would my family be OK financially without me in the picture?"

Life insurance is one of the few guarantees your family could rely on to maintain their quality of life. September is Life Insurance Awareness Month, making it the perfect time to take stock of your life insurance needs. Held each September, Life Insurance Awareness Month is an industry-wide effort that is coordinated by the

nonprofit LIFE Foundation. The campaign was created in response to growing concern about the large number of Americans who lack adequate life insurance protection: 95 million adult Americans have no life insurance and most of those who do have far less coverage than most financial experts recommend.

As difficult as it may seem to look beyond the bills due at the end of the month, you should make it a priority to maintain your current life insurance or get coverage if you don't have it. It will provide an anchor of stability for your family's finances, ensuring that your loved ones will be financially secure when you die.

For those without any life insurance, or for those who may need more because of changing circumstances, here are some suggestions for getting coverage.

Step 1: Determine how much life insurance you need. Start by figuring out how much of your income would need to be replaced for your family to maintain its standard of living. Add up your family's current and future financial obligations and subtract from that number the financial resources that will be there when you're gone. The remaining number is a good target to shoot for when buying insurance. If you'd like help with the numbers, the nonprofit LIFE Foundation has an easy online life insurance needs calculator that can help you determine how much coverage you need. Find it at www.lifehappens.org/lifecalculator

Step 2: Decide what type of insurance you need. There are two main types of life insurance: term and permanent. Both offer advantages, but the kind of coverage that's right for you — term, permanent or a combination of both — will depend on your personal situation and financial goals. There are policies available to meet virtually every budget and need. To get a better understanding of what might be right for you, use the LIFE Foundation's interactive product selector at www.lifehappens.org/what-kind

Step 3: Understand your buying options. You have several options when it comes to making your life insurance purchase. There are insurance professionals in the community who will sit down with you, free of charge, to assess your life insurance needs and then recommend the type and amount of coverage for your situation and budget. You may also be able to obtain life insurance through your employer. Check with your benefits manager at work to see what your options might be. The most important thing is to get coverage. You don't want to leave your family's financial future to chance.

Do you have an insurance question you would like to see discussed in the future? Send me an e-mail with your topic and I will address it at dave@theaic-group.com

Information provided is general in nature and not intended for your individual situation. Refer to your policy or agent for specific coverage, limitations or exclusions.

health



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

Plantar fasciitis

The plantar fascia is a thick band of tissue that runs from the heel to the toes. Plantar fasciitis is a common cause of heel pain. Pain is often worse first thing in the morning and is a severe stabbing pain. It gradually gets better the longer one walks, but then worsens shortly after prolonged rest or sitting. It is quite common in runners and those who are overweight. It typically occurs in one foot, slowly develops and becomes chronic. Normally the plantar fascia acts as a shock absorber for the foot and helps to support the arch. Repeated trauma and overuse causes small tears in the tissue which then become inflamed. The tissue never gets enough rest to heal and the pain becomes severe and chronic.

Risk factors are:

- increased age
- female sex

- long distance running and aerobic dancing
- poor foot architecture (flat feet)
- obesity
- work that requires prolonged standing on hard surfaces
- poor shoe support

Most people can improve with conservative treatment but it can take several months to resolve. Treatment involves NSAIDs such as Motrin or Aleve and sometimes steroids are also used. Physical therapy is very helpful and sometimes custom made orthotics are needed. Rarely, surgical procedures are needed.

Simple steps can prevent developing this condition, such as maintaining a healthy weight, slowly increasing exercise, wearing supportive shoes, and not walking barefoot.

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viewpoint

outdoors

back to school

Dave Stegehuis

Across the country, students of all ages are returning to school after summer break. Math, language, history, and science subjects prepare students to deal with the challenges of whatever the future may bring. Anyone born after January 1, 1960, who wants to hunt in Michigan will must sooner or later take a hunter safety class to prepare for a future of hunting.

There are a number of options available for securing a hunting license. Home-study and on-line classes are available as well as the traditional classroom program. There is also an apprentice

license which requires the new hunter to be mentored by an adult who possesses a license for the same species. The apprentice license is available for two years, after which a hunter education certificate is required to purchase future licenses. The home-study and on-line options include four hours of field work with a certified instructor and passing a written test. Details regarding these alternatives are available at www.michigan.gov/huntereducation

Safety is an important component of hunter education, but not the only topic studied. Students are in-

structed on different types of firearms, marksmanship, hunting skills, hunter ethics, game care, survival skills, and wildlife management.

Because of the variety of relevant topics covered in hunter education, it would be worthwhile for one who does not intend to hunt to complete the course. Many young people today do not have the opportunity to become acquainted with the hunting experience. If a person does not understand what hunting is about, he or she may never consider getting involved and possibility miss an opportunity to discover an interest or passion which could enrich one's life. Many folks for a number of reasons will never

pursue or harvest wild game. Nevertheless, firearms are common in our culture and most of us, young and old, will be directly or indirectly exposed to guns. Having knowledge about firearms is wise whether or not one chooses to own one. Photographers, campers, and hikers as well as hunters could one day find basic survival skills helpful. All citizens should understand game management theory and practice to be good stewards of our outdoor resources, and if for no other reason, to be well informed voters when ballot issues arise. So, to be assured of a well-rounded education, consider a hunter education course for yourself and your children.

ask kathryn



Kathryn Denhouther Ph.D.

This article, entitled "The Role of Attention in Pain," is the first in a series of seven articles on pain. Les Fehmi, Ph.D. in his book, Dissolving Pain, defines attention as "directed awareness." For instance, if a person walks into a room, we put our focus on that person. This is external attention. We have the ability to choose where we place our attention. It is easy for us to understand that our attention can turn to things in our immediate external environment. Just because of how we live, it is more difficult to understand that we can choose to attend to our internal environment, which includes such things as emotions, thoughts and memories. Physical and emotional pain are part of our internal environments. Shifting our attention to something more restful and healing is the key factor in relaxation and to a large extent helps us with some types of pain management.

From the time we were children, pain was used as an alarm signal. It lets us know when something is wrong. Once we are alerted to the pain source we can remedy the problem. Once we have done everything we can, we now can draw our awareness away from the pain to alleviate the pain. Research has been done at the Harborview Burn Center in Seattle. For people who have been burned, changing the bandages is extremely painful. So, to understand the role of attention in pain, research subjects were given a virtual game to play to divert their attention away from their pain. According to Dr. Hunter Hoffman, "The same

incoming pain signal can be interpreted as painful or not, depending on what the patient is thinking. Pain requires conscious attention. Being drawn into another world drains a lot of attentional resources, leaving less attention available to process pain signals."

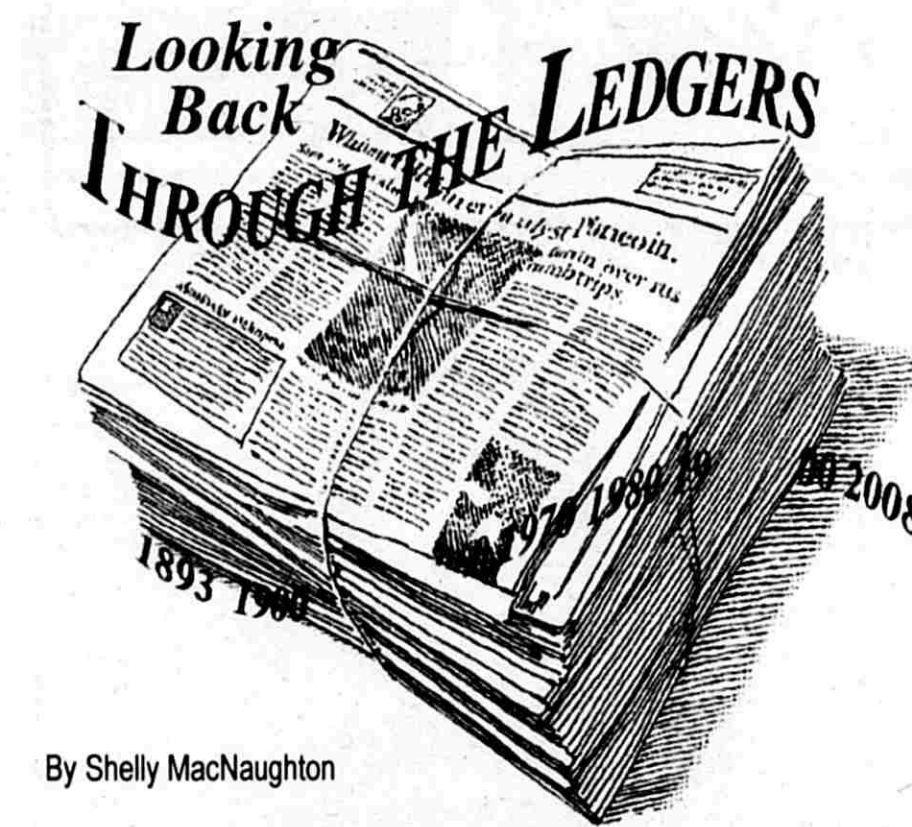
What Dr. Fehmi advocates is "attentional flexibility." He sees attention as having two different functions: 1.) scope - which could be either narrow or diffuse and 2.) absorption - which could be either objective or immersed. The narrow, objective focus is what most of us use. It is focusing on a few important things and relegating everything else to the background. The narrow, objective attention increases our tension and alertness and can make us hyperaware of our pain. Although it is important to recognize the pain, the type of attention that truly helps us with pain is the diffused, immersed attention. This type of attention is like when a cat lies awake but is resting. They seem to be calmly watching the world around them. The cat slowly scans his environment and when the prey is spotted the cat tenses and pounces. This is the attentional flexibility that is necessary for pain management. Narrow/objective and diffuse/immersed are the two kinds of attention that will be mentioned throughout the articles on pain.

The next article is entitled, "The Domain of Pain: Mainly the Brain." If you have any questions about this information, please email me at kathryndenhouther@gmail.com

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.

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By Shelly MacNaughton

store will be occupied by T. A. Gazella about September 15. F. Earle Haner will move to the premises to be vacated by Gazella, while O. J. Yeiter announces that he will resume funeral directing in the building which he occupied for a number of years in the past.

50 Years Ago The Lowell Ledger September 14, 1961

More counseling and guidance hours have been added to the Lowell High School schedule this year. This change will enable the students to have more counseling time.

School officials are sorry over the inconvenience of patrons attending football games this year because of the construction going on around the football field for a new cinder running track.

25 Years Ago The Grand Valley Ledger September 17, 1986

"Bee-dee-bee-bee-beep," alerted TV viewers to a scroll announcement on the tube Friday evening. The message came as a shock to viewers here in Lowell. It said the Belding Dam was in imminent danger of bursting and that the White's Bridge and Burroughs Dams would likely fail when a seven to eight foot wall of water roars down the Flat River. Residents along the Flat in Belding, Smyrna and Lowell were told to take measures to safeguard property and lives.

Rather than evacuating, the curious flocked to Belding hoping to witness the dam burst. Hundreds gathered on bridges and other vantage points on the Flat between Belding and Lowell.

The Belding Dam survived the ordeal. By Monday the danger had apparently passed and life returned to normal around our usually quiet and picturesque city nestled along the banks of the Flat and Grand Rivers.

125 Years Ago The Lowell Journal

Entry missing from files

100 Years Ago The Lowell Ledger September 14, 1911

Miss Freda Ecker has resigned her position as librarian of District No. 1 and will take a course in music and drawing at Ypsilanti.

Miss Leila Houser has been visiting in Alto. Kellogg's evaporator and vinegar factory are busy. Large quantities of apples are being received and worked up.

75 Years Ago The Lowell Ledger and Alto Solo September 10, 1936

The laying of flooring in the central building of the Lee block is being rushed to completion this week. The

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college news

Davenport University has announced that Angeline VandenBout of Alto; Lindsey Jousma of Lowell; Lisa Kenworthy of Lowell; and Colleen Miller of Lowell; have been named to the dean's list for the spring/summer 2011 semester. To achieve the dean's list, a student must maintain a minimum 3.5 grade point average while enrolled in at least nine credits of regular coursework.

ST. MARY CHURCH

warmly welcomes their new pastor,

Rev. Edward A. Hankiewicz
 Father Hankiewicz was the pastor of Sacred Heart parish in Grand Rapids for the past 18 years and is a member of the Clergy Review Board and Judicial Vicar at the Diocese of Grand Rapids. He is also the Chaplain for the West Michigan Catholic Lawyer's Group and Moderator of the Grand Rapids Sierra Club.

His hobbies are commercial aviation and reading and he's also known to be a pretty good polka dancer.
 To the delight of the parishioners of St. Mary's Church, Father Hankiewicz begins his assignment on September 14, 2011. Daily Masses are at 7:45 a.m. Weekend Masses are Saturdays at 5:00 p.m. and Sundays at 9:30 a.m. Confession is from 3:00-4:30 p.m. on Saturdays.

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- SEPTEMBER 16**
 Jason Fetterhoff.
- SEPTEMBER 17**
 Nicholas Blough, Yvonne Swift, Dennis Denton, Dewey Francisco, Noelle Rottier.

engagements

Gustafson/Bathie



Ryan Bathie and Lindsay Gustafson

Pete and Ginny Gustafson are proud to announce the engagement of their daughter Lindsay to Ryan Bathie. The couple reside in New York City where Lindsay is attending law school and Ryan is an attorney. The wedding will take place on the lower east side of Manhattan on September 23, 2011.

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Lowell Light and Power to make renewable energy with bio-digestion facility starting in 2013

by Emma Palova

Lowell Light and Power (LLP) may have a bio-digestion facility to produce renewable energy by 2013.

The utility has partnered with a German company, Spart, to utilize organic waste from food companies such as Litehouse, area farms and stables.

As the organic waste decomposes, it gives off methane gas that is collected and burned in the generator to produce energy.

General manager Greg Pierce said under state law the utility is mandated to have 10 percent of energy from renewable sources such as bio-gas.

A \$2.15 million bio-digestion facility, at the LLP warehouse on Chatham Street, is the first location under consideration for the project.

Spart will pay for the project that is common in Europe and is becoming more popular in the USA. The utility will be buying the bio-gas from Spart.

A similar bio-digester in Fremont uses organic waste from Gerber.

According to Pierce, there will be no stench coming from the facility, because the bio-digester is closed looped.

"It could become a major component of energy," said Pierce. "We're ironing details with our partner. It will be as cheap as other renewable energy."

The benefits, to Lowell customers and the community, from the proposed bio-digestion facility will be many.

"We'll be producing our own renewable energy which is more cost effective," he said.

There will also be

cost savings to Litehouse in terms of eliminating the organic waste hauled to landfills.

Currently, Litehouse hauls water from rinsing to the Muskegon Waste Water Treatment plant and to a dairy farm that has a bio-digester in Elsie.

According to plant engineer Greg Halfmann, a bio-digester in Lowell would allow Litehouse to dispose of the water from rinsing locally at a reduced cost.

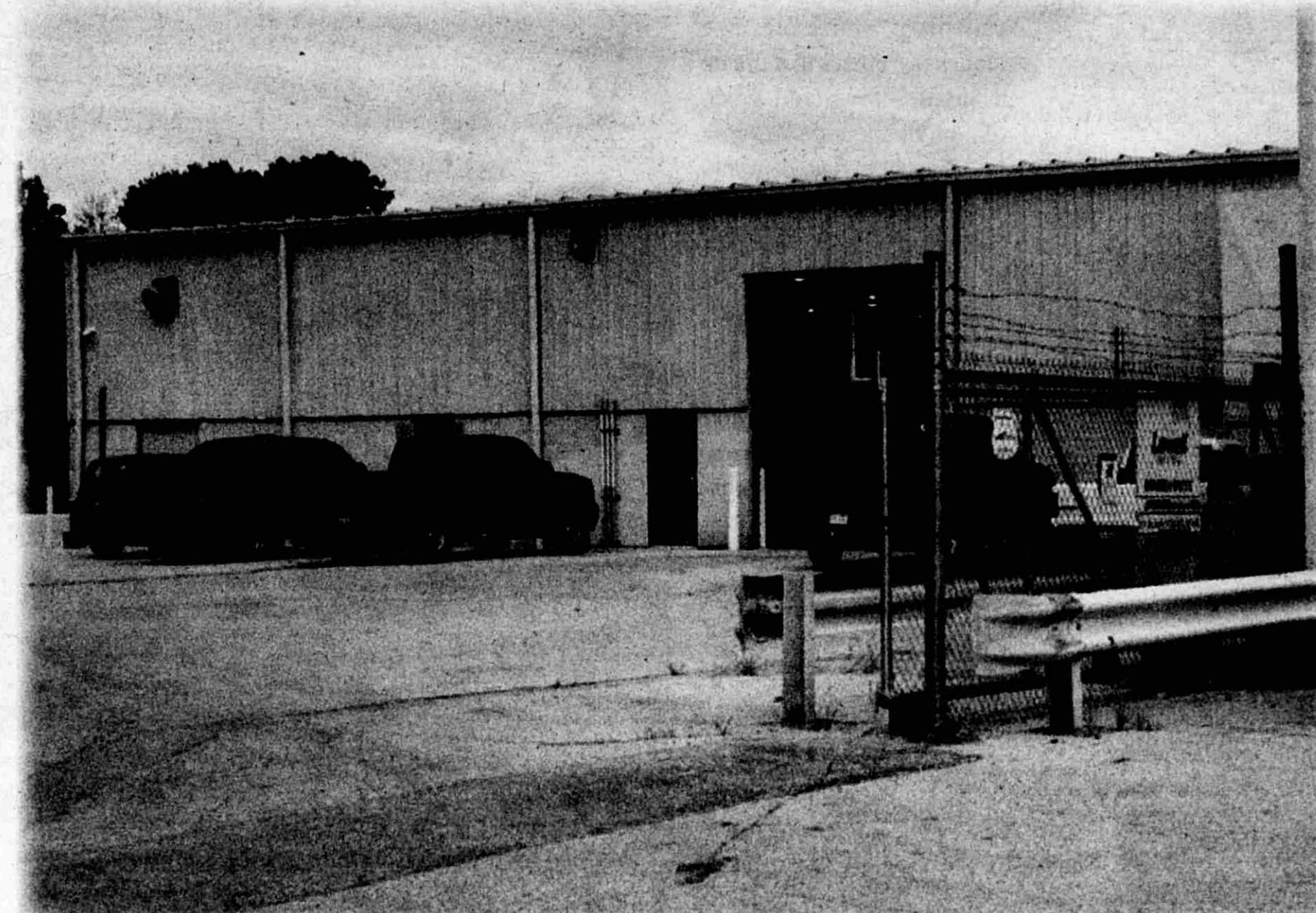
"It would save us quite a bit of money," said Halfmann.

Pierce said the utility's rates are cheaper, because it is municipally owned.

Other benefits could include enticing new food processing companies to Lowell due to the bio-digestion facility availability and reduced rates for organic waste.

"It could also serve as a model for other food processing companies," said Pierce. "It will be a great project that will bring long-term value to the community."

The bio-digester can



The Lowell Light and Power warehouse on Chatham Street could serve as a bio-digestion facility.

also process waste from slaughterhouses and chicken waste.

"There is no chance for odor coming out," said Pierce.

The project could also create new job opportunities.



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Pottery artist, first-timer at Fallasburg Fall Festival

by Emma Palova

Pottery artist Linda Ippel will be at the Fallasburg Fall Festival for the Arts for the first time and she will be stationed in booth number one.

Ippel decided to attend because the date was moved up by one week, to Sept. 17 and Sept. 18, which made a large difference between nice and bad weather.

"Later, the weather becomes more challenging," she said. "I wanted to give it a try."

She's been to the festival before, but never with her lovely ceramics and pottery as a vendor and artist.

After homeschooling eight children and teaching adult education programs for five years for the Grand Rapids public schools, Ippel went back to her beloved pottery. She set up a studio, "Linda Ippel Studios," at her home in northeast Grand Rapids and Ippel started being active with the West Michigan Potters Guild, as well as attending small art shows.

"I've learned a lot from the guild," she said. "We hold workshops and have national artists."

Ippel got the necessary potter's equipment: a kiln for firing pieces, a wheel for wheel-thrown work and clay from Minnesota. She makes her glazes that create a unique brown and green film on the pottery.

For her baked apple dishes, Ippel uses Tina's red glaze. The dishes are a part of Ippel's unique line of dinnerware, such as French butter dishes, brie and bread bowls.

A recipe is included with the baked apple dish. Ippel makes them for Robi-nette's Orchards.

But her most popular items are the bird bottles that can be hung on a porch post, under the eaves or in the garden.

She modified the piece based on a bird bottle seen in Williamsburg.

"I modified it with a little opening on the back to accommodate a large head nail and a drain hole in the bottom, so it can be used year-round," she said.

The bird bottles may have different textures and colors. They're great for wrens, chickadees and sparrows.



Pottery artist Linda Ippel with her unique pieces.

All her pieces range from \$30 to \$40.

"I like all the aspects of pottery, texturing of the pots, carving into them and throwing clay on the wheel," she said. "I like the concentration that it re-quires."

Ippel carves her own designs, such as a ginko leaf or leafy designs from her imagination.

Throughout the year, she does festivals, like Reeds Lake, Grand Haven Art on the Riverfront, Saug-

atuck Waterfront Show; and holiday shows like the West Michigan Potters Guild Show at St. Nicholas Greek Orthodox Church on Nov. 11 and Nov. 12, prior to Thanksgiving. Ippel will have a studio open house on Dec. 9 and Dec. 10.

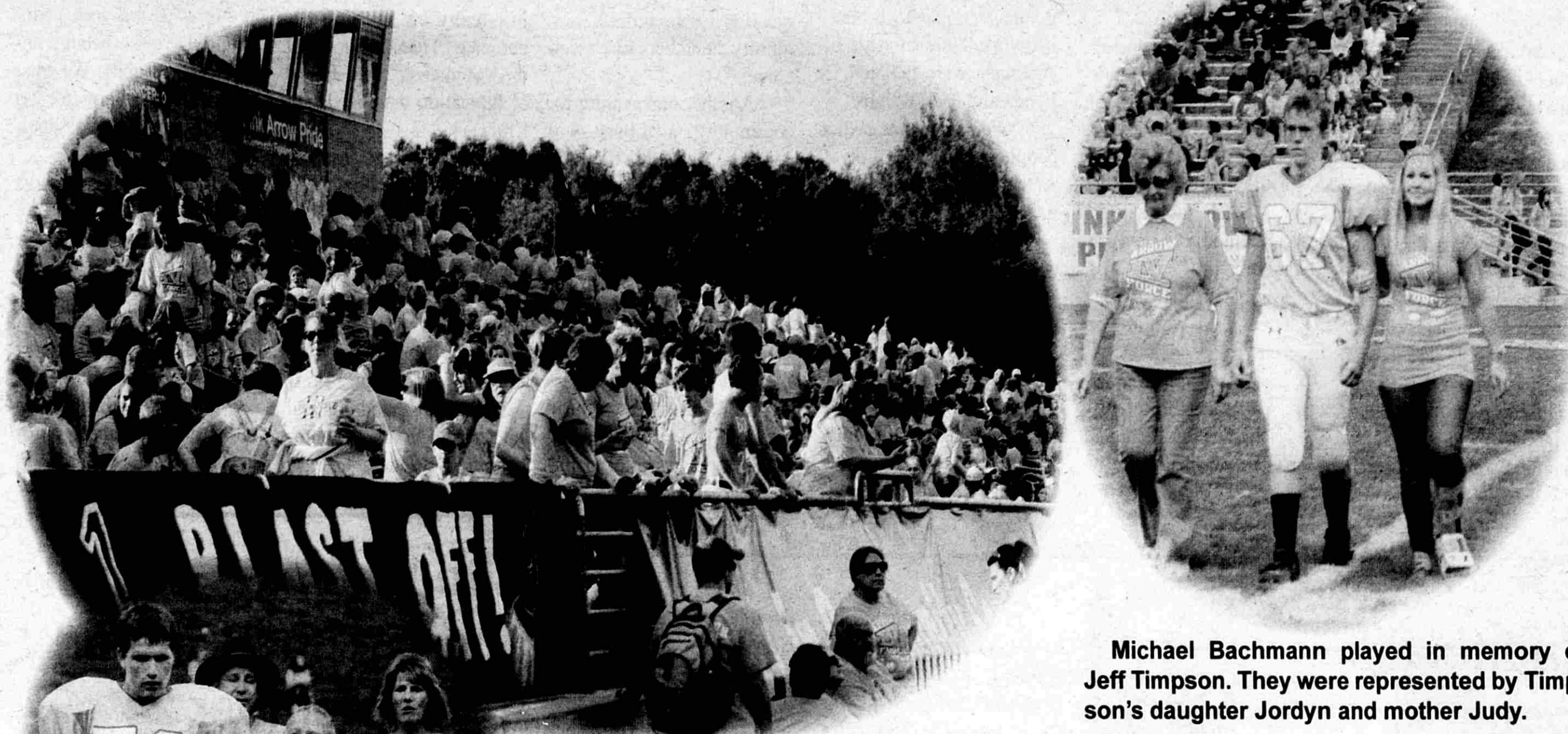
But for the time being, Ippel is looking forward to being at the Fallasburg Festival.

"I am excited about a new audience," she said. "Fallasburg Park is a wonderful setting. I've attended it as a customer many times."

For more information about Ippel's studio go to www.lindaippelstudios.com. For more information about the Fallasburg Festival go to www.lowellartsmi.org.

Pink Arrow Pride swells on annual game day

- Arrows overpower Reeths Puffer 42-7



Michael Bachmann played in memory of Jeff Timpson. They were represented by Timpson's daughter Jordyn and mother Judy.

Seth Munroe escorts survivor Diane Thomas onto the field.

Although appearing three-dimensional, the Arrow and 'IV' were actually painted on the field.



Blake Lyman heads down field after receiving a kickoff.

Thunderstix lined the entrance for the Lowell "Pink" Arrows Friday night.

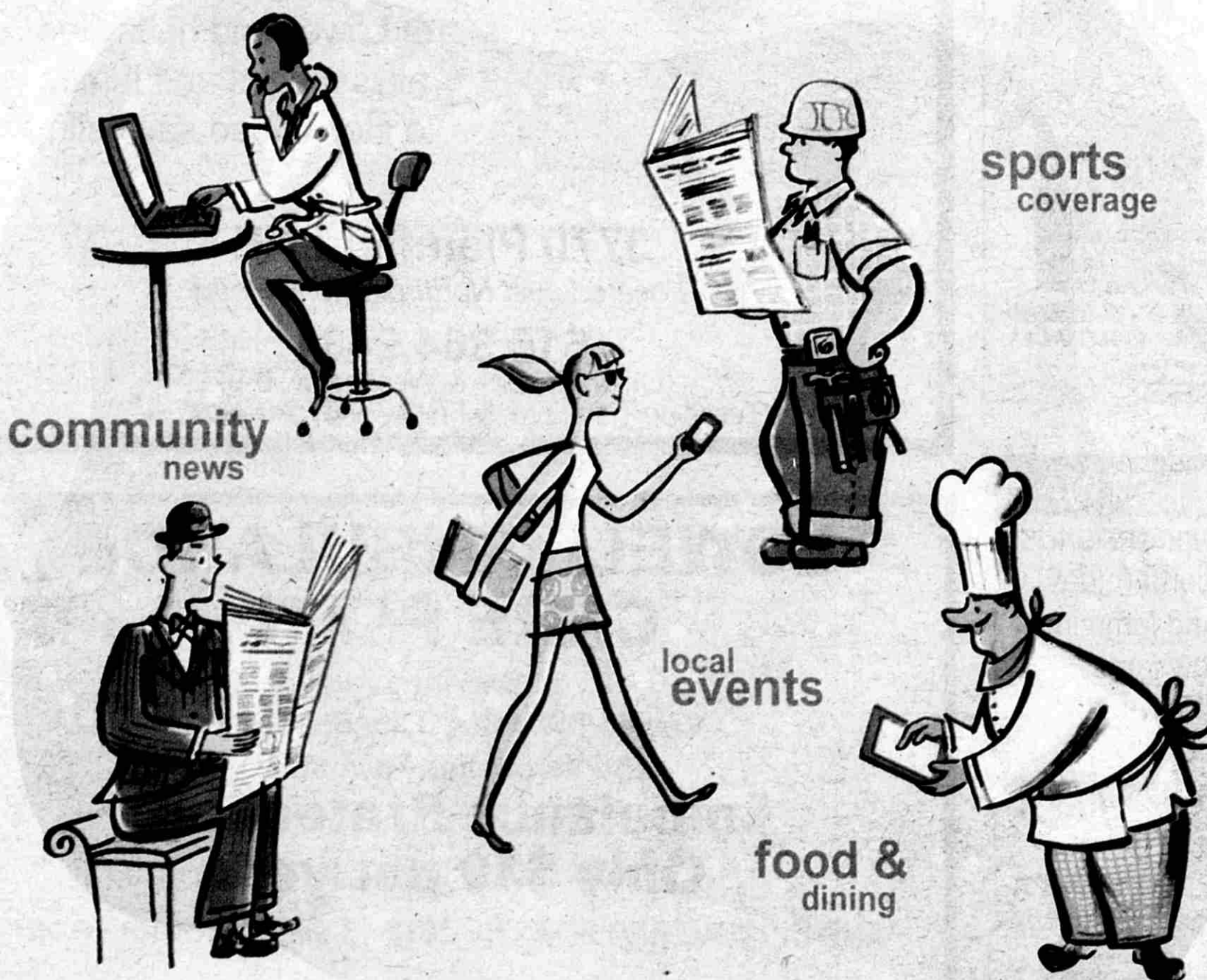
Luke Bigham receiving a touchdown pass in the second quarter, putting the Arrows up 21-0 from Titan Anderson.

Pictures by Kurt Hieshetter

Story on page 11

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District looks for input from community at two upcoming community forums

At its regular meeting Monday night, Lowell Area Schools' boardmember Pat Nugent, offered an update of the goals from the past year and looked ahead to the next year.

Nugent outlined an extensive list of board responsibilities and the process in which they strive to attain those goals. Heading off responsibilities of the board were academic achievement, facility needs, finances, facilities and operations, communication and personnel.

Some of the goals for the upcoming year include ensuring procedure guidelines and best practices for nonprofit organizations within the district. Another is for the board to take another look at facilities for safety, including student and automobile traffic patterns. "In a nutshell, that is what we have been working on the past year," said Nugent.

The board approved acceptance of gifts to the district. Thirty music CDs and four CD storage units to be used by WLHS along with a

gymnastics mat to be used in gym classes at Alto Elementary were donated by Lynda and Rick Wright.

"We appreciate when people donate to Lowell Area Schools; we will put these to good use," said board president Mark Lessens.

There will be a meeting this week at the freshman center on Wednesday, Sept. 14, at 7 pm. The school district is looking for input and ideas from the community regarding the old Riverside building. This is a commu-

nication forum and all community members are welcome.

Another opportunity for community members will come on Sept. 28, the time and venue to be announced; this will be a discussion about the district's current facilities. District administrators are looking to form a 10-15 year facilities' plan.

"I am very proud to be a part of this community. To be on the sidelines and hear the orchestra and band, to watch the volleyball game and the soccer game was

just really an amazing experience. Thank you to all the volunteers," said Board of Education member Brian Krajewski.

"It has been an amazing start-up to the school year, just an enormous amount of excitement. We have a lot of thanks to go out to everyone: teachers, support staff, drivers, and our board of education. Pink Arrow was an amazing event Friday night; it takes hundreds and hundreds of hours of volunteerism. NBC was here to give us some national ex-

posure. We are very fortunate to have this event within our community. We want to thank State Farm for the \$54,000 grant," said superintendent Greg Pratt.

John Zielinski offered a budget update to the board. "We will continue to monitor closely senate bill 34 which would greatly reduce collections for the school aid fund, as it would impact countywide property tax collection," said Zielinski. This bill has currently been introduced in the legislature.

Alto Harvest Festival and car show slated for September 24

If you have not enjoyed a real small-town festival lately, this will be a good family time that should not be missed. Saturday, Sept. 24, the Alto Harvest Festival committee is hosting the 31st annual Alto Harvest Festival.

The day begins with a pancake breakfast put on by the Alto/Bowne Township Fire Department at the Alto Fire Station, at 6260 Bancroft, beginning at 7 am and ending at 9 am. Opening ceremonies begin at 9 am with the raising of the American flag. Arts and crafts vendors open at 9 am and run until 3 pm.

The Classic Car Show keeps growing in popularity. Make plans to take a trip down memory lane to view street rods and hot rods, along with classic muscle cars that will line the street.

Goodie bags and dash plaques for the first 100 entries. Door prizes. Registration of \$10 starts at 7:30 am. Awards at 2:30 pm. Door prizes and grocery guess.

There is a contest for everyone, including the Blue Ribbon Baking contest that brings in tasty treats every year. One lucky entry will be chosen from the adult and youth division. A grand champion will be chosen and awarded a cash prize of \$25. Categories include any and all desserts, cookies/bars, candies and yeast/quick breads.

Other contests include Baking Bingo, a new twist to an old game. Instead of prize money, you can win baked goods and baking es-

entials. This is a true Harvest Festival original. Other contests include a pie eating contest, Puff-N-Pedal Tractor Pull open to ages 3 thru 10 years of age, kids games, tractor trivia, and a scavenger hunt. If you can figure out the clues, you will find a sweet treat awaiting you when you turn in your hunt sheet.

This year's entertainment includes three local bands that will be performing on stage before and after the parade. The bands are Offsiders Band, Lowell Fusion Experience and String Theory. Entries are being accepted for the Guitar Hero contest, open to age groups 0 thru 12 and 13 thru adult with cash prizes of \$50 for first and \$25 for second place. This contest will take place between 3-5 pm.

Other attractions include the Alto Library gently used book sale and the Alto American Legion's popular dunk tank. Antique tractors will also be on display. Located on the "green" will be kids' crafts, as well as kids' games and inflatables. Also on the "green" you will find "Rick the Reptile Guy" from Boulder Ridge Wild Animal Park.

Parade starts at 11:30 am. The grand marshal this year is Jen Dougherty.

Alto is located just off I-96 at exit 52. After exiting I-96, go south on M-50 following it to 60th Street. Turn west on 60th Street. When you come to the stop sign at Bancroft, you have arrived in Alto. Parking is available on the street and at the Alto Baptist Church.

Red Arrow SPORTS

Red Arrows dominate Pink Arrow game

by Casey Cheney

The day of the fourth annual Pink Arrow game, though always one of significance and excitement pervious to the passing of years, had a certain newness about it. Maybe it was Kevin Tibble of the today show, and the steady streams of interviews. Maybe it's that the Pink Arrow Project has been immortalized for a national audience.

Certainly, it was in part that a Pink Arrow tradition ended last Friday: Reeths-Puffer scored a touchdown, the first time Lowell hasn't shut out it's opponent in their most attended game of the year.

"This was the first seven points we've given up in a Pink Arrow game, which is a little disheartening," Renn Osborne said. "But allowing seven points is still a great game, and they're a good team. We kept it together for four quarters, which had kind of been our struggle last year."

The Red Arrows started strong and aggressive, Gabe Dean running in the first touchdown within the first two minutes of the game. On Reeths Puffer's first possession, Lowell's hard-hitting defense knocked the ball loose from the Rockets' quarterback, but it was ruled an incomplete pass.

"We did good," Osborne said. "We knew they were an improved team, so we had a lot of different stuff we had to work on from last year."

The next Lowell possession, Osborne made his first trip to the endzone, a one-yard run. Midway through the second, Osborne intercepted the ball and ran it endzone to endzone for a 101-yard touchdown.

Titan Anderson connected with Luke Bigham for a 26-yard touchdown pass, Anderson's first as a varsity player. Gabe Gorman powered

in for three yards and a touchdown.

By halftime, Lowell led 35-0.

Surviving their turnovers and holding tight on defense, Osborne ran in yet another touchdown in the third quarter.

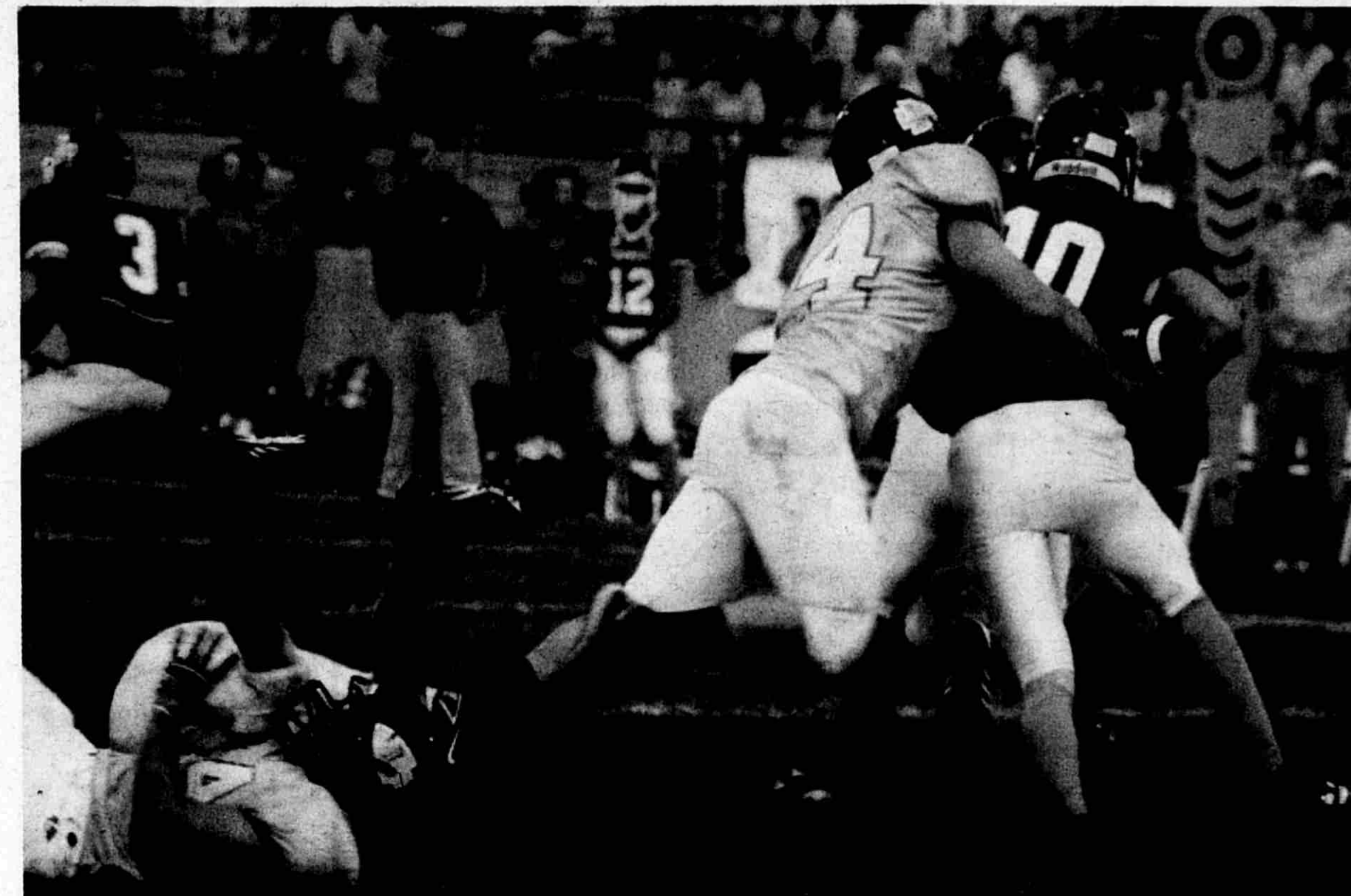
Osborne said, "They had a couple real athletic linebackers and some big boys on the defensive line. They brought out some beef on the goal line stands, and that was a good challenge for our younger guards and tackles."

Reeths Puffer's Jordan Riley scored their only touchdown on a three-yard carry.

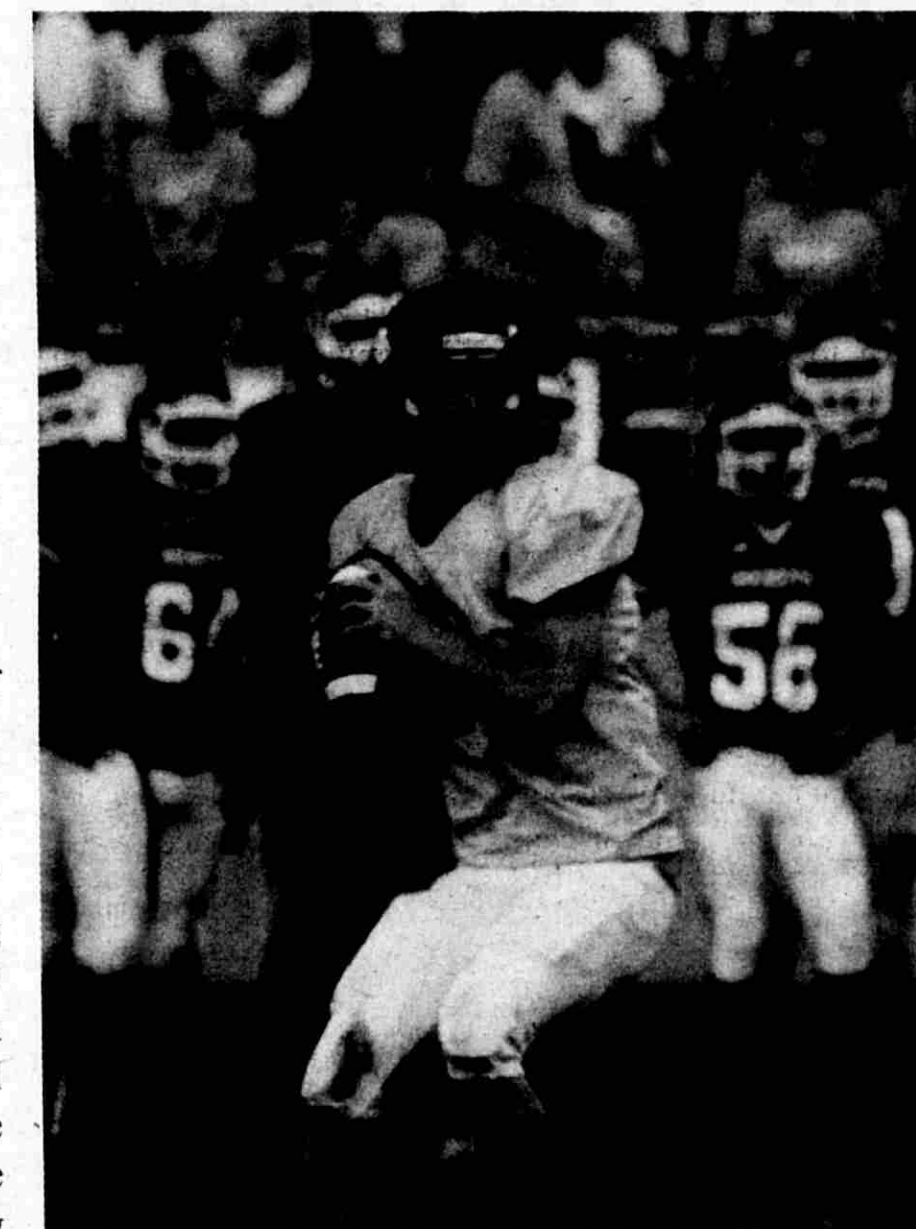
This game isn't about the score, and it's about more than putting forth the best effort on the field. It's about a community and a cause. To fight cancer requires just that - fight. Reeths Puffer demonstrated that, getting into the red zone several times that night in easily the most overwhelming away game atmosphere they will face all season.

As was announced over the PA, this was "two teams fighting for the same cause." Both teams performed to that end.

"We had a lot of rotation, which is good for trying everybody out and just for getting everybody to experience that game," Osborne said. "Playing in front of those 10,000 people all dressed in pink is something special. I'll remember it probably more than anything in my three years on varsity - seeing that sea of pink."



Jake Stehley sacks Reeths Puffer quarterback.



Titan Anderson throws his first touchdown pass.

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financial focus



Christopher C. Godbold

Be aware of key benefits of life insurance

You may be unaware of it, but September is Life Insurance Awareness Month. And while a whole month may seem like a long time to focus on life insurance, it's actually a good opportunity for you to realize the important role that life insurance can play in your life.

Unfortunately, many people don't have sufficient insurance. A recent report by LIMRA, a research and consulting group, shows the following:

- Individual life insurance ownership among U.S. households has reached a 50-year low.

- Three out of every 10 households (about 35 million households) currently have no life insurance — an increase of 11 million households since 2004.

These figures help explain why the nonprofit LIFE Foundation coordinates Life Insurance Awareness Month each September. Simply put, many people don't realize how many ways that life insurance can help them and their families.

To be specific, life insurance can:

- Educate your children — If you were to die prematurely, your life insurance policy can pay, in whole or in part, your children's college education. And if you live a normal life span, life insurance can help to pay for your grandchildren's college education.

- Pay off your mortgage — If you have sufficient life insurance, the death benefit can pay off your mortgage, so your family wouldn't have to move.

Help pay for your spouse's retirement — Your spouse might be counting on sharing some of the money you eventually withdraw from your retirement plans — such as your 401(k) and IRA — to help with his or her own retirement. If you were to die early, your spouse, as beneficiary, would receive the existing account balances in these plans, but your future contributions would, of course, die with you.

Help pay for your retirement — You don't even have to die to reap some benefits from your life insurance. If you've purchased some form of permanent insurance, such as whole life or universal life, you have the opportunity to build a cash balance. And through policy loans or withdrawals, you can tap into this cash to help you pay some of your expenses during retirement.

Help you leave the legacy you desire — Life insurance can be an important part of your estate plans. To use life insurance properly for estate planning, consult with your legal advisor.

Of course, one big ques-

tion that you may ask is this: How much life insurance do I need? You've probably seen those estimates that say you should have insurance that's worth a certain number of years times your annual income. While this might not be a bad estimate, it's not a hard-and-fast rule for every single individual. The amount of insurance you need will depend on a variety of factors: your age, income, size of family, value of home, employment situation and so on. Your financial advisor can help you determine the level of insurance that's appropriate for your needs.

Now that you've seen how life insurance may help you over the years, and you've got a sense of how to determine the amount of coverage you need, you can appreciate the message behind Life Insurance Awareness Month — so take it to heart and make sure you've got the proper insurance plan in place.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



PUZZLE SOLUTIONS

8	9	1	7	2	6	5	3	4
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LOWELL

ANIMAL HOSPITAL OF

obituaries

CONDON
 Russell L. Condon, age 76, of LaBelle, FL, formerly of Clarksville, passed away Thursday, September 8, 2011. He was preceded in death by his parents, Lyle and Rachel Condon. Surviving are his special friend, Elsie Voorheis; children, Mark (Carol) Condon, Elaine (Scott) Dole, and Jeffrey Condon; granddaughters, Ashley Condon and Rachel Condon. Funeral services were held Sunday at Roth-Gerst Chapel. Pastor Chris Schwab of First Congregational Church of Lowell officiated. Interment South Boston Cemetery. In lieu of flowers, those planning an expression of sympathy are asked to consider the organization that gave him wonderful care in the last days, Hope Health Care Services, 9470 Health Park Circle, Fort Myers, FL 33908, or a charity of your own choice.

MATTSON
 Charles Kent Mattson, Sr., age 67, of Grand Rapids, passed away Friday, September 9, 2011. He was preceded in death by his parents, Snipe William and Nola Fern Mattson. He is survived by his children, Kevin (Michelle) Mattson and Charlie (Holly) Mattson, Jr.; sisters, Marcia Mattson of Grand Rapids and Judy (Thomas) Boone of Vicksburg; grandchildren, Jordan and Justin Mattson, Ella and Sam Mattson. Private services will be held by the family. Memorial contributions may be made to Operation Santa Claus, c/o Cascade Christian Church, 2829 Thornapple River Dr. SE, Grand Rapids, MI 49546.



New disabling conditions on the fast track for approval

Here's some important news if you're applying for Social Security disability benefits for yourself or a loved one. There are 100 conditions which qualify for an expedited process known as Compassionate Allowances. The Compassionate Allowances initiative is one of two parts of the agency's fast-track system for certain disability claims. When combined with the Quick Disability Determination (QDD) process, Social Security last year approved the claims of more than 100,000 people, usually in less than two weeks. This year, the agency expects to fast-track nearly 150,000 cases. Under QDD, a predictive model analyzes specific elements of data within the electronic claims file to identify claims where there is a high potential the claimant is disabled and where evidence of the person's allegations can be quickly and easily obtained. For more information on Compassionate Allowances, including a list of all 100 conditions, visit www.socialsecurity.gov/compassionateallowances.

Compassionate Allowances, which began in December 2007, are a way to quickly identify diseases and other medical conditions that, by definition, meet Social Security's standards for disability benefits. The Compassionate Allowances conditions are developed from information received at public outreach hearings, and from the Social Security and Disability Determination Service communities, medical and scientific experts, and the National Institutes of Health.

By definition, these illnesses are so severe that Social Security doesn't need to fully develop the applicant's work history to make a decision. As a result, Social Security has eliminated this part of the application process for people who have a condition on the list, and benefits can be awarded much more quickly. *Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp St NE, Grand Rapids, MI 49525 or via email at vonda.vantil@ssa.gov*

the ledger

P.O. Box 128
 Lowell, MI 49331
 897-9261

OFFICE HOURS
 Monday - Thursday:
 8 am - 5 pm
 Friday: 8 am - 2 pm
 Closed Sat. & Sun.

LEGAL NOTICES

STATE OF MICHIGAN
 PROBATE COURT
 COUNTY OF KENT

STATE OF MICHIGAN
 PROBATE COURT
 COUNTY OF KENT

STATE OF MICHIGAN
 PROBATE COURT
 COUNTY OF KENT

NOTICE TO CREDITORS
 Decedent's Estate

PUBLICATION OF NOTICE OF HEARING

NOTICE TO CREDITORS
 Decedent's Estate

FILE NO. 11-190888-DE

FILE NO. 11-190911-CA,
 11-190912-GA

FILE NO. 11-190802-DE

Estate of JOYCE E. AVERY, Deceased Date of birth: 02/28/1919.

In the matter of EUGENIA IGNATOWSKI.

Estate of ALICE T. ROCK, Deceased. Date of birth: 07/17/1916.

TO ALL CREDITORS:

James Lafond whose address(es) are unknown and whose interest in the matter may be barred or affected by the following:

Notice to Creditors: The decedent, Alice T. Rock, who lived at 2161 Leonard NW, Grand Rapids, Michigan, died 12/24/2010.

TAKE NOTICE: A hearing will be held on September 28, 2011 at 1:30 p.m. at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 before Judge David M. Murkowski (P35026) for the following purpose: on the petition of Emily Pierce for the appointment of a guardian and conservator for Eugenia Ignatowski.

09/09/2011

John D. Flynn (P27413)
 1275 Hawthorne Hills SE
 Ada, MI 49301
 616-897-6632

Emily Pierce
 121 Franklin SE
 Grand Rapids, MI 49507
 616-248-1335

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

09/08/2011

R. John Stephan (P71686)
 3875 W. River Dr.
 PO Box 327
 Comstock Park, MI 49321
 616-784-5080

Marvin L. Avery
 17560 Beechwood Lane
 Spring Lake, MI 49456
 616-844-1954

Diane Strouse
 2744 Leonard NW
 Grand Rapids, MI 49504

Thomas Rock
 25520 Waneta Way
 Sturgis, MI 49091

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In Memory of Mae Stanard
 The family of Mae Stanard would like to thank everyone who provided flowers, donations to Mel Trotter and support during this difficult time. Your expressions of kindness are genuinely appreciated. Special thanks to Roth-Gerst, Schneider Manor, Laurels of Kent, Lowell Senior Center/Neighbors, and Snow United Methodist Church.

Thank You!
 Perhaps you sent a lovely card,
 Or sat quietly in a chair.
 Perhaps you sent a floral piece,
 If so we saw it there.
 Perhaps you spoke the kindest words,
 As any friend could say.
 Perhaps you were not there at all,
 Just thought of us that day.
 Whatever you did to console our hearts,
 We thank you so much
 whatever the part.

We cannot thank
 Green Acres enough.
 Kathy Nead Family

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for sale

1 FILING CABINET - 4 drawer, dark gray, heavy-duty office quality, good condition, \$40 obo; 4 Goodyear Eagle LS 225/55/R17 tires, \$100 obo. Cash only, you haul. Call Don, 682-5415.

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of I96. Call for specials 558-2900.

FREE HEAT - Classic Outdoor Wood Furnace from Central Boiler. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

PICK-YOUR-OWN RASPBERRIES & BLUEBERRIES - at Bird Berry Farm. 5256 Belding Rd. Open Mon. - Fri., 9 a.m. - 7 p.m. & Sat., 9 a.m. - 1 p.m. Closed Sunday. 616-794-5041.

KENMORE REFRIGERATOR & STOVE SET - (2006), cost \$900, sell \$199 for pair. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

FIVE ACRES WITH POLE BARN - \$79,900. 10368 W. Ellis Rd., Belding. Coldwell Banker W/MH, 200 W. Main, Lowell. Call Aaron Clark, 616-212-0294.

BED & MATTRESS SET - queen, Sealy, \$95 includes frame. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.

FIRE/BOILERWOOD - 10 cords semi loads 8 ft logs delivered, 10" average diameter. See pictures, coxx.com or a movie on YouTube (alanjcoxx). Call Al @ 231-846-0346 anytime. Please clip this ad, give to a wood burner.

200 APPLIANCES - Washers, dryers, refrigerators & stoves. Guaranteed. From \$69. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.

24 FT. WILDERNESS TRAVEL TRAILER - 1997, everything works. \$5,500 obo. Call 794-3308 or 616-889-6950.

TWIN BED - Mattress, box spring & frame, (Sealy), \$85 complete. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

1994 MERCURY VILLAGER - 124,000 miles. Call 897-8316.

SOUND OFF
 PHONE LINE 897-0787.

for rent

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.

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of I96. Call for specials 558-2900.

sales

FOURTH ANNUAL SECOND BEST SALE - Sat., Sept. 17, 8 a.m. - 3 p.m. Vergennes United Methodist Church, corner of Bailey and Parnell.

DOWN ON THE FARM SALE - Multi-family, something for everyone. Sept. 16-17, 9-6 p.m. 1784 Biggs Ave.

help wanted

NOW HIRING - and training for career positions with West Michigan's leading real estate company. Call Rick Seese, Greenridge Realty, Inc. for a confidential interview. 616-437-2576 or 616-974-4250.

JANITORIAL/RESTORATION - Clean up after fire and flood damage. Full time and part time available. Apply at Phoenix Personnel, 615 Chatham, Lowell, or call 897-7881. Apply online at www.phoenixpersonnel.com

DIETARY AIDE, P.T. - Apply in person at Emerald Meadows Assisted Living, 6117 Charlevoix Woods Ct., G.R., behind Cascade Walmart.

misc.

BLUEGRASS MUSIC FESTIVAL - Sept. 16-18. Fairgrounds in Lowell. Concerts, camping, family fun.

THEATRE IN THE PARK CAMPS - offered in October to 4th-8th graders. \$60 per person. Call Veronica at 616-893-0307.

misc.

SNOW UNITED METHODIST CHURCH - at 3189 Snow Ave. SE, will serve a family style Turkey & dressing dinner on Wed., Sept. 14, starting at 5:30 p.m. Adults are \$9, Children 6-12 are \$3, and children 5 & under are free. Takeout dinners also available.

services

HOTWATERDR - HotwaterDr Pool & Spa Service. Every make & model. Pool closing specials! Call for details, 616-874-3385 or visit hotwaterdr.com

NO TIME TO CLEAN YOUR HOME OR OFFICE? - 12 years experience, reasonable rates & reliable. Excellent references. Call Michelle at 897-2601 for an in-home quote.

NEED A DUMPSTER? - 14 to 20 yards available. Garage, attic, household cleanup, roofing, trash, junk, etc. Dependable service & affordable prices. Mention this ad & receive 10% off. Call for free estimates. Contact Doug 616-295-6640.

services

NEW POWER YOGA - Tues. 5:45-6:45 a.m. Mixed level yoga: Tues. & Thurs. 6:30-7:30 p.m., Fridays 7:30-8:30 a.m. \$8 walk-in at 901 W. Main, Lowell. For special rates, 616-893-5661.

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

CATERING - All occasions; boxed lunches, luncheon parties, weddings, graduations, celebrations & parties. Call Patty's Pantry at 810-964-0639.

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

wanted

WALNUT TREES WANTED - Cash paid, insured work. 616-527-4142.

LOOKING TO BUY - 3-4 bedroom house under 100K, Lowell area, land contract, 3-5 year p/o. 616-450-5621.

card of thanks

A SPECIAL THANKS to all who attended my Birthday Celebration! I was amazed and grateful. I'm especially thankful for family who came a long way!
 Sybil Robertson

card of thanks

WE WISH TO THANK everyone that showed their sympathy in different ways at the passing of our sister, Winnie Snieder. A special thanks to Gerst Funeral Home and Rev. Mike Conklin for his comforting words.

Lloyd Powell,
 Carmen & Virgil Roudabush,
 David Powell & Delores Christensen,
 Margaret (Mike) Peckham

I WISH TO THANK

my family and friends for all their acts of kindness including visits, flowers, cards, phone calls, and food that was brought in while I was in the hospital, at ReHab and after returning home. A special thanks to everyone at Laurels of Kent for the wonderful care and friendships I received.

Sincerely,
 Carmen Roudabush

WE WOULD LIKE TO THANK

our special family and friends for the prayers, visits, cards and many other thoughtful remembrances - also a big thank you to Roth-Gerst. You have all been such a blessing.

The Family of
 Dave Harding -
 Marj Harding,
 Mike, Kim & Jordan
 Harding

Community Calendar

PLEASE NOTE - Coming Events are for non-profit organizations. If you are charging admission for an event - it is considered an advertisement. Coming events 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. We will not run ANY Garage or Rummage Sales as a coming event. All Coming Events or changes to coming events should be submitted by fax: 897-4809, email: classifieds@lowellbyersguide.com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

ALTO LIBRARY HOURS: Tues. & Wed., 12-8 p.m.; Mon. & Sat., 9:30-1:30 p.m.; Thurs., 1-5 p.m. Info., call 647-3820.

ENGLEHARDT LIBRARY HOURS - Mon.-Wed., noon - 8 p.m.; Thurs. & Fri., 9:30 a.m. - 5 p.m.; Sat., 9:30 a.m. - 1:30 p.m. 647-3920.

MOMSINTOUCHGROUP - forming for Alto Elementary. Call Suzanne for more info, 868-7337.

STORYTIME - Sept. 15, 22 & 29, 10:30 a.m. Stories, songs & crafts. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

FREE SMOKING CESSATION CLASSES - offered at Lowell Family Medical Center. Call 616-446-7058 to register. The class runs for 8 weeks. Evening & weekend sessions are available. Time & dates will be determined by those registered.

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

VERGENNES CLUB MEETS - at 1 p.m. on the first Thursday of the month March thru Nov. Meeting at Schneider Manor Community Room. Program & refreshments. Guests welcome.

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

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

V.F.W. POST #8303 - meets the first Monday at 7 p.m. at 3116 Alden Nash S.E.

LOWELL AREA HISTORICAL MUSEUM - open Tuesday, Saturday & Sunday: 1-4 p.m.; Thursday: 1-8 p.m. Families: \$10; individual \$3; ages 5-17 \$1.50; members free. 897-7688.

ST. MARY'S PREGNANCY CRISIS CENTER - 402 Amity, Mondays: 5:30-7:30 p.m. and Thursdays: 11 a.m. - 3 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food, clothing/infant items. Lowell area. 897-9393.

LOWELL SERENITY CLUB MEETINGS - (AA) Mon., Wed., Thurs.: 12-1 & 8-9 p.m.; Tues. & Fri.: 12-1, 4:30-5:30 p.m. & 8-9 p.m.; Sat. & Sun.: 10-11 a.m. & 8-9 p.m. 101 W. Main. 897-8565.

Red Arrow SPORTS

Volleyball takes their game outside, gets the win

by Casey Cheney

The Red Arrow volleyball team had an unbeatable atmosphere for their first match of the season against Forest Hills Northern.

They met the crowd's excitement with a victory over....

"It's always good to win," coach Gigi Peal said, adding, "It's an important glimpse of our season, but it's only a glimpse."

The first set, Peal said the girls played well, taking care of business and handily winning the set 25-13. It was in the second set, when they switched sides, that they struggled.

"The sun was a little bad," she said. "Also, we

were trying to do too much and making too many errors."

With the match now tied 1-1, Peal told the Red Arrow girls to keep it simple. And they did, taking control to win the match.

The Pink Arrow game is, of course, important for all teams.

"It's one of the most exciting games the girls play for," she said, adding that it's the reason some girls still play.

The Pink Arrow game holds special importance to the team as a whole: two days before the Pink Arrow game last year, Peal's father was submitted to the hospital for his bone cancer.

He passed away one month later.

Peal said he loved the team and faithfully attended their games.

"He was a big part of everything we did," she said.

Peal said the actual outcome of the game would not make or break their season. However, holding the game outdoors did add some complication, though the sun and wind were not the worst offenders, Peal said.

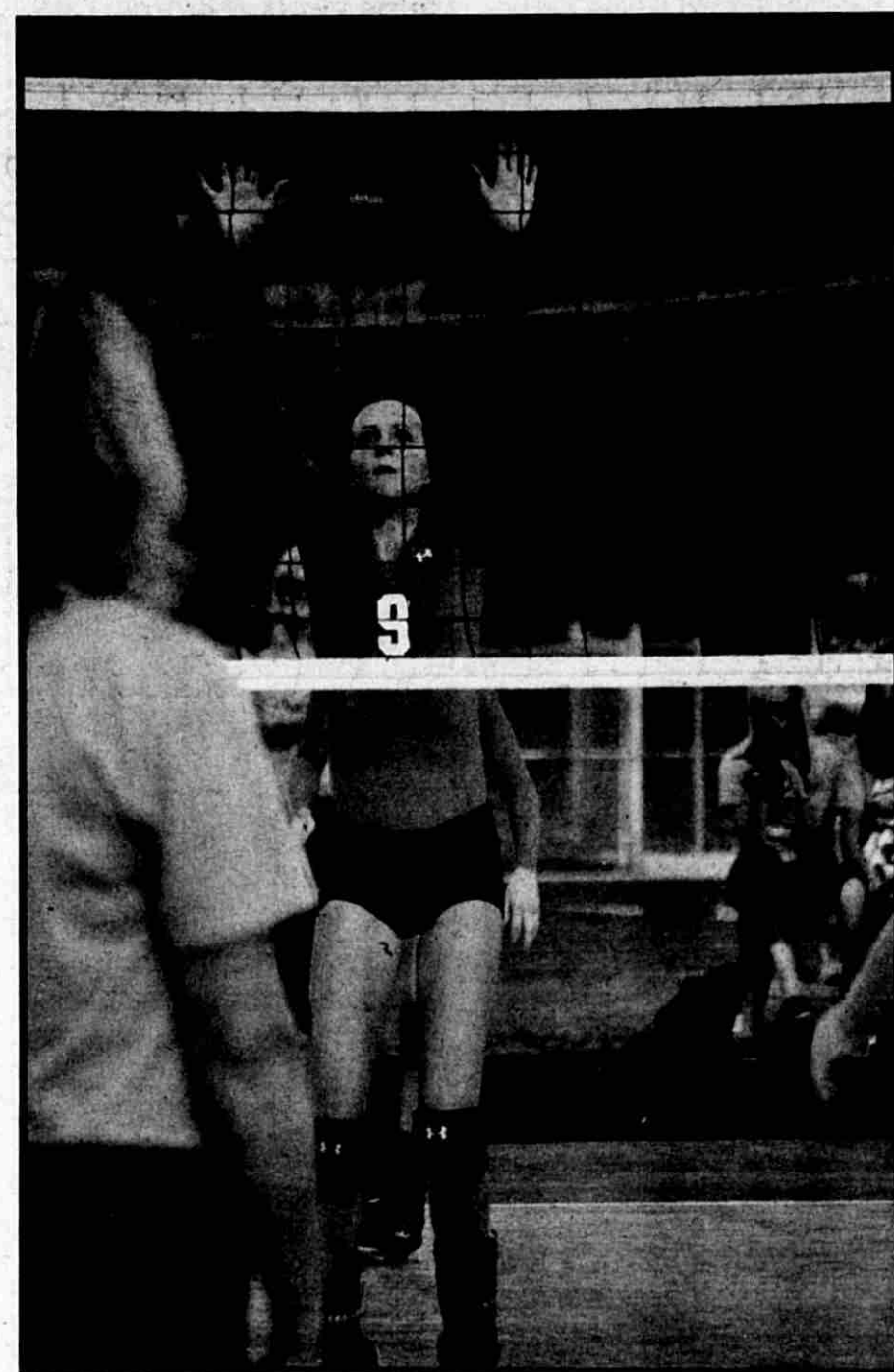
"It's that depth perception," she said. "The outdoor court messes with your depth perception."

She said the girls are used to playing inside a gym,

where the walls as backdrop help them gauge their serves and hits. Remove those walls, she said, and those familiar gauges are gone.

The struggle, she said, isn't insurmountable, and holding the game outside with the other events is worthwhile: "Thankfully, the weather has always compromised for us."

"It's exciting to be the pioneer for other people doing it," she said. "Imitation is the best form of flattery. There's three or four matches I've heard about being outside this year. You want to be the only one, but you want to take it as a compliment, too."



Kolby Kloosterman waits for a ball return.

Red Arrows extend undefeated season in tight win over G.R. Christian

- SOCCER

by Casey Cheney

The Red Arrow soccer team had a lot riding on them last Friday. Theirs was the inaugural game of three Pink Arrow games that day, and the opposition was no

pushover. Grand Rapids Christian is a quality team in their conference, and they got off to a quick start in

their game against Lowell. Christian's Tony VanGessle booted in the first goal of the game, but

Matt Kyllonen responded with two goals of his own, putting the Red Arrows up 2-1 at halftime.

Taylor Pruis scored on a penalty kick early on in the second half to tie the game, then a goal by Silas Bakker gave Christian the lead.

Joe Sweet said his team knew what to do to get the lead back.

"The team being together for so long, most of us have been playing together since we were nine, we trust each other and we've been through that game many times, game after game," he said.

"The Red Arrows demonstrated a lot of heart and would not be denied on that special day," coach Rich

O'Keefe said. "We felt it was just a matter of time, and we'd still get opportunities. I really felt strongly that we'd get the tying goal, but never thought we'd get three."

With five minutes to go in the second half and the Red Arrows still down a goal, Spencer Lyon knocked the ball past the goalie on a throw-in with a well-used header, tying the game and charging up the Lowell players.

"Once we started getting a little momentum and getting after balls, started getting more corners and headers, we got rejuvenated a little bit and started winning them," Sweet said. "Finally, we put one back and they kept coming and coming."

Soon after, Alex Ligman scored another goal for Lowell, a hard strike from the 18 yard line.

"Once a team loses a lead, they give up another goal real quick - that's not uncommon," O'Keefe said. "Instead of thinking about pushing, you're thinking about playing back and you're flat-footed. So all the sudden you lose your shape and you lose your balance and that little bit of cockiness that had going in."

The Red Arrows now had the lead with time winding down, but they weren't done.

Jeremy Woderak scored the final goal of the game on a penalty kick as time

was about to expire, giving Lowell a 5-3 victory over Grand Rapids Christian. Kyllonen led all scorers with two goals.

Lowell played East Grand Rapids yesterday, and will face Northview on Thursday.

"This three-game series is probably the toughest games that we have. They're all three very good quality teams year-in and year-out," O'Keefe said.

They had a tough match at home against Christian, then two away games back-to-back.

"We've lost to both of them," Sweet said. "East Grand Rapids - going there is always harder than playing at home. Their field is so much different because it's short and narrow, so that kind of changes the game plan."

These are two teams, however, that the Red Arrows are familiar with, Sweet said.

"We know them," he said. "We know what we can do against them. We know what's bad and what's good, so we should come out hopefully on top, but we'll see what happens."

"It'll tell us a lot about what will happen from our standpoint in the conference," O'Keefe said, adding about his players, "They don't give up, and that on top of their work ethic makes for great chemistry on the team."

THEME: FOOTBALL

ACROSS

- 1. Grating sounds
- 6. Seton Hall University
- 9. Cartoon explorer
- 13. Until now
- 14. T-cell killer
- 15. Prestigious prize*
- 16. One of many rescued in Chile last year
- 17. Australian bird
- 18. Run off together
- 19. *Last year's champ
- 21. Anarchic
- 23. ___ Paolo, Brazil
- 24. Marketplace
- 25. Suffix that makes a "host" female
- 28. Be gloomy
- 30. Front of shoe covering
- 35. Illegal lab product
- 37. Spiral-horned African antelope
- 39. Lacking guile
- 40. Small ladies' hand-bag
- 41. What Edward Scissorhands does
- 43. ___ crazy
- 44. Police informers
- 46. U.K. art museum
- 47. She was a d'Urberville
- 48. Bully's action
- 50. Toys for ___
- 52. Wade opponent
- 53. *Brady won MVP by unanimous ___
- 55. "___ Te Ching"
- 57. *Consensus college pre-season #1
- 61. *Finally resolved this summer
- 65. *___ deck
- 66. ___ Maria
- 68. Anchor rope hole
- 69. Mixed breeds
- 70. Once around
- 71. The Three Musketeers' weapons of choice
- 72. "___, over here"
- 73. Infection of the eye
- 74. Location of something surrounded by other things

CROSSWORD													
1	2	3	4	5	6	7	8	9	10	11	12		
13						14			15				
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65						66	67			68			
69							70				71		
72							73				74		

DOWN

- 1. Used to get from one level to another
- 2. Home to China
- 3. Update, as in iPod
- 4. Throws glances at
- 5. Running water
- 6. "___ So Fine"
- 7. Not her
- 8. Throat lobe
- 9. Cabbage Patch Kid, e.g.
- 10. Double reed woodwind
- 11. "Plays or snaps
- 12. A in IPA, pl.
- 15. *This year's #1 draft pick
- 20. Chess piece, pl.
- 22. *___ Modell, owned Browns and Ravens
- 24. Arbitrate
- 25. Make corrections
- 26. Stiff hair, pl.
- 27. Gun maker ___ Ruger & Co.
- 29. *4th down option
- 31. *The Cowboys and Giants are in the NFC ___
- 32. One who cites
- 33. Dispatch boat
- 34. As such
- 36. *Action between center and QB
- 38. "___ no good"
- 42. Vigorous fight
- 45. Rescuers
- 49. Neither
- 51. Chief Massasoit, aka Great ___
- 54. Former Russian leaders
- 56. Similar to giraffe but smaller
- 57. Waste water reservoir
- 58. Symphony #9, e.g.
- 59. Prefers
- 60. Left after deductions
- 61. Tax
- 62. Was in debt
- 63. Functions
- 64. SAT, e.g.
- 67. *The Eagles played here from '71 to '02

Puzzle solutions, page 10



616-897-0787

When submitting your opinion to Sound Off!, we ask you to follow a few guidelines.

Sound Off! is meant to be a way for you to compliment or vent your feelings with civility. A healthy way to get something off your chest or spread a little kindness.

We welcome your comments, with or without signatures, but signing your name to your comment does increase the odds of seeing it in print.

Threatening or deliberately cruel comments will not be accepted and, of course, no advertising a product or service please.

So basically, submit anything - but not everything will make it to print.

The Ledger reserves the right to choose what is printed, and reminds the public that views expressed in Sound Off!, unless otherwise stated, are not the opinions of The Ledger staff or its publishers.

At this year's 'Pink Arrow' game, I called for a ban on diet soda at the stadium. Diet soda, like almost all sugar-free products, contains aspartame, a substance known to cause cancer, especially breast cancer. This year let's do something as a community to fight against cancer.

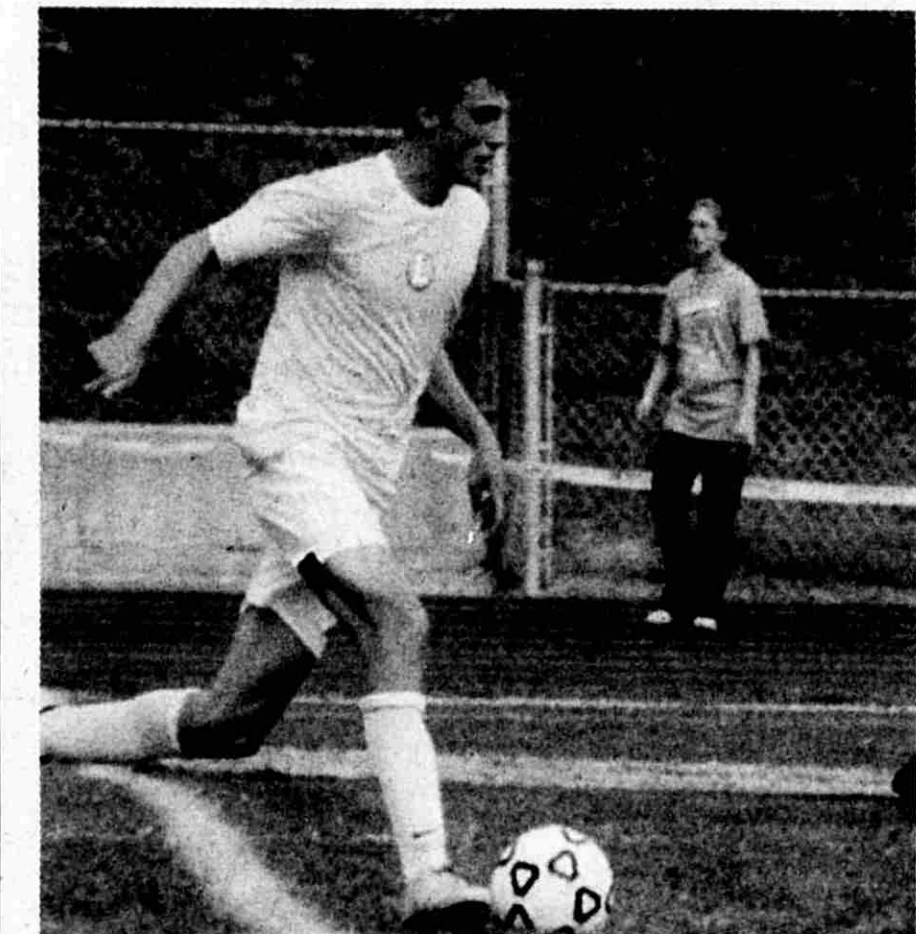
Kudos to the Ledger for finally finding a good sports' writer! The football story was great! Much better than in the past! I'm looking forward to reading the sports' stories again!

Hmmmm... I thought the yellow light was already there to warn people when the light was about to turn red! Luckily, the defensive drivers among us always look both ways to make sure people are going to stop before pulling into an intersection after the light turns green!

My husband and I just were home to Lowell last month for a wonderful visit with family and old friends. Just wanted to say how proud we are to call Lowell our home - town! The town was all decorated with Pink Arrow Pride. It looked wonderful. We stayed 4 nights at the Main Street Inn; it was a great place to stay and just what Lowell has needed for a long time. Just wanted to say how proud we are to call "Lowell" home.

If everybody is out of work, why are the carpool lots full of cars? I think the papers and news media are telling a fib that everybody is out of a job.

Pink Arrow Pride - Wow! Lowell sure showed their incredible pride during the Pink Arrow game. Hats off to the football players, coaches, parents, fans, cancer survivors and to the Pink Arrow committee. Lowell truly is a whole community fighting cancer. To top it off, NBC's Today Show was here to showcase Lowell's worthy cause.



Matt Kyllonen heads for the goal.

LUNCH MENU

ELEMENTARY MENU
Week of
Sept. 19, 2011

MON: Hamburger on wheat bun (Danimals yogurt w/American cheese & saltine crackers also offered at Alto, Cherry Creek & Murray Lake), tossed salad w/romaine, orange smiles, milk.

TUES: French toast sticks or cereal w/graham crackers each w/cheese omelet, banana, mini carrots, milk.

WED: Baked chicken nuggets w/wheat dinner roll (Jr. turkey & cheese sub also offered at Alto, Cherry Creek & Murray Lake), mashed potatoes & gravy, peaches, milk.

THURS: Tony's pepperoni pizza (chicken patty on wheat bun also offered at Alto, Cherry Creek & Murray Lake), tossed salad w/romaine, fruit goop w/vanilla pudding, milk.

FRI: Macaroni & cheese (burrito w/salsa also offered at Alto, Cherry Creek & Murray Lake), green beans, orange wedges, warm soft pretzel, milk.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



SEPTEMBER 7 - SEPTEMBER 13

- President Obama sends \$447 billion jobs plan to congress for a vote.
- Borders bookstore closes its last store in Ann Arbor, Michigan. Borders was the second largest bookstore.
- A decade later, nation remembers 9/11 with events across the United States. In New York City, 9/11 Memorial opens to the public.
- Authorities are trying to find 14,000 rounds of ammunition missing from Fort Bragg in North Carolina.
- In a historic Saturday night at the big house, University of Michigan wins the football game with 30 seconds on the clock. Michigan also sets a college record in attendance with 114,804.

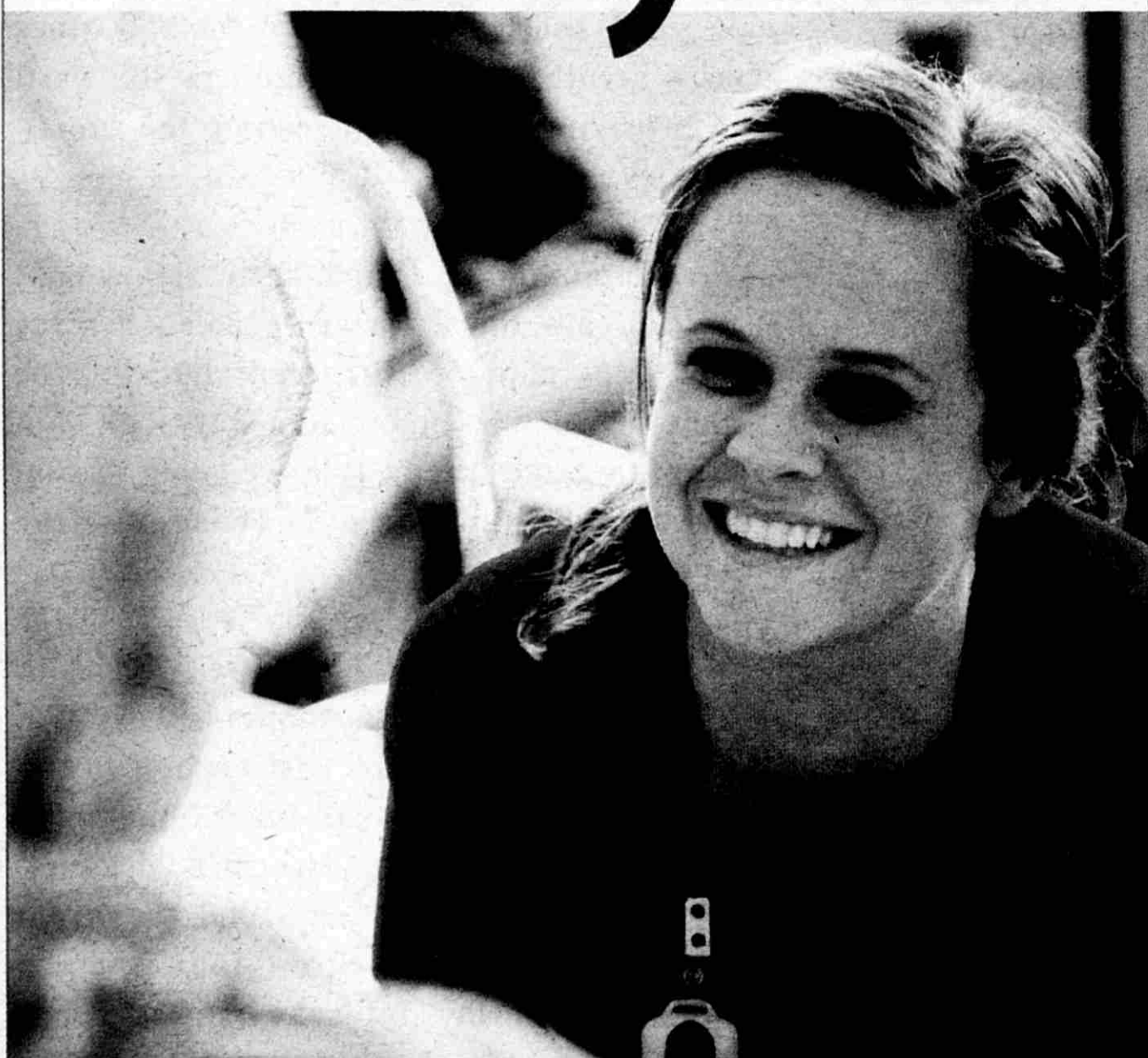
Bushnell is tickled pink!

Bushnell Elementary participated in the community-wide celebration of Pink Arrow Project. There were speakers, Sparkle the Dog, and even a pep assembly with students from Lowell High School. The "Pinknic" included pink box lunches with pink food inside eaten on tables lined with pink tablecloths. They played with pink balls, pink jump ropes, and pink baseball bats. Bushnell was tickled to be included in such an important event.



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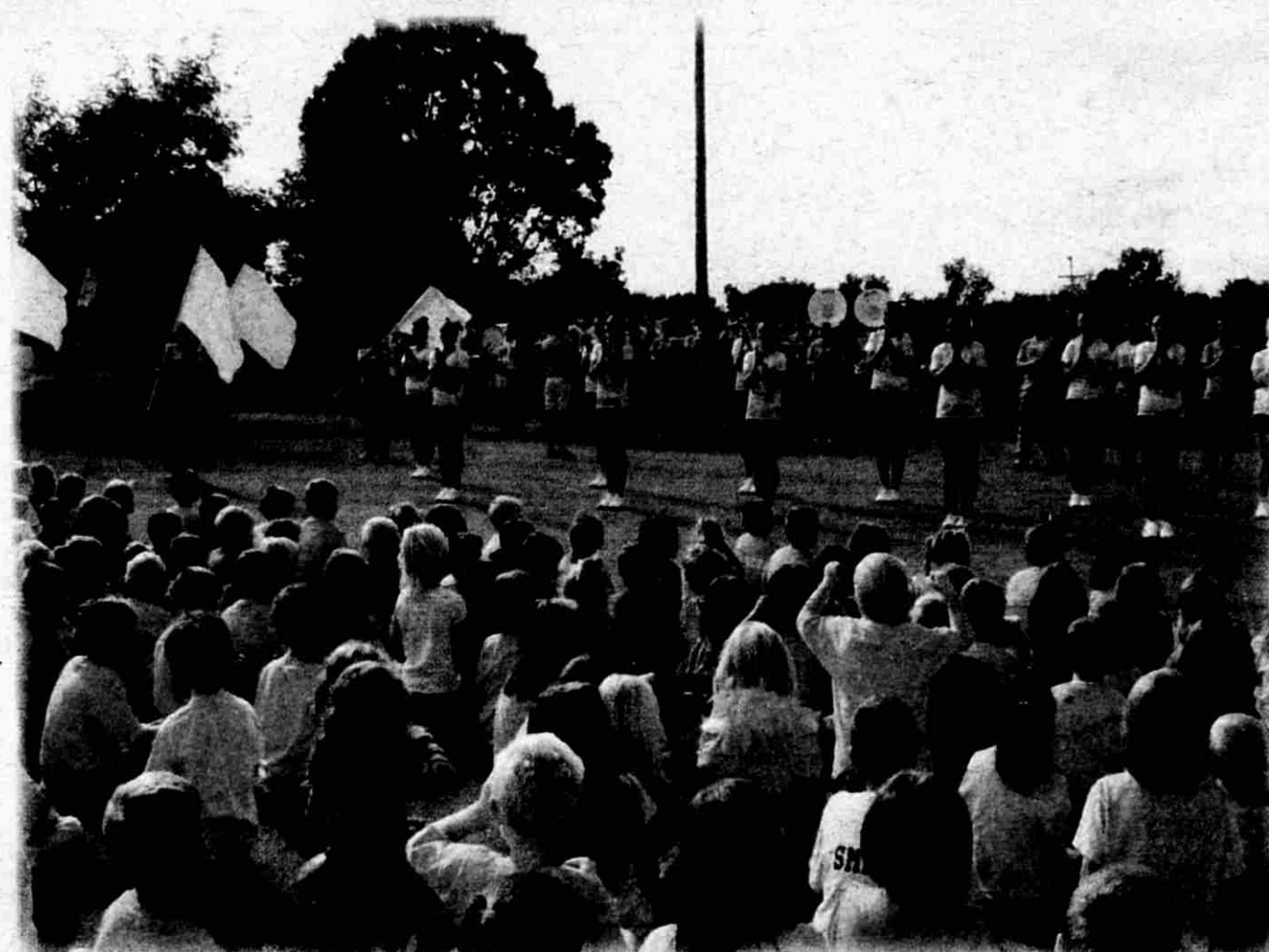
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