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# the lowell ledger

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car in the flat



page 3



arrows bid  
farewell to an  
exciting season  
of football



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CENTS



## Santa Claus is coming to town

### Annual nighttime parade and festivities set for this weekend

by Emma Palova

This year's Christmas festivities will take place on Dec. 3 in historic downtown Lowell and on the Riverwalk.

The highlight of the events is the nighttime Santa parade starting at 6:00 pm sharp with the theme "Toyland from the Decades."

The festivities open with the Rogue River Artisans holiday show at Lowell High School from 9:00 am to 4:00 pm. The Flat River Freeze Ice Sculpture demo starts at noon on the Riverwalk Plaza.

Santa visits the Showboat for pictures from 2:30 pm to 4 pm. You can have cookies and hot chocolate in the Cookie Room on the Showboat.

Activities also include Rudolph's Craft workshop; a "Cup of Christmas Tea" at the Lowell Area Historical Museum; and a pancake supper at the fairgrounds.

Then Santa hops onto his sleigh to close the night parade. The Santa visits will continue on Dec. 7, 14 and 21 from 5:30 pm to 7:00 pm.



The snow covering the ground at the parade last year helped set the scene for the annual nighttime event through historic Lowell.

Other photo opportunities with Santa are scheduled for Dec. 9 from 5:30 pm to 7:30 pm. Come and enjoy free horse and carriage rides, live reindeer, warming fires and hot dogs on the Riverwalk Plaza.

Schedule of events on parade day: Rudolph's Craft

Workshop is brought to you by Lowell Area Schools' Tots on Track and will be held at the chamber. Children ages 2-6 can make a

Christmas craft from 2:30 pm to 4:30 pm.

Christmas in town, continued, page 7

## Lowell schools help fill the pantry at FROM

Lowell Area Schools have been busy stocking the pantry shelves at Flat River Outreach Ministries (FROM). Last week, director of transportation for Lowell Schools Carol Hamilton and bus driver Cathy Wisner delivered a truckload of food to FROM to help restock the bare shelves.

"We had 30 buses participate in this second annual food drive," said Hamilton. The bus routes competed to see who could collect the most canned goods on their route. Two elementary routes each collected over 250 canned goods in just two days. "In total we collected over 2,700 canned goods," said Hamilton.

Cherry Creek Elementary extended the collection to the classroom. Led by teacher Mark Russell, the students filled the gym with canned goods for FROM.

"The support of this community is overwhelming" said Tamela Spicer, executive director at FROM. "Just a few weeks ago our pantry shelves were bare. We are grateful for the wonderful response."

Flat River Outreach Ministries is a nonprofit organization whose mission is serving the people of Lowell in their time of hardship. You can find more information at [www.fromlowell.org](http://www.fromlowell.org)



Carol Hamilton and Cathy Wisner deliver donations to FROM.

## Be safe during the holidays by remaining alert for suspicious activity

As Thanksgiving kicks off the busiest travel and shopping time of year, the Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD) is reminding citizens to be on the lookout for any suspicious behavior or activity and immediately notify law enforcement.

"To ensure everyone stays safe this holiday season, it is important for citizens to remain vigilant and aware of their surroundings, as these simple measures can help prevent violence from occurring," said Capt. W. Thomas Sands of the MSP/EMHSD. "If an individual sees something that appears suspicious or out of

place, they should immediately notify law enforcement."

Remaining vigilant can be as simple as paying more attention to where you are, knowing how to react if something happens and recognizing potential indicators of suspicious activity or behavior. In addition, while entering buildings and moving around a facility, remember where you are located, what floor you are on and where the nearest emergency exit is, including stairwells.

Citizens should be on the lookout for several indicators of suspicious activity, including:

- An unattended object or one that appears

out of place, especially in crowded or public areas.

- Individuals exhibiting strange or abnormal behavior.
- Someone entering or exiting blocked or unauthorized areas.
- Individuals who quickly leave when seen or approached.
- A strong odor coming from a building or vehicle.
- Someone tampering or interfering with surveillance cameras.
- A vehicle that seems out of place.
- Someone taking photos, videos or drawings of high-profile or highly populated buildings or structures.
- Exposed wiring or other abnormalities.

If you see something suspicious, immediately call 9-1-1 for emergencies. For non-emergencies, suspicious activity can be reported to Michigan officials by phone at 1-855-MICH-TIP (855-642-4847), online at [www.michigan.gov/michtip](http://www.michigan.gov/michtip) or by contacting local law enforcement officials.

When reporting suspicious activity, include as much information as possible, such as the description and number of people involved, including gender, age and a physical description; what the individual(s) was doing; as well as the location, date and time.

In the event there is any heightened risk of a

terrorist attack in the United States, citizens will be alerted through the National Terrorism Advisory System (NTAS), which is overseen by the U.S. Department of Homeland Security (DHS). DHS will issue any NTAS alerts via the news media, social media tools and online at [www.dhs.gov/NTA-Salerts](http://www.dhs.gov/NTA-Salerts).

Additional information about holiday safety and reporting suspicious activity

can be found at [www.michigan.gov/emhsd](http://www.michigan.gov/emhsd)

The Michigan State Police, Emergency Management and Homeland Security Division is responsible for coordinating state and federal resources to assist local government in response and relief activities in the event of an emergency or disaster, as well as coordinating homeland security initiatives and various federal grants.



along  
main  
street

### COMMODITIES QUARTERLY DISTRIBUTION

The Kent County Emergency Food Program will have their quarterly distribution on Dec. 1 from 9:00 am to 1:00 pm at the Moose Recreation Hall, located at 1320 E. Fulton Street, hosted by Flat River Outreach Ministries. Recipients must be a resident of Kent County and qualify for the program. To register or renew, please bring a picture ID, Social Security card for all household members and proof of income. Contact Sylvia Taylor, 616-676-0659, for more information or volunteer opportunities for this program.

### LEARN TO SNOWBOARD

Students who currently attend Lowell Area Schools and would love to learn to snowboard at Cannonsburg are eligible for the Lucas Beachnaw Memorial Scholarship. Deadline is Dec. 1. Contact Mrs. Nauta at 987-2913 or [lnauta@lowellschools.com](mailto:lnauta@lowellschools.com) for an application.

### LHS PLAY

The Lowell High School fall play "A Midsummer Night's Dream" will be held at Lowell Performing Arts Center at 7:00 pm on Dec. 1, 2, 3 and 2:00 pm on Dec. 4. Tickets are \$7 and available at the door or online through [www.seatyourself.biz/lowellhs](http://www.seatyourself.biz/lowellhs). Contact Laurie Summerfield or Julia Crawford at 987-2900.

### PANCAKE SUPPER

The annual pancake supper will be held Sat., Dec. 3, in the King Building at the fairgrounds, from 4:00 to 5:45 pm, before the parade. Santa will be there from 4:30 to 5:45 pm. Freewill offering accepted, with proceeds going to support the Kent County Youth Fair.

### COFFEE WITH COUNCIL

Come meet and have a cup of coffee with your city councilmembers on the first Saturday of the month from 8:00 to 10:00 am at the Lowell Area Chamber of Commerce office, 113 Riverwalk Plaza.

### ATHLETIC BOOSTER CLUB

The Lowell Area Schools athletic boosters will hold their regular business meeting in the high school staff lounge on Mon., Dec. 5 at 7:00 pm. Please come and support our athletes.

### SHOPPING NIGHT FUNDRAISER

Alto Elementary's first vendor night will be held Wed., Dec. 7, 6-8:30 pm. Many area vendors. \$1 entry fee with funds raised to send fifth-grade Alto students to camp. Door prizes from Heidi Christine's Salon and Heidi's Farm Stand raffled off to attendees. Fifth graders will be selling baked goods. Stock up your freezer purchasing items from Schwan's from 4:00-8:30 pm. Alto Elementary is located at 6150 Bancroft, Alto.

### DEADLINE FOR LOWELL COMMUNITY FUND REQUESTS

The deadline to request funds from the Lowell Community Fund is Fri., Dec. 9 at noon. To receive consideration and approval, all requests must be for funds that will aid local organizations in providing help to persons in the Lowell area. The Heart of West Michigan United Way has set the December date aside for those qualified to receive funding for 2011-2013. Request forms are available at Dr. James Reagan's office, 207 W. Main St., or at Huntington Bank, 414 E. Main St.

### CHRISTMAS IN FALLSBURG

On Sat., Dec. 10, "Christmas in Fallsburg" will be held from 6:00 to 8:00 pm at Fallsburg schoolhouse. This is a benefit for the continued preservation of the historic village sponsored by the Fallsburg Historical Society. Traditional holiday music by the "Hawks & Owls" band, wine, cheese, cider, coffee and Christmas goodies plus a roaring bonfire in adjacent Falls Field to cap off the evening. The schoolhouse is located at 13944 Covered Bridge Road. For more information go to [www.fallsburg.org](http://www.fallsburg.org) or call 682-0785.

### PANTRY STILL IN NEED

The Lowell Women's Club responded with overflowing three shopping carts with nonperishable food items and additional cash to help the Flat River Outreach Ministries call for food last week. Although the "Food Fight" is over, the pantry is still in need of food items.

*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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## SHOPPING NIGHT at Alto Elementary

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- Wayne Gretzky, Canadian ice hockey player (1961-)

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## Woman drives car into Flat River

A woman put her 1988 Oldsmobile into the Flat River early Sunday morning.

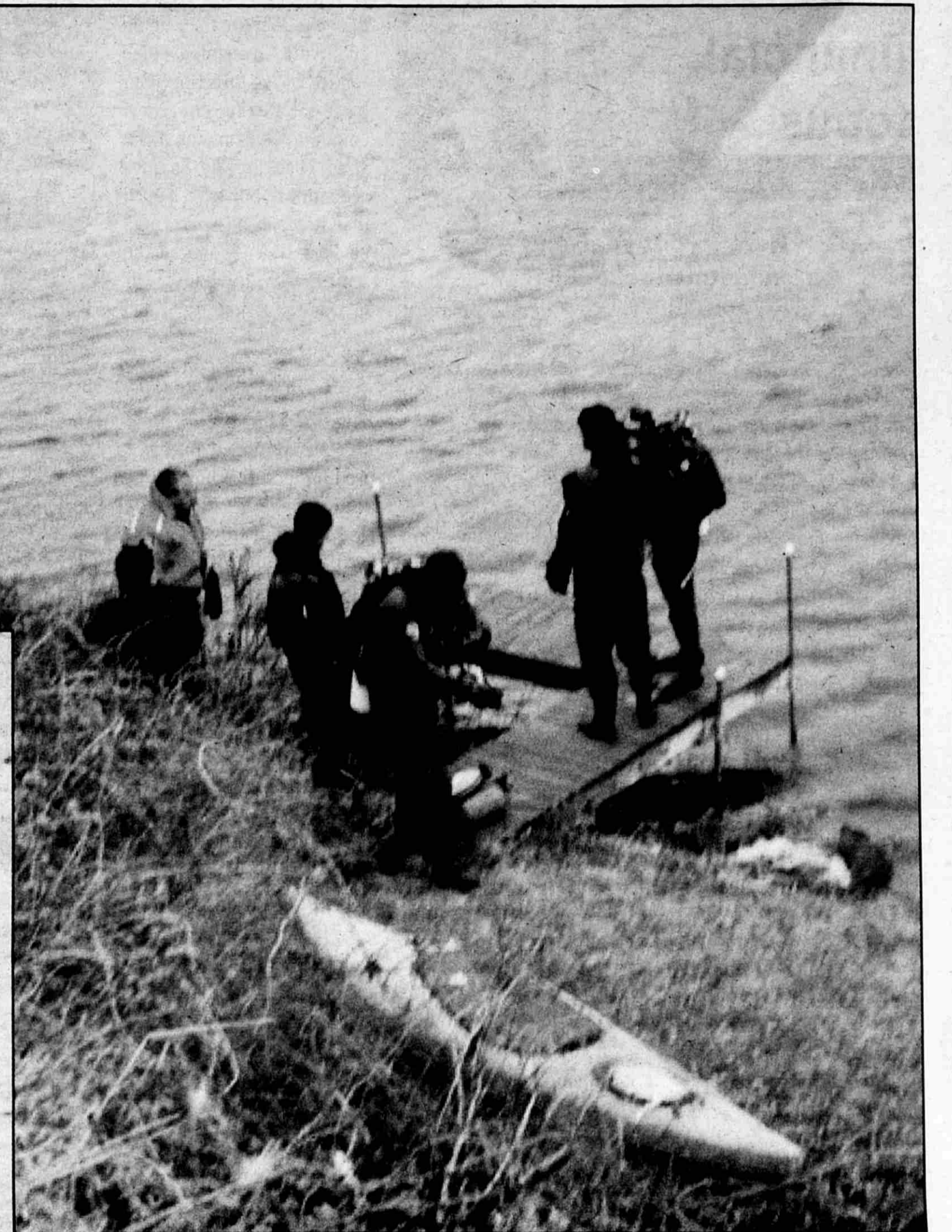
Then she called the Kent County Sheriff's Department about the incident without identifying herself.

The Kent County diving team pulled the car out of the water Tuesday morning. Six divers hooked and pulled the car out.

"She went right through the intersection," said deputy Eric Rakow. "Alcohol may have been a factor."

This was the third car pulled out of area waters this year, according to Rakow.

The incident remains under investigation. No one was injured.



The Kent County dive team prepares to enter the Flat River and attach lines to the barely visible, submerged car (at left).

## State police offer safety tips for winter driving and preparing for inclement weather

As winter approaches, the Michigan State Police (MSP) is encouraging motorists to prepare their vehicles for inclement weather and to brush up on their winter driving skills.

"Driving too fast for conditions is the number one cause of traffic crashes during inclement weather," said Col. Kriste Kibbey Etue, director of the MSP.

"Motorists should be prepared for the unexpected and remember that the handling capabilities of their vehicle are dramatically reduced in winter weather conditions."

There are several factors to be aware of when stopping and turning in winter weather. Remember to do all of your braking before the turn is made to reduce the potential for a skid to occur.

If your car begins to skid, let off the throttle and brake, and use quick hand-over-hand steering to turn the front tires in the direction you want to travel.

In addition to being extra careful while driving, motorists should also take steps to prepare their vehicle for inclement weather. Vehicle preparedness tips include:

Keep tires at the car manufacturer's recommended pressure and routinely check tire pressure during cold weather.

Make sure the windshield solvent reservoir is full and keep new wiper blades on front and rear wipers, if so equipped.

Wash your car for better visibility to other drivers, and remove ice and snow from all lights, windows and the license plate before driving.

Periodically check all lights and replace when necessary.

Prepare a winter driving survival kit with items such as an extra winter coat, pants, hat, boots and gloves; blanket; nonperishable food; flashlight with batteries; dry container of matches; jumper cables; tow strap;

first aid kit; shovel; salt or kitty litter; road flares; and a spare tire and jack.

If you become stranded in a winter storm, do not leave your vehicle. Stay with the vehicle and wait for help.

Keep vehicle fuel tank near full to prevent fuel line from freezing.

The MSP encourages travelers to visit the Winter Travel Advisory website at [www.michigan.gov](http://www.michigan.gov)/roadconditions to check road conditions before traveling.

The public can also receive road condition information by calling the MSP Travel Hotline at 1-800-381-8477. Motorists should utilize the website or the Travel Hotline rather than calling law enforcement or 9-1-1 for this information.

For additional winter safety tips, visit [www.michigan.gov/emhsd](http://www.michigan.gov/emhsd) or visit [www.youtube.com/user/michstatepolice](http://www.youtube.com/user/michstatepolice) for a video detailing winter driving safety tips on the MSP Youtube Channel.

## Join the students of Lowell High School in reliving A Midsummer Night's Dream

Shakespeare's timeless tale of magic, music, love, and fairies receives a modern make over with a carnival twist. All your favorite characters will be there, from the lovers to the rude mechanicals.

Come, join us as these visions will appear on the Lowell Performing Arts Center stage December 1, 2, and 3 at 7 pm and December 4 at 2 pm.

Tickets are \$7 and available at the door or online through [www.seatyourself.biz/lowellhs](http://www.seatyourself.biz/lowellhs)

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PUSS IN BOOTS (PG) 4:30

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## LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

All Proposals Must Be Submitted Online No Later Than December 16, 2011 to be considered. Visit [www.grfoundation.org/lowell](http://www.grfoundation.org/lowell) to submit your application.

The Lowell Area Community Fund, a fund of Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations that have an impact in the Lowell area. The LACF funds innovative projects or programs that encourage community cooperation.

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financial focus



Christopher C. Godbold

Here's your year-end investment checklist

As an investor, you've pretty much seen it all in 2011 — including slow-but-steady gains early in the year, a market correction during the debt ceiling debate and the U.S. credit downgrade, and huge one-day price movements, both up and down — and there's still a month to go. But despite the volatility of the past 11 months, you can make some positive year-end investment moves, including the following:

to fully fund your IRA for the year. Why not set up an automatic investment plan for 2012? By directing your bank to transfer the same amount each month from your checking or savings account to your IRA, you'll find it easier to "max out" on your IRA — and, at the same time, you'll boost your investment discipline.

Contribute to a 529 plan. When you contribute to a 529 plan, your earnings have the potential to grow tax free, provided they are used for qualified higher education expenses. (However, 529 plan distributions not used for qualified expenses may be subject to income tax and a 10 percent penalty.) Furthermore, your 529 plan contributions may be deductible from your state taxes. Discuss this with your tax professional.

Re-evaluate your investment mix. It's a good idea to review your investment mix at least once a year to help ensure your portfolio is still aligned with your goals, risk tolerance and time horizon. Due to changes in market value, your portfolio can undergo subtle, but significant,

changes — even if you took no action yourself. Consequently, take the time to review your holdings with your investment professional to help ensure you're still "on track."

Review your insurance coverage. If you've experienced any changes in your life in 2011 — new spouse, new child, divorce, new job, etc. — you may need to review your life insurance coverage to make sure that it's still sufficient for your needs and that you still have the correct beneficiaries in place.

To determine if any of these actions are right for your situation, consult with your financial advisor and qualified tax professional. By taking these and other steps, you can close out 2011 on a positive note and get 2012 off to a good start.

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

ExpressSOS records 250,000th transaction

Michigan residents are choosing the convenience of www.ExpressSOS.com, the online, no-wait Secretary of State option, with more than 250,000 transactions completed since the new tool was launched on Sept. 22, Secretary of State Ruth Johnson announced.

"You can do more business online with the Secretary of State than ever before," Johnson said. "By simply going to www.ExpressSOS.com, you may be able to save yourself a trip to a branch office."

Residents now can complete the most popular Secretary of State transactions online, something that previously required visiting a branch office. Those include:

- Renewing or replacing standard state driver's licenses and ID cards
• Changing their address when they move
• Ordering multiple copies of vehicle registrations and titles

Customers are pleased with the convenience of doing more online. One ExpressSOS customer wrote, "Thanks for the great online service. It really took the hassle out of my birthday. It was easy. Very smooth and predictable." Another said, "Thank you! This is an awesome and very welcomed change, and it's so good to see the government serving the people."

Under Johnson's leadership, the department launched www.ExpressSOS.com earlier this year as a means to reduce customer wait times in Secretary of State branch offices. A low-cost advertising campaign to promote www.ExpressSOS.com has included billboards, Internet ads and a radio commercial.

Every year, more than 10 million people visit their local Secretary of State office, Johnson explained.

ExpressSOS, continued, page 10

viewpoint

to the editor

Dear Editor,

I am absolutely dumbfounded by the fact that many of our former, and current, elected officials are double dipping.

U.S. Sen. Debbie Stabenow supplements her salary of at least \$174,000 a year with a \$52,438 pension after working in the state House and senate for only 16 years. One would guess that 174k plus bennies is hard to live on.

Richard Bandstra was on the state Court of Appeals for 16 years and served in the state House for more

than a decade. His pensions total \$117,920. Bandstra left the court Jan. 8 with four years remaining on his latest six-year term and now works as chief legal counsel for state attorney general Bill Schuette with an annual salary of \$140,000. Over \$250,000 a year to a public servant? He left a job he was elected to perform to take another job and collect a pension.

Former Lt. Governor Dick Posthumus earns \$170,000 as one of Governor Snyder's senior advisers while drawing a \$92,489.52

pension. Another member of the Quarter Million Club.

State Department of Human Services director Maura Corrigan earns \$140,000 annually in that role while drawing a \$84,000 pension as a retired Michigan Supreme Court justice.

Isn't it great that our elected officials can vote for their own compensation packages?

This is an outrage that demonstrates how politicians from both parties do not have a clue as to how real people live.

Cliff Yankovich
Ada

Commodities speculators cost consumers and economy



Sen. Carl Levin

As winter approaches, Michigan families will once again face daunting heating bills. Come spring, concerns will shift from the cost of heat to the price we pay at the pump for spring and summer travel. Our manufacturers, too, constantly worry about the cost of energy, as well as the cost of steel and other materials.

What do all these examples have in common? Each

shows how commodity prices — for natural gas, gasoline, metals, corn, wheat and other products — hit every family and business. At a recent hearing of the Senate Permanent Subcommittee on Investigations, which I chair, we exposed how excessive speculation in the markets for these commodities pushes up prices and hurts farmers, businesses and consumers.

of America estimated that speculation now adds about \$30 of the price of a barrel of oil and about \$600 to the average household's annual gasoline costs.

The price spikes that these speculators engineer threaten our economic recovery. Wild swings in the prices of these commodities make it harder for companies to grow, hire new workers and reduce unemployment.

The hearing also exposed how some speculators have done an end-run around regulations designed to limit their domination of commodity markets by using offshore shell corporations.

Last year, Congress sought to rein in excessive speculation. In the Dodd-Frank Wall Street Reform and Consumer Protection Act, we toughened what are known as "position limits" — restrictions on how much a market participant can dominate the market for a commodity. For the first time, we required the Commodity Futures Trading Commission, the federal agency that regulates these markets, to set position limits on all financial instruments used by speculators.

The CFTC is responsible for producing regulations to implement the law. Those regulations, finalized in October, establish position limits, as the law requires, to "diminish, eliminate or prevent" excessive speculation, and remove some roadblocks that prevented regulators from acting against speculators in the past.

But they don't do enough to limit how some speculators place bets on multiple commodities at once and use those bets to push up prices. In addition, the regulations give speculators another year before the new limits kick in. At our hearing, I pressed the CFTC to do more on these points.

American families and businesses can no longer afford the cost of excessive speculation. Until effective position limits are actually in place, our economy will remain vulnerable to chaotic price swings that benefit speculators at the expense of American consumers and businesses.

who was to build more buildings than any architect since Sir Christopher Wren, was born in a frame house on Peck's Hill, August 22, 1868.



By Shelly MacNaughton

50 Years Ago The Lowell Ledger

Entry missing from files. Editors note - Tim VanderVeen submitted this to Sound Off - thanks Tim.

Whoa. What gives? I remember there was much going on in Oct. Nov. and December 1961. You have not found any entries for that era, "50 Years Ago," for the last few editions of the Ledger and I'm here to say Lowell was alive and kickin' way back then. I was packing Thanksgiving groceries at Eberhards on East Main Street and there were some great sale items at the Western Auto store. The swans were still making the Flat River their home up on Riverside Drive and Flugers Lowell Bakery still had the Halloween window decorations winner in their front windows. Lowell's basketball team, under Buck Gotschall, lost a close one and the Christmas lights along Main Street were helping everyone get in the spirit. That's how I remember it, with a few literary licenses used to account for age.

25 Years Ago The Grand Valley Ledger November 26, 1986

Ribbon cutting officially opens new Cumberland unit Arlin Maas, president of Cumberland Retirement Village, cuts a ceremonial ribbon held by his daughters, Wendy and Tammy. The ribbon cutting was held during an open house for Cumberland efficiencies, a new apartment complex that offers independent retirement living for those who want to choose the lifestyle that suits them best.

100 Years Ago The Lowell Ledger November 30, 1911

Constable George Hoek, now a duly qualified parrot expert, returned from Ada yesterday afternoon bearing in his hand a big red cage, containing the oldest parrot in the state of Michigan. He recovered the bird from the home of Harry O. Mann, where according to Peter Fese also of Ada, it had been wrongfully held and turned over to Mrs. Fese, who shed tears of joy for the return of her pet. The contemplated replevin proceedings have been dropped.

75 Years Ago The Lowell Ledger and Alto Solo November 26, 1936

An American saga in the true-life Horatio Alger tradition, reaching from the two-story business blocks of Lowell's Main St. to New York's towering skyline and exercising a profound influence upon man-made structures for centuries to come, was brought to a close early Sunday with the death of Ernest Robert Graham, internationally noted Chicago architect and Lowell's most native son. The man,

business directory

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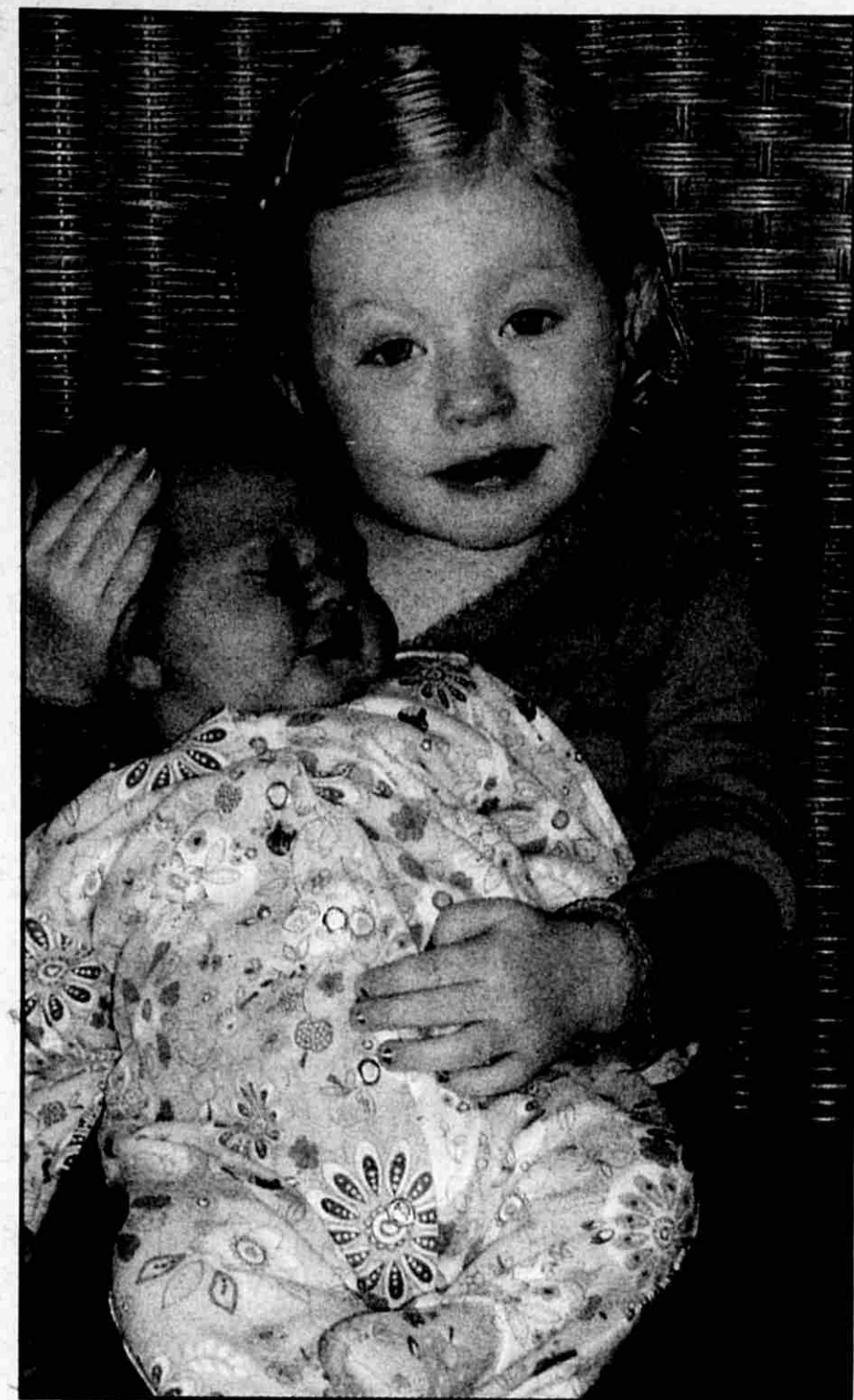
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# area births

## Demsich



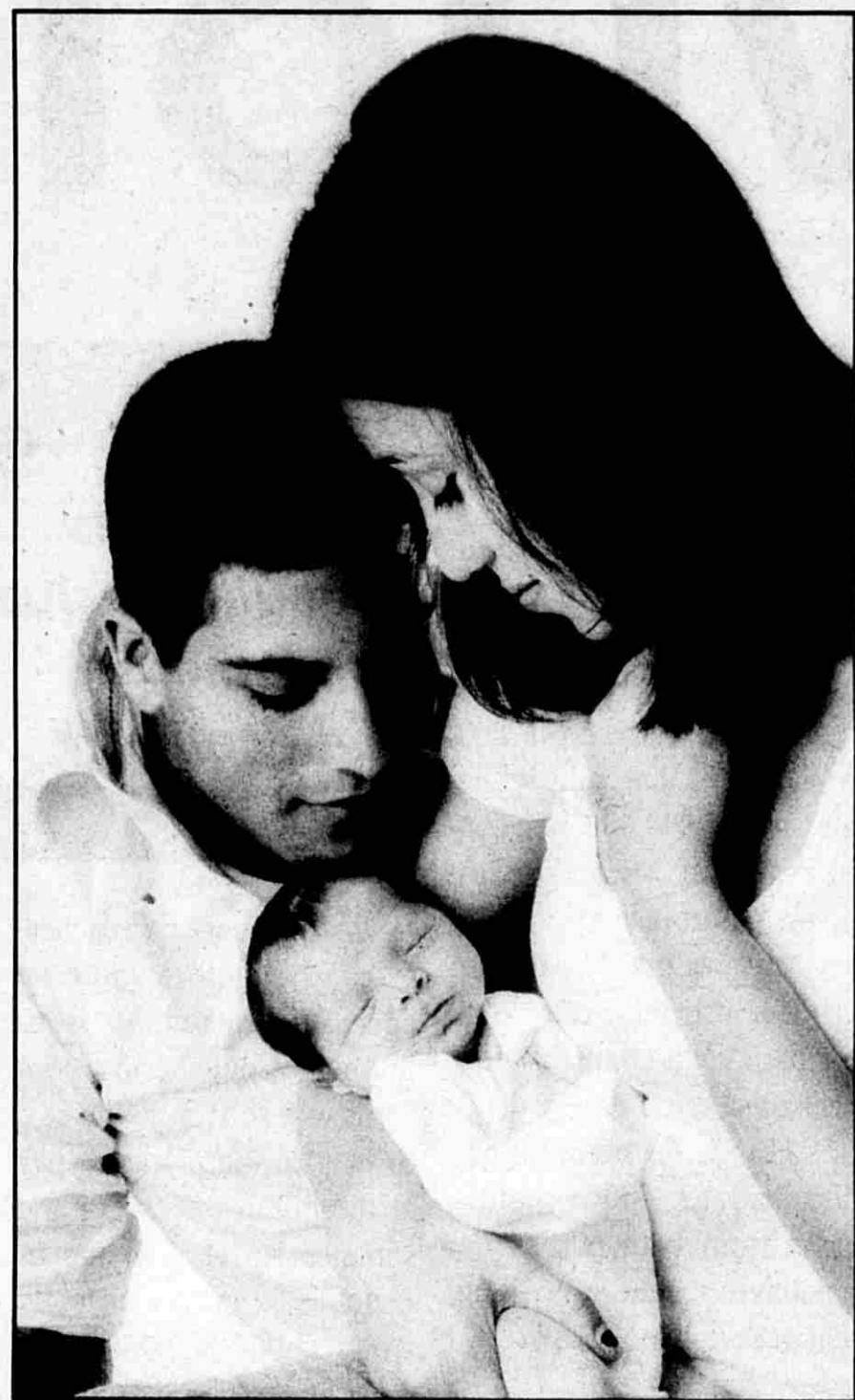
Charlotte Ruby Demisich

Abigail would like to announce the arrival of her baby sister Charlotte Ruby on October 23, 2011. She weighed 7 lbs. 8 oz. and measured 20 inches.

Proud parents are Chris and Andrea Demisich of Alto.

Grandparents are Norm and Angela Demisich of Frankenmuth and Bert and Karen Baker of Lowell; great-grandpa and grandma Demisich of Frankenmuth; great-grandma Perry of Lowell; and great-grandma Verlin of Rockford.

## Jacobs



Landon Anthony Jacobs

Landon Anthony Jacobs was born September 18, 2011, weighing 6 lbs. 2 oz. and measuring 18 inches.

Proud parents are Britty Peckham and Jon Jacobs of Lowell.

Grandparents are Anthony and Andria Peckham of Lowell and Terry and Pat Host of Morley.

# college news

Andrea Converse, a Hope College senior from Lowell, was a 2014 song coach for the 77th annual Nykerk Cup competition.

The Nykerk Cup competition, an annual Hope College tradition since 1935, involves freshman and sophomore women competing in the areas of song, oration and drama.

Participants practice for three and a half weeks before the competition. The freshman and sophomore teams are coached by juniors and seniors, respectively. Moralers, men of the same graduation class as the women, encourage the teams in their efforts. This year the freshman class of 2015 won the competition.

Converse is the daughter of Gregory and Marsha Converse and a graduate of Lowell High School.

## happy birthday!

**NOVEMBER 30**  
Jason Craig, Todd Ryder, Joe Kiczenski, April McClure.

**DECEMBER 4**  
Tennille Bryant, Autumn French, Casey French.

**DECEMBER 1**  
Travis Briggs, Nate Schoen, Deb Anchors, Denny Brenk II, Joyce Watrous.

**DECEMBER 5**  
Christopher Vickers.

**DECEMBER 2**  
Chelsey Treglia, Kari Bergy, Karly Batt, Olivia Starkweather.

**DECEMBER 6**  
Katie Blough, Kristopher Vezino, Phil Seese, Maria Blough, Christopher DeBold, Marc Wernet.

**DECEMBER 3**  
Chris Chambers, Christine Gillies, Amanda Sterzick, Richard Kline, Jennifer Kovacs.

# Christmas in town, continued

Take a leisurely walk to the Lowell Area Historical Museum for "A cup of Christmas Tea." Tea will be served in the elegant Victorian Parlor from 3:00 pm to 5:00 pm.

The Kent County Youth Fair is sponsoring a hearty pancake supper of sausage,

eggs, pancakes, coffee and hot chocolate. Supper will be served from 4:00 pm to 6:00 pm at the King Memorial Youth Center located at the fairgrounds. Children can eat and chat with Santa from 4:30 pm to 5:45 pm as Santa prepares to bring Christmas to the city of Lowell. Donations can be made at the door.

The parade will step off at 6:00 pm sharp from the Lowell fairgrounds and travel east along historic Main Street to the First United Methodist Church. The parade has many exciting entries this holiday season. The Lowell Area Fire Department will add a new dimension by using lights only. The Lowell High School and Middle School marching bands will perform Christmas tunes adding to the festivities. Last, but not least, is the star of the parade, the one and only

Jolly Old St. Nick and his faithful partner, Mrs. Claus, riding in the surrey owned by Brian Doyle.

However, the new and exciting thing that has been added this year is the People's Choice award and you decide by voting on Facebook. "It's simple and easy

to do," stated Liz Baker, executive director of the Lowell Area Chamber of Commerce. "The voting will begin no later than 10:00 pm on Saturday, December 3; polls will stay open until Monday, December 5 at 12 noon. Here's what you have to do," continued Baker.

To vote, go to the parade, then get on Facebook and view pictures of the top 10 judged floats posted and vote for your favorite.

The winner will be announced at the Special Friday Night Santa Visit on December 9, on Facebook and the chamber's website at [www.discoverlowell.org](http://www.discoverlowell.org)

Don't forget to shop downtown Lowell and fill up at the local eateries.

For more information and times, call the chamber at 897-9161 or check the website at [www.discoverlowell.org](http://www.discoverlowell.org)

## health

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



### melanoma

Melanoma is the most serious type of skin cancer. Unless it is found early and treated properly, melanoma can metastasize to other areas of the body resulting in serious consequences, including death. Melanoma arises from pigmented skin cells called melanocytes that have transformed into cancerous cells.

Risk factors for developing melanoma are prolonged exposure to UV light, family history of melanoma, being fair skinned and people that have a large number of abnormally shaped moles called dysplastic nevi.

Melanomas usually do not cause symptoms and are frequently discovered during routine physical or skin exams. They appear as very dark or black, irregular moles. Doctors talk about the ABCDE pattern as a mnemonic for suspicious moles.

- A = asymmetric appearance
- B = borders of the moles are irregular
- C = color that varies in different parts of the mole
- D = diameter 6 mm or more
- E = evolving or changing size, color or shape over a period of time

Sometimes melanomas will bleed or itch.

Diagnoses of melanomas are made by examining the skin and performing a skin biopsy. If melanoma is diagnosed by skin biopsy, the entire lesion needs to be excised. X-rays or other imaging tests are done to exclude the possibility of metastasis. If discovered early enough, melanomas can usually be cured by complete surgical excision. Once metastasis has occurred, survival is usually shortened. Treatment of metastatic melanoma includes chemotherapy, radiation, immunotherapy and further surgery.

The risk of developing melanoma can be reduced by limiting your exposure to UV light. Wear sun protective clothing if you will be out in the sun for prolonged periods and always use sunscreen that protects against UVA and UVB light with SPF of 30 or more. The American Cancer Society recommends skin examination by a doctor every three years for people between the age of 20-40 and annually for people over age 40. People at higher risk should perform a self examination monthly.

# Social Security is home for the holidays

It's the holiday season. That means time to do the holiday shopping, prepare the festive dinner, decorate the house, invite the guests, wrap the gifts, write and send the holiday greetings. Not to mention, it also means the usual time-consumers, like working, taking care of the family, and doing all of the daily chores.

There's a lot to do during the holiday season. Probably the last thing on your list is spending precious time at a Social Security office (or on the phone) waiting to conduct business — especially if you don't need to. However, if contacting Social Security is something you need to do during the holiday rush, let us give you some tips on the best way to save yourself some time and still get your business done.

The busiest times for Social Security field offices and the agency's toll free telephone number are early in the week and early in the month.

So if your business can wait, it's best to contact us at other times. The same is true during the holiday season — especially the week between Christmas and New Year. If you must do business with Social Security during the holidays, you may experience more busy signals on the telephone and longer wait times in local offices.

There's an even better way to conduct your business: online at [www.socialsecurity.gov](http://www.socialsecurity.gov). There you'll find a wealth of information and online services. For example, you can apply online for Social Security

benefits or for Medicare, and then you can check on the status of your pending application. If you already receive Social Security benefits, you can go online to change your address, phone number, or your direct deposit information, get a replacement Medicare card, or request a proof of income letter.

There's an even better way to conduct your business: online at [www.socialsecurity.gov](http://www.socialsecurity.gov). There you'll find a wealth of information and online services. For example, you can apply online for Social Security

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 [vondavantil@ssa.gov](mailto:vondavantil@ssa.gov)

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Saturday Eve Service.....5:00 P.M.  
Worship Service..... Sunday -10:00 A.M.  
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**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
897-7060  
Pastor Rod Galindo  
1151 West Main Street, Lowell, MI  
Morning Worship.....10:00 A. M.  
Sunday School.....11:20 A.M.  
Evening Worship.....6:00 P.M.  
Nursery available at both services  
Barrier-Free

**SNOW UNITED METHODIST CHURCH**  
3189 Snow Ave. SE, Lowell  
Pastor Dr. Mike Conkila  
9:45 A.M. .... Sunday School  
10:30 A.M. .... Fellowship  
11:00 A.M. .... Worship  
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Celebration.....10:40 a.m.  
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Adult Bible Study.....7:00 p.m.  
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**WEDNESDAYS:**  
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Sunday School.....9:30  
Youth Groups (Jr. & Sr. High).....6:00  
Wednesdays  
After School Kids' Club.....UNTIL 5:30  
Rev. Rick Blunt

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Internet: <http://www.fbcloowell.org>  
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Sunday School Hour.....11:00 A.M.  
AWANA/EXCITE/TEENS.....Wed. 6:15 P.M.  
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The tax site is open on Tuesdays from 11 am until 8 pm  
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616.897.8260  
[www.fromlowell.org](http://www.fromlowell.org)

**LUNCH MENU**

**ELEMENTARY MENU**  
Week of Dec. 4, 2011

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

**TUES:** French toast sticks or cereal w/graham crackers each w/ scrambled egg, fresh 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, fruit goop w/vanilla pudding, milk.

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

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# Enwork design furniture comes to Lowell

by Emma Palova

Enwork design furniture held a grand opening on Oct. 20 to celebrate the completion of the construction of a 28,000 square-foot steel building located on Christopher Drive.

The building houses a conference and distribution area with a possibility of expansion on the second story to the west.

Currently, there are 30 employees and six new jobs that have been created with the new building.

"The company is growing, we've grown by 70 percent this year," said president Dave Powell.

The continued growth can be attributed to people liking the design, the price point and the fast service. The product is delivered within two to three weeks of order.

Ninety percent of the office furniture is manufactured in West Michigan by manufacturing partners and consolidated into pallets at Enwork.

All the furniture is designed by Powell and the Enwork staff. The majority of the production is com-

posed of tables, conference and training furniture.

The newest product is a grid, which is a system of workstations with the following benefits: lower height, better lighting, better airflow, better heating and cooling.

"It's great for teamwork," he said.

The company has been installing office furniture for Sony, with the biggest selling territories in Ohio and California.

Facebook, Texas Instruments and US Government are also big customers for Enwork.

Recently, the company completed the biggest order ever, 3,500 tables for the US Army worth \$900,000.

The expansion is due to Enwork outgrowing its old space at Attwood and Cascade.

The benefits of the

growing company to Lowell are many in terms of hiring more people and the employees supporting local businesses.

"We really wanted to be here," said Powell. "We're hiring people from Lowell."

Enwork has donated money to the Lowell Education Foundation.

"The office industry is a tough business, the demand is flat," Powell said.

The plans are to keep investing into new product development to stay ahead of the competition.

"We want to keep growing the company," said Powell. "I expect significant growth in 2012. We work hard, but we try to have fun."

Powell previously worked for Steelcase in marketing. He and his wife Kelli had always wanted to have their own business.

"We pulled the trigger in 2003," he said. "I would like to thank Vergennes Township planning commission for helping us manage through the building process."



Powell at the ribbon cutting in October.



Dave Powell in front of the new Enwork building.

# Red Arrow SPORTS

## Congratulations on a GREAT season!

### Red Arrows taken to church in Black Friday loss

by Casey Cheney

Red Arrow fans donned the black garb of mourning for the third year in a row as their Lowell football team suffered another defeat. Though it's worth celebrating how few losses they had, few losses can hurt like the state championship game.

The Red Arrows lost to Birmingham Brother Rice 24-14 at Ford Field last Friday.

The 10-point deficit can hardly reflect the impact Brother Rice made. The Red Arrows had the first possession of the game. It ended in a three and out. Not only is this unusual for the prowess of Lowell's offense - Gabe Dean and Josh Addington were getting hauled down by swarms of defensive players. They ended the drive with five yards of offense.

If that wasn't convincing enough, Brother Rice's first drive would be.

Against a notoriously stingy defense, Rice steamrolled down the field for a 55-yard touchdown. Between the 43 yard line and the end zone, there were 10 plays, only one of which was a third down. Though Lowell had them stopped at fourth and four on the 39 yard line, Rice went for it

and picked up 14 yards. Devin Church punched in the touchdown for Brother Rice with 5:36 in the first quarter. He would finish with two more scores and a startling 256 rushing yards on 33 carries. That's almost an 8-yard per carry average.

Despite Rice's convincing demonstration of power, Lowell did what they always manage to do: compete.

The Red Arrows tied up the game in the second quarter. To get there, they had to do the seemingly impossible and stop Brother Rice's offense. A Jake Stehley sack on third and eight set up Rice's fourth and 18 fake punt, which failed.

After a long drive to the end zone, the Red Arrows decided to make their own fourth down play, this from seven yards out. Dean dropped back into the pocket, saw an open Luke Bigam and made the throw.

Lowell was on the board and with Grant Bruker's extra point, the game was all tied up. The second quarter was half over.

Rice and Lowell exchanged defensive stops until, with less than a minute to go before halftime, Church blazed down the field for a 54 yard touchdown.



The Red Arrows stare down Birmingham Brother Rice during the coin toss in Ford Field.

A 14-7 halftime deficit could be overcome, but against a team this explosive, it had to be done quickly.

Jason Alessi widened the gap to 17-7 with a 26 yard field goal midway through the third quarter.

Entering the fourth quarter, two Lowell touch-

downs could put them in the lead. But two sacks screamed

Lowell's offense to a halt. They punted on fourth and 20. Though they stopped

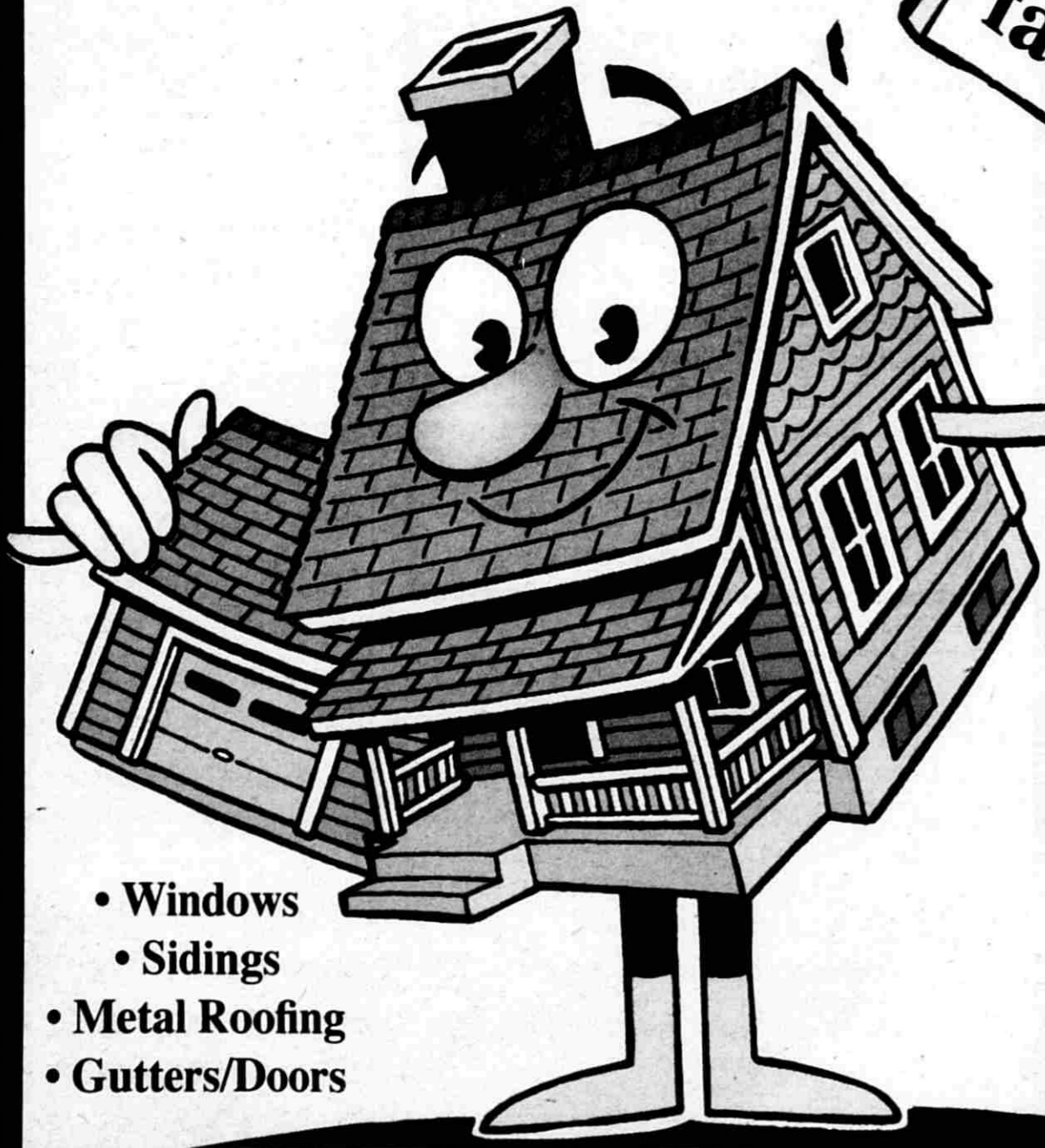
Brother Rice on their drive, Dean's pass was intercepted, Red Arrows, continued, page 16

## It's That Time Of Year Again!

Christmas will soon be here!

We would like to give away a houseful of windows to a family in need!

### ENTRY DEADLINE - DECEMBER 15, 2011



### ALL WEATHER SEAL is searching for a local family whose home needs to stop the winter air from sneaking in.

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- Mohandas Gandhi

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More than two-thirds of active Michigan voters\* would be concerned if government placed these notices on Web sites because important information could be concealed from the public.

So, what's it worth to you to be able to pick up this newspaper and find out what's going on in your town, your county, or your local schools?

\*EPIC-MRA November 2007

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# EARTH TALK

## Questions & Answers About Our Environment

**Dear EarthTalk:** Thorium is a naturally occurring element that is supposedly more available, more efficient and safer to use than uranium for generating nuclear energy. Is this true and, if so, why haven't we made the switch? — Jane Westermann, Austin, TX

Thorium, a naturally occurring radioactive element found in abundance in the Earth's crust all around the world, might well be a better fuel source than uranium for nuclear power generation for a variety of reasons. First and foremost, just one ton of the silvery metal can produce as much energy as 200 tons of uranium or 3.5 millions tons of coal, according to Nobel laureate Carlo Rubbia of the European Organization for Nuclear Research. Another advantage is that it comes out of the ground as a 100 percent pure, usable isotope. Unlike uranium, which contains only 0.7 percent fissionable material, thorium doesn't require enrichment to be used in nuclear reactors. Also, the spent-fuel waste from thorium fission cannot be re-formulated for nuclear weapons like plutonium, the waste product of uranium-based fission.

Also, proponents say that thorium doesn't require the high temperatures and mitigation equipment of uranium-based reactors. "The plants would be much smaller and less expensive," Kirk Sorensen, a former NASA rocket engineer and now chief nuclear technologist at Teledyne Brown Engineering, told the UK's Telegraph last year. "You wouldn't need those huge containment domes because there's no pressurized water in the reactor." With no high temperatures, thorium reactors can't "melt down" and release radiation.

"Once you start looking more closely, it blows your mind away," adds Sorensen. "You can run civilization on thorium for hundreds of thousands of years, and it's essentially free." The advocacy-oriented Thorium Energy Alliance reports that there is "enough thorium in the U.S. alone to power the country at its current energy level for over 1,000 years." Nuclear researchers in the U.S. first contemplated

ed using thorium as a nuclear energy feedstock back in the 1940s, but its lack of feasibility in making nuclear weapons put it on the back burner, where it has sat for the last six decades despite various attempts to revive the technology for practical use. In Russia, China and India, thorium reactors represent the next generation of nuclear power. India possesses about a quarter of the world's thorium reserves. The country is working to develop a network of large thorium-based reactors, and plans to meet 30 percent of its electricity needs with thorium by 2050.

Many nuclear advocates and environmentalists alike don't see thorium as the savior its supporters make it out to be. For one, uranium is still relatively easy to come by and inexpensive, and the nuclear industry is set up to run on it. Changing over to thorium would be expensive, and who knows what unforeseen problems may arise with full-scale deployment. Perhaps most important, some analysts worry that putting more eggs into humanity's nuclear basket will surely further delay the transition to a truly green economy that runs on clean renewable energy from the sun, wind and other so-called alternative sources.

**Dear EarthTalk:** I've heard of green roofs, but what are "green walls"? — P. Spencer, Alcoa, TN

Green walls (also known as biowalls, vertical gardens or vertical vegetated complex walls) are wall structures partly composed of or filled in with growing plant matter. More than just easy on the eyes, green walls work like green roofs by filtering air and water, soaking up carbon dioxide and helping lessen the "heat island" effect of urban areas while reducing air conditioning costs in their host buildings.

The self-proclaimed creator of the vertical garden concept, French botanist Patrick Blanc, pioneered the use of hydroponic cultivation techniques—plants grow in an irrigated mineral nutrient solution without the need for a soil substrate—to create large green wall installations in both residential settings and within larger public structures and even office buildings from Singapore to San Francisco and points in between.

Blanc's installations start by placing a metal frame on a load-bearing wall or structure. The frame supports a 10-millimeter-thick PVC plate, upon which are stapled two 3-millimeter-thick layers of polyamide felt. "These layers mimic cliff-growing mosses and support the roots of many plants," he says, adding that a network of pipes and valves provides a nutrient solution of dissolved minerals needed for plant growth. "The felt is soaked by capillary action with this nutrient solution, which flows down the wall by gravity."

"The roots of the plants take up the nutrients they need, and excess water is collected at the bottom of the wall by a gutter before being re-injected into the network of pipes: The system works in a closed circuit." Plants are chosen for their ability to grow in this type of environment and depending on available light.

"Each vertical garden is a unique wall composition of various types of plants that has to take into account the specific surroundings of the place in which it is created," says landscape architect Michael Hellgren, who founded the firm Vertical Garden Design in 2004. "It is not only the colorful interplay between the plants on a 'green wall' that is fascinating, but also the appearance of the wall itself, which changes daily."

Hellgren, who has designed and implemented large green walls in his home country of Sweden as well as in Spain, Portugal and Italy, among other locales, sources plants for his projects from various climate zones around the world. His favorites are so-called "lithophytes": plants that can grow on rocks, branches and tree trunks without necessarily being rooted in soil. "Among other things these climbing plants have the enormous advantage of their roots acting as excellent natural drainage on the wall," he adds.

While large "vertical gardens" are surely impressive, critics question the sustainability of such endeavors, given the energy inputs needed to run the pumps and other equipment used to maintain proper nutrient and air flows, and the emissions caused by the manufacture and transport of specialized materials. Also, larger green walls need more water than rain alone can provide, and thus don't necessarily save water. But as the field matures, practitioners are finding wider arrays of plants to choose from that are better at taking care of themselves — and scaling back on inputs and supporting machinery with the hope that one day many of the walls will be self-sustaining gardens that cleanse our dirty air and compromised storm water.

*EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com. Subscribe: www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.*

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5	4	6	3	7	9	1	8	2

### ExpressSOS, continued

the nine million license plate/tab renewals processed last year, 6.5 million were processed in the branch offices, she said, adding that nearly 700,000 people come into the branch offices just to change their address.

For information about branch office locations, hours and additional services, visit [www.Michigan.gov/sos](http://www.Michigan.gov/sos) and sign up for official Secretary of State Twitter feeds ([www.twitter.com/Michsos](http://www.twitter.com/Michsos)) and Facebook updates ([www.facebook.com/Michigansos](http://www.facebook.com/Michigansos)).

Customers also may call the Department of State Information Center to speak to a customer service representative at 888 SOS MICH (767 6424).

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Friday: 8 am - 2 pm  
Closed Sat. & Sun.

# Witt's Inn and Café to open north of Lowell

by Emma Palova

Marvelously redecorated, the 1880s homestead built originally for Bernard and Elizabeth McGee has been brought back to its old glory.

Tim and Kathy Wittenbach purchased the property on Alden Nash in May and always wanted to preserve it.

"We wanted to keep its history," said Kathy.

The homestead is located on five acres with barn and granary. It is surrounded by apple orchards. One of the owners throughout the years was Father John McGee, who died in 1987 and started its longstanding tradition of hospitality.

But, it wasn't until Ardie Barber turned the house into a bed and breakfast in 1987 that the property gained its fame.

Currently, the inn has three guest rooms, including a log furniture cabin room; a country room with the original bedroom furniture kept by all the owners of the bed and breakfast; and the city of Lowell black and white room with black and white photos of Lowell.

"It gives you a homey feel," said Kathy.

Each bedroom has its own bathroom. The rooms will run \$125 per night with fudge and gourmet breakfast in the morning.

The Wittenbachs connected the two porches together creating a big open deck for summer outdoor seating.

There is a parlor and a meeting room downstairs with Wi-Fi and a big screen with projector plus TV for approximately 25 to 30 people. A spacious lobby area accommodates the receptionist, as well as the guests. The screened in porch has a hot tub.

The couple is waiting for a food license for the Café that will serve breakfast and lunch for the public most likely sometime in January or February.

The bed and breakfast will serve families, couples and events, like Girls' Night Out, or moms taking kids to Murray Lake Elementary.

"We're pretty much set up for anybody," said Kathy. "We wanted to bring it back to its glory."

Kathy intends to follow in Barber's footsteps offering hospitality north of Lowell including weddings. The barn with a dance floor will serve as a venue for weddings already planned for next summer.

A koi pond and a gazebo with wildflower garden will accentuate the lovely property. More landscaping will be done in the spring.

Kathy said she is excited to be working with the Canfield's Main Street Inn to offer hospitality to the community.

"We will be sending our overflow to Canfield's and vice versa," she said.

Rasch's will have their fruit stand on the adjacent property.

Although everything has been updated and new ceilings put in, with the entire family working on the building, the Wittenbachs made every effort to keep the building looking original.

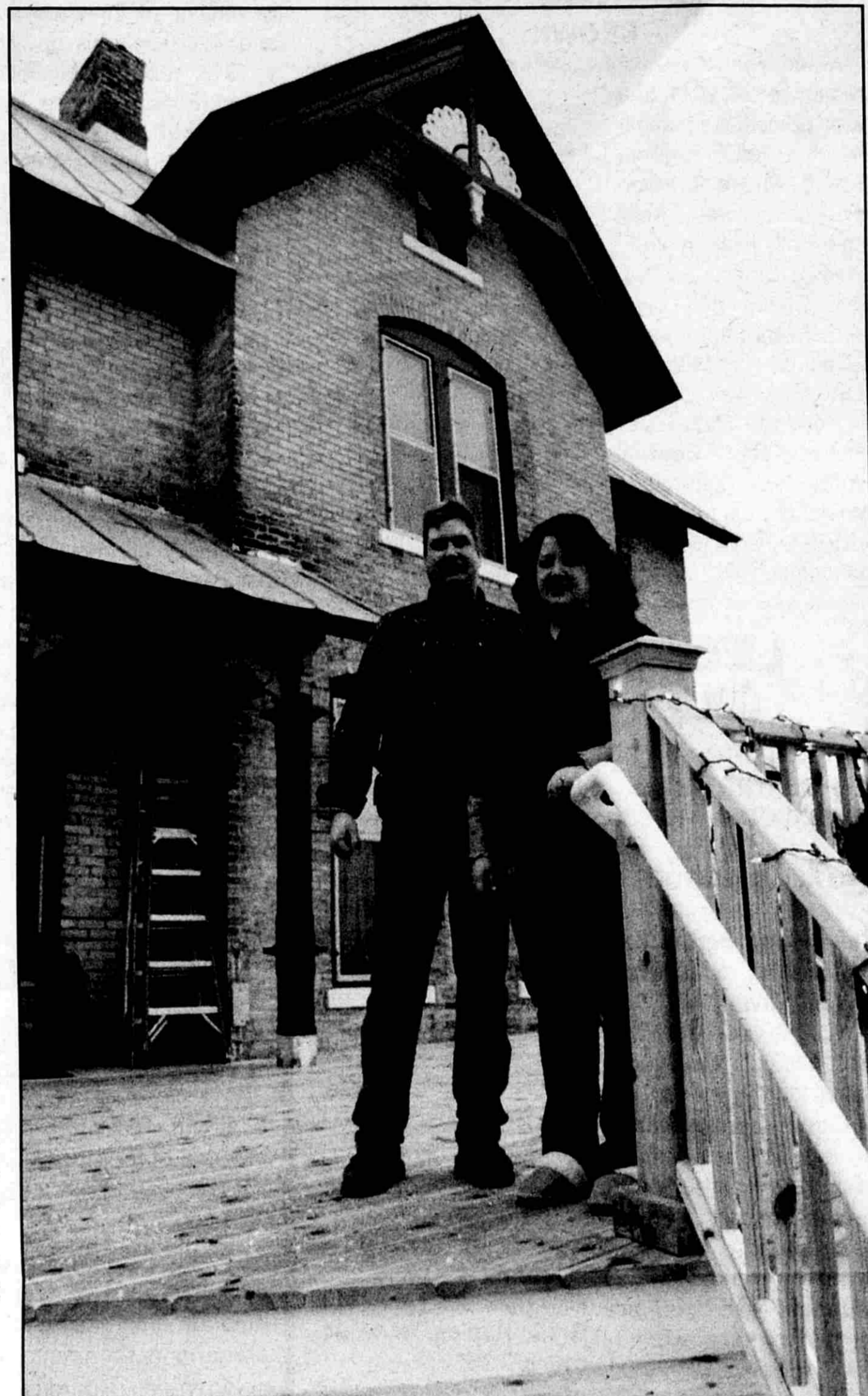
The Witt's Inn will officially open on Dec. 1 and the Café as soon as the couple gets the license.

"We want to do local stuff first for the community," she said.

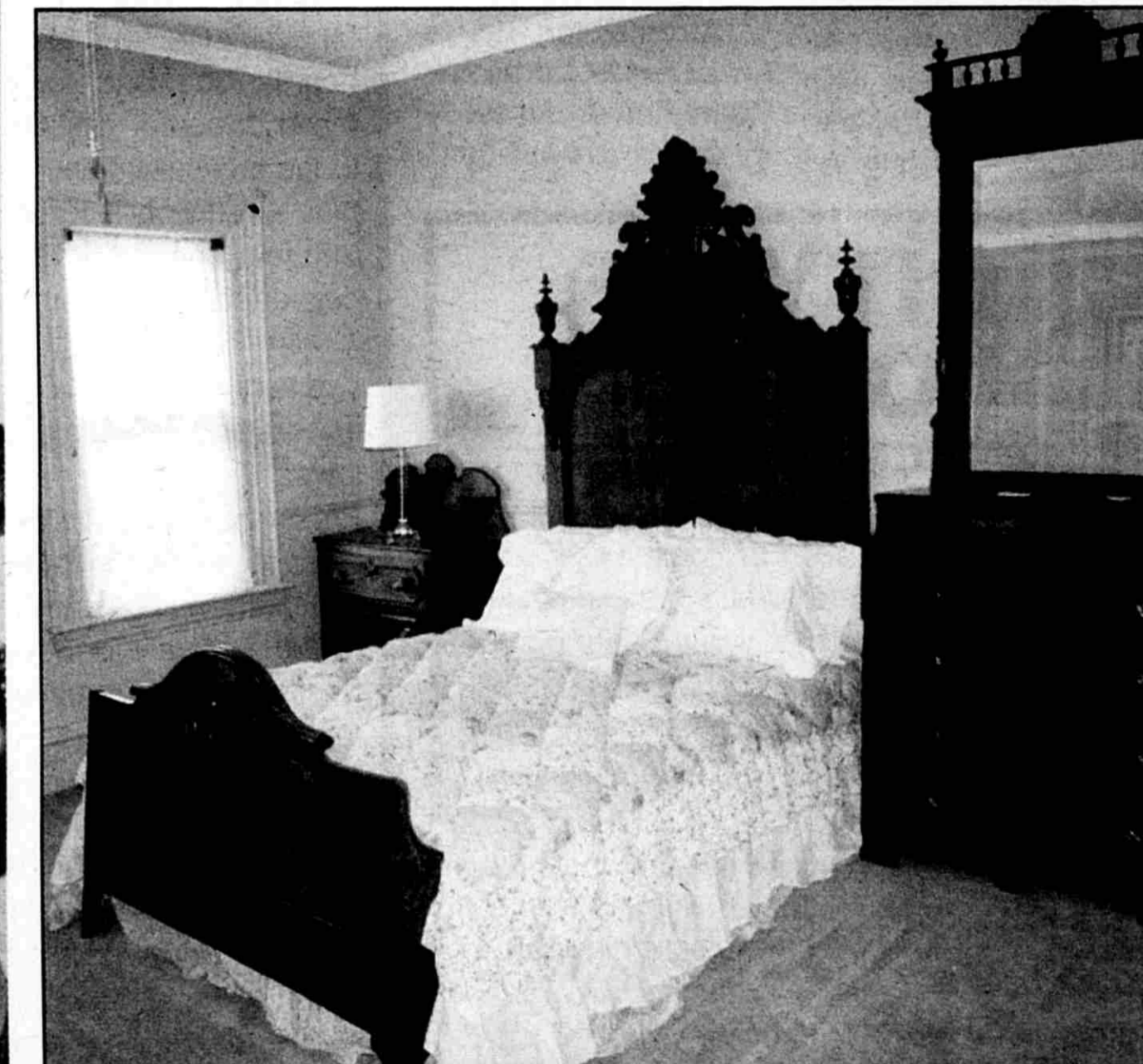
Kathy will work full time as the innkeeper, mother Barb Blough will run the Café and dad Dean Blough will run the office. Sister Kristine Haas will be in charge of housekeeping.

All the fixtures have been replaced. Kathy did the decorating.

"We wanted to have it vibrant and light everything up, give it a hotel feel with bed and breakfast atmosphere," she said. "So you can make yourself feel at home."



Tim and Kathy Wittenbach in front of the Witt's Inn and, at left, at the front counter.



The country bedroom has original furniture that has been with all the owners throughout the years.

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Snowflake Shortbread Cut-Out Cookies, Mint Chocolate Chip Truffles, Chocolate Raspberry Chip Truffles, Parmesan Pepper Spritz Crackers, Merry Mushroom Bites and Savory Southwest Donuts

# HOST A..... HOLLY JOLLY PARTY

FAMILY FEATURES

When it comes to celebrations, there's no season quite like the holiday season. The celebration experts from Wilton share party tips and irresistible recipes to help create a fabulous cocktail buffet complete with all the trimmings.

"It looks like it would take lots of time and effort, but it really doesn't," says Nancy Siler, Vice President of Consumer Affairs at Wilton. "We've worked out all the details to make it easy, elegant and delicious."

Siler suggests setting up a beverage station so guests can serve themselves, or recruit a friend to help prepare and serve your signature cocktails — sugar-rimmed Cheery Cranberry Mojitos and colorful All Aglow Melon-tinis that twinkle with sparkle gel. And for a warm beverage choice, offer rich, thick hot chocolate garnished with frothy snowmen, peppermint curls or chocolate candy-coated marshmallows.

"When it comes to the food, a mix of savory and sweet is a must," Siler adds. "Tree-shaped Merry Mushroom Bites and tiny Savory Southwest Donuts piped with avocado to resemble a wreath will wow both the eye and the palate. For another unexpected twist on tradition, stack peppery spritz crackers in a clear glass canister."

And for the sweets, beautifully decorated snowflake-shaped holiday butter cookies are displayed on stacked pedestal plates alongside a bowl of truffles adorned with festive candy drizzles and luminescent pearl dust. Both treats make a fitting finale — and can be made in advance.

For more holiday recipe and decorating ideas, visit [www.wilton.com](http://www.wilton.com).

## Parmesan Pepper Spritz Crackers

Makes about 7 dozen crackers

- 1-1/2 cups all-purpose flour
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon salt
- 2 cups (about 8 ounces) grated Parmesan cheese
- 1/2 cup (1 stick) butter, softened
- 2 cloves garlic, finely minced
- 1/3 cup milk

Preheat oven to 375°F. In small bowl, combine flour, black pepper, white pepper and salt. In large bowl, beat cheese, butter and garlic until smooth. Gradually add flour mixture to cheese mixture. Mix until dough forms a ball. Gradually add milk, mixing until fully incorporated. Shape into small logs and place in Cookie Master Ultra II. Using desired disk, press crackers onto ungreased cookie sheet. Bake 11 to 13 minutes or until edges are light golden brown. Cool 2 minutes on cookie sheet on cooling grid. Remove from sheet and cool completely. Store in airtight container up to 1 week.

## Merry Mushroom Bites

Makes 24 bites

- 1/3 cup diced yellow onion
- 3 tablespoons butter
- 12 ounces portobello or baby portobello mushrooms, coarsely diced
- 4 teaspoons finely chopped fresh rosemary
- 1-1/4 teaspoons black pepper
- 3 eggs
- 3 tablespoons all-purpose flour
- 1-1/4 teaspoons salt
- 1 package (4 ounces) water or other favorite crackers
- 1/2 cup sour cream
- 1/2 red bell pepper, thinly sliced
- Chopped rosemary or parsley (optional)

Preheat oven to 350°F. Prepare Bite-Size Silicone Tree Mold with vegetable pan spray.

In large skillet, cook onion and butter over medium-low heat stirring occasionally until soft, about 5 minutes. Add mushrooms, rosemary and black pepper; cook until liquid has evaporated, about 10 minutes; cool slightly. Transfer mixture to food processor. Add eggs, flour, and salt. Pulse until mixture is pureed with no large pieces of mushroom or onion. Fill cavities of silicone mold completely with mushroom mixture, patting flat.

Bake 15 to 18 minutes or until top of the mushroom mixture is firm. Cool in pan 4 to 5 minutes before removing. Wash pan, dry thoroughly and prepare with pan spray and paprika. Repeat with remaining batter.

For topping, mash avocado with lime juice and salt; stir until smooth using a whisk or in a food processor. Pipe avocado mixture over top of cooled donuts. Sprinkle with cilantro. Serve immediately.

## Savory Southwest Donuts

Makes about 36 mini donuts

- 1 tablespoon ground paprika, divided
- 1-1/2 cups cake flour
- 1-1/4 teaspoons baking powder
- 3/4 teaspoon ground cumin
- 1/2 to 3/4 teaspoon ground chipotle chili powder
- 1/2 teaspoon salt
- 3/4 cup milk
- 1 egg
- 2 tablespoons vegetable oil
- 1 garlic clove, finely minced
- 2 tablespoons finely chopped cilantro

Preheat oven to 400°F. Spray Mini Donut Pan with vegetable pan spray. Lightly sprinkle wells with some of the paprika.

In large bowl, whisk together flour, baking powder, cumin, chili powder and salt. In second bowl, whisk together milk, egg, oil, garlic and cilantro. Add wet ingredients to dry ingredients and stir just until flour is moistened. Fill each donut cavity about 1/2 full.

Bake 5 to 7 minutes or until the top of the donuts spring back when touched. Let cool in pan 4 to 5 minutes before removing. Wash pan, dry thoroughly and prepare with pan spray and paprika. Repeat with remaining batter.

For topping, mash avocado with lime juice and salt; stir until smooth using a whisk or in a food processor. Pipe avocado mixture over top of cooled donuts. Sprinkle with cilantro. Serve immediately.



All Aglow Melon-tinis, Cheery Cranberry Mojitos and Peppermint Blitz Hot Chocolate

## All Aglow Melon-tinis

Makes 1 cocktail

- Wilton Red Sparkle Gel
- 2 ounces green melon liqueur
- 1 ounce lemon flavored vodka
- 1 ounce bottled sour mix
- 2 ounces club soda
- Maraschino cherries (optional)

Squeeze Wilton Red Sparkle Gel around the inside of a martini glass. In cocktail shaker filled with ice, combine melon liqueur, vodka, sour mix and club soda; shake well. Strain into martini glass. Garnish with maraschino cherries.

## Cheery Cranberry Mojitos

Makes 1 cocktail

- 6 fresh torn mint leaves, plus additional sprigs for garnish
- 1/2 lime, cut into four wedges
- 1 tablespoon dried cranberries
- 2 tablespoons Wilton Red Colored Sugars, plus additional for garnish
- 2 ounces rum
- 3 ounces cranberry juice
- 2 ounces club soda

In tall glass, thoroughly muddle mint leaves, lime wedges, cranberries, and red sugar. Add rum, cranberry juice and club soda and stir. Add ice and additional club soda to fill glass.

## Peppermint Blitz Hot Chocolate

Makes about 4 servings

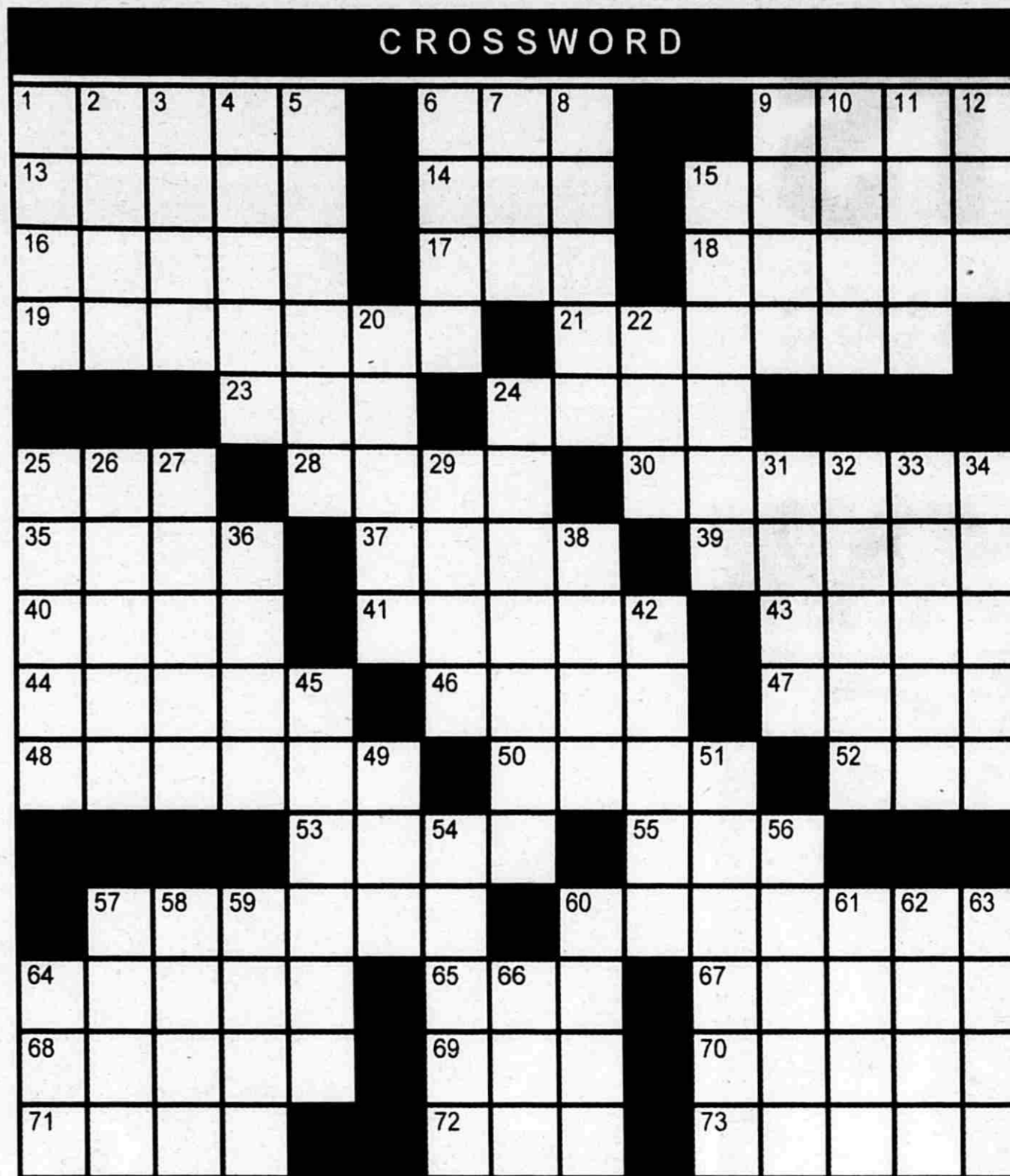
- 1 quart (4 cups) milk
- 1 cup (about 6 ounces) Wilton Dark Cocoa Candy Melts, roughly chopped
- 1 teaspoon vanilla extract
- 3/4 teaspoon peppermint extract
- 3 ounces chocolate liqueur (optional)
- 1 ounce peppermint liqueur (optional)

In a large pot over medium-low flame, heat milk and Candy Melts, whisking frequently, until boiling. Remove from heat. Stir in extracts and liqueurs, if using. Garnish with peppermint sticks or curls or snowman decorations and serve immediately.

## THEME: AT THE GYM

### ACROSS

- 1. Can cause mass destruction
- 6. \*Part of a strength training set
- 9. Ball of yarn
- 13. Fear-inspiring
- 14. Husk of corn
- 15. It has two doors
- 16. "Boy \_\_\_ World"
- 17. "He \_\_\_ and drank the precious Words..."
- 18. Packers QB
- 19. \*Lookout man
- 21. \_\_\_ the Great, king of Persia
- 23. Rolled grass
- 24. Colored
- 25. Socialist, abbr.
- 28. \_\_\_ E. Coyote
- 30. Silver in a cloud?
- 35. Often done cold turkey
- 37. Harsh, as in remark
- 39. Oil tanker
- 40. "Do \_\_\_ others as you would have them do..."
- 41. \_\_\_ like a dark cloud
- 43. Bog down
- 44. Sour in taste
- 46. Feed storage
- 47. Don't forget to hit this button when done
- 48. Ennui
- 50. \*Done to a sparring partner
- 52. Bear's winter hang-out
- 53. Conservative talk-show host
- 55. File a suit
- 57. Red light, green light
- 60. \*Dumbbells and plates
- 64. Narrow water-filled gorge



- 65. And not
- 67. Greek bazaar
- 68. Raja's wife
- 69. \*Sometimes follows injury
- 70. Himalayan country
- 71. \* \_\_\_ gym, accessible to everyone
- 72. Kicked in yard game
- 73. Proficient

- 10. Used in angling
- 11. "'Iliad," e.g.
- 12. Skin cyst
- 15. \*Exercise of the heart
- 20. Piaf or Wharton
- 22. Unagi
- 24. Ascetic Muslim monk
- 25. \*Glute exercise
- 26. 1/16th of a pound
- 27. Recognized
- 29. Vietnam's neighbor
- 31. Jodie Foster's "\_\_\_ Island" (2008)
- 32. It describes the siege of Troy
- 33. Courage to go on
- 34. Light signal
- 36. Reality TV actress Spelling
- 38. "Wilhelm \_\_\_" by Friedrich von Schiller

### DOWN

- 1. Tailor's actions
- 2. Sound from rival of #28 Across
- 3. Black and white treat
- 4. Catcher's gear, pl.
- 5. Bequeath
- 6. Back seat
- 7. Jack Sprat couldn't do this to fat
- 8. College president
- 9. Sweet talk

- 42. Agitate
- 45. \*Often done in four counts
- 49. Police \_\_\_ shot
- 51. Region of north-eastern South America
- 54. Type of boom
- 56. Pelted, as with eggs
- 57. \*Congratulatory gesture
- 58. \*Listen to one on headphones while exercising
- 59. Bad luck predictor
- 60. Kind of bird
- 61. It springs eternal?
- 62. Try not to fall into this
- 63. Lot's wife turned into a pillar of this
- 64. "To and \_\_\_"
- 66. South American tuber

Puzzle solutions on page 10

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Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work. - Stephen King

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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.

Christmas Thru Lowell is a great event that is advertised for Friday, Saturday & Sunday. All who sign up for it, should have to stay open for all three days.

Just heartbreaking to read that boat engines were stolen from Lowell High School crew team. The crew team has worked very hard for several years to get the necessary equipment needed for a sport that is not funded by the school.

To the person inquiring about names on jerseys - It sure is nice of you to volunteer those who are "well off" to pay for names on jerseys. As a great coach once said, "It's the name on the front of the jersey that matters most, not the one on the back."

Dear fellow citizens of Lowell - It does little good for the environment to recycle if your refuse merely blows down the street or into my yard. Please put a lid on it.

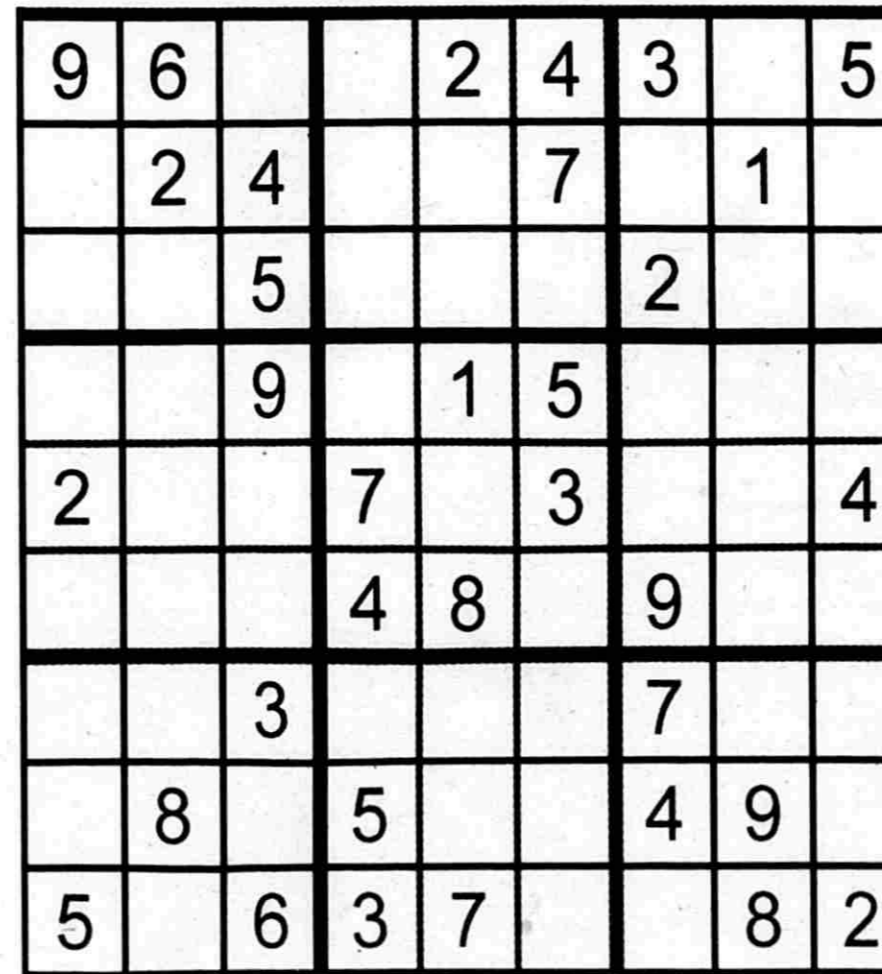
- Thank you, Scott Kooistra

## THIS WEEK'S ONLINE POLL RESULTS

How do you feel about the super committee failing to meet its deficit cutting deadline?

- Glad ..... 50%
- Outraged ..... 25%
- Disappointed ..... 25%
- Don't Care ..... 0%

© StatePoint Media 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.





# Red Arrow SPORTS

## Red Arrows, continued

leading to the deciding Rice score with 5:55 remaining in the game. Dean threw three interceptions in the game. The Red Arrows re-gained possession. They were under the gun and it showed. Making impossible play after impossible play,

Lowell careened closer to the end zone. Dean and Big-ham once again connected for a nine-yard touchdown pass.

The scoreboard read 24-14 with 3:46 left in the game.

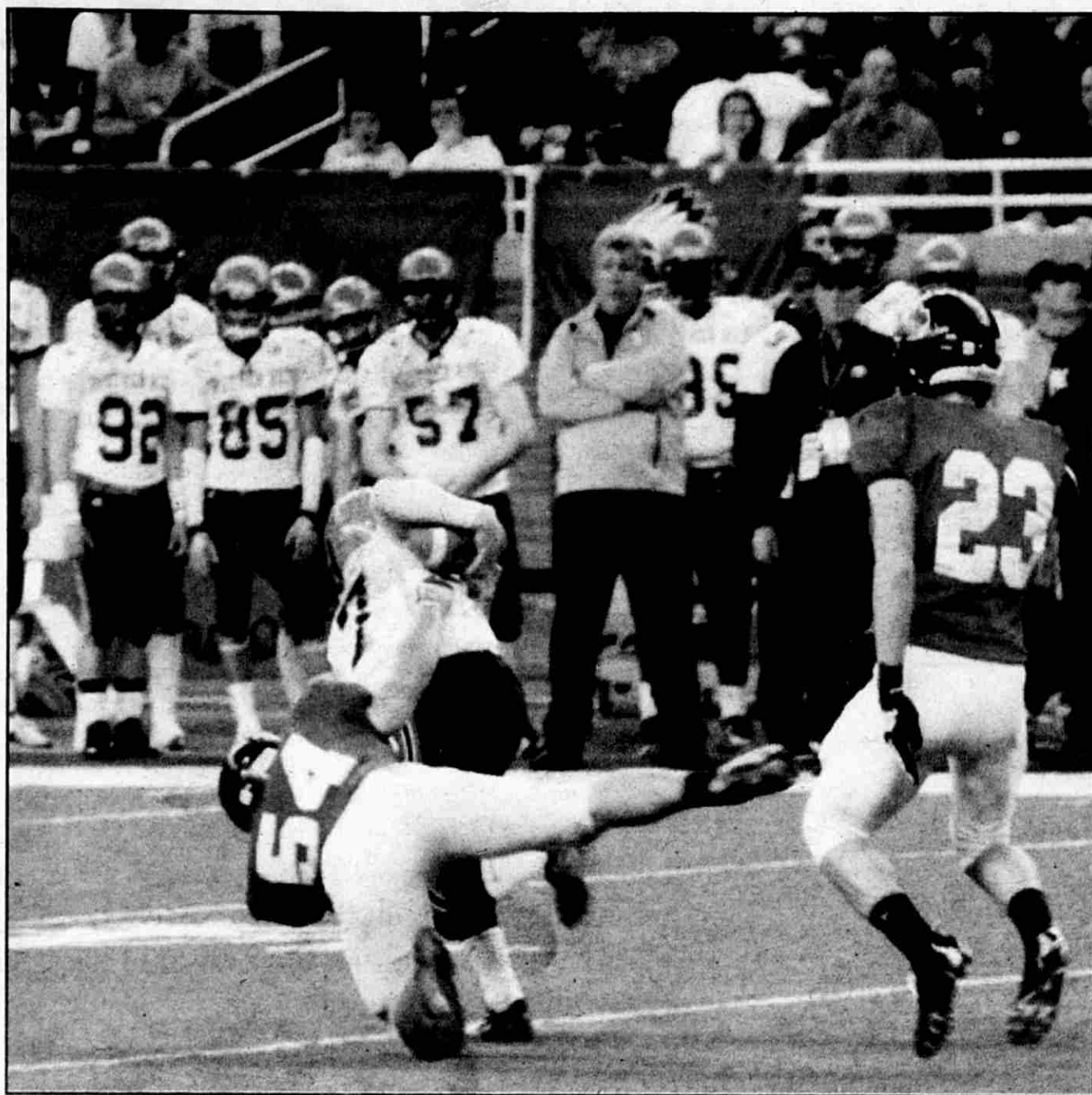
Their onside kick failed and Brother Rice ran out the clock. With 1:10 remain-

ing, Church went down. He hobbled to the sidelines with the help of his trainers and a standing ovation from the Brother Rice fans.

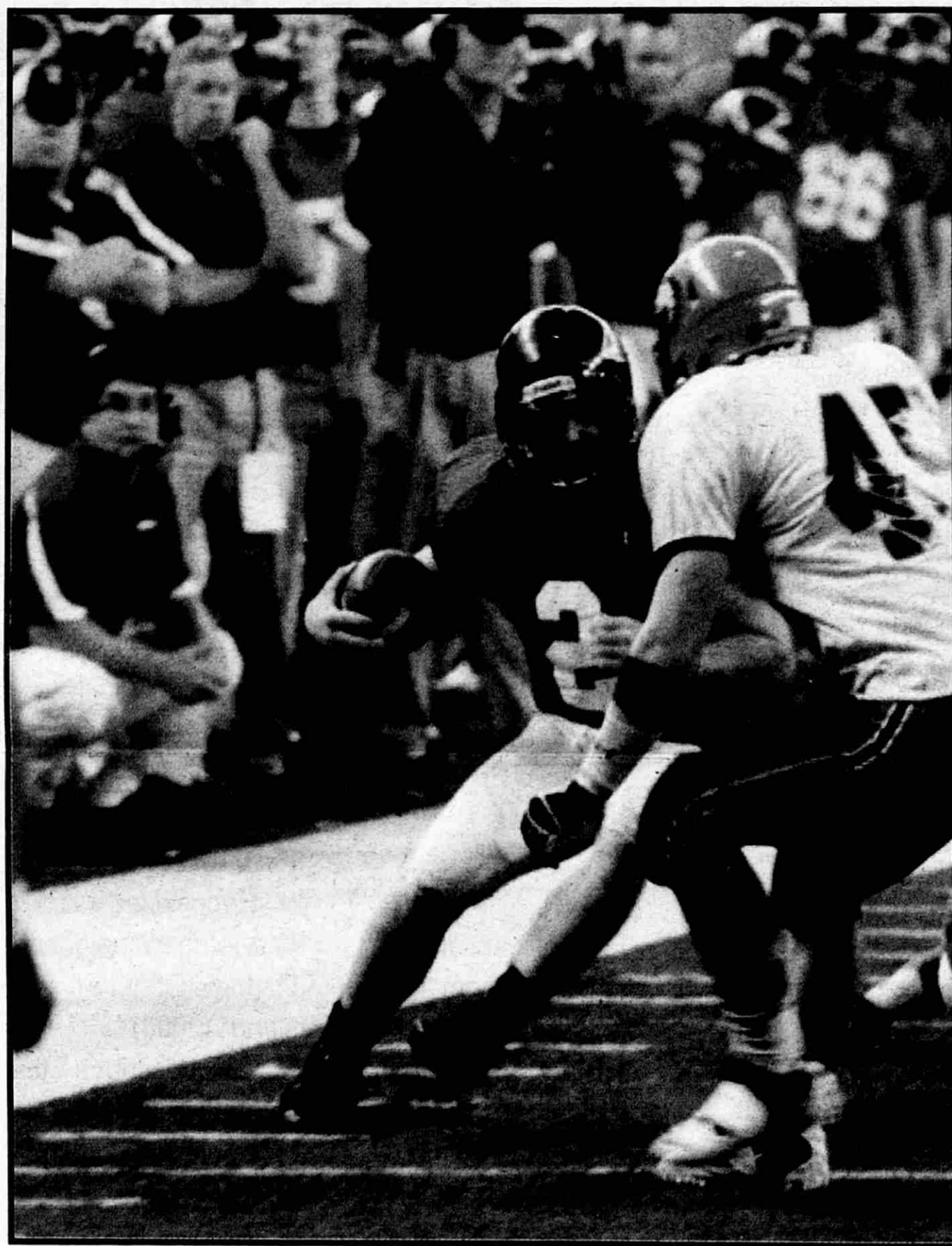
The Red Arrows had 84 rushing yards to Brother Rice's 325. Dean accounted for 62 of those yards and Addington for 22. Dean was

14 of 24 through the air with 190 yards and two touchdowns. Rice had 42 passing yards.

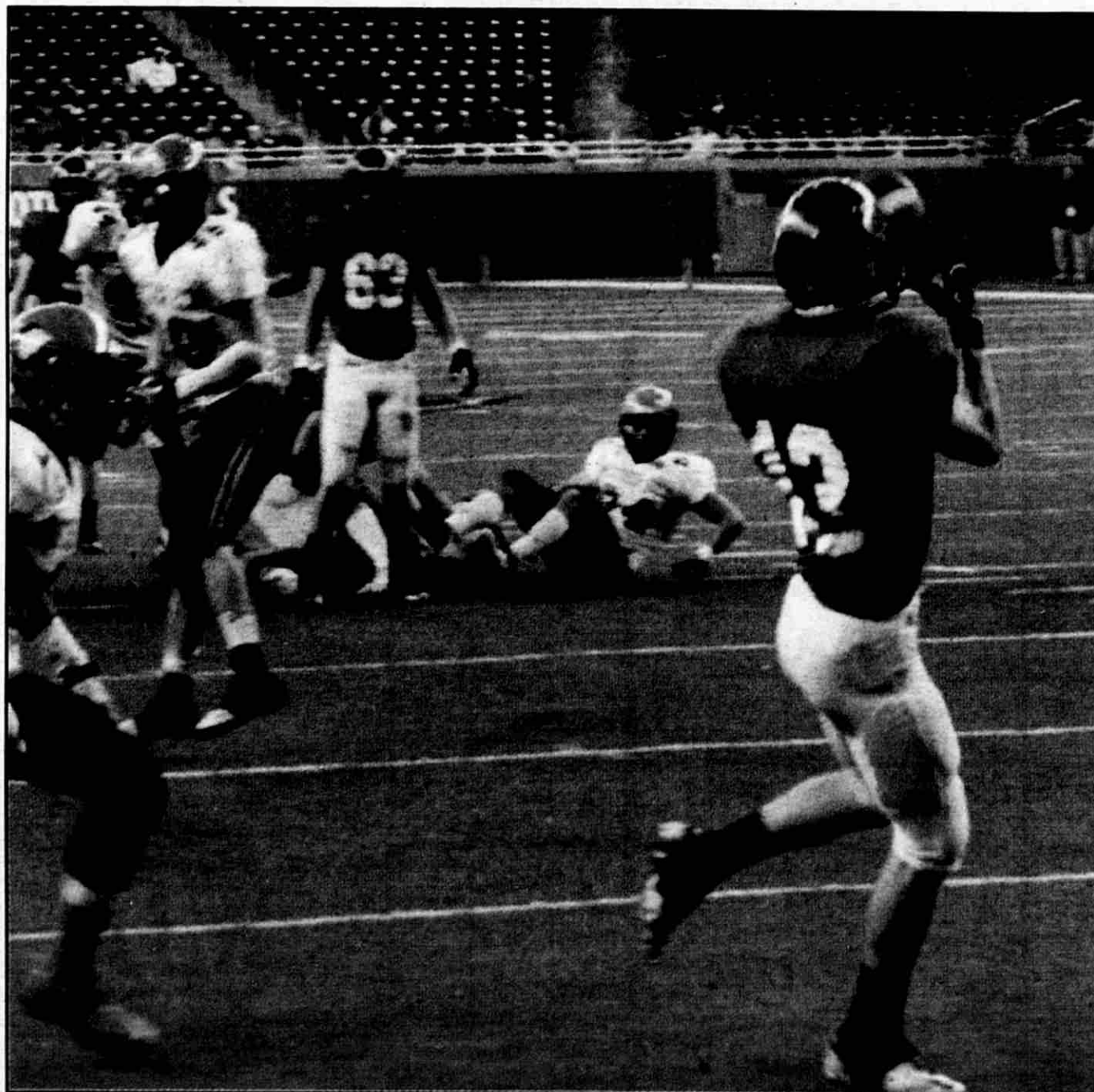
Reed Stormzand may have had the most impressive game, making important tackles on defense including two sacks against a tough offensive line.



Jake Stehley sacks the Brother Rice quarterback as Reed Stormzand looks on. Stormzand would record two of his own that day.



Gabe Dean jukes away from the Brother Rice defense.



Luke Bigham looks in the ball for one of his two touchdown catches of the game.



**FLAT RIVER  
OUTREACH  
MINISTRIES**

**CHRISTMAS  
BOX  
DONATIONS**

*Flat River Outreach Ministries will be collecting new, unwrapped toys and gifts through December 15, 2011*

**TOY BOXES OR BARRELS**

are in place at the following locations:

Brenda's Hair Design, Dollar General, Fifth Third Bank, Grand River Veterinary Hospital, Rite Aid, Showboat Automotive, Springrove Variety, Walgreens Pharmacy & Lowell High School

**ANGEL TREES**

will be in place at the following locations:

Firstbank, Ella's Coffee Shop, Huntington Bank, Huntington Bank (branch), Englehardt Public Library and Ada/Lowell 5

**FOODS, TOYS & MONETARY DONATIONS**

can be dropped off at the **FROM Food Pantry, 11535 Fulton St. E.** on Wednesday and Thursday, Dec. 14 and 15, between 10 am and 4 pm. Food and toys will be distributed on Saturday, Dec. 17 from 9 am to 2 pm.

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

**REMEMBER**

This program is for members of our community

