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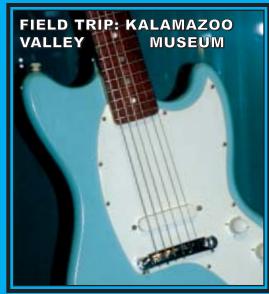
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**Neighbors is published monthly from March through December.** 

**Neighbors** 

(269) 228-1080 (269) 476-1680 http://www.cassneighbors.com

sailorphil@philvitale.com jack@beanstalk.net

# REGIONAL NEWS

### 3rd annual soles for souls, Fire Cracker 5K/10K & Double Down

The Cass United Methodist Church is pleased to announce its 3rd annual Soles for Souls Fire Cracker 5K/10K and Double Down on Saturday, July 4 at 8:30 am. Registration (open at 7:30) is at Diamond Lake Marina, just east of Diamond Lake Yacht Club, 21316 Shore Acres Rd., Cassopolis. For more information call 445-3107. For sponsorship info contact the church at PO Box 175, Cassopolis, MI 49031 by June 21.

#### **CUMC Summer Bible Study**

Tuesdays at 10 the annual womens' summer Bible study will be hosted at the Cassopolis United Methodist Church. This summer's study is the Parables of Jesus. Class begins promptly at 10 am in the classroom of Wood Fellowship Hall, which is accessed from the church's O'Keefe St. parking lot. The church is at 209 S. Rowland.

More info is available from Dawn Atkinson, class facilitator at dawnatkinson7@gmail.com or 445-2789.

### **Relay for Life Three Rivers**

The American Cancer Society has announced it will host the Three Rivers, MI Relay for Life 30th Birthday Celebration on June 26 and 27 from 12 pm to 12 pm at Three Rivers High School.

If you would like more information on participating, forming a team, joining a planning committee, becoming a sponsor, donating gifts or other items, please contact Kristen Wehling at 349-8710 or email kristen.wehling@cancer.org.

### **Swap Meet & Flea Market**

The Michigan Flywheelers Museum will host its 19th annual "Swap Meet & Flea Market" Friday, June 12 and Saturday, June 13 at the museum on 68th street, east of South Haven. This year's event includes a "Hammer-In" and antique tractor pulls.

The event will start at 8 am Friday and run until 4 pm. Saturday.

Held rain or shine, admission is \$2 per person and includes all three events. Children under 12 are free with an adult. All proceeds are used to fund preservation and education projects at the museum.

Close to 160 sellers are expected at the Swap Meet which is a large outdoor flea market where trading, bartering and buying are encouraged.

In conjunction with the Swap Meet, is the Hammer In. In its third year, the Hammer In is a gathering of blacksmiths who spent the weekend working on projects, discussing the trade and demonstrating technics for

On Saturday, the Lakeshore Antique Tractor Club will hold tractor

### **Federal Employees to meet**

The National Association of Active & Retired Federal Employees SW Michigan Chapter will hold their monthly meeting on June 23 at 6 pm at the Super Buffet in Benton Harbor (next to Big Lots). All retired/current federal employees, spouses/families are welcome. For information, call Jean Rowe at 782 2769 or e-mail jeanrowe70@comcast.net.

EXCEPTIONAL FACTORY FINANCING AVAILABLE



pulls starting at 11 a.m.

The Michigan Flywheelers Museum is a non-profit organization dedicated to the preservation of antique farm machinery and its history. It hosts one of the largest antique engine and tractor shows in the state every September. This year's show will be held Thursday, Sept. 10 through Sunday, Sept. 13.

For more information, contact the museum at 269-639-2010, www.michiganflywheelers.org, michiganflywheelers@yahoo.com or Facebook.

### **Smith's Chapel open house** rescheduled to June 13

The open house at Smith's Chapel near Niles has been rescheduled to June 13, from 10 am - 2 pm.

Learn about the history of the oldest church in Southwestern Michigan. The chapel is located at 29858 Redfield Rd.. Niles, Mi 49120. For more Information call 932-5242.

### **16th annual Coin Show**

The Schoolcraft Coin Show will be Saturday, Sept. 26 from 9 am - 3:30 pm at the Krum Community Center, 515 E. Clay (just off US 131) in Schoolcraft. Admission and parking are free. For information contact Gary Manley, 273-7070, email zendra@omega<br/>777.com or visit http://schoolcraftcoinshow.com.

### **Art Show planned**

The Cass County and Michiana art show DIAMOND IN THE ROUGH will be in Cassopolis on the Lowe Center grounds on July 4 to entertain summer residents from the many lakes and towns of Cass County and Michiana who will be waiting for the night time fireworks to begin.

Visit their website at www.cassareaartist.com to learn more about the group and the art show. For more information call Tom Rose at 228-8047.

#### ArtBash 2015 - Save the Date!

July 11, at 5:30 pm (CDT) Lubeznik Center for the Arts in Michigan City will host ArtBash 2015 at Blue Chip Stardust Event Center. All proceeds will support LCA programs and outreach The MC for the evening will be ABC 7 Chicago news anchor, Ron Magers.

Presale individual tickets are available for \$150 through June 9 and at regular price for \$165 after June 9. Tables are available for \$1500 through June 9 and \$1650 after June 9. Tickets available online at lubeznikcenter.org or by calling 219.874.4900.

For more information and updates regarding the event visit lubeznikcenter.org.







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# REGIONAL NEWS

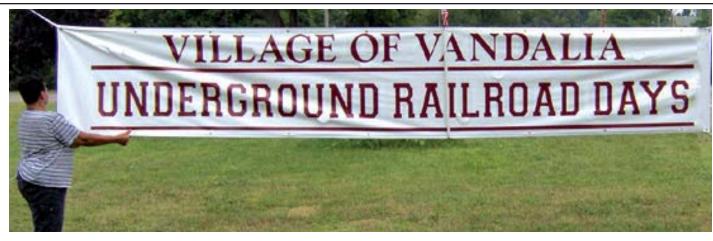
Lubeznik Center for the Arts is located at 101 W. 2nd St., at the lakefront in Michigan City, IN. Gallery weekday hours are from 10 am to 5 pm (CDT). Weekend hours are from 11 am to 4 pm (CDT). For more information visit www.lubeznikcenter.org or call 219-874-4900

#### Cass County CASA Hosts 8th Annual Auction & Dinner June 26

The 8th Annual CASA Auction & Dinner at Our Lady of the Lake Social Hall in Edwardsburg will begin at 6:30 pm on Friday, June 26. The event promises lively entertainment, a social hour, dinner and a live auction. There will also be a reception with Judge Dobrich beginning at 6 pm for those of you who wish to give a little more.

Live auction items include:

- 4 ND football tickets for Texas and Wake Forest plus a \$200 Hammes Book Store gift card
- 100 bottles of Craft Beer & Beer Steins ■ Heavenly Banquet Fit For A King: hosted by Fr. Joe McCormick & Rev. Benjamin Hutchison, prepared by Chef Lars Nordell, once Chef to the Swedish
- King and Royal Family, for 10
   36 bottles of excellent wine and a cooler to keep them cool
- Eagle Lake Progressive Dinner & Pontoon Cruise for 10
- 5 nights on Sugar Mountain in Blue Ridge Georgia with the Appalachian Trail outside the door of your 3 bedroom cabin
- Dinner for 4 at Elkhart's newest and finest Artisan Restaurant with Lerner Theater tickets
- $\blacksquare$  Mackinac Island Getaway: 2 nights at



#### UNDERGROUND RAILROAD DAYS SET FOR JULY 11 AND 12

The Village of Vandalia MI and the Underground Railroad Society of Cass County MI will partner for the sixth year to celebrate the heritage of the Underground Railroad in the area. Hours are Saturday 11 am -7 pm and Sunday 11 am - 5 pm with activities centered around Milo Barnes Park on M-60 in Vandalia. There will be an "Opening Night" performance on Friday at 7 pm at Ross Beatty High School in

Cassopolis featuring Dr. Von and Fran Washington in a dramatic reading of their new play about the UGRR "They Fought to Save Freedom."

Saturday and Sunday feature guided tours of UGRR sites that tell the story of the Kentucky Raid, UGRR related displays and presentations in the Village Youth Center; music and poetry at the "Ramptown Cabin" in the park, a Civil War Living History encampment on the Village green, and a soul food dinner in the Village Hall.

The historic Bonine House at Penn Rd and M-60 will be open for tours both days. A community church service will be held in the park Sunday morning at 11 am

Parking and all activities, except the dinner, are free of charge, donations are most appreciated.

More information on Underground Railroad Days, the role Cass County played in the UGRR, and the Bonine House can be found on www.urscc.org

the Grand Hotel including meals

- Agawa Canyon Train Tour with 2 nights in Sault St. Marie, dinners, and more for 4
- Chicago weekend at The Talbot Hotel on the Gold Coast, including 40 dinner options and VIP passes to 5 of the city's best attractions.
- Dinner for 2 at the LaSalle Grille with tickets to Miss Saigon at the South Bend Civic Theater
- RAFFLE: Four Winds Casino night

including hotel, \$350 gift card, and 2 Entertainment Event tickets to the show of your choice

For more detailed information, visit www.casscocasa.org. Tickets are \$50 per person and can be purchased from CASA board members or at the CASA office in Cassopolis. Tables of 8 are available. Tickets for the optional Friends of CASA reception hosted by the Honorable Susan L. Dobrich are \$75 and include dinner. All contributions are tax deductible.

For more information contact Erica Boulanger or Jim Ward at 269.445.4431 or casscocasa2@yahoo.com

### Cassopolis Students Win Michigan History Day Honors

The Sam Adams Team 5th grade team of Collin Bogue, Kennedy Brooks, Anna Leach, Keith Porter and Kendon Williams won first place in the Youth Group Performance Category for their play, The Legacy of Nathan and Pamela



# REGIONAL NEW

Thomas. They also received a special award for the Best Entry in African American/People of African Descent World History (Sponsored by Hispanic Latino Commission of Michigan in Partnership with Lansing Area Sister Cities Commission).

Over 470 elementary, middle and high school students competed for state honors on Saturday, April 25 at DeWitt High School in DeWitt. Local Michigan History Day Coordinators Felomina Patton and Ruth Andrews wish to thank the many individuals and organizations who supported the students' efforts.

### Preschoolers discover "Fish" at St. Patrick's County Park

Preschoolers and an accompanying adult will learn how to identify fish found living in ponds and lakes from 9:30 to 11 am on Thursday, June 18. The class includes story time, hands-on nature activities and a craft.

Nature Munchkins is a program series for 3- to 4- year olds to explore nature with a parent or other adult. Siblings outside the age bracket are not allowed to attend. The Nature Munchkins series is offered by the St. Joseph County (IN) Parks and classes are offered at St. Patrick's County Park.

Program fee: \$5/child-adult pair and \$3 for a second child with parent. Preregistration and pre-payment required by June 15. For more information, call 574-654-3155.

### "Outdoor Adventures" summer day camp

Registrations are now being accepted for "Outdoor Adventures" at St. Patrick's

County Park in South Bend.

Depending on their age, campers might go fishing, learn archery skills, paddle a canoe on our pond or catch a praying mantis. Campers will discover the natural world through active challenges, games, crafts or quiet moments of observation. They'll enjoy the health benefits and increased awareness of exploring and having fun outdoors.

Four camps are offered for children entering kindergarten through 8th grade. They include:

- July 6-10: The Great Outdoors! (ages 5-
- Sweep for insects, hike the trails and explore what creatures live in the outdoors.
- July 13-17: Outdoor Kids (ages 7-8) Cook over a campfire, build a fort and play some WILD games!
- July 20-24: Mad Scientists (ages 9-10) Create potions, harness the power of the sun and capture wiggly wild creatures!
- July 27-31: Amazing Race Challenge (ages 11-13)

Fish, canoe, and enjoy an overnight cam-

For more information, or to request registration materials, please call 574/654-3155, or visit www.sjcparks.org.

#### **Disc Golf and Desserts!**

Come to Ferrettie/Baugo Creek County Park Disc Golf Course for a women's only game and have dessert afterwards! Ladies of all ages are welcome on Sunday, June 7, at 1 pm. Fee is \$10 per person and includes a round of disc golf, dessert and a disc suitable for beginners that is yours to keep. Join us to play in a relaxed, no-pressure atmosphere. Give disc golf a try — who knows, it might just become your new life-long hobby! For more information call 574-654-3155.

#### **Registration Open for Summer** Classes & Camps at LCA

Lubeznik Center for the Arts (Michigan City) summer classes and camps are open for registration. Kicking off the summer season is Painting for Teens on June 20, a new class for ages 12-17. Young artists will apply traditional techniques on canvas as well as studying several artistic movements and methods in order to inspire students.

Have your child spend their summer by the lake at LCA's summer camps. Culture Club Camp, July 13 - 24 from 9 -11 am (CDT), is your child's passport to the world through the arts, crafts, music, and food of Japan, Haiti, North Africa, and Thailand. Famous Artists Camp, August 3 - 7 from 9 - 11 am (CDT), gives children the opportunity to create their own masterpieces as they investigate well-known artists. Techniques taught will range from botanical drawings to pop sculpture.

Adult classes offered at LCA this summer cover painting, photography, art appreciation, writing, hat making, and much more. New this season is Art Journaling taught by local artist, Laurel Izard where students will create and embellish their own art journal. Also new is, Zentangle Methods, a one-day workshop that offers students an easy-tolearn, relaxing, and fun way to create beautiful images by drawing structured patterns. This method is known to increase focus and creativity, along with

an increased sense of personal well-being. There are workshops for writers too! In Memoir Writing students will document memories of people, places and events. Students will be encouraged to express themselves in their own writing style for their own personal pleasure, to share with family and friends, or to publish. Also returning is Phoneography. Master the basics of smartphone photography and be on the cutting-edge of the phenomenon sweeping the world.

In a new partnership, Lubeznik Center for the Arts will offer a ceramics class this summer, off site, in the woodsy setting of the Dunes Art Foundation (DAF), 288 Shady Oak Drive, Michigan City, IN. Jon Hook, a master of clay, will introduce students to hand-building techniques and the raku firing process in Hand-Building and Raku.

To see a full listing of classes, teacher bios, and to register for classes and camps visit lubeznikcenter.org.

Lubeznik Center for the Arts is located at 101 W. 2nd St., at the lakefront in Michigan City, IN. Weekday hours are from 10 am AM to 5 pm (CDT). Weekend hours are from 11am to 4 pm (CDT). Thursdays: 10 - 7\* (Memorial Day -Labor Day) \*Hyndman Gallery opens at 2 pm. For more information visit www.lubeznikcenter.org or call 219-874-4900.

#### On the cover

The cover photo this week shows some beautiful wildflowers growing alongside a road in Newberg Township in northeastern Cass County.

# FACTO

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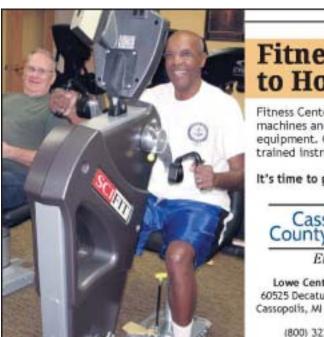
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# REGIONAL EVENTS CALENDAR

June 6 — Super Fun Color Run, 9 am, Pick up a registration from the Cass District Library. Free and open to the public; run/walk held at Cass County Council on Aging in Cassopolis. Organized by Cass District Library- Main Library, 445-3400

June 7 — Disc Golf and Desserts, Ferettie/Baugo Creek County Park Disc Golf Course (So. Bend), 1 pm.

June 8 — Summer Reading Club Begins, All Cass District Libraries, Register for Every Hero Has A Story at your local branch. Cass District Library- Main Library, 269-445-3400

June 10, 11 — DIY Super Hero Cape, 10:00 am, Bring your own oversize t-shirt, call for more info. June 10 at Edwardsburg Branch, 663-5875, June 11 -at Main Library, 445-3400 and at Mason/Union Branch, 641-7674

June 13 — Vendor Application Due for Howard Library Arts and Crafts Fair, Cost is \$10 for one space for the arts and craft fair in July. Call for more info. Cass District Library-Howard Branch, 684-1680

June 13 — Porter Township Cleanup Day, 8 am - Noon, American Waste, 15621 Mason St., Union, 641-2375.

June 13 — Smith's Chapel open house, 10 am - 2 pm, 29858 Redfield Rd., Niles, 932-5242

June 15 — Story Hour Begins, 10 am, Monday story hours begin for four weeks. Cass District Library- Main Library, 445-3400

June 15 — Big Hero 6, 1 pm, Free family movie, snacks provided free. Cass District Library- Howard Branch, 684-1680

June 16 — Story Hour Begins, 10 am, Tuesday story hours begin for four weeks. Cass District Library- Howard Branch, 684-1680

June 16, 18 — Heroes: Therapy Dogs and Volunteers, 10:00 am, Learn about therapy dogs and make a pet toy for the animal shelter. June 16 at Cass District Library- Main

Library, 445-3400, Mason/Union Branch, 641-7674, and 1 pm at Mason/Union Branch, 269-641-7674; June 18 at Edwardsburg Branch, 663-5875 and Howard Branch, 684-1680

June 17 — Lunch Bunch Story Hour Begins, 10 am, Bring your own lunch to this four week story hour session. Cass District Library- Edwardsburg Branch, 663-5875

June 18 — Nature Munchkins discover Fish, St. Patrick's County Park (So. Bend), 9:30-11:30 am, 574-654-3155

June 19 —The SpongeBob Movie: Sponge Out of Water, 1 pm, Free family movie, snacks provided for free. Cass District Library- Main Library, 445-3400

June 19, 20 — Diamond Lake Garage Sale

June 22, 29, July 6, July 13 — DIY Tie-dye, 1 pm, Bring your own white t-shirt to tie-dye. Cass District Library- Main Library, 445-3400, 6/29 at Howard Branch, 684-1680; 7/6 at Edwardsburg Branch, 663-5875; 7/13 at Mason/Union Branch, 641-7674

June 23, 25, 30, July 2 — Super Hero Training Academy, 1 pm, Train like a superhero with fun games and obstacles, Optional: dress like a superhero. 6/23 at Cass District Library-Mason/Union Branch, 641-7674; 6/25 at Howard Branch, 684-1680; 6/30 at Main Library, 445-3400; 7/2 at Edwardsburg Branch, 663-5875

June 23 – 6 PM - National Association of Retired Federal Employees, SW Michigan Chapter572 will hold their monthly meeting at the Super Buffet, Benton Harbor, Jean Rowe 782 2879 or jeanrowe70@comcast.net

June 26 — Cass County CASA 8th Annual Auction and Dinner, Our Lady of the Lake Social Hall, Edwardsburg, 6:30 pm, \$50, 445-4431, casscocasa2@yahoo.com

June 26-27 — Three Rivers Relay for Life 30th Birthday Celebration, Three Rivers High School, 349-8710, kristen.wehling@cancer.org

July 4 — Cass United Methodist Church 3rd annual Fire Cracker 5k/10k and Double Down, 8:30 am, registration at 7:30 at Diamond Lake Marina, just east of Diamond Lake Yacht Club, 445-3107

July 4 — All Cass District Libraries are closed for Independence Day.

July 4 — Diamond in the Rough art show, Lowe Center, Cassopolis, 288-8047

July 4 — Fireworks, Birch Lake, Diamond

July 9, 10 — Magic Workshop, Ages 9+, class is limited to 30 people and registration is required. July 9 at 10 am at Cass District Library- Main Library, 445-3400 and Howard Branch, 684-1680 and at 1 pm at Mason/Union Branch, 641-7674; July 10 10 am at Howard Branch, 684-1680, 1 pm at Edwardsburg Branch, 663-5875

July 9 — July 18 — Sister Lakes Triathlon, details tba

July 11 — ArtBash, 5:30 pm, Lubeznik Center, Michigan City, \$150, 219-874-4900

July 14 — Super Comics Drawing Workshop with Jerzy Drozd, 1-3 pm, Ages 9+, class is limited to 60 people and registration is required. Cass District Library- Main Library, 445-3400

July 16 — Summer Reading Club Finale Party, 1-3 pm, Featuring the Wildlife Safari Live Animal Show, inflatable obstacle course, and more! Cass District Library-Edwardsburg Branch, 663-5875

July 18 — Howard Library Arts and Crafts Fair, 10 am-2 pm, Come out and support local vendors at this arts and crafts fair organized by the Howard Friends. Cass District Library-Howard Branch, 684-1680

July 20 — Math Scoops Ice Cream Math Club Begins at the Cass District Library, Call and ask for Stephanie for more info. Cass District Library- Main Library, 445-3400 July 25 — Steve's Run, Southwestern Michigan College, details tba

July 28 – 6 PM National Association of Retired Federal Employees SW Michigan Chapter will hold their annual picnic at a site to be selected. Main food & drink will be provided, please bring a dish to pass. For information, call Jean Rowe at 782 2769 or email jeanrowe70@comcast.net

August 1 — Diamond Lake Home Tour on Diamond Island, 1-5 pm, hosted by Cass United Methodist Chuurch. Tickets \$25/per.

August 25 – 6 PM – National Association of Retired Federal Employees SW Michigan Chapter 572 will hold their monthly meeting at the Super Buffet in Benton Harbor (next to Big Lots). For information, call Jean Rowe, 782 2769 or email jeanrowe70@comcast.net

September 22 – 6 PM – National Association Retired Federal Employees SW Michigan Chapter will hold their monthly meeting at the Super Buffet in Benton Harbor (next to Big Lots). For information, call Jean Rowe, 269 782 2769 or e mail jeanrowe70@comcast.net

September 26 — 16th annual Schoolcraft Coin Show, 9 am - 3:30 pm, Krum Community Center, Schoolcraft, 273-7070, zendra@omega777.com, schoolcraftcoinshow.com

October 27 – 6 PM National Association of Retired Federal Employees SW Michigan Chapter 572 will hold their monthly meeting at the Super Buffet in Benton Harbor (next to Big Lots). For information, call Jean Rowe, 269 782 2769 or e mail jeanrowe70@comcast.net.

December 1 – 2 PM – National Association of Retired Federal Employees SW Michigan Chapter 572 will hold their annual holiday dinner at a site to be determined. Next meeting is March 22, 2016. For information call Jean Rowe, 782 2769 or e mail jeanrowe70@comcast.net







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# LAKE LIFE WITH JANE

### Taking it outside in June!

#### by JANE BOUDREAU

think June is my favorite summer month. The weather is perfect, not too warm or humid, and we are ready to start enjoying as much outdoor time as possible.

It's also a time when I take my love of decorating outside. The wisteria gets a good trim, pots of petunias and geraniums are planted and out comes all of our cushions and pillows from storage. I love playing with our table on the covered patio. I switch it around almost every weekend with a variety of cotton table runners that can just be tossed in the wash, bright colored citronella candles (a steal at the Dollar Store), and jars filled with sand and tea lights that twinkle at night. I like trying the 'out of ordinary' for outside; shades of pink and aqua blue are a little unexpected and add that wow factor.



We've had these chair cushions for over ten years now. Buying good ones is a smart investment but my husband wasn't too pleased when I chose these in such a light shade. We did come up with a method for making them look like new every year. We store them away in plastic bags over the winter and in the spring we lay them out on the grass and give them a little shower with the power washer. I mix up a big





bucket of warm water with 1/2 cup of Tide laundry soap and a big scoop of Oxy Clean\*. Then I scrub away, spending extra effort on any stains. We give them another power wash and let them dry in the sun. This works really well — if you have your own ideas, please share!

\*Please note that Oxy Clean sometimes fades bright colors so you may want to test it out on a small section of your fabric first.

When the weather warms up and the sun is shining, we take the time to open the blinds and windows indoors, cut some flowers for vases, and maybe even decorate with pretty shells in a basket or colorful stones in a glass jar.

On the flip side of the coin, I like to bring the indoors out. Obviously you have to keep in mind the elements so I use a lot of pieces that I find at flea markets and yard sales. Very thrifty and you won't cry if something gets rained on. I really love an old chippy look with some furniture and awhile ago I came upon an antique mall that had tons of mismatched chairs. I paid a few bucks for three and spent an afternoon in the garage giving them a few coats of white paint and then a little sanding to get a bit of time worn scruffiness. I move them around all the time. This old guy sits under a tree on the patio with

an ancient flower pot filled with pretty impatiens, Another year you may find it in a flower bed with a rusty watering can on it. Sort of interesting and fun, don't you think?

I'm not sure about you but blank spaces make me batty. This is one of the walls of our patio. For the life of me I couldn't figure out what I could do to make it interesting to look at. The idea to do a sort of nautical gallery wall came to me when I was in a store and spotted the piece of whale artwork. Then I just gathered up things from around the house. With the help of my daughter, Emily, this is what we accomplished last summer. You can really come up with a lot of themes ... gardens, sailboats, farmhouse antiques and implements, maybe just a collection of your favorite artwork. Fiddle around and have fun. You'll smile every time you look at it!

As I finish up sharing these ideas for spiffing up some of your outdoor spaces, let's not forget that spectacular decorator that lives outside our doors, Mother Nature.

Does it get any better than this? I love seeing the clematis bloom every spring, the fishing boat waiting patiently for some early morning outings, the water so calm in our little bay but for a few ripples from

the turtles coming up for air.

Well, I think it's time for me to go sit on the beach with a good book and cool drink. But first, I have a refreshing recipe I want to share that you will enjoy on warm afternoons or to bring along to a party as an appetizer to share. Very colorful and healthy, too. I hope you like it!

### **Layered Greek Salad Dip** *Ingredients:*

2 large tomatoes, diced 2 cups cucumber, peeled and diced 1/2 cup red onion, diced 1/2 cup green pepper, diced 1 cup crumbled feta cheese, divided 2 T. dried oregano, divided 3/4 cup chopped fresh parsley, divided

16 oz. (or 2 cups) plain Greek yogurt 1-1/2 t. salt and pepper each 1 cup chopped romaine lettuce 1/2 c. red pepper. diced 1/4 cup sliced black olives

#### **Directions:**

In a casserole dish at least 3 inches deep, layer tomatoes. Top with cucumbers (in order, in layers), red onion and green peppers. I smooshed the layers down with a spatula to make room for everything. Sprinkle with a pinch of the salt and pepper.

Now do a fine layer of half the feta cheese, half the oregano and half the parsley. Add dollops of the yogurt over this and press it down with a spatula. A tip--press and spread like you are frosting a cake. Do not lift the spatula up and down or it will pull up the layers and make a holy mess. Sprinkle with another bit of S & P.

Finally, make a layer of the romaine lettuce, remaining feta, olives, red pepper, oregano and parsley. Chill for 1 hour. Serve cold or room temp with crackers or pita chips. Serves 10,000.:)



\*\*\*

I wish you all a Happy June. I promised you a recipe for a great take on potato salad and I'll get that to you when the July issue of Neighbors comes out. You'll have time to make that and I'll even have some cute and simple patriotic decorations should you be planning a 4th of July bash.

If you wish to contact me with any questions or to share ideas, you can reach me by email at Blondiesjournal@gmail.com. You can also follow my blog online at Blondiesjournals.blogspot.com.

~Jane



# **BUSINESS & FINANCE**

### Are you retiring within the next five years?

What should you focus on as the transition approaches?

Provided by <u>Greg Schoenfeld</u> Compass Wealth Advisors

ou can prepare for your retirement transition years before it occurs. In doing so, you can do your best to avoid the kind of financial surprises that tend to upset an unsuspecting new retiree.

### How much monthly income will you need?

Look at your monthly expenses and add them up. (Consider also the trips, adventures and pursuits you have in mind in the near term.) You may end up living on less; that may be acceptable, as your monthly expenses may decline. If your retirement income strategy was conceived a few years ago, revisit it to see if it needs adjusting.

As a test, you can even try living on your projected monthly income for 2-3 months prior to retiring.

### **Should you try to go Roth?**

Many pre-retirees have amassed substantial retirement savings in tax-deferred retirement accounts such as 401(k)s, 403(b)s and traditional IRAs. Distributions from these accounts are taxed as ordinary income. This reality makes some pre-retirees weigh—the pros and cons of a Roth IRA or Roth 401(k) conversion for some or all of those assets. You—may want to consider

the "Roth tradeoff" — being taxed on the amount of retirement savings you convert today in exchange for the ability to take tax-free withdrawals from the Roth IRA or 401(k) tomorrow. (You must be  $59\frac{1}{2}$  and have owned that Roth account for at least five years to take tax-free distributions.)<sup>1</sup>

### Should you downsize or relocate?

Moving to another state may lessen your tax burden. Moving into a smaller home may reduce your monthly expenses. In a perfect world, you would retire without any mortgage debt. If you will still be paying off your home loan in retirement, realize that your monthly income might be lower as you do so. You may want to investigate a refi, but consider that the cost of a refi can offset the potential savings down the line.

### How conservative should your portfolio be?

Even if your retirement savings are substantial, growth investing gives your portfolio the potential to keep pace with or keep ahead of rising consumer prices. Mere gradual inflation has the capability to erode your purchasing power over time. As an example, at 3 percent inflation what costs \$10,000 today will cost more than \$24,000 in 2045.<sup>2</sup>

In planning for retirement, the top priority is to build savings; within retirement, the top priority is generating consistent, sufficient income. With that in mind, portfolio assets may be adjusted or reallocated with respect to time: it may

be wise to have some risk-averse investments that can provide income in the next few years as well as growth investments geared to income or savings objectives on the long-term horizon.

### How will you live?

There are people who wrap up their careers without much idea of what their day-to-day life will be like once they retire. Some picture an endless Saturday.

Others wonder if they will lose their sense of purpose (and self) away from work. Remember that retirement is a beginning. Ask yourself what you would like to begin doing. Think about how to structure your days to do it, and how your day-to-day life could change for the better with the gift of more free time. Many retirees find that their expenses "out of the gate" are larger than they anticipated — more travel and leisure means more money spent. Even so, no business owner or professional wants to enter retirement pinching pennies. If you want to live it up a little yet are worried about drawing down your retirement savings too fast, consider slimming transportation costs (car and gasoline expenses; maybe you could even live car-free), landscaping costs, or other monthly costs that amount to discretionary spending better suited to youth or mid-life.

#### How will you take care of yourself?

What kind of health insurance do you have right now? If your company sponsors a group health plan, you may as

well get the most out of it (in terms of doctor, dentist and optometrist visits) before you leave the office. If you retire prior to age 65, Medicare will not be there for you. Check and see if your group health plan will extend certain benefits to you when you retire; it may or may not. If you can stay enrolled in it, great; if not, you may have to find new coverage at presumably higher premiums. Even if you retire at 65 or later, Medicare is no panacea. Your out-of-pocket health care expenses could still be substantial with Medicare in place. Long term care is another consideration — if you think you (or your spouse) will need it, should it be funded through existing assets or some form of LTC insurance?

Give your retirement strategy a second look as the transition approaches. Review it in the company of the financial professional who helped you create and refine it. An adjustment or two before retirement may be necessary due to life or financial events.

Greg Schoenfeld may be reached at www.com-passwa.com or invest@compasswa.com.

#### Citations

- 1 turbotax.intuit.com/tax-tools/taxtips/Retirement/The-Tax-Benefits-of-Your-401-k--Plan/INF22614.html [5/7/15]
- 2 investopedia.com/articles/markets/042215/best-etfs-inflationary-worries.asp [4/22/15]

### Q/A on buying and selling lake property

Questions and Answers on buying and selling property in Southwestern Michigan

**BUYERS:** We hear about the Southwest Michigan lakes having something called Milfoil. Can you tell us about that? P.K. **ANSWER:** Watermilfoil (or milfoil) occurs in patches that tend to crowd out all other growth. Feather-like leaves are finely dissected to midrib and whorled around the hollow stem at intervals along the entire length of the plant. Milfoil stays submerged except for a stalk of tiny flowers, which can extend above the surface. All milfoil species are easily identified as a group because of their distinctive feather-like leaves, but individual species are hard to differentiate from one another. DNA or pigment analysis may be necessary to tell individual milfoil species apart. All lakes seem to have some mil-

### **JUST ADD WATER**

By Gail Alexander Broker/Owner Michigan Lakes Team Inc.

foil. Lakes have implemented a control system that takes care of any concerns. If you are considering buying a lake home ask your agent to check into it for you.

area but the lake homes are on leased land. Should we consider them? R.C. **ANSWER:** The answer will depend on what you want. There are positives and negatives. On the plus side you get a lake house for very little money. You pay a lease fee to rent the lot for a certain amount of years. It can be just a few years or 100 years. The longer the better. On the negative side-you must pay cash

and if you have a short term lease at the end of that lease the owner does not have to renew. They can work out to be a good way to go if the lease payments are low enough to make sense.

**SELLERS:** We don't understand why we have been added to a flood plain. Our house is on a hill and will never flood. What can we do? J.M.

**ANSWER:** The Army Core of Engineers mark off blocks of land from the air as flood plains. No consideration is taken as to the elevation of the land.

Unfortunately all you can do is have an elevation survey done and present that information to be an exception. This will cost you do have this done. Some property owners feel this is unfair that they have to pay to show the government that they are wrong. This is being challenged in Washington and will most likely

change in the future.

**SELLERS:** When we put our lake home up on the market what is the average amount of time we can stay in our house after closing? D.O

**ANSWER:** 25 years ago sellers would always get 30 days after closing. That many days have been coming down and down. In today's market, with 97% of lake home buyers coming from Chicago, you can expect to stay just a few days or may even have to give possession on the day of closing. The majority of Chicago buyers work with their attorneys and for liability reasons advise possession on day of closing. You can usually negotiate a few extra days to make sure that you home closes and then pack up and go. Remember though it will take the buyer 30-45 days to get their loan so you have plenty of time to start boxing up.



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# **BUSINESS & FINANCE**

### Once again — Michigan No-Fault Auto insurance reform

by VICKI BROSSMAN Kemner-lott Agency

fforts are currently underway in the state's capital to reform Michigan's no-fault system. According to insure.com, Michigan's auto rates are the highest in the nation for the second year in a row. As the rates have continued to increase, the number of uninsured drivers has also increased. It is estimated that one-fifth of Michigan drivers are uninsured.

Michigan's no-fault law was established in 1973 with the purpose of providing people with sufficient coverage if they were injured in an auto accident as well as reducing the number of lawsuits. While the concept of unlimited life-time medical benefits for auto-related injuries was well-intended, it has continued to drive Michigan's auto insurance premiums to a level that is unaffordable for some drivers. The unlimited medical benefits also encourage insurance fraud which in turn drives up insurance premiums.

### What are some highlights of the proposed reform?

- Continue to provide all reasonable and necessary medical care for the lifetime of a person injured in an auto accident.
- A set fee schedule that will limit what health care providers could charge people seeking treatment for injuries resulting from an auto accident.
- Set reasonable rules and costs for family and professional attendant care to protect patients needing round the clock care. Family members will be allowed to provide 24-hour care. Benefits will be allowed if a patient requires a professional caregiver.

#### What changes will be made to the Michigan **Catastrophic Claims Association (MCCA)?**

■ Currently, the MCCA reimburses auto insurers for medical claims that exceed \$530,000. There are approximately 15,000 accident victims whose claims are open with the MCCA because they have exceeded this threshold. Under this reform, the MCCA would become the Michigan Legacy Fund and would continue to pay benefits for these individuals for as long as they live.

■ A Michigan Catastrophic Claims Corporation (MCCC) would be formed to replace the existing MCCA. Once the auto insurer has paid \$545,000, the MCCC will cover the medical costs. Claims will be paid directly by the MCCC to the medical providers, eliminating the need to have insurance companies involved as the mid-

### Will insurance fraud be addressed?

■ Michigan is one out of seven states that does not have a fraud bureau to investigate insurance fraud. It is estimated that as much as 10 percent of insurance claims are fraudulent. The reform would establish a Fraud Authority to provide the financial resources to investigate and prosecute auto insurance fraud.

### Will Michigan drivers see any relief in premiums without a reform?

■ The current MCCA fee will be reduced from \$186 per year, per car to \$150 on July 1. As this fee is collected through auto insurance, Michigan drivers could see a slight reduction in their premiums.

### What is being done about uninsured drivers?

■ Michigan insurance companies are required to provide the Michigan Secretary of State (SOS) the Vehicle Identification Number (VIN) and other information



every two weeks of vehicles covered with Michigan nofault insurance.

- If a VIN drops off the list provided by the carriers, it is red-flagged by the SOS. The SOS offices have started calling insurance agencies and/or insurance carriers to verify no-fault coverage if there is an attempt to renew the plates for these vehicles. This process has resulted in a significant number of fraudulent and outdated proofs of insurance being used and discovered. If the SOS does not receive the proper documentation within 30 days, the registration and plates may be cancelled.
- Be aware that a stored vehicle that only has comprehensive coverage is not covered by Michigan no-fault insurance. The SOS cannot legally issue plates for this vehicle. The alternatives are add the no-fault coverage to the vehicle and renew the plate, or allow the plate to expire and pay the \$10 late fee when the vehicle is taken out of storage.
- The SOS will be sharing this information with the Law Enforcement Information Network (LEIN). This will enable police officers to verify insurance coverage electronically.

For more information on Michigan's no-fault auto reform, contact your Senator, Representative, or insurance agent. You may also log onto www.coalitionforautoinsurancereform.com.



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## **BUSINESS & FINANCE**

# Are there "cookies" on my computer?

### What are these cookies? Are they chocolate chip?

These are questions I've been asked often in my line of work in IT — "cookies" are files stored on your computer during your visit to Internet web sites that store information about you and your preferences on the Internet. The information in those "cookies" ranges from your name to the last website you were on, or even what you searched for during your time online. This information can then be used to serve advertisements to you on other websites that you browse, as well as pop ups.

Ever notice how sometimes when you're visiting a web site such as Facebook or Amazon, the ads on the sides are something similar to what you were just searching? You could've searched for Chevrolet cars and all of a sudden, those ads are related to Chevrolet. One of the ways that information is placed there comes from the "cookies" stored on your computer. All websites store or use "cookies" within your computer.

Cookies can be useful when you enable the site to save your login and password for faster access next time. However, it's always best practice to delete your "cookies" and "temporary Internet files" after Internet use, not only for performance purposes — as sometimes you may notice trouble logging into sites - but for security reasons as well. Some websites will set "cookies" on your system and track your web usage. But, cookies can threaten your privacy if a hacker or malicious site that is accidentally visited, attempts to use them for their own benefit.

You're thinking: Why should I care about cookies? Do I really need to worry about them? What's the worst that could happen by keeping these?

Well, cookies can support malicious actions on your computer. You can be browsing any site and accidentally click on an advertisement on the side and all of a sudden, you may run into Malware, and if your password or other information is saved in a cookie, you may run into some trouble. Think of them as a "post it note" on your computer with your browsing habits and possibly important web site credentials noted on them.

My personal recommendation: Clear out these "cookies" often. I would recom-

mend weekly. You can either clear manually (Going to "Internet Options" "Delete Temporary Internet Files/Cookies") or have your web browser (Internet Explorer, Firefox, Chrome, Safari etc.) do this automatically for you within the options of each respective browser.

Private Browsing: Depending on the browser - (check first! - won't save cookies, history, etc. as you browse.)
\*\*Note: These won't save your cookies, etc. after you're done browsing, but can still be used during your Internet usage to send along your browsing habits to third parties for those advertising purposes.

**iPad/iPhone:** Go into your "Settings" > Tap "Safari > Tap "Clear History Website Data".

**Firefox:** Click "History" at the top of the menu bar, click on "Clear All History" > Select the time range of which you'd like to remove and what you'd like to remove > then "Clear now".

Google Chrome: Click the Chrome menu (Looks like 3 dashes) > Select "More tools" > Clear browsing data. Select the checkboxes for the information you'd like to remove and the time going back to the date you'd like to remove. Click "Clear browsing data".

Internet Explorer: Go to your "Tools" > "Internet Options" - a dialog box will appear, you'll see where it says "Browsing history" > (You have the option to delete browsing history on exit for an automated setup as we talked about above) > or simply click "Delete..." and then select "Temporary Internet files/website files, Cookies and website data and History.

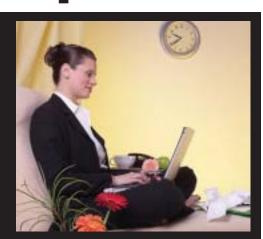
These are some of the answers I've given to folks when asked about "cookies". I hope this helps you understand more about them as well. Chocolate chip or not, these "cookies" are a big part of the Internet world.

Ed Marshall is an Information Technology & Security professional, who grew up in Dowagiac and currently resides in Decatur with his fiancée, Jessica. He has been in IT for the past ten years and has primarily specialized in K-12 IT for Lakeshore and Decatur Public Schools. He is currently employed by an IT Managed Services Provider, located in Stevensville.

# Computing over Coffee

By Ed Marshall

Got a computer-related question for Ed? Email him at ed@computin-govercoffee.org

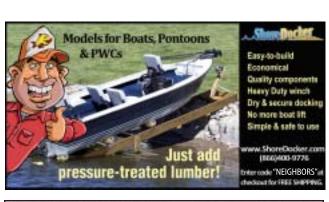


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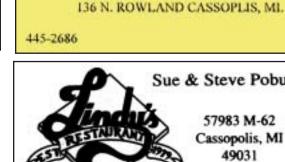




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Saturday from 9 am to 5 pm, Fridays in Oct - May until 9 pm, Sundays and holidays from 1-5 pm (closed some holidays). There are daily shows in the planetarium. For information visit kalamazoomuseum.org.





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# HISTORIC POSTCARDS

### Historic postcards depict rich scenes of early area life

n this issue of Neighbors, Jerdon Real Estate of Dowagiac, owned by Floyd Jerdon and his son Tom, has provided antique postcards of a few of the many lakes in our area. Floyd and his wife Donna started collecting post cards more than 20 years ago, and since Jerdon Real Estate specializes in marketing lake property, it

was a natural fit that Floyd's interest be directed to the lake cards. The collection now numbers many thousands.

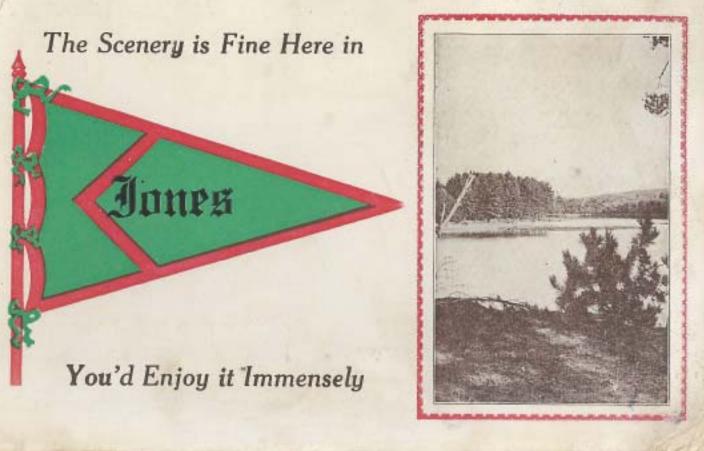
Jerdon has recently used many of his postcards featuring the Sister Lakes area in a book written by RL Rasmussen. The book, which retails for \$19.99, is in its second printing by the publisher, Arcadia Publishing. Among other places, the book

may be purchased at the Jerdon Real Estate office on M-62 West, and at Whistlestop Gifts, which is operated by the Dowagiac Chamber of Commerce.

For more information or to get a copy of Jerdon's book, visit the website: www.arcadiapublishing.com

In this edition of Neighbors we have selected postcards showing images in the area of Jones.

In future issues, we will couple additional cards from one or more of the area's lakes with views of nearby communities and countryside.





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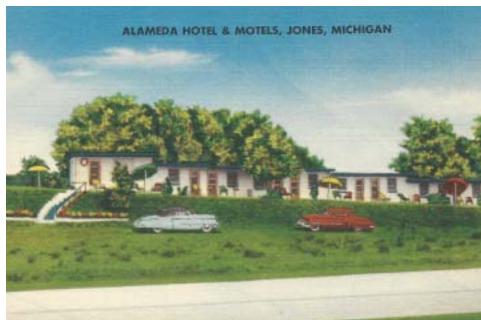
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# HISTORIC POSTCARDS















# NATURE NOTES

## Spring bird migration going full throttle

Provided by the Cass District Library
Local History Branch

housands of long-distance migrating birds are passing through
Southwest Michigan this week.
Some will continue northward while others will remain here throughout the summer.

Although the first Baltimore oriole of the season was reported back in late April, St. Joseph Township resident Randy Schrubba sent in some great photos of a male oriole as it perched on a backyard tree, and at his oriole feeder.

Baltimore orioles are long-distance migrants to our region, having spent the winter months over an area from Mexico, south to northern South America.

Upon returning to Michigan, they are in need of high-energy food such as juice from oranges, or nectar placed in oriole feeders. They also visit humming-bird feeders for the nectar.

As they regain their strength, orioles will become less dependent on sugarwater and will eat a more balanced diet consisting of insects and other small invertebrates.

Rose-breasted grosbeaks have become abundant at area feeders over the last week. Joanie Gentry of Sawyer captured an image of a female and male at a bird feeder. The female lacks the bright coloration present on the male. The male has a distinctive rose-colored area on its upper chest, for which the species is named.



Two male Baltimore orioles at oriole feeder in backyard of Randy Schrubba.

Like the Baltimore oriole, the grosbeaks are long-distance migrants coming from tropical locations to eastern North America for the summer. Gentry also submitted a photo of a pair of barn swallows, building a nest under a concession stand at Warren Dunes State Park. Barn swal-

lows have been back since early April and are now beginning to nest. The nest itself is made out of mud and small pieces of plant material.

The first ruby-throated hummingbird to return to Michigan this year was on April 17 near Jones, Cass County.

The species does not become common until the first ten days of May.

By June most songbirds are nesting in North America. But June also marks the start of fall migration, as some shorebirds are heading south along the Lake Michigan shoreline.



 $\label{thm:continuous} Female \ (left) \ and \ male \ (right) \ rose-breasted \ grosbeaks \ at \ birdbath \ of \ Joanie \ Gentry \ of \ Sawyer, \ May \ 2015.$ 



Two ruby-throated hummingbirds at the feeder of Brad Anderson of Bridgeman, May 5, 2015.



Three male rose-breasted grosbeaks at feeder of Joanie Gentry of Sawyer.



Pair of barn swallows building nest at Warren Dunes State Park. Photo by Joanie Gentry of Sawyer.

## LOCAL HISTORY

## Limited edition history book available

Provided by Cass District Library, Local History Branch

he limited edition reprint is one of the essential books on the history of Cass County, Michigan. Coincidentally, Lowell Glover's law office was located at 145 North Broadway, the same address, different building where his book is now being sold!

Glover's rented law office was moved in 1908 off the lot, purchased that year by LaGrange Township. The reason was that a new Carnegie library was to be built during 1908, opening in May 1909. The LaGrange Township Library now serves as the Cass District Library's Local History branch.

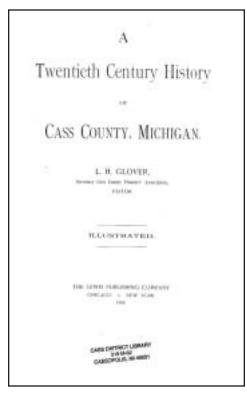
During the time Glover authored the book, he lived next door in the house at 141 North Broadway, where he died on Tuesday, August 19, 1913. His funeral was held at the house, internment in Prospect Hill Cemetery, Cassopolis.

Lowell H. Glover was of pioneer stock, born on February 25, 1839 in Orleans County, New York and before that year drew to a close, was living with his parents on White Pigeon Prairie, St. Joseph County, Michigan.

In 1840 the Glover's moved a short distance to the west to Edwardsburg in Cass County, Michigan.

Lowell Glover was educated in the Edwardsburg village school, and by 1852 after the passing of his own father Orval Glover that year, began running a grocery store in the village.

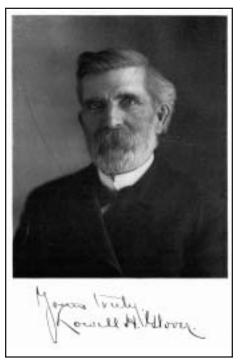
In about 1854, Glover suffered a



major life-changing event when he lost his right hand in an accident involving the bursting of a shotgun.

The accident may have actually saved his life, for he did not serve in the United States Cover War (1861-1865) and instead, during April 1861, the same month that war broke out, moved to Cassopolis and became a law student in the office of Judge Daniel Blackman.

In October 1862, Lowell was admitted to the bar and that same year was elected Justice of the Peace for LaGrange Township, both duties being performed for the remainder of his life.



Scan of plate of author-editor Lowell H. Glover (1839-1913), of Cassopolis.

Lowell Glover's additional duties included circuit court commissioner, deputy county clerk, clerk for the village of Cassopolis, and Postmaster of Cassopolis during U.S. President Grover Cleveland's first term (1885-1889).

Glover was an editor and writer of both village newspapers (different times): the Cassopolis Vigilant, and in his late years, the (Cassopolis) National Democrat.

Perhaps most important to historians is Glover's active involvement in

### COUNTY HISTORY COMPLETE

### Document Written by L. H. Glover is Valuable

The new Cass county history, issued by the Lewis Publishing Co., has been delivered to the subscribers. It is ably edited by Lowell H. Glover, of Cassopolis, historian of the pioneer society and for 66 years a resident of the county. His long residence in the county and special interest in the events which go to make up the history of the settlement and growth of our county quality him above all others to produce such a work and it will prove valuable to all interested in the men and affairs of earlier days as well as the olographies of those who are now directing the course of local affairs.

Scan of Dowagiac Times newspaper dated November 28, 1906, announcing publication.

the organization of the Cass County Pioneer Society, also serving as it's secretary and historian.

Today, Lowell H. Glover is best known for his authorship of the nearly 800-page volume,

"A Twentieth-Century History of Cass County, Michigan".

On October 3, 1865, Lowell married Meryetta Harper, youngest daughter of Captain Joseph and Caroline Harper of Cassopolis. The couple had one known child, Fannie Eurgenia Glover. At the time of Lowell's death, he was survived by his wife, daughter, and six grand-children.

# **HEALTH & FITNESS**

### Who is exercising whom?

By Brenda Harris

Cass COA

ou come home from a long day at
work, ready to put your feet up
and relax for a while. When you
open the door to find your pet waiting,
wagging his tail going 90 miles an hour
hoping that it's time for a walk or play
time, what do you do? Do you ignore
those big eyes, that look full of excitement?

I don't think so. At that moment you put that thought of relaxing on the back burner, and head out the door with your dog for a little activity.

You know that exercise is good for you. It helps you maintain a healthy weight, manage stress, sleep better, and increase your energy level. The great thing is that activity does the same for your pets! Not only will exercise help them live longer; but an exercising animal is also more alert and more content.

Some people believe that their pets misbehave to get even for being left alone; but in reality, the cause is usually boredom from lack of exercise. Many other behavior problems like chewing, digging, and barking go away once the animal starts getting regular activity.

Exercising with your dog is a great time saver! Whether you like to run, or play in the backyard with your pet, you can get your own workout at the same time. Although walking is probably the most common activity, there are other opportunities for exercise that you may not have thought of hiking, backpacking, jogging, swimming, and rollerblading can all be done with pets. Many sporting good stores carry items such as canine backpacks, hands-free leashes, and life vests to protect pets in the water.

Remember, it would be hard for you to go out and jog for 45 minutes if you haven't worked out in six months, it's also hard for your pet. Be sure to get your veterinarian's okay before beginning your pet's exercise routine. After you get the go ahead, here are some tips to help you get started:

■ Start slowly, gradually increase the time and intensity of the activity. This will safely strengthen your pet's muscles,

aerobic capacity, and footpads.

- Pay attention to how your pet is feeling. Watch for signs that your pet needs to slow down or stop include drooling, stumbling, trouble breathing, and a long droopy tongue.
- The longer you work out, the more water the pet needs. Bring along a collapsible water dish to help your pet stay hydrated.
- Be realistic about you and your limitations

Working out with a buddy can be motivating and make exercise more enjoyable. So think about making a buddy out of your pet!

### **Knee-friendly exercises**

By Brenda Harris Cass COA

ow can I exercise with bad knees? Squats and lunges hurt my knees. What's a good substitute? Lower-body toners get a bum rap, but done correctly, they can actually prevent knee pain. Not to mention trim your hips, thighs and backside! Unless you have an injury or have been diagnosed with a joint disease, like osteoarthritis, form fixes and targeted muscle toners can have you lunging and squatting pain free in no time.

\*Check your form. Make sure your knees stay in line with your feet, and lower only as far as you can with your knees behind your toes. Watch in a mirror rather than looking down, which shifts weight forward. Finally, go at your own pace. Even if you're following along with a DVD, doing the moves slowly but correctly yields better toning and less pain.

\*Modify your moves. If the exercises are still painful, a modification can help build strength and balance. For squats, begin seated in a chair, then

stand, keeping your weight in your heels to prevent your knees from shifting forward. Sit back down and repeat. Another option: Stand with a stability ball between your back and a wall. Press into the ball as you lower hips.

To master lunges, start by holding the lunge pose. To get into the lunge position start by taking one leg back behind with the knee on the floor and heel raised. The other leg is a step forward, raise the knee off the floor. If needed use a chair for balance. Hold for up to 30 seconds. When you're ready for moving lunges, reduce knee strain by stepping back into a lunge instead of forward.

\*Take baby steps. Still hurts? Focus on non-weight-bearing moves to isolate muscles that support the joint, such as seated leg lifts. Getting stronger and toning your lower body is possible without straining your joints.

The road to strong, healthy knees is practicing doing the exercises with the correct form.

## **OUR CHILDREN**

### **Encouraging active play in the summer**

by **SANDY FLEMING** 

ummer is just around the corner, and school will be dismissing for the long vacation before too long. Your children will be looking forward to a long, lazy summer. However, you don't want them to spend hours each day staring at an electronic screen. It's not healthy for anyone, least of all growing kids.

This summer, why not set a goal of getting more active? You'll be helping them build stamina, energy, and muscle tone, as well as physical and interpersonal skills. Best of all, you'll be forming a foundation for healthy lifestyle choices for years to come.

The tough part is getting started. How do you take a kid (or a group of kids) who has become addicted to electronics and get him or her moving again? It's not as hard as it sounds. You just need to get a bit creative about motivating and be ready with fun ideas that give excuses to move. Here are a few strategies!

### A Reason to Get Up and Out

We all know that active play should be the reward and that kids should WANT to get up and move around. However, many are not yet to that place. What's more, if they haven't been moving much, their energy level and stamina may be on the low side. They also may not have the tools or skills to think up active pursuits on their own. That's where you as parent, grandparent, care giver or friend come in. You can provide these things until the kids get into the swing and start to gain independence in this area.

First of all, strictly limit screen time in all of its forms. That means computers, video games, tablets, phones, televisions, laptops, and any other place where kids have gotten hooked on gadgets. The American Academy of Pediatrics recommends NO screen time for children under the age of two, and a maximum of one to two hours daily for older children and teenagers. This is compared to the national average of seven hours of media usage that is currently our national average.

One way to enforce these limits (especially if you can't monitor your child's usage every minute of every day) is to control the power cords. All of these devices either need to be plugged in to



use or need to be charged. Confiscate the cords, and you control the device's usage. You can release cords and chargers as an earned privilege, especially in exchange for a certain number of active hours in the day. For example, you can allow your child to use a cord for fifteen minutes for every hour spent playing an outdoor sport. You can provide a charge cord for an overnight charge after three days of meeting minimum activity requirements.

It's also a really good idea to declare certain areas of your home to be screenfree from here on out. Children's bedrooms and your dining area are two places to start. If electronics usage is confined to the living room, you can keep closer tabs on how much is happening. It's almost impossible to limit screen time for a child who has access to TV, computer, video games, or phone in his or her bedroom, especially at night. Your eating area is important, too, because that's the place where social learning is supposed to be happening. No one is learning to converse or interact if they are tapping on their phones or transfixed by the television.

### Now What?

If you pull the plug on the electronics, you'll need to be prepared with some alternative ideas to keep the kids occupied. They are likely to gripe and complain and tell you there's nothing fun to do. One way to handle that is to give a choice of two or three ideas that they may find interesting, then have a less-

rewarding idea as a fall back that becomes mandatory if they don't pick one of the fun ones. Calisthenics, outdoor work, running laps around the house, or climbing up and down the stairs are all less-than-exciting ideas to use as fallbacks. For fun, try some of these suggestions:

- Go for a walk (together!). Walk around the yard, the block or the neighborhood. While you are walking, try making some observations, talking about important or interesting topics, or going on a scavenger hunt.
- Put on a show. Have the kids plan and prepare a play or a variety show.
   Create a circus. Let them come up with acts of physical daring-do such as running an obstacle course, lifting heavy things, or performing amazing physical feats.
- Run an Olympics. Set up a series of physical challenges such as sprints, jumps, or measures of endurance and see who can set records at which activity. Only one child? Measure the base time or score on the activities then see if he or she can beat the score next time.
- Play a sport. Whether kids are on formal teams or just playing in neighborhood games, these are great ways to get active. If there aren't enough kids to make a real "team", try modifying the rules of the game. For basketball, for example, challenge players to make the most baskets. For baseball, try some 2-base games instead of 4-base.
- Try yard games. There are a lot of them, and some you won't even have to spend any money for. Chances are also good you may find the equipment you need hiding in your garage or get it cheap at a summer sale. Remember croquet, badminton, volleyball, cornhole, horseshoes, bocci and more. Set up a bowling game by putting empty cans in the traditional arrangement and rolling a playground ball at them to knock them over.
- Play tag. There are more versions of tag than can be counted, but some common ones include TV Show Tag (where players can be safe for a few seconds if they squat down and yell the title of a show that hasn't already been used), freeze tag (where players freeze in place when tapped), or beanbag tag (where players must move while balancing beanbags on their heads).
- Use sticks and twine to build something. Use the old imagination, and

these materials can become a table, a fort, or whatever can be dreamed up.

- Jump rope. Try to set records for the most jumps without missing, the fastest jumps, and more.
- Target Practice. Set up a target in a safe place, and throw beanbags, small balls, or other safe items at it to see who can hit it the most times.

#### **What About Bad Weather?**

I can hear the kids now: "It's too HOT to go outside!" or "It's too WET to go outside!" Here are ideas that will get kids moving indoors, as well.

- Put on some music and dance. Props can make this even more fun-try scarves or streamers in particular.
- Play hide and seek.
- Have a hunt. It doesn't have to be Easter and it doesn't have to be plastic eggs. Hide whatever you wish as long as everyone knows what they're looking for.
- Hold a scavenger hunt. This can be the traditional kind, or you can use it to sharpen academic skills. Think "Find ten things that begin with the letter B" or "Find six things that are lighter than a slice of bread." You can even use this one to get the kids cleaning up large messes: "Put away all of the books, then put away all of the toys with wheels."
- Write down directions and have players read and follow them.
- Set up and follow a treasure trail. This is the kind where each clue leads players to the next clue, and finally to a small "treasure" at the end of the trail. Creating the treasure trail can be as much fun as following it, so be sure to take turns.
- For younger players, try scattering letter cards, word cards or number cards on the floor and having them run to the one you call out.

These are just a few ideas that will get your kids moving, no matter what the weather or your family circumstances. Remember, don't take "NO" for an answer! This is not optional, because your children's health is at stake. Turn off the screens and turn on the fun this summer, and you will build habits that will last a lifetime.

\*\*\*\*\*\*

Sandy Fleming is an educational consultant and tutor in Edwardsburg, Michigan. For more fun ideas, please visit the website at http://www.learningnook.com.













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# THE LAST WORD

### I wonder how it got started at Loch Ness ...



Michigan blizzard can blast at you. The sun was setting across the lake, casting pastels of pink and purple onto the few low-hanging clouds that dared to be seen on such an otherwise perfect evening.

Just back from a whirlwind work trip, my wife had retired early to catch up on some much needed shuteye, leaving me alone for yet another night in an otherwise ordinary week ... but unlike the previous night when inclement weather had forced me to eschew the pier, tonight was perfect to break in my new fishing license — and thanks to the mayflies, the fish were in a frenzy, all but jumping onto the pier beside me. It was one of those nights I could have duct-taped a dull, barbless hook to a tennis shoe and caught all the fish I ever wanted.

It was glorious.

Cast. Splash. Bite. Set the hook. Reel in the fish. Remove hook. Back into the lake. Repeat.

For the tenth time in ten minutes I gazed over my shoulder at the dim lights in my house, wishing I'd taught the dog to fetch beer from the fridge instead of all that silly sit and stay stuff.

One of the resident eagles flew by and hungrily eyed the rock bass I dropped into the water, weighing his natural aversion to people (me) with his natural hunting instincts.

Not tonight, he seemed to say.

Cast. Splash. Bite. Set the hook. Reel in the fish. Remove hook. Back into the lake. Repeat.

Maybe just one more, I thought. Maybe I'll catch something big ... something worth a photo that I could mass email to make my friends envious.

A couple of ducks came in for a landing a couple of docks down the way, skidding on their great webbed feet and sending a splash into the air like a wakeboarder showboating in front of a boatful of bikini-clad teenage girls.

It was quiet. Peaceful. Warm enough I planned to have the bedroom windows open all night. Gonna be a great night for sleeping.

Cast. Splash. Bite. Set the hook. Reel ... then, WHOA! What in the world ... ???

Right off the end of the pier the water suddenly was aboil. Something huge was moving around down there ...

A million things shot through my mind. What kind of marine creature was causing this stir ... was it a fish ... was it a muskrat ... was it a giant water snake? And what were it's intentions?

I slowed the retrieve on my reel and made myself concentrate into the darkening water. In the fading light of the approaching evening I could just barely make out the shape of a very large fishlooking thing. Eighteen to 24 inches I guessed. And fat. Swimming surprisingly slowly, it was making circle eights in front of me, behaving for all the world like a sun-slowed, carrion-gorged carp on a hot September afternoon ...

Except most of this beast was bright orange, looking for all the world like an

escapee from a Japanese horror movie!

It ignored my catch, allowing me to bring it onto the pier, then further ignored it when I dropped it back into the water not three feet from it's nose.

More circle eights.

It's watching me, I thought.

Probably an alien zombie that's part of the vanguard of an invading force intent to taking over the earth as a new habitat for its race — probably in retribution for the horrible way we humans — and our kids — have always treated their kind, tapping on the glass, dumping uneaten rice into the fish tank or blasting them out of the sea with nuclear devices.

Right now I'm sure he's sizing me up, getting ready for a quick jump; I've seen those horror movies, one bite and I start growing gills.

I dropped my lure right in front of him ... I'll teach you, I thought.

He ignored it. I wiggled it across the top of the water right in front of him.

He ignored it again.

I cast out 20 feet past him and started reeling in slowly ... only to get a hit from yet another one of those pesky rock bass ... I reeled it in right in front of the intruder ... who ignored both of us and continued his lazy circle eights.

Fish off, drop it right by the monster ... not a nudge ... not a turn ... nothing.

The sun broke through the trees on the west side for just an instant, illuminating the water in front of me like it was a lighted swimming pool.

And I swear to God that monstrous, orange and black swimming thing ... well, he smiled at me. Somewhere off in the

distance I heard a radio blasting out music that sounded just like the theme to the Exorcist.

Then, just as the sun dipped behind the hills and the light faded to dull gray, he swished his tail and propelled himself out into the deep, out past the drop off where he no doubt intended to colonize a cell of terrorist fish in a jihad against all fishermen, anyone who smelled like rice and everyone named Shimano.

Despite the coolness of the evening, there were beads of sweat on my forehead. My hands were trembling as I retreated to my home, pulled out the laptop and Googled "orange and black fish in freshwater lake."

Gary Google responded that he had 21 million potential hits for me to look at (only about half of which didn't have ads, cookies or unwanted spam attached).

Well, there was nothing about an alien attack ... or zombies ...

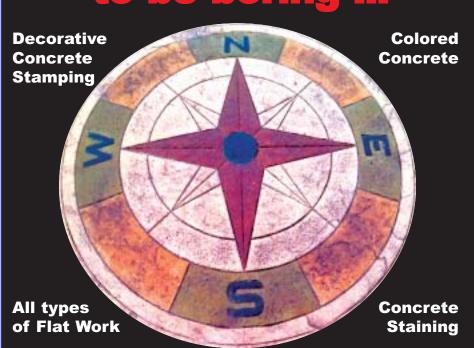
Probably a Koi, the blogs acknowledged, that someone probably dumped from a fish tank (or flushed before the sewers got hooked up), and it's been living in the depths for years, eating foul bits of rotting flesh, slimy weeds and other things both fetid and awful.

But what do they know? They weren't out there looking into those angry, focused eyes. That thing had a plan, I tell you. That thing is up to no good. It's plotting ... None of us are safe!

I don't want to start any rumors but fish stories have to start somewhere ... and since this is my story, I'm saying that it was Birchie, the Birch Lake Monster!

Eat your heart out Loch Ness  $\dots$ 





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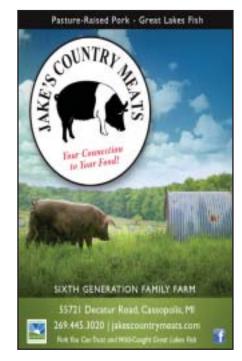
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