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September 2015

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FIELD TRIP:  
A woman with dark hair and a surprised expression is holding a small, colorful doll. The doll has a yellow head, a red body, and blue pants. The woman is wearing a grey top. The background is dark and out of focus.  
ON  
VACATION  
WITH  
MR.  
BILL

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Neighbors

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# REGIONAL NEWS

Midwest and the various routes they took to their destinations; Finding the World with WorldCat pinpoints how genealogists can best use this extraordinary resource to identify materials that deal with families, geographic areas, religions, ethnic groups, and occupations.

Doors open at 8:30 am., with the first presentation beginning at 9 am. The event will conclude at 3 pm. A box lunch will be catered by Dana J's Deli in Goshen. Sandwich choices are listed on the registration form, which can be found on the website: [www.elkhartcogensoc.org](http://www.elkhartcogensoc.org). Print out and mail, along with payment. The fee, which includes lunch, is \$30 in advance and \$35 at the door.

### 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@omega777.com](mailto:zendra@omega777.com) or visit <http://schoolcraftcoinshow.com>.

### ServSafe Managers Certification Training Being Offered

Learn about foodborne illness, how to prevent it and how to train employees in food sanitation. MSU Extension-Berrien County is offering ServSafe Managers Certification training Sept. 15 & 22. This training is a 2-day program with the final exam being administered at the end of the second day. Attendance at both days of training is mandatory.

The training will be at the Michigan State University Extension office at 1737 Hillandale Rd., Benton Harbor from 9 am

– 4 pm. Cost of the training is \$145 plus \$65 plus shipping for a 6th edition book (that has the exam answer sheet which is needed to take the exam). To register click on: <http://events.anr.msu.edu/ssberriensept2015/>

Upon completion of the class and passing of the exam you will earn nationally accredited food safety certification from the National Restaurant Association. If you have questions, contact Jeannie Nichols at (517) 439-9301 or by email at [nicho115@msu.edu](mailto:nicho115@msu.edu)

### Edwardsburg Food Pantry

Meijer on Grape Road, Mishawaka "Simply Give Program" has assisted the Edwardsburg Food Pantry (EFP) to stretch our money further through their generous program over the past several years. Meijer does this three times a year for local pantries.

This drive will be running through Sept. 12. Meijer will also match contribution during this time. In addition, they have a special "Double Match Days" from Sept. 3 - 5, honoring "Hunger Action Month" in September. This allows for your \$10 donation to be doubled, with Meijer contributing an additional \$20 (for a total donation of \$30) to EFP. You can pick up these 4 X 4 inch card board cards, found in an upright display identifying the Simply Give Program and the EFP, in front of the check-out area at the front of the store. You may scan this \$10 card as many times as you wish when you check out, with whatever other items you are purchasing, and then pay through the check-out person or automatic check-out. Your Donation with this match from Meijer will go into the EFP account with

Meijer and allows the pantry to buy food in bulk at a reduced rate, making your donated money go even further.

### Bat Picnic at St. Patrick's Park

St. Joseph County (IN) Parks will be hosting an evening with the "bats" at St. Patrick's County Park on Friday, Sept. 11. Bat Biologist, Jeremy Sheets will present the program at 7:30 pm at the Red Barn. His program will cover bats species found in Indiana, White Nose Syndrome and its effect on the bat populations and what makes these flying mammals unique. After the presentation, make a batnana split.

The grand finale is watching the bats as they emerge from the barn at dusk. This program is geared towards families, but all ages are welcome!

Program fee is \$3/person. Registration is required by September 8. For more information or to register call 574/654-3155.

### Preschoolers discover "Bugs and Spiders" at St. Patrick's Park

Preschoolers and an accompanying adult will learn about the world of insects and spiders from 9:30 to 11 am on Thursday, Sept. 17. The class includes story time, hands-on activities, an outdoor hike and craft.

Nature Munchkins is a program series for 3- to 4- year olds to learn about nature with a parent or other adult. Siblings outside the age bracket are not allowed to attend.

The fee is \$5/child-adult pair and \$3 for a second child with parent. Participants can register for four sessions for a discounted rate of \$16. Pre-registra-

tion is required. For more information or to pre-register call 574/654-3155.

### Join a certified Tai Chi for Health Institute instructor for Outdoor

Tai Chi lessons at St. Patrick's County Park near South Bend will be held on Tuesdays and Thursdays from 1 to 2 pm, Sept. 8, 10, 15, 17, 22, 24, 29 and Oct. 1. Tai Chi is suitable for those who may have limited mobility and can be done from a seated position. Class will be outdoors as weather permits, indoors in event of rain.

Fee is \$45/person for 8 lessons. Registration and payment required by September 1st by calling 574-654-3155. St. Patrick's County Park is located on Laurel Road, just north of Auten Road in South Bend. For more information or to register, call St. Joseph County Parks at 574/654-3155.

### Park offers Fall Programs for Home School Families

This fall, the St. Joseph County Parks invite home school families to explore food webs while investigating the mysterious "Case of the Nest Raider"!

Three programs will take place at Bendix Woods County Park from 10 to 11:30 am. The fee is \$3 per child.

Wednesday, Sept. 16: Visit the crime scene to gather clues, use ID guides to figure out what happened, and create a list of suspects in your detective booklet.

Wednesday, Oct. 14: On the trail of the mysterious "Nest Raider," examine evidence samples (furs! stomach contents!) to eliminate suspects from your list.

Wednesday, Nov. 18: Close in on the



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# REGIONAL NEWS

criminal! Study range maps and animal tracks to figure out who the “Nest Raider” is. Make a button as a reward for solving the case!

The programs are geared towards children five to ten years old, although older and younger children are welcome as well. Advance registration is required by the Monday prior to the program. Bendix Woods County Park is located on State Road 2, nine miles west of the US 20 Bypass in South Bend.

### Dowagiac Museum announces Fall Lecture Series

The Dowagiac Area History Museum announces its 2015 Fall Lecture Series, kicking off on Sept. 2 at 6:30 pm with Historian Caitlyn Perry Dial's program, Only the River Remains: The Eastland Disaster 100 Years Later. The lecture series continues the first Wednesday of each month through December.

In the summer of 1915, the passenger boat Eastland called St. Joseph, Michigan home. Owned by the St. Joseph-Chicago Steamship Company, Eastland transported passengers daily between the cities of St. Joseph and Chicago. On July 24, 1915, the Western Electric Company chartered Eastland to transport 2,500 of their employees from Chicago to a company picnic in Michigan City. Eastland capsized while still tied to the dock, killing 844 people. This presentation will discuss the boat's history, the events of that day, and how after a century the tragedy remains the Great Lakes' greatest loss of life disaster.

Caitlyn Perry Dial is a PhD Candidate in History and former Curator of the Heritage Museum and Cultural



This image shows the boat on its side in the Chicago River during rescue efforts. (Courtesy of the Eastland Disaster Historical Society)

Center. Earlier this summer, Caitlyn shared her research at the National Museum of the Great Lakes and was a guest on Michigan Radio's Stateside program.

Future programs in the series will be 25 Years of the Dogwood Fine Arts Festival, by Dogwood Secretary Bobbie Jo Hartline on Oct. 7; Sports in Southwest

Michigan, by Heritage Museum and Cultural Center Curator Mollie Kruck on Nov. 4; and Studebaker Goes to War, by Studebaker National Museum Archivist Andrew Beckman on Dec. 2.

The programs are free to museum members and costs \$5 to non-members. Children under 18 year are also free. Membership will be available at the

museum for those interested. The museum is located at the corner of Division and West Railroad Streets. For more information, call 783.2560 or visit [www.dowagiacmuseum.info](http://www.dowagiacmuseum.info).

**On the cover**  
A common seagull soaring against a crystal blue sky.



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# REGIONAL EVENTS CALENDAR

|   |  |  |  |
|---|--|--|--|
| September (all month) -- Library Card Sign-up Month, All Cass District Libraries. Cass District Library- Main Library, 445-3400   | September 12 — A Drive for Your School, Edwardsburg High School, 8 am - 3 pm   | 2769, jeanrowe70@comcast.net   | 2560 or www.dowagiacmuseum.info  |
| September 2 — Dowagiac Area History Museum Fall Lecture Series presentation Only the River Remains: The Eastland Disaster 100 Years Later, 6:30 pm, 783-2560 or www.dowagiacmuseum.info | September 12 — Cass County Democratic Party PARTY, 2-6 pm, 804 E. State St. Cassopolis, \$10 fish fry  | September 24 — Cass County Medical Care Facility Auxiliary Annual Fall Soup & Salad Luncheon, 11 am to 1 pm, Cassopolis United Methodist Church, \$7   | October 10 — Under the Harvest Moon, Downtown Dowagiac   |
| September 3 — The Winsome Hags, 6:30 pm, Free stories and songs program. Cass District Library- Main Library, 445-3400  | September 12, 13 — Niles Piecemakers Quilt Guild show, A Kaleidoscope of Color, Brandywine Elementary, Niles, 10-5 Sat., Noon-4 Sun, \$5.  | September 26 — 16th annual Schoolcraft Coin Show, 9 am - 3:30 pm, Krum Community Center, Schoolcraft, 273-7070, zendra@omega777.com, schoolcraftcoin-show.com  | October 27 — 6 PM National Association of Retired Federal Employees SW Michigan Chapter 572 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 8 — Book Bunch Book Club, 5:30 pm, The group will discuss The Girl on the Train by Paula Hawkins. Cass District Library- Howard Branch, 684-1680                              | September 15, 22 — ServSafe Managers Certification training, Michigan State University Extension office, 1737 Hillandale Rd., Benton Harbor, 9 am - 4 pm, \$145 + \$65 for book, 517-493-9301 or visit the website http://events.anr.msu.edu/ssberriensept2015 | September 28 — Lego Club, 6-7:30 pm, Enjoy free build play time. Cass District Library- Edwardsburg Branch, 663-5875   | November 4 — Dowagiac Area History Museum Fall Lecture Series presentation Sports in Southwest Michigan, 783-2560 or www.dowagiacmuseum.info   |
| September 9 — Author Jeff Yeager (The Ultimate Cheapskate), 7 pm, on finding wholesale happiness in a retail world. Cass District Library- Main Library, 445-3400                       | September 16 — Movie Night: Cinderella (2015), 6 pm, Free program includes popcorn and water. Cass District Library- Main Library, 445-3400  | September 29 — Author Samantha Wilcoxson, 6:30 pm, Local author visit includes book reading, sale of books and book signing. Cass District Library- Edwardsburg Branch, 663-5875                                   | November 7 — Our Lady of the Lake Catholic Church annual holiday bazaar, 9 am to 3 pm, 699-5339 or 699-5870  |
| September 10-13 — Michigan Flywheelers' Antique Engine and Tractor show, South Haven, 639-2010  | September 20-26 — Fall Story Hour Begins this week, All Cass District Libraries. Call for more information, 445-3400   | October 3 —Elkhart County Genealogical Society fall seminar with Curt Witcher, senior manager of special collections at the Allen County Public Library, 8:30 am - 3 pm, Elkhart County Historical Museum, Bristol | December 1 — National Association of Retired Federal Employees SW Michigan Chapter 572 annual holiday dinner. Next meeting is March 22, 2016; Jean Rowe, 782 2769 or e mail jeanrowe70@comcast.net   |
| September 12 — Smith's Chapel Annual Business Meeting, 9 am, 29858 Redfield Rd, Niles, 932-5242   | September 22 — 6 PM – National Association Retired Federal Employees SW Michigan Chapter monthly meeting, Super Buffet in Benton Harbor, Jean Rowe, 782-   | October 7 — Dowagiac Area History Museum Fall Lecture Series presentation 25 Years of Dogwood Fine Arts Festival, 783-   | November 4 — Dowagiac Area History Museum Fall Lecture Series presentation Studebaker goes to War, 783-2560 or www.dowagiacmuseum.info   |

## HEALTH & FITNESS

### Are you an apple or a pear?

**By Brenda Harris**  
Cass COA

Eating an apple a day may keep the doctor away, but when it comes to appearance, you're better off as a pear. People shaped like apples are more susceptible to high blood pressure, stroke and diabetes.

Which fruit do you resemble?

1. Measure your waist at its narrowest point and your hips at their widest.

2. Divide your waist measurement by hip measurement. A number greater than .85 for women and 1 for men indicates you're an apple, with higher health risks.

Healthy weight hinges on three criteria. First of all, far more important than your total weight is where you carry

excess poundage.

People with apple shape figures have a higher risk for heart disease, higher blood pressure, stroke and diabetes than do pear-shaped people.

Second, ask yourself whether you have health problems such as back pain, diabetes or high blood pressure that would improve with weight loss.

Third, find out the accepted weight range for your age. Consider dieting if either of the first two factors applies to you and you're out of your accepted weight range. Make sure you ask your Doctor first before dieting. After you get the ok by your Doctor, no better time to start then today, or right now!

### Think fit not fast to burn calories and get in shape

**By Brenda Harris**  
Cass COA

**H**ave you ever stared at your to do list with dread: unload the dishwasher, sweep the floors, do the laundry, plan dinner, drop the kids off, go to the gym and the list goes on.

The good news is that one simple change has the ability to shorten your list, improve your health, bring your family closer together, and conserve resources all at the same time.

Instead of using modern technology to do things the fast way, try doing things the fit way. By avoiding modern conveniences in favor of the old-fashioned methods, you'll find endless calorie burning potential. While the fast way may seem more efficient, think of the fit way as a way to combine your goals. In a way, you'll be getting more things done at once, so you'll check off that to do list with ease.

If you're so used to the fast way that you've forgotten that there is another way, start with these alternatives:

**Fast Way:** Drive through the car wash.  
**Fit Way:** wash your car with a sponge and a bucket of suds.

In just 30 minutes, you can make your car sparkle and burn 140 calories. If you want to get your kids involved, bring out some extra sponges and let them scrub and rinse with you. There is no guarantee anyone will stay dry, but the chances are that you'll have fun. If

you don't have a place to wash your car, there are lots of "do it yourself coin" car-washes that will do the trick.

**Fast Way:** Drive to the supermarket, cleaners, video store.  
**Fit Way:** walk, jog, or ride your bike to where you are going.

If you only have a few things to pick up or drop off, take a backpack and use people power to get there. You'll burn calories. Get a workout while running errands, and reduce fuel expenses and wear and tear on your car.

**Fast Way:** Pick up dinner at the local carry out.  
**Fit Way:** Cook dinner yourself.

In just 15-45 minutes you can whip up an amazing dinner with lots of healthy veggies and whole grains, and you can burn at least 126 calories while you're at it. If you have kids, get them involved. They are great at measuring, mixing, and setting the table-plus learning how to cook wholesome foods will set them up for a lifetime of healthy eating habits.

**Fast Way:** Load the dishwasher and push start.  
**Fit Way:** Wash your dishes by hand.

Before you run away screaming, listen to this: Just 30 minutes of dishwashing burns 70 calories! Get your family involved for a great opportunity for conversation; if you're solo, turn on some music and make it fun. With you scrubbing the dishes, you'll save money on

your electric bill and extend the lifetime of your dishwasher too.

**Fast Way:** Use a leaf blower (or hire someone to do the raking leaves).  
**Fit Way:** Rake your own leaf pile.

When raking leaves burns up 126 calories per half hour, why would you pay someone to work out for you?

**Fast Way:** Dry your clothes in the dryer.  
**Fit Way:** Hang your laundry out to dry.

Hanging your clothes out to dry, you'll burn calories, save on energy consumption, and save money by skipping the dryer sheets.

These are just some ideas to get you started. "Thinking fit" will burn more calories, save you money, and may even improve your relationships. Chances are, you might even have fun with these fit alternatives, or at the very least, gain an appreciation for how easy you really have it.

Think fit, not fast!



### Fitness Close to Home

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# LAKE LIFE WITH JANE

## Easing into Autumn and Indian Summer!

by **JANE BOUDREAU**  
Another new month has rolled around and unlike how April shouts, “SPRING,” September softly says, “Fall.” Autumn is a season that we ease into and it’s a mix of warm, chilly, rainy and windy weather.

And of course some downright beautiful Indian Summer days. I love them all. But I’m not one to jump the gun, I like to live in the moment so I’m not hanging my hat up on summer just yet. Next month we can talk about pumpkins and mums and blueberry cobbler. We still have plenty of time to enjoy the dwindling down of warm summer days.

That said, I love to bake but I have to admit, I really avoid using the oven in the summer. September is the month when I like getting back into making cookies and pies. Especially pies, I’m always looking out for the perfect crust recipe. I think I’ve found one but I won’t bother you with it — I’m sure that many of you have recipes that your grandmothers passed down. And those are tried and true. So as the farmer’s markets are bringing in all sorts of great varieties of apples, I’m ready to get my apron on! How about you?



ties with lids or caps. Shake frequently over the next day or so as the oil sometimes clumps with the salt. This is fantastic on roasts and chicken, sprinkle it in your salads or on potatoes. Love the stuff!

Now the bonus — very simple. Pour the reserved olive oil in which



If you have an herb garden, this is the time that you are snipping away not wanting to waste any of those delicious leaves. I use everything fresh and around this time of year I start to dry a lot of my herbs in the oven set very low. I chop them up and put them in small jars. Last year my rosemary went absolutely crazy in the garden. So I came up with this idea. It was a quite simple and economical way to make seasoned salt. And the bonus? I also got nice batch of herbed olive oil for free!

Here’s how:  
**ROSEMARY SEASONED SALT & ROSEMARY INFUSED OLIVE OIL**  
1/2 c. rosemary leaves stripped from the stems  
1 cup olive oil  
3 cups kosher salt

Heat the olive oil on medium until it is barely sizzling. Add rosemary, stirring for just one minute. Do NOT let it brown. Strain rosemary out and let dry on paper towels. Reserve olive oil. Once the rosemary is cool press out as much of the oil as you can with a paper towel, then chop finely. In a medium bowl, mix the rosemary with the salt. Divide between 3 8 oz. bot-

you cooked the rosemary among three 8 oz. bottles. Fill the remainder with more olive oil. Add a few sprigs of rosemary and you are done.

The herbs will infuse the oil more and more as time goes on. Consider that these salts and oils are sold in specialty shops above and beyond what it costs to make in your own kitchen. If you think these bottles would be cute for gift giving, print out labels of your own. Make some cute gift baskets. The ideas are endless.



I made a vow long ago to never buy mums or pumpkins until October 1. If I’m lucky they will last well into November. And the colder the temps are, the better they do. That does not however, stop me from grabbing a few smaller ones to make a nice centerpiece.

This is from last September. I love the pretty varieties we are seeing. For indoor use, I wash my pumpkins with mild soap and water and then give them a loving rub with a

**JANE’S PANCETTA & VEGGIE PASTA**  
2 large eggs  
3/4 c parmesan cheese divided  
1/4 c fresh basil, chopped  
1/4 t red pepper flakes

Whisk the above ingredients in a small bowl only using 1/2 c of the cheese. Set aside.

3 oz. diced pancetta, diced  
2 cloves garlic, chopped  
2 carrot sticks, finely diced  
1/4 c chopped shallots  
1/2 c chopped leeks (white end only)

In a deep skillet saute the above ingredients in 1 T olive oil over very low heat about 10 minutes. Remove from heat if the mixture starts to look mushy. Meanwhile bring a large pot of water to boil and cook 12 oz. pasta — rigatoni or penne is perfect. When done, reserve 1 cup of the pasta water and then drain. Add the pasta to the pan of veggies, stirring in well over low heat. Slowly add 1/4 cup of the pasta water to the egg mixture, one teaspoon at a time or you will have scrambled eggs! Add to pan, then slowly add the remaining pasta water and the rest of the parmesan cheese. Stir well and serve.

I had fresh Italian bread and a small salad with this and it easily



tiny drop of vegetable oil. I have them next to a tray with festive candles and a vase of drying hydrangeas from the yard. If you like dried hydrangeas, don’t snip them off the plant until they are feeling a little brittle. And do not put them in water once indoors. They will last months this way.

Grilling food outdoors is getting a bit old now, yet as I mentioned earlier, who wants to fire up the oven if it’s still warm outside?

The burgers are behind us and the roasts...well they can wait. Last night I whipped up a pasta dish I think you’ll like. Basil is the star ingredient and I have plenty of that in my garden. Pancetta (or bacon if you’d rather use) gives it a nice smoky flavor. You can make a lot of veggie substitutions if you wish. I like what I came up with here because it’s not made with a cream sauce-not a speck of milk; and it’s not a bland olive oil coating. The secret is in the eggs and cheese.

Try it!

serves 6.  
By the time you are reading this, Labor Day may have come and gone. This holiday signals the end of summer for many, as does the start of school. I like to roll with the flow ... there are more lazy boat rides ahead, fish to be caught, tomatoes to harvest and pie recipes to dream about. I hope I’ve given you some inspiration for enjoying a little bit of Indian Summer rather than wanting to jump into a pile of multi colored leaves — that just isn’t happening yet.  
Next month I’m going to talk about a delicious cornbread stuffing you might want to have with your roast chicken, as well as decorating with mums, sunflowers and pumpkins. And who knows what else I’ll come up with. Take care Neighbors!  
You can contact me at [Blondiesjournal@gmail.com](mailto:Blondiesjournal@gmail.com) or visit my blog at [Blondiesjournals.blogspot.com](http://Blondiesjournals.blogspot.com)  
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# BUSINESS & FINANCE

## Grandparents raising grandchildren

**How can they cope with the financial demands?**

Provided by **Greg Schoenfeld**  
Compass Wealth Advisors

When many people hear the word “parents,” they picture a couple in their 40s ... not a couple in their 70s. The reality is that 6 percent of kids today live in households headed up by grandparents — a parenting situation that may lead to significant financial stress.<sup>1</sup>

How can grandparents protect their retirement savings? This should be a high priority, even if the children are old enough to work and earn some income for the household. Grandfamilies are frequently pressured to take on new and large debts. Dipping into your retirement savings or refinancing to pay for education costs, a new vehicle, chronic health care treatments, simply the cost of living — this should be avoided if at all possible, and with a little exploration, ways to lessen the monetary pinch may be found.

Grandparents should feel no shame about asking for help. If the financial burden is too much, then it is time to explore means of assistance.

The cost of rearing a child can be expensive, especially if one or both grandparents work and daycare is needed. A pre-retiree may end up quitting a job (losing household income and retirement savings potential) to care for children full-time.

Can state or local agencies pick up some of the tab for child care? That may be a possibility. Free or subsidized child care services are available in many metro areas for grandfamilies in need (you may want to check out [childcareaware.org](http://childcareaware.org) for some resource links).

Most states have subsidized guardianship programs offering assistance to grandparents providing a permanent home for grandchildren. The American Bar Association ([abanet.org](http://abanet.org)) has information on such resources. Grandfamilies may be eligible for the federal Temporary Assistance for Needy Families (TANF) program, which may provide benefits in cash (typically around \$150 per month, but every dollar helps), paid child care, Medicaid, money for clothes, and more depending on the state of residence. Even in higher-earning households, a grandparent can still apply for a child-only TANF grant, which takes just the child’s income into account (some minor children do receive Social Security income).<sup>1,2</sup>

Is there any way to lessen legal fees? LawHelp.org is a worthwhile national link to low-cost or even free sources of legal aid services. (Some custody situations may require only paperwork that can be reviewed by a lawyer at minor expense.)<sup>2</sup>

Social Security might be able to help. If a grandchild has at least one parent who has died, become disabled, or retired,



then that grandchild may be eligible for Social Security benefits. He or she may also be eligible if a caregiving grandparent retires, dies, or is rendered disabled.<sup>2</sup>

Medicaid coverage for a grandchild may be a possibility. A caregiver (read: grandparent) can apply for it on a child’s behalf if the child resides with a non-parent family member. See [cms.gov](http://cms.gov) for more.<sup>2</sup>

What if you can’t afford private health insurance but make too much for Medicaid? Visit [insurekidsnow.org](http://insurekidsnow.org), the website of the federal Children’s Health Insurance Program, or CHIP. CHIP can provide relatively inexpensive coverage for basics like immunizations and scheduled doctor checkups, even X-rays and some forms of hospital care.<sup>2</sup>

In addition, some states have funds in place to aid grandfamilies. Churches, temples, and local non-profit community groups can also prove good resources.

Ideally, guardians should be named in a will. This basic and very important estate planning matter may be addressed in two ways.

If grandparents have legally adopted a child, then they can name a legal guardian for the child should they die before the child turns 18. What if no legal adoption has occurred and the grandparents are merely legal guardians themselves? In that instance, the grandparents have no ability to name a successive legal guardian. The parents would again assume legal custody of the children in the event of their deaths. Should both parents also be deceased, a guardianship decision will be made in court. Grandparents who are not legal parents can still express their guardianship wishes in a will, and a court should value that opinion if those grandparents pass away.<sup>2</sup>

While there are certain joys to parenting, there are also undeniable stresses. Grandparents who must now parent minor children should know that they are not alone (in fact, the number of grandfamilies in America has doubled since 1970), and that they can explore resources to find help.<sup>1</sup>

Greg Schoenfeld may be reached at 574-522-3738 or [www.compasswa.com](http://www.compasswa.com)

Citations:  
1 - [cbsnews.com/news/raising-grandkids-and-going-broke/](http://cbsnews.com/news/raising-grandkids-and-going-broke/) [10/29/14]  
2 - [hffo.cuna.org/331/article/3944/html](http://hffo.cuna.org/331/article/3944/html) [1/12/15]

## The hack-able vehicle?

I was reading about the Jeep Grand Cherokee that was hacked recently by a couple of researchers. They wanted to do an experiment to see if they could remotely control the vehicle from approximately ten miles away via a Sprint Internet connection built into the car.

Well, they succeeded.

As the Jeep was being driven, they were able to access the car’s computer system and change the radio stations, turn off the Jeep, and control the brakes, which eventually sent the Jeep into a ditch. They were able to control several functions of the vehicle, including the windshield wipers and air conditioning.

The person driving was not able to do anything to stop what was happening.

Earlier this year, there was a conference called the “CyberAuto Challenge”

which brought on board several high school students, college students, researchers, and automotive engineers for different tasks, discussions and more. After purchasing \$15 dollars’ worth of Radio Shack parts, one high school student was able to wirelessly hack into a vehicle. The details on the car and the year weren’t given due to the sensitive nature, but needless to say, automotive engineers were shocked that day.

Today’s cars are vulnerable to hacks. It is becoming increasingly necessary for automakers to consider the security of their Internet-connected cars. More and more aspects of our lives are being controlled by the Internet, from our cars to our refrigerators.

Knowing how vulnerable this leaves us, we have to ask: Is all of this technolo-

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By **Ed Marshall**

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gy really worth it? Or, are we better off going back to the old-fashioned ways of living? Just a thought.

For more info on this, check out: <http://spectrum.ieee.org/cars-that->

[think/transportation/systems/jeep-hacking-101](http://think/transportation/systems/jeep-hacking-101)

Until our next cup!

~ Ed



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# BUSINESS & FINANCE

## Autumn leaves are falling

by VICKI BROSSMAN  
Kemner-Iott Agency of Cass County

Fall - my favorite season of the year. The days are cooler, the trees are changing color, the stars are brighter, and football season is here.

With the change in the season comes a change in activities in our rural area. Children are back in school, snowbirds and seasonal homeowners are winterizing their homes, farmers are harvesting their crops, and the deer are moving.

With all this activity, did you know:

- September accounts for the highest number of teen auto accidents and happen more often before and after school.
- An estimated 61 children in the United States ages 19 and under are injured each day while walking. In 1995 the age group at the highest risk was 5 to 9 years old. The children at highest risk today are the 14 - 19 year olds with many of the injuries happening while they are walking and using a cell phone or other electronic device.
- Planning a party with a bonfire? Some safety tips are: never build a fire on the ground without stone, brick or other object to keep the fire from starting the surrounding area on fire, burn dry wood, don't use accelerants as they could cause the fire to be out of control, keep a hose or bucket of water close,



never leave the fire unattended by an adult, burn safe materials avoiding items that can cause toxic fumes, put the fire out when you are finished.

- Autumn leaves are falling — check with your community regarding leaf pickup and burn ordinances. If you choose to burn your leaves, you will want to use the same safety tips as you would with a bonfire making sure you have cleared at least a six foot perimeter of flammable materials. Burning leaves close to the road could impair the visibility of those driving by.
- When a farm vehicle accident occurs on a public road, it is five times more likely to result in a fatality than a non-

farm vehicle crash.


- If a car is driving 55 miles per hour and comes upon a tractor that is moving 15 miles per hour, it only takes 5 seconds to close a gap the length of a football field between the car and the tractor.
- Do you know a semi truck fully loaded with grain can weigh as much as 80,000 pounds? A truck traveling at 55 miles per hour will take the distance of a football field to stop and traveling at 65 miles per hour almost two football fields to stop.
- Whether you are a snowbird or seasonal homeowner, you will want to turn off your water supply and winter-

ize your plumbing system. A pipe that freezes and breaks can cause as much or more damage to your home than a fire.

- Prepare and maintain your home to prevent unwanted guests including thieves and animals.
- Fall brings an increase in car-deer accidents. Deer activity increases due to farmers harvesting their crops, hunting season is open, and it is their mating season. While approximately 80 percent of car-deer accidents occur on two-lane roads between dusk and dawn, be alert at all times.
- As the days grow shorter, your daily jogging, walking, and/or cycling may be at dawn or dusk. Be sure to wear neon, fluorescent, or other bright colors. Use reflective tape or flashing lights. Follow the rules of the road. If you are unsure of the law, [www.michigan.gov](http://www.michigan.gov) is an excellent website to search for the rules that apply to your situation.


Don't let distractions or failing to plan ahead turn autumn from a most enjoyable time of the year to something disastrous. For more information you may search [www.nsc.org](http://www.nsc.org) and [www.safekids.org](http://www.safekids.org).





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# SUMMER RECIPES

## Back to school easy weeknight meals

By **GAIL ALEXANDER**  
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### PARMESAN BAKED TILAPIA DINNER IN 10 MINUTES

Turn broiler onto high and adjust rack

4 tilapia fillets  
1/4 cup Parmesan cheese  
1/8 cup butter  
1 1/2 tablespoons mayo  
1 tablespoon lemon juice  
1/2 teaspoon fresh dill  
pepper to taste

In a small bowl mix everything but fish  
Place fish on foil lined pan under broiler for 3 minutes  
Flip fish and spread sauce over each fillet  
Broil for another 3-4 minutes

### BALSAMIC CROCK POT CHICKEN

1 teaspoon garlic powder  
1 teaspoon dried basil  
1/2 teaspoon salt

1/2 teaspoon pepper  
2 teaspoons dried minced onion  
4 cloves garlic, minced  
1 tablespoon extra virgin olive oil  
1/2 cup balsamic vinegar  
8 chicken thighs with skin and bone  
parsley

Combine first 5 dry spices and spread over chicken- set aside  
Pour oil and garlic on the bottom of crock pot  
place chicken on top  
Pour vinegar over chicken  
Cover and cook on high 4 hours or low for 6 hours  
Sprinkle with parsley and serve.

### TACO SALAD

Brown 1 pound ground beef, drain  
Add Hamburger Helper Chili Mac and Cheese - spice pack and pasta-  
Cook as per box directions

Add 2 tablespoon chili powder  
Add 1/4 teaspoon small amount of cayenne pepper  
Add 2 tablespoon minced garlic

Cool to room temperature

Shred 1 full head of lettuce in large bowl  
Add:  
1 small can of slice black olives  
2 large chopped tomatoes  
1 chopped green pepper  
5 chopped green onions white part and chives

Mix meat mixture into lettuce mix.  
Serve with tortillas, sour cream and salsa

### COFFEE FROST

For a few warm days we still have coming

1 pint vanilla ice cream or frozen yogurt  
1 1/2 cups crushed ice cubes  
1/2 cup cold coffee  
1/4 cup chocolate syrup  
1 tbs sugar  
1 tsp vanilla

In blender combine all items and process. Pour in to frosted glasses.



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# FIELD TRIP



## On vacation with Mr. Bill

Ok, so some friends approached me a few weeks ago about going on a fishing vacation to Wisconsin ... but they didn't tell me until we were already in the car that they were bringing along a friend of theirs, the infamous Mr. Bill of old-time-TV's Saturday Night Live.

Don't misunderstand ... I'm not a Mr. Bill hater, but I've traveled with him before and he can be a bit ... ahem ... high maintenance at times (for one thing, he drinks way too much, even for a fishing vacation, and all too often his mouth gets him in trouble).

But as they say in Kentucky, the ox was already in the ditch so I figured I'd play along with it and see what happened ... I mean, what could possibly go wrong?

Well, it started out ok, until Mr. Bill had a martini or two ... and the next thing you know he tried to take over the SS Badger ferry going across Lake Michigan ...



Which got him thrown in the brig for a while until some very nice folks from Florida bailed him out.



We were all hoping that might teach Mr. Bill a little something about how to behave, and for a while, it seemed to be working ... but the next thing you know, there he was at the Leinie Lodge lining up for beer tasting ... and then he was off and running.

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# FIELD TRIP



Well, as you might imagine, one thing led to another and then another and the next thing you know, Mr. Bill got into a fight and got us all kicked out ... so when we got to the lake he we tossed him into the fish basket (with a mess of Crappies and perch and bass) and then we stuck him into the fruit bowl while we made breakfast the next morning ... serves him right!



The next day he was not feeling very well so he opted to hide out, then he spent most of the day lying around in front of the TV. Then, when he finally started feeling better, he disappeared and we found him at a winery!



It wasn't until the next evening that Mr. Bill decided to straighten up ... and he actually helped by cooking, you guessed it, beer can chicken on the grill ...

The next day he finally got out and did some fishing, and wouldn't you know it, he got a nice walleye of his own, but then went out and made friends with some of the native wildlife.



All in all it was a pretty good trip and we caught a lot of fish when we could keep Mr. Bill out of trouble ... but if anyone asks me again if I would go on vacation with the rascal, I'd have to tell them,

"OH NOOOOOOOOOOOOOO, not Mr. Bill!"

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# HISTORIC POSTCARDS

## Historic postcards depict rich scenes of our area's past

In 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.

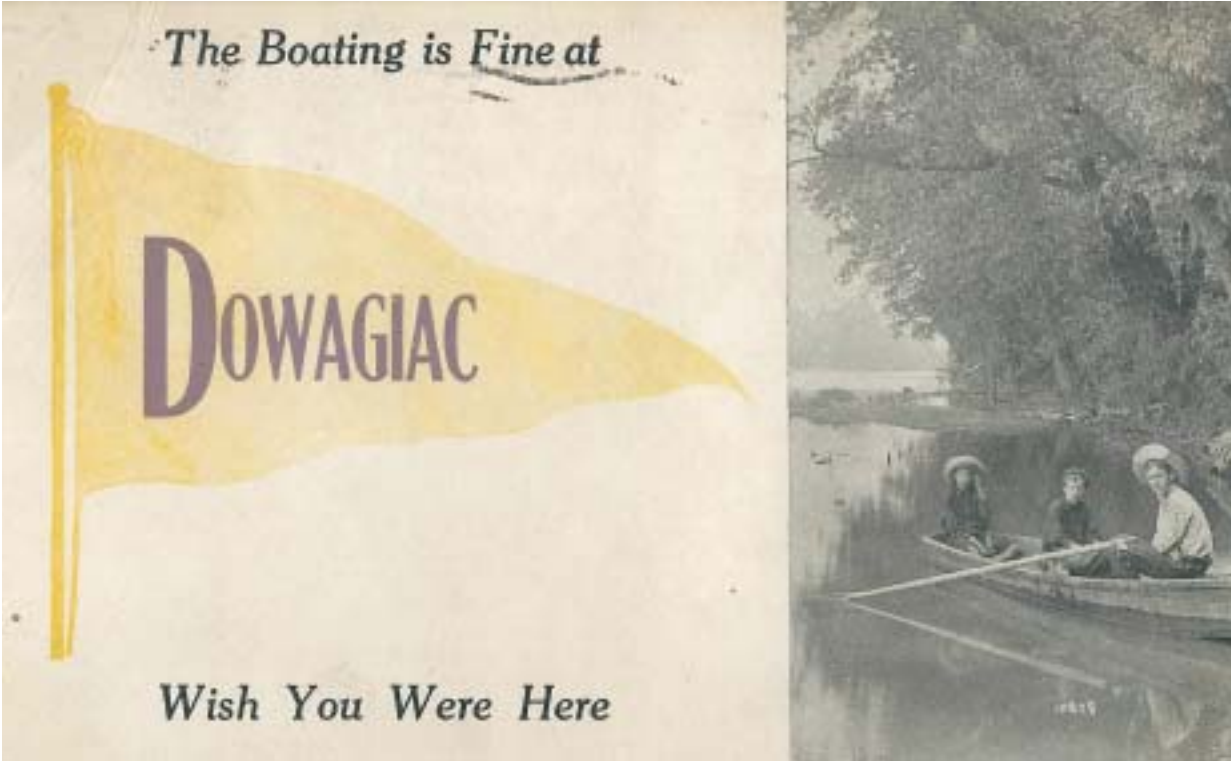
Jerdon has recently used many of his postcards featuring the Sister Lakes area in a book written by RL Rasmussen. The book, which retails for \$19.99, is in its second printing by the publisher, Arcadia Publishing.

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](http://www.arcadiapublishing.com)

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

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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# NATURE NOTES

## Elusive Marsh Wrens, Sandhill Cranes

Provided by  
Cass District Library,  
Local History Branch

**R**arely seen due to its habitat of thick cattails and reeds among wetlands, the marsh wren is heard more often than seen.

The marsh wren emits a similar but slower rattling, chattering song compared to that of the more common house wren. Vocalizations are heard most often around daybreak and near nighttime, sometimes calling in the dead of night.

Marsh wrens are five inches long, averaging an inch longer than the house wren, and a wing span of just six inches.

The individual photographed by Anderson is believed to be a bird that hatched this year, based on the relatively light plumage of the bird. Adult marsh wrens have a darker brown color on their backs and streaking on the nape. Also a distinct eye-stripe, called a supercillium, is distinct in adult plumage.



At left, the nest of the marsh wren, at Galien River County Park, 2014. Photo by Kip Miller. Above and below, Young marsh wren sits on a cattail at Galien River County Park in New Buffalo. By Brad Anderson, August 2015.



The nest of the marsh wren is made of plant material, and woven together among cattails, about two feet above water.

Berrien County Parks naturalist Kip Miller photographed a marsh wren nest last year, from Galien River County Park, the same location of Anderson's photo of the young wren taken this past month.

In Southwest Michigan, marsh wrens begin to arrive back from their wintering grounds during the last ten days of April. Nesting begins immediately upon return.

As with the house wren, the male marsh wren makes several dummy

nests, and the female chooses just one to lay her eggs, usually four to ten in a clutch.

By August, most young marsh wrens have left the nest, and learn how to find food on their own.

Fall migration begins in late August and continues through most of September. In Berrien County the last fall report of the marsh wren occurs around September 18, although some individuals linger into October.

The main wintering grounds of the marsh wren are the southern Atlantic and Gulf coasts, south into Mexico.

While at Galien River County Park, you may see sandhill cranes which are believed to be nesting in or near the park.



Three Oaks.

Sandhill cranes are found nesting in Cass County more often than in Berrien County due to the amount of intact wetlands. One reliable place to find nesting sandhill cranes in Cass County is Dr. T.K. Lawless County Park.



Heads of 4 foot tall sandhill cranes appear out of tall grass near Three Oaks. Could a young crane be hidden among the vegetation? Photo by Joanie Gentry of Sawyer.





# LOCAL HISTORY

## Thomas Faxon Bond Civil War era letter

Provided by Cass District Library, Local History Branch.

Civil War letter written by Thomas Faxon Bond of 19th Michigan Infantry, stationed on Ohio Rover to Hollis Bond (father) and family. Original spelling, grammar and punctuation included. Its

important to note that the state of Kentucky was a “slave state,” but remained “loyal” to the Union during the war. Kentucky did not secede from the United States, but many in the Bluegrass State favored joining the Confederate States of America.

Camp near gravel pit  
Cincinnati, Ohio  
19 September 1862

Dear Father,  
I take this opportunity to write you a few lines to let you know where we are & what doing. We are about 18 miles west of Cincinnati camped near a ford in the Ohio River in very pleasant situation. It is pretty warm here now but the nights are very cool.

We went to Mich. City & took a branch of the Southern road and went by way of Lafayette & changed engines & from there to Indianapolis where we stopped and changed engines again about 9 o'clock. From thence to Cincinnati & got there about 7 o'clock Mond. night & marched about 7 1/2 miles to the City & got supper & then went into the City Hall & slept on the soft side of the floor.

Next morn got up & took breakfast in the market place where it was furnished us by the citizens, & then we staid there until after noon when we took the cars & went back about 18 miles & got there after dark & slept right out in the open air all night.

Then the next day we struck out tents & moved into them. We had to ride in the cattle car all the way to Cin. & we were pretty well jaded out. We were cheered all the way along the road in most places but we would occasionally come into a little town that seemed rather secesh like.

In Indiana in the country through I [Indianapolis?] is rather low & wet & the corn looks rather small & when we came to Ohio the coun-try was very broken & very stony. We are in Ohio right close by the river & on the opposite of the river lies the state of Kentucky & they say there is 15000 rebels within 10 miles of us. I haven't seen any of them yet but our pickets were stationed about 2 miles down the river, day before yesterday & in the night about midnight we were routed out with our arms and marched down about two miles but didn't see anything out of place. But the pickets say [said] that there was five or six wagon loads of people come down to the river on the Kentucky side & were making preparation to cross over when our pickets gave the alarm.

It had been raining and blowing very hard all the fore part of the night & was raining some when we went out. Cincinnati is a splendid city with some of the largest buildings I ever saw, & Indianapolis is a large place too & I saw any amount of Canon there & we have pieces of artillery on our camp ground. There is a part of the regiment out scouting or on picket. I don't know which.

There is a railroad running close by our ground here & we send mail any day & get letters any time that they can. Water is rather scarce here & we have to get all our cooking water from the river & one day I heard some of the boys saying that there was a good spring about 1/2 mile off. I started out & went about two mile s before I found it. Then it was rather warm or roil [muddy].

I have been in good health all the time but was rather tired when we got to the city. Wrote to Clara the first night after I got there. Will write Josi about Sund. if I can get time. Please accept this from your affect Son & Brother.

T.F. Bond.

This is for the whole family. Clara included.



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# OUR CHILDREN

## Stoking the fires of enthusiasm

by **SANDY FLEMING**

**A**round the country, children and teens are headed back to the school buildings and cracking the books once more. The first few weeks of school are typically pretty exciting times: seeing old friends, speculating about new teachers and classes, getting to know new buildings and routines, and growing into new responsibilities are all part of the process.

However, sometime around the beginning of October, the newness seems to wear off. Students begin to settle into familiar patterns and suddenly all of the dreams for a “better” school year seem to go out the window. Their enthusiasm is dampened by the demands of homework, anxiety-producing tests, dull routines or the fifth or sixth or seventh year of the same old, same old.

Let’s look at how you can pull your students out of the doldrums when their enthusiasm for school begins to lag.

One reason that people get excited about the start of a new school year is that it seems like a clean slate. Students and parents alike dream of how things would change if only \_\_\_\_ (fill in your favorite pipe dream for your kids’ education, and you’ll be on the money).

It’s a lot like the crisp newness of January first. People gleefully make resolutions that they manage to keep until about January 15th, then discouragement sets in. A few weeks into the new school year, many students (and their parents) realize that nothing important has changed. Students who struggle are still struggling. Students who have been unmotivated return to their usual selves. Students who have trouble waking up in the morning still have trouble waking up in the morning.

Suddenly, the bright, new opportunity turns into another year of drudgery.

Let’s make this year different! This year, let’s keep the enthusiasm alive and alert and ready for action. Change things up a bit, and your students just may surprise you. Here are a few tips to get started.

First of all, let’s change from new school year resolutions to new school year goals. Is there a difference?

You betcha!  
Resolutions are vague promises to be better in some fashion. At New Year’s, we make a lot of them: I will lose weight. I will stop smoking. I will keep the house cleaner. Don’t those sound a lot like “I will study



harder” and “I will get better grades?” That’s because they are vague, empty platitudes that someone expects you to say.

On the other hand, a goal is much more concrete. It’s achievable, measurable, and time-bound. Instead of “I will lose weight,” a comparable goal would be “I will lose 10 pounds by March 31st.” It’s much easier to tell if you were or were not successful. It’s also easier to break the big goal down into manageable steps, like “I will lose 1 pound this week so I will be down by 10 pounds by March 31st.”

We need to help the kids do the same thing for school.

One typical resolution is to “get better grades.” Sounds wonderful, but it’s not too measurable, and it will be tough to know when it’s been accomplished. Instead, try setting a goal that is within reach and giving a deadline to reach it. If your student

is typically in the C-D range for grades, perhaps you could set a goal of getting all C’s on the first two report cards (typically in November and again in January).

What manageable steps can you suggest for your student to accomplish this goal? It might be to use the assignment planner daily, or to spend 30 minutes studying each day, or to organize and go over class notes each week. By completing a small, manageable task that is related to accomplishing the goal, you will be setting up for success.

It works best if you keep close records of the completion of these small tasks. For younger kids, try a star chart or a place to check off items as they are completed. Older students might need a bit more flash-try a digital record-keeping system or a day planner. You can even add an artificial reward into the mix.

Most of these activities are not

intrinsically rewarding, that is, most are not fun in and of themselves. You, as the parent, may need to spice things up a bit by offering a reward when the daily tasks are completed for most of the week or for ten days running, or whatever is appropriate for your child.

Keep an overall score sheet, too, so your child can see improvement as the weeks roll by, or so that you can address any slacking off that you may see over the long haul.

Goal-setting is not the only way to fire up the motivation, though. Another big component is your own attitude about learning and school. Children are consummate mimics, and your attitude is contagious. Your actions will tell your child a lot about the priority you place on education and learning. If you are telling them that school is their most important job, then allowing homework to slide in favor of sports or time with friends, or even family schedule, then they will be receiving a mixed message. Your actions speak volumes. Do you attend parent-teacher conferences, communicate openly with teachers, check online grade records regularly, and so forth?

And most importantly, do you notice the small changes in your child’s behavior or performance that will improve his or her academic standing? It’s easy to get upset about that low grade or that unfinished assignment, but make sure you are also getting excited about that A on the test or the unexpectedly solid report card, or the homework completed ten minutes before bedtime as opposed to 15 minutes afterwards.

Celebrate successes, large or small. Celebrate achieving a goal, turning something in on time, bringing home the planner for a signature, and whatever else you can find that is positive. It’s human nature to repeat the actions that bring positive responses, and your child is no exception no matter what grade he or she may be in. Your excitement over things done better, done well or even done at all, will cause your student to repeat the action. Remember, your attention and positive response is often the most powerful reward you can give a kid.

\*\*\*\*\*

**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

## *Not a chance, they all said*

**A** long, long time ago in a not so far, far away land, a young lad of a mere 18 years took the hand of a maiden (who's age shall be withheld in the interest of self-preservation) in matrimony.

It probably wasn't the smartest thing they ever did, but they did anyway.

Between the two of them they didn't have a lot to start a household ... some hand-me-down furniture, a mismatched set of cheap knives and forks, a few chipped plates, cups, saucers and the like.

And a mean, garbage-can raiding calico cat named Callie.

Between the two of them they didn't have many resources. The lad was working in a neighborhood grocery store and trying to put himself through college; the lass was in nursing school, working part time in the evenings and taking her classes during the day.

Neither set of their parents were very happy about their new lives ... finishing their schooling looked unlikely, their combined salaries barely kept food on the table, and the clunker of a car they shared used nearly as much oil in a day as it did gasoline.

And then there was the matter of the dead rabbit ... a bumble of joy soon to be born into their care.

Nearly everyone wished them luck and rolled their eyes and shuddered when they turned away.

Not a chance, they all said.

They'll never make it, they told one another when the young couple was out

of earshot.

Take it one day at a time they counselled the young lovers.

But even the best advice won't stop an avalanche, everyone thought.

Not a chance.

Even though it was just 1970, people were already divorcing at an alarming rate — a high pressure weather pattern that would mature into a maelstrom over the coming years.

Things looked bleak.

How the young couple weathered those early hardships is still something of a mystery. In their own words, despite all the adjustments to having a child when they were barely out of their own childhood, all the stress of working long hours and carrying full-time status as students, all the lost sleep and sacrifice and scrounging for pennies under the cushions of the sofa, despite all that and more, they somehow made it to their first anniversary.

They didn't make a big fuss about it ... while others might toast an anniversary with champagne, this young couple shared a burger at Big Boy, fed the baby and fell into bed in an exhausted sleep ... and probably didn't remember it was their anniversary until a day or two later.

Somehow, through the ebb and flow of fortunes over those first few years, they learned how to live together. They moved from their first apartment into a house, then another, larger house when the second child was born.

Their friends and families were still pretty skeptical.

Neither of them were finished with

their schooling. Neither was making much money. Two children before they were 21 years old.

Not much of a chance, they all said.

But the young couple were too busy to argue (ok, they argued among themselves but they let everyone else think what they would).

Somehow they got up every morning. They made it to work on time. They made it to their classes on time (with their homework done). They took care of their children, they cleaned house, they kept the car running and they always remembered to feed the cat.

Somewhere in the midst of all that the young lady finished school and became a nurse. The lad finally finished college and got a job as a newspaper photographer. Their children started school and the family moved into yet another house. They got a dog and another cat.

And then, somehow, it was 1980.

And they celebrated their 10th anniversary with a cheap champagne and a steak dinner someplace that closed a long time ago.

And the next morning they went back to work and the kids went back to school and life got as normal as it gets.

Now that was still a long time ago, and I won't kid you, they were still not out of the woods. As life will, over the next years every curve, every spitball, every beanball, every slider was thrown at them. But they somehow managed to keep ducking.

Sometimes you eat the bear, the old saying goes, and sometimes the bear eats you ... and for these not-so-youngsters-

anymore, there were plenty of both meals served. Like every other couple in the world they fought a lot of bitter fights, the kind you can only have with someone you are truly close to. They shouted, they yelled, they said awful things to one another.

Then they'd wake up the next day and go to work, and come home feed the kids and clean the house and all of those millions of other things we do between the "significant" times of our lives.

Again and again and again.

And life just kept happening.

Kids grew up. Grandchildren showed up. Friends divorced. People died. New jobs. New house at the lake.

And then, suddenly, somehow, it became 2015.

And that white-haired old guy and that (ahem) more mature woman were still together. And still, neither of them are at all sure how that happened.

Not a chance, all their friends had said.

Take it one day at a time.

And I guess that's what they'd done.

Because somehow, sandwiched around all the fights and all of the hardships and all the suffering and all the bitterness and all of the selfishness and all of the awful things that we all do to the people around us every day ... somehow, they made it ... at least they've made it for the first 45 years of marriage — tomorrow is promised to no one.

I'm not sure what the future holds, and I don't know about her, but I'm still going to take it one day at a time.

Happy Anniversary Sandy.

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