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**FIELD
TRIP:**

**A VISIT TO THE
TRAIN
MUSEUM**

**WITH
GRANDSON
DOMINIC**

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Neighbors is published monthly from
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REGIONAL NEWS

On the Cover

Thanks to Angela Solloway of Cassopolis for the beautiful photo of a sunrise at Diamond Lake.

Cass Art show is July 15

The Summer Art Show sponsored by Cass Area Artists, scheduled for July 15, will be held on the grounds of the Lowe Center (Council on Aging), M-60 and Decatur Road in Cassopolis, near Diamond and Donnell Lakes.

Designer jewelry, oil and watercolor paintings, functional and ornamental clay, wood turned bowls, digital creations, fabric art and more will provide new and returning visitors a chance to start or add to their collections.

In its third year at this location, the show has seen collectors return to see their favorite artists and add to pieces they already own. One advantage to collectors at this show are affordable prices in comparison to larger art shows.

Artists at the July 15th show include professional artists, art teachers and emerging artists who have submitted art to be juried into the show. All work is original, one of a kind and hand made. The artists this year hail from Granger, South Bend, and Elkhart in Indiana, and Stevensville, Edwardsburg, Niles, Vandalia, Ludington and Cassopolis in Michigan. The show will have both new and returning artists, as well as members of the Cass Area Artists art group.

New this year, is the addition of a poplar food truck, Drive Thru Q which is often located in Three Rivers Michigan, and they will offer BBQ, hot dogs, chicken and more.

Cass Area Artists (www.cassareaartists.org) invite everyone to have a fun day on July 15, and come hungry for art and BBQ!

Sister Lakes Triathlon & Relay

Athletes from across the Midwest will take in this area's natural beauty on Saturday, July 15, as they compete in the Sister Lakes Triathlon & Relay. Participants will swim Round Lake, bike the smooth & rolling terrain of country roads, and run a course that takes them around Big Crooked and Dewey lakes, and many of the residential areas of this summertime Mecca.

The two-transitional event, which features both Olympic and Sprint distances, begins at 8 am. On-site registration takes place at Sister Lakes Lions Clubhouse, where post-race festivities are held.

For on-line registration, visit www.sisterlakes.com

Lots on tap for Antique Engine and Tractor Show

SOUTH HAVEN - A full slate of activities is on tap as the Michigan Flywheelers Museum hosts its 34th annual Antique Engine and Tractor Show Thursday, Sept. 7 to Sunday, Sept. 10.

Along with the hundreds of old tractors and engines that will be on display, the four day event features parades, entertainment, a large outdoor flea market, auction and plenty of things for the kids to see.

"A lot of our exhibitors have turned their displays into working demonstrations so that people especially kids can see how these old machines were once used," said museum president Patrick Ingalls.

One of the largest shows of its kind in the state, collectors from across the country attend the event each year bringing a wide assortment of antique farm machinery for visitors to see.

If looking at old farm equipment is not your thing, there's plenty of other things to do. The show features a large outdoor flea market with over 200 vendors, antique and garden tractor pulls, Thing-A-Ma-Jig parade, valve cover races and more.

"We have a full schedule of activities" said Ingalls. "This is a family-friendly event and there are plenty of things for kids to do like look for wooden nickels in our Sawdust Pile hunt or play on the wooden tractor in The Barnyard which is our version of a playground."

A favorite activity at the show is eating locally grown sweet corn cooked by a 1923 Nichols and Shepard steam traction engine that was made in Battle Creek.

"Don't let the long lines discourage



you - it's worth the wait," admitted Ingalls. "It is pretty tasty."

On the music line up includes high-energy, 50's & 60's Rock 'n' Roller Quentin Flagg on Friday and the southwest Michigan country band- the Bronk Bros. on Saturday. All evening shows start at 8:30 p.m.

Throughout the show, there will be performances by folk singer Joe Foster, Casco Band and jam sessions for anyone who would like to play.

Saturday is considered "Kid's Day" at the show. Activities start with Valve Cover Races at 9:30 a.m. followed by Kiddies Pedal Pull at noon, a sawdust pile treasure hunt at 3:30 p.m. and the John Dudley Magic Show at 7 p.m. Tractor games will be held for those

children who have access to riding lawn tractors, and returning for its seventh year will be the "Kids Night Time Lawn Tractor Cruise" at 8 p.m. Thursday, Friday and Saturday.

One of the popular activities for young and old is the "South Haven Tractor Cruise." Scheduled for 4 p.m. Thursday, participants drive tractors of all makes and models into South Haven, cruise along the South Beach, and then stop downtown for an evening of dining and shopping.

Gates open at 8 a.m. rain or shine. Admission to the show is \$7. Children 12 and under are free with a paid adult admission. Thursday is Senior's Day and admission is \$3 for those 62 and over. This is a pet-free event for those paying admission.

Rustic camping sites are available on a first-come basis. Cost is \$10 per night plus daily admission per person. Pets are allowed with exhibitors, campers and vendors only. Personal transportation vehicles, such as golf carts and riding lawn mowers, will be charged a \$15 registration fee. ATVs, dirt bikes and firearms are not permitted.

For more information, contact 269-639-2010, michiganflywheelers@yahoo.com, or Facebook. A complete show schedule is available on Facebook or www.michiganflywheelers.org.

The Michigan Flywheelers Museum is located at 06285 68th Street, two miles east of South Haven.



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Summer in the City Sidewalk Sales

Children enjoy Fun Fest carnival rides. Enjoy more than 50 hours of entertainment at Dowagiac Summer in the City, which opens Thursday evening, July 20, and continues through Saturday. This is truly a family-friendly event, featuring The Taste of Dowagiac, Summer on Tap, vocal, instrumental and dance performances, and such action sports as BMX demos.

For more information email vphilipson@Dowagiac.org, call 782-8212, or visit www.DowagiacChamber.com.

Diamond Lake Triathlon set

The Diamond Lake Triathlon is back on Saturday July 22, beginning at 7:30 am at Diamond Lake's Park Shore Marina, 22230 Maple St. Cassopolis.

For information on sponsorship contact Joe Fazzini at 317-490-7843 or e-mail j.fazzini@yahoo.com.

For more info on the event see www.diamondlaketri.com.

Steve's Run is July 29, 2017

Steve's Run annually attracts 1,000 runners. Sports enthusiasts on Saturday, July 29, are sure to enjoy the acclaimed Steve's Run, which has been a favorite of Midwest runners for the past 41 years.

This original road and trail race through Dowagiac and its surrounding scenic trails was named Michigan's Best Race in 1996 and was named one of the nation's top 10 vacation races by Runner magazine in 1982.

The event features a 10K for runners, a 5K for runners and walkers, and a children's 1K fun run. The race begins on the Dowagiac campus of Southwestern Michigan College at 9 am.

For information call 782-1000 or visit www.swmich.edu/fireup/stevesrun

Rod & Roll Classic Auto Show

Classic autos and motorcycles cruise into historic Dowagiac Saturday, August 19, for the Rod & Roll Classic Auto Show. Winning autos receive trophies, with dash plaques presented to the first 150 entries.

Festival goers will enjoy 1950s music, auto games, the Tailgate Treasures' Flea Market, a Lions Club pancake breakfast and barbecue. Activities open in the central business district at 7:30 a.m.

For information email vphilipson@

Underground Railroad Days July 7-9 in Vandalia



The Village of Vandalia, MI and the Underground Railroad Society of Cass County (URSCC) will partner for the 8th annual Underground Railroad Days the second weekend in July. The unique festival celebrates the legacy of the Underground Railroad (UGRR) in the area with activities for all ages.

"Opening Night" Friday, July 7, 7 pm. Ross-Beatty High School Auditorium. URSCC debuts the documentary "The Kentucky Raid" by local filmmaker Sally Conner. It tells the harrowing story of Kentucky slave catchers storming Quaker farms to take back 'their property' in August of 1847, the reaction of local townspeople and the ensuing trial in Cassopolis. The event became one of the primary instigators of the Civil War. Don't miss this free presentation.

On Saturday, July 8 and Sunday, July 9 from 11-5 pm. the Village of Vandalia will sponsor sales booths, family activities, and a soul food dinner (\$10). There will be a Community Church Service on Sunday morning. All activities are located next to the Vandalia Village Hall on M-60. Vendors can call Vandalia Village president, Beverly Young, at 269-476-2344 to reserve booth space (\$20 for two days).

URSCC is anchored in Milo Barnes Park across the street from the Village Hall. On Saturday and Sunday they will sponsor guided tours of Kentucky Raid sites, presentations about various

dowagiac.org, call 782-8212 or visit www.DowagiacChamber.com

Kee-Boon-Mein-Kaa Pow Wow

Located on tribal land of the Band of the Potawatomi Indians in neighboring Pokagon Township, more than 100 Native American dancers from throughout the Great Lakes will compete at Kee-



aspects of the UGRR in the Vandalia Youth Center, and entertainment at the "Ramptown Cabin" in the park. The 102nd Colored Troops will stage a Living History encampment, giving a glimpse of their role in the Civil War. The Victorian Bonine House at M-60 and Penn Rd, home of UGRR station-masters James E. and Sarah Bogue Bonine, and the Carriage House across the street where freedom seekers were sheltered, will be open for tours.

Parking and admission are free. UGRR tours and presentations are free but donations are most appreciated. A complete schedule will be posted on the Underground Railroad Society of Cass County website www.urscc.org, and the Village of Vandalia website www.villageofvandaliami.com as well as on Facebook, closer to the event.

Boon-Mein-Kaa Pow Wow on Saturday & Sunday, September 2 & 3. As they compete for cash prizes, the Potawatomi Indians celebrate the end of the huckleberry harvest.

Families will enjoy the music of drum groups, as they visit a marketplace that showcases black ash baskets, traditional beadwork, sweet grass braids,

jewelry, crafts and native foods.

For more info call 782-8998 or visit www.PokagonPowWow.com.

Under the Harvest Moon

Celebrate the crisp autumn season of Michigan in downtown Dowagiac at Under the Harvest Moon, Saturday, October 14, from 10 am to 4 pm.

This fun and family-oriented festival showcases vendors of antiques, hand-made goods, fall produce and sweet delicacies. View our display of vintage farm tractors and vote for your favorite scarecrow. There's also street entertainment, a pumpkin pie eating contest and Caruso's caramel apple and cider bar.

To receive information on booth vendor space, call the Chamber at 782.8212.

Cass County Fair July 30 - Aug.6

As mid-summer draws near, the 166th annual Cass County Fair returns to Cassopolis July 30 through August 6. Grandstand entertainment features Caroline Kole, who has been on a two-year international tour with Reba McIntire, SJO Super Cross Championship Series, along with the demolition derby, super-stock and street-legal truck pulls, rodeo events and monster trucks. Free must-see events include horse pulls, fireworks, daily grounds entertainment and hundreds of 4-H, Open Class and commercial exhibits. The fair is open Sunday through Saturday, 11 a.m. to 11 p.m.

For information phone 445-8265 or visit www.CassCountyMiFair.com

Cass County tire collection

Cass County residents are offered free used passenger tire collection. Cass County has received a grant for the collection of used passenger/pick-up truck tires. Collection will be held on Saturday, August 5, from 9 am - noon at the Cass County Historic Courthouse, 120 N Broadway, Cassopolis. There will not be collection at Deerpath or the fairgrounds this year. No appointment is necessary. Proof of county residency is required.

Women experience the outdoors: butterfly house trip planned

Get up close and personal with butterflies! Join park staff for a trip to the unique outdoor butterfly house at Sarett Nature Center (north of Benton Harbor, MI) to view displays of native butterflies and blooming nectar plants. Trip will be held on Wednesday, July 19 at 11 am and will depart from St. Patrick's County Park in the Red Barn parking

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lot. Transportation provided. Bring a sack lunch to have a picnic next to the butterfly house.

We'll learn about butterflies and moths from a Sarett Naturalist and have plenty of time to view the amazing display of color. Don't forget your camera! We will return to St. Patrick's at approximately 4 pm. Rain date July 26. Fee is \$10/person. Registration and payment are required by July 14 at 574/654-3155. Space is limited.

St. Patrick's County Park is located on Laurel Road, just north of Auten Road in South Bend. For more informa-

tion or to register, call St. Joseph County Parks at 574/654-3155.

Summer Play Groups

Cass County's Great Start 0-5 Summer Play Groups - (Free to families with children 0-6) activities for the summer include:

July 19: Play at the Park/Picnic! 10 am -Noon, Russom Park, 28776 Yaw St. Dowagiac. Make an outdoor craft have a special snack and bring a picnic lunch to enjoy with your friends!

July 26: Scavenger Hunt/Picnic at Russ Forest- 10 am -Noon, 20379 Mar-

cellus Hwy. Decatur.

Nature scavenger hunt, and fun outside activities. Don't forget to pack a picnic lunch!

August 1: Cass County Fair-Kiddies Day- 12:30-2 pm, Gregarek Building-Cass County Fair Grounds, 590 N. O'Keefe St. Cassopolis, - FREE Kids Games and Activities

August 16: St. Joe Splash Pad/ Beach Party-333 Broad St. St. Joseph, MI -Splash Pad is FREE. Bring a picnic lunch and enjoy St. Joe's beaches and many attractions after the splash pad.

August 23: Camp 0-5 Play

Group-9:30-11:00 am, Squires Education Center 725 Center St. Cassopolis.

Camp out with us! Enjoy camping activities, crafts and SMORES!

Cass County Great Start Playgroups is also currently enrolling 4 year olds for preschool. Its open enrollment. For more information contact Vicki Foote at vfoote@lewiscassisd.org or 445-6283.

Outside Play Groups/Events will be cancelled in the case of inclement weather. Please check the Cass County Great Start Facebook page for cancellation notices.

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HEALTH & FITNESS

Conquering exercise hurdles

By **BRENDA HARRIS**
Cass COA

Our bodies are built for physical activity. Movement and regular work can trigger healthful changes throughout our body. On the other hand, going without exercise can cause a long list of health problems.

Most of these problems show up during and after middle age. Most adults don't get the minimum amount of aerobic exercise recommended by fitness experts and government guidelines. They suggest 30 minutes of moderate exercise, such as brisk walking, or 15 minutes of vigorous exercise, such as jogging or swimming, five days a week, plus two sessions of strength training to build muscles.

Here are some exercise hurdles you may face and what you can do about it.

I NEVER HAVE ENOUGH TIME

Exercisers blame the lack of time for preventing them from exercising. Successful exercisers, on the other hand, made exercise a priority. An easy way to begin is by making every day's routine more physically active. If time is a problem, doing a few brief bouts of moderate exercise can be as beneficial as one longer, continuous workout for improving aerobic fitness

and maintaining a healthy weight.

I'M TOO OLD TO START NOW

What?? It's never too late to start exercising. No matter how old you are, your muscles will respond quickly to training. Men and women in their 80's and older who started resistance training in clinical trials gained strength as rapidly as younger adults did.

If you are a man over 45 or a woman 55 and have been sedentary, you should get a physician's clearance before starting a vigorous workout routine. Even for moderate exercise it is best to see a doctor first if you have arthritis, diabetes, or another ongoing health problem.

MY HEALTH ISN'T GOOD ENOUGH

Exercise is a proven treatment for diabetes, depression, high blood pressure, and many other problems common in older age. People who may be frail or chronically ill may assume, incorrectly, that exercise isn't safe. People with medical problems can safely work out with the guidance from a doctor and a therapist.

I'M TOO TIRED FOR EXERCISE

Did you know that starting a regular exercise routine can combat feelings



of exhaustion? Aerobic activities can help rev up your metabolism. Strength training can make it easier to do everyday tasks, such as going up and down stairs, carrying groceries, and even weeding a garden. The old saying is "If you don't use it you will lose it."

I'M NOT OVERWEIGHT

Thin people need exercise too! Exercise works in many ways to boost health and life span. Aerobic training and resistance exercise improve the body's ability to manage blood sugar. Exercise can lower blood pressure, by keeping artery walls supple, and weight-bearing exercise builds bones to help them resist osteoporosis.

IT'S TOO PAINFUL

Older adults may use discomfort or disability as a reason for not exercising. Exercise doesn't have to be done really hard to build aerobic fitness and muscle strength. Even walking briskly is enough for most people to reach the level recommended by fitness experts. If you have problem exercising, start out at a leisurely pace and build up to a harder intensity.

If joint pain is the problem, water aerobics can lighten the load and make it possible to move in ways that otherwise might be painful. Some medical centers offer exercise for people with arthritis or other chronic pain problems. Exercising can also help manage improvement in measures of pain, fatigue, stiffness, sleep, depression, and anxiety.

Get ready, set, jump those hurdles!

Exercising while on vacation

By **BRENDA HARRIS**
Cass COA

Should I eat and exercise the right way while I'm on vacation? Vacation season is here! Don't I deserve a break after spending the last six months becoming fitter?

Just because I am on vacation relaxing and taking a break from work I shouldn't be taking a break from my healthy habits.

By planning ahead, your vacation will be enjoyable and you can maintain your current weight and fitness level. It is so easy to not pay attention to what you are eating while on

vacation. You can avoid packing on those dreaded vacation pounds by packing some healthy foods and workout gear.

Traveling by car, you spend a lot of time planning your route. It is also very important to plan breaks into your traveling schedule.

- Have a cooler filled with healthy snacks, and even complete meals. Some examples are chopped veggies, fresh fruit, bottled water and juice, low-fat yogurt, peanut butter sandwiches, popcorn and pretzels all make an easy picnic.
- Try not to go more than 4 to 5 hours without eating. Being too hun-

gry at mealtime may effect your judgment making healthy choices.


- Avoid eating a meal in a car. Take time to stop and enjoy your meal. You can pay closer attention to your hungry signal.
- Just three 10 minute stops adds up to 30 minutes of activity. Take a quick jog or walk, stretch and run with your kids. When you are back on the road again you should feel more alert and awake.
- Be aware of fast food and roadside restaurants. Choose the healthiest one and keep your portion sizes small. To avoid excess calories and fat, hold the mayo, cheese and dressing. Watch

the breaded foods and order the kid-size portions.

As the demand for healthy eating and exercising increases, hotels are responding to their guests. There's no reason not to work out or eat right just because you're away from home. Most places will accommodate your healthy requests.

Remember to pack walking shoes, a swimsuit, exercise equipment and loose comfortable clothing.

You probably won't lose weight on vacation, but maintenance is possible. Vacation should be fun!



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PASTA ITALIA CON CHEF DONATO

Cooked or uncooked?

The summer season is here and having company, entertaining them is in full force. You want to impress your guests but not spend all day in the kitchen. Here are two, absolutely and delicious recipes that are quick and easy. One is a simple, cooked tomato sauce with an option to make it a main course, and an uncooked lemon sauce that just takes a few minutes and is refreshing in the summer

COOKED

This sauce is adapted from the Julia Child's of Italian cooking. Her name is Marcella Hazan who lived in Venice for years before moving to Florida a few years ago. She has since passed away, but her first cookbook, THE CLASSIC ITALIAN COOKBOOK is essential to anyone wanting to learn Italian food. This is for 3-4 people- add 2 or 3 more cans of tomatoes for a larger group and add more onion,garlic and few more pats of butter

Ingredients:

- 1 lb of pasta- your choice
- 28 oz can of whole tomatoes-preferably from the San Marzino region of Italy, or if not available, I recommend Hunts
- one peeled onion cut in quarters
- 6 peeled cloves of garlic
- 1/4 teaspoon of red pepper flakes- more if you want it spicy, less if no spice at all
- 5 tablespoons of butter

Directions:

Put all ingredients in a saucepan, turn heat to medium for 10 minutes, reduce to simmer for one hour stirring often. Remove the onion and garlic and it's all done and ready to serve. The butter with the tomatoes is a wonderful combo.

Variation:

I made this last week and after I removed the onion and garlic I added peeled uncooked shrimp to the sauce and let it simmer for another 10 minutes, shrimp cooks very quickly, and served it as a main course. San Marzino is the area near Naples and Mount Vesuvius. It is said the lava type soil makes the most delicious tomatoes.

UNCOOKED

Pasta with a lemon sauce

Some years ago we were on the Isle of Capri and went to a beautiful restaurant overlooking the Mediterranean called Cafe Brunella and had a wonderful



lemon risotto. I had been making risottos before but adding lemon was delicate and refreshing in the warm weather. I decided to try it with pasta and here it is. Simple, tasty and easy, and sure to impress your friends and family.

Ingredients:

- 1lb of bowtie pasta-this is for 4-5 people
- 2/3 cup of extra virgin olive oil
- 1 cup grated Parmesan cheese
- 1/2 cup of fresh squeezed lemon juice-about 3 lemons
- 1 tablespoon of lemon zest

Directions:

Boil the pasta in salted water until al dente, drain in colander Mix all the other ingredients in a serving bowl, add and stir cooked pasta to the mixture- all done and ready to serve

Variations:

I serve this by adding a 1/3 cup of fresh chopped basil and a cup of marinated tomatoes. You can also add chopped Kalamata

olives and/or chopped artichoke hearts as well.

Marinated tomatoes

Seed and core the tomatoes, cut into little squares about a 1/4" size Put in bowl and add sea salt and a few tablespoons of olive oil. Let sit for at least an hour or more, stirring once in a while. Drain and mix with pasta. You can serve this pasta at room

temperature as well or even chilled as a pasta salad.

Dennis Bamber is an avid cook. He grew up in the restaurant business and has traveled extensively worldwide as well as being a partner in a business in Paris for 9 years. He is a second generation Italian-American. He is currently a realtor with Cressy & Everett, licensed in Michigan and Indiana, and specializes in lake property.





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LAKE LIFE WITH JANE

Ideas for Fourth of July entertaining

by JANE BOUDREAU

Hello Neighbors! If you are reading this shortly after delivery or have picked a copy from your favorite store, you can see we are a bit early for July. I personally like that because I can pass on some ideas to you for entertaining on Independence Day that you may (or may not) utilize.

If you've been reading my column for awhile, you know I love this month the most, and many others, twelve in all. I guess what I truly feel is that each month, each holiday, each season has something great to celebrate. And how I love to celebrate! I try to pass on my enthusiasm in whenever I write. I hope you read with interest and perhaps try some of my recipes or tips. That makes my time creating a page or two for Neighbors so worth while.

So moving on ... you probably have your holiday plans settled, a quiet holiday with you and your person, or maybe something bigger with family and friends. Either way, make it fun and festive. The 4th of July is a holiday which we Americans should show our love of our country and the good old Constitution. Display your flags and hang some banners, this is a time to stand proud and show your belief in better times to come.

Back to celebrating at home. As with any get-together, planning is the key. I don't want to sound rigid but I truly believe in lists. And not so much the ones you make on your cell phones or scribbled on the back of a grocery list. Real hard copy lists. Sort them in order of importance, staple them together and carry them with you in your purse or hang them on a cabinet or the fridge so you can refer often. I'll try to keep this simple because not all of us are as fussy as I am (or confused), however you look at it.



~Have a guest list and keep track of who is coming so you can plan for food and drinks.

~Plan your menu and make a grocery store list. This is also a good time



to ask close family members and friends if they care to bring a dish. Hurray for X-ing that off your list! Try to buy everything you need in advance and make another list for fresh items you can get a day before.

~Make anything you can ahead of time. Sometimes I boil the noodles for pasta salad and add the vinaigrette. This keeps it perfect overnight until you have the chance to add the rest of the ingredients. The same holds true for potato salad ... cook the potatoes and mix it with the mayo. Add the rest the day you will be serving.

~Don't do anything last minute in an attempt to make it look fresh and perfect. Clean your house, decorate with your celebratory theme, choose your serving bowls and platters ... anything you think you can do last minute, do now. There is rarely a last minute.

~Sit back and enjoy a cocktail

before your guests arrive. Spend the day enjoying the holiday as your family and friends are. You deserve it.

July isn't all about the 4th and celebrations. We are dead center in the middle of summer. June is laid back and carefree, August makes us feel like, "Where did summer go?" "July ... gosh it's hot, I'm feeling a little tired of garden/yard work." And finally, "I think I'll stay inside with the air conditioner cranked up and close the blinds." And my favorite, "I'm tired of the & grill, lets make a casserole in the oven."

I want to talk about some essentials for summer when it comes to protecting ourselves from the sun and heat. I'm not a doctor but I love to try out new products and I keep up to date with the tried and true. Everything I'm recommending here are products I love and still use.



A great facial moisturizer is Neutrogena Hydro Boost Water Gel. It's perfect for summer as it is light and it goes on gently but leaves your skin feeling moisturized and soft all day long. I have very dry skin and this product is just so perfect for any skin type.

You all know just about everything you need to know about sunscreen so I won't repeat any of that. With fair skin and freckles I really need to start off the summer with major protection, as in SPF 85. That sounds like a lot of protection but if you are in the Midwest like we are, your skin is like a baby's bum that hasn't seen the light of day. Play it safe so you don't burn those first few times in the sun. My personal recommendations is Neutrogena Ultra Sheer Sunscreen.



My dermatologist gave me samples, and I was in awe of how soft my skin felt after using this. A win/win. This sunscreen is recommended by The Skin Care Foundation for powerful sun protection. For your little ones, they also have a sunscreen called Neutrogena Pure And Free Baby Sunscreen that offers SPF 50. When it comes to sunscreen, remember to apply it at minimum every two hours. And keep your babies in the shade, they just can't tolerate the sun the way adults do.

For hair, I like to air dry mine in the summer as the humidity is so high it's just not worth trying to style it. I love this sea salt spray ... it adds texture to your hair and keeps it from getting frizzy in the heat. This works for thick, curly hair like mine, and even better for you gals with thin, straight hair. Scrunch it in and look like you have 100 percent more hair.

Now lest you think my column is all about you pretty ladies, I think it's necessary to talk about the guys out there.

And no, there are not going to be any beauty tips for any of them. I want to press on you guys to show us some of your real muscle, and that's all about manning the grill.

Continued on next page
See **JANE**

JANE
Continued from previous page

Let's focus on some recipes for mid summer that only a man and his grill can do.

Pork Ribs

First off, lets do pork ribs. We all have methods but this is tried and true by not only myself but my husband, who considers himself the Grill King.

First cut full slabs of ribs in half. Pat them dry. Brush a bit of veggie oil on the skin side. Sprinkle on your favorite spices or make a rub which follows. Pat that in well.

Place the ribs meat-side down on your gill on low heat. If you have a thermometer on your grill, you want to

go no more than 325 degrees. If the ribs are browning too fast, put them on your upper rack and reduce the heat.

Let these roast approximately two hours or until bones move easily. Brush them with your sauce and let them glaze over about 5 minutes.

Give them another thick spoonful of sauce ... let grill another 3 minutes. Transfer to a platter and serve.

Meat Rub~

- 1 T ground cumin
- 1 T ground coriander
- 1 T dried garlic
- 1 T dried onion
- 1 T dried kosher salt
- 1 T fresh ground pepper
- 3 T chili powder
- 2 T paprika

Mix all of the ingredients together in small bowl. Double or triple recipe and save in a small jar. You can use this on chicken, pork, or whatever suits your taste.

Jane's BBQ Sauce~
2 c Guinness Ale
1 c ketchup
1/4 c Dijon mustard
1/3 c honey
2 T hot sauce
2 t kosher salt
2 t fresh ground pepper

Heat the Guinness in large sauce pan on low heat. Add remaining ingredients and cook stirring constantly until thickened. Remove from heat.

You can double or triple this recipe and it will keep in a jar(unopened) approximately 10 days.

So here we have it. I've been all over the place here and I hope you have enjoyed my column this month. Have a wonderful 4th of July. Wave your flag and celebrate!!!

~ Jane

Jane Boudreau is a lifestyle blogger and long-time resident of Diamond Lake. She has a home in Chicago and another in the mountains of North Carolina. She is an avid bird watcher, and is proud to now know a nuthatch from a female cardinal.



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BUSINESS & FINANCE

Full employment: What happens now?

Provided by **Greg Schoenfeld**
Compass Wealth Advisors

In April 2017, the nation's unemployment rate dropped to 4.4 percent, matching a 10-year low last seen in May 2007. To put this in perspective, the last time the unemployment rate fell below 4.4 percent was in May 2001, the end of the dot-com boom, when the U.S. economy grew by more than 4 percent annually for four straight years and the federal government ran a budget surplus.¹⁻³

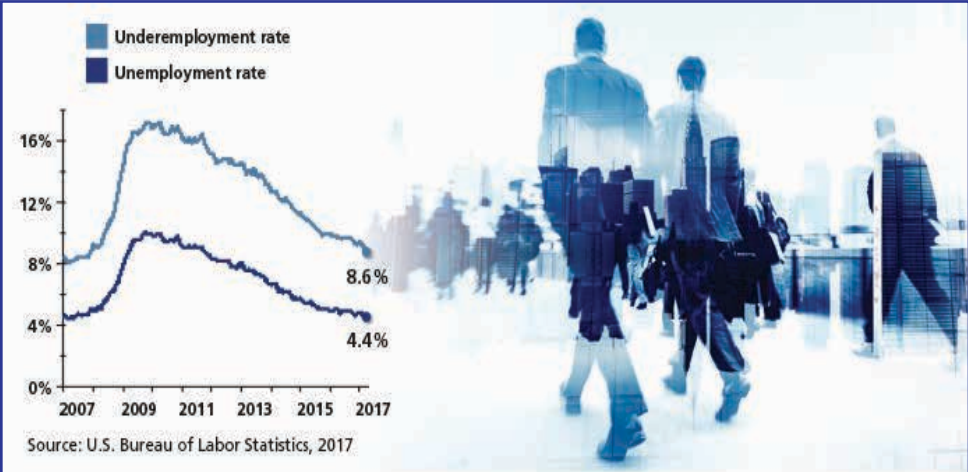
Just as noteworthy, another measure called the underemployment rate — which includes “discouraged workers” who have given up looking for a job and those who are working part-time but would prefer to work full-time — fell to 8.6 percent, the lowest level since the beginning of the recession in December 2007. At its height in 2009–2010, this rate stood at 17.1 percent.⁴

These rates may drop further but not by much. Zero percent unemployment is impossible — there will always be job churn — and the lowest rate during the past 60 years was 3.4 percent in the late 1960s. The underemployment rate has more room for improvement, but with 5.7 million job openings, it seems clear that we are near “full employment” — when everyone who wants a job can find one.⁵ So why isn't the economy growing faster?

Jobs vs. Good Jobs

U.S. employers have added 16.3 million jobs since February 2010, an average of almost 200,000 jobs per month. Economists believe that the United States requires about 145,000 new jobs per month just to keep up with labor force growth. Still, the job expansion has been solid and steady, with gains for 79 consecutive months.^{6, 7}

Unfortunately, many new jobs have been in low-paying, low-skilled occupations. For example, almost 3 million jobs were added in the leisure and hospitality industry, with another 1.5 million in retail sales.⁸ New jobs that do pay well



require a college degree and/or specialized skills. A 2016 study found that more than 70 percent of new post-recession jobs went to workers with a bachelor's degree or higher, and most of the rest went to those with some college education.⁹

This shift in the labor market has left many less-educated workers out of the recovery and resulted in persistent pockets of high unemployment in regions that have depended on manufacturing and other blue-collar occupations.¹⁰ Despite efforts to bring manufacturing back to the United States, many of these jobs are lost forever due to automation and the simple fact that American workers cannot work for the same low wages paid to foreign workers.

Though a more highly skilled workforce is needed, college alone is not the answer. By 2020, there will be an estimated 1 million more computing jobs than qualified workers to fill them as a result of the small number of computer science graduates — a gap that might be filled by targeted training programs.¹¹

Stagnant Wages

Wage stagnation has been a persistent issue, but this may be changing as the labor market tightens and employers compete for workers. In 2016, the average hourly wage rose by 2.9 percent, the highest gain since the recovery began. Although still low, it is made

stronger by low inflation, which was just 1.7 percent for the year. The best news is that these gains are filtering down to lower-wage workers; the leisure and hospitality industry saw wages rise by 4.4 percent.¹²

Early in the year, economists predicted 3.5 percent wage growth in 2017, but the rate was lower through April.^{13, 14} With inflation beginning to rise, the big question is whether further tightening of the labor market will push wages up quickly enough to outpace inflation.

The Productivity Problem

Despite job gains, the U.S. economy has been mired in slow growth mode for a decade. Real gross domestic product (GDP) rose by just 1.6 percent in 2016 and ran at a 1.2 percent annual rate during the first quarter of 2017. The last time GDP growth exceeded 3 percent for a full year was in 2005.¹⁵

There are many reasons for slow growth, including economic weakness overseas, lagging consumer spending (due in part to low wages), high health-care costs, and the reluctance of U.S. corporations to invest their profits. Some factors are already shifting in a positive direction, but there is one fundamental drag on the economy that will only worsen: the aging of the U.S. workforce and the resulting loss in productivity.

The labor force participation rate — the percentage of the civilian labor force

age 16 and older who are working or actively looking for work — peaked at 67.3 percent in early 2000, not coincidentally the last time GDP grew by more than 4 percent. The participation rate has dropped steadily since then; in April 2017, it was 62.9 percent. This reflects lower birth rates, increased college enrollment, and men in their prime working years dropping out of the labor force. But more so, it is a result of the huge baby boomer generation who are reaching retirement age. Baby boomers are working longer than previous generations, but this can't offset the demographic shift.^{16, 17}

Put simply, a nation's potential GDP is a product of the number of workers times the productivity (output) per worker. With the U.S. workforce shrinking in relation to the total population, a large increase in worker productivity would be required to push the economy to a sustainable annual growth rate of 3 percent or more. In the long term, the shrinking labor force — even at full employment — may hold back the U.S. economy.¹⁸

1, 4–6, 8, 16) U.S. Bureau of Labor Statistics, 2016–2017
2, 14–15, 17) Bureau of Economic Analysis, 2017
3) Congressional Budget Office, 2017
7) The Wall Street Journal, April 7, 2016
9) Georgetown University, 2016
10) The Wall Street Journal, May 17, 2017
11) USA Today, March 28, 2017
12–13) The New York Times, January 6, 2017
18) The Wall Street Journal, May 15, 2017

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BUSINESS & FINANCE

You may need a personal umbrella policy

By Vicki Brossman
Kemner-Iott Benz Agency of Cass County

What is an umbrella policy? A personal umbrella policy provides additional liability limits above primary policies including personal auto, homeowners, recreational vehicles, and watercraft. In some cases it may provide coverage when a primary policy does not. An umbrella policy provides worldwide coverage – your homeowners and auto policies are limited to the United States, and its territories as well as Canada and Mexico.

What is liability? Liability is the section of your insurance policy that protects you in many situations if you are held responsible for bodily injury, property damage, or personal injury. The purpose of liability insurance is to protect you from litigation arising from a situation as well as the legal defense costs associated with a lawsuit.

Who needs an umbrella policy? If you are a retired person, an umbrella policy is a perfect way to protect what you have worked for all your life. If you have no assets, the judge may garnish your wages or future assets such as an inheritance. Would you be able to maintain the lifestyle you and your family are accustomed to if that happened to you? Consider the following questions to determine if you need an umbrella policy:

- Do you own a home?
- Do you entertain guests at home?
- Do you own a car?
- Do you provide alcohol to guests?

“THE SAFETY OF THE PEOPLE SHALL BE THE HIGHEST LAW.”

-Marcus Tullius Cicero
Roman philosopher born in 106 BC

Do you have children?
Do you have a swimming pool/lake?
Do you or your children use social media?
Do you have playground equipment?
Do you own a dog or other animal?
Do you own rental properties?
Do you own watercraft?
Do you participate in community affairs?
Do you own a motorcycle?
Do you help with your child's sports team?
Do you own a snowmobile or recreational vehicle?
Do you have significant assets?

How would the coverage work?
Your 17-year-old son takes your vehicle out for a drive with his friends. Your son caused an accident and several people were seriously injured. As a result, you are sued for \$2,500,000 for the damages that have been caused. If you have a \$500,000 auto policy you are covered for 20% of the lawsuit. If you have an umbrella with a \$2,000,000 limit, that would cover the full loss. Without an umbrella policy the money may have to be used from your personal assets which could leave you bankrupt.

What are some actual claim examples?

- An insured's daughter posted a message on social media about a classmate. The classmate sues, claiming the

remarks are defaming and disparaging.

- The insured's tenant claims she became ill from carbon monoxide poisoning resulting from a faulty furnace. The tenant claimed permanent brain damage and demanded \$750,000.
- The insured's son was driving a vehicle that did not belong to him which was uninsured. A friend was sitting on the trunk while the vehicle was moving. She slipped and fell, striking her head on the pavement suffering a severe head injury.
- The insured's boat was being driven by a teenager while they were tubing. The tuber came off the tube and was accidentally struck by the boat while in the water. The tuber survived, but the results were a skull fracture and severe scarring. The final settlement - \$750,000.
- A housekeeper who worked for the same family for 15 years filed a wrongful employment claim against her employer. The legal fees alone were over \$1,000,000.
- A hillside on the insured's property had a concrete barrier to prevent erosion. Approximately 5 feet of the barrier fell to the neighboring property knocking the claimant's home from its foundation. The claim was settled for \$970,000.
- A teenager destined for greatness as a softball player filed a \$700,000 lawsuit against her former coach, alleging his "incorrect" coaching style ruined her chances for an athletic scholarship.
- A guest left the insured's premises after consuming alcohol and was involved in an auto accident. The guest sued the homeowner under the theory of host

liquor liability.

A personal umbrella policy is often inexpensive. When determining the amount of coverage you purchase, consider the value of your assets, your potential loss of future income, and what risks you might face. Your insurance agent will need to know all your properties and who insures them, the liability limits for these properties, a list of all vehicles, watercraft, and recreational vehicles and the liability limits, and whether you are a member of a board of directors or a non-profit organization. Talk to your agent about what coverages are included as well as what limitations or exclusions may adversely affect your personal situation.



Vicki Brossman
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FIELD TRIP

Ok, so here's the deal ... our eldest daughter Erica, her daughter Alely, and my wife Sandy had a baby show to go to, see, and my grandson Dominic says, "no way" to accompanying them (can't say I blame him), so it fell on good ole PopPop to save the day by finding something more guy-oriented for us to do for the day.

Well, since I live at a lake, I figured no prob ... we'll go fishing or sailing or swimming or ... oh no, it's raining and cold.

So, into the car and off to the National New York Central Railroad Museum on the south end of downtown Elkhart. Since it was a great grandfather/grandson kind of opportunity, I decided at the last minute to take my camera.

"PopPop, can I shoot the pictures?" he asked before we even got out of the car.

I don't know of a grandfather alive that would have told him no. Little did I expect that he would have a pretty good eye (guess it's in the genes, huh?).

For the next couple of hours we strolled (ok, occasionally one of us ran) through the museum rooms and clambered around on the old trains, checking out the exhibits, clicking pictures and dropping the word "cool" about a hundred times a minute.

When we were done we stopped for a lunch (pizza and chicken wings), visited a park (where we saw a silly Mallard duck in the river) and rode around and talked about "guy stuff" (you know, Fidget

Spinners and school bus bullies and cuss words and stuff).

When we got home and looked at the photos (and the one video that lasted 46 seconds and contained that "cool" word at least 15 times), we decided the pictures needed to go into the Newspaper (but don't tell mom, it should be a surprise).

Well, mom, SURPRISE! Your 10-year-old son's photos got published.

I'm pretty sure she's going to be as proud as PopPop is ...



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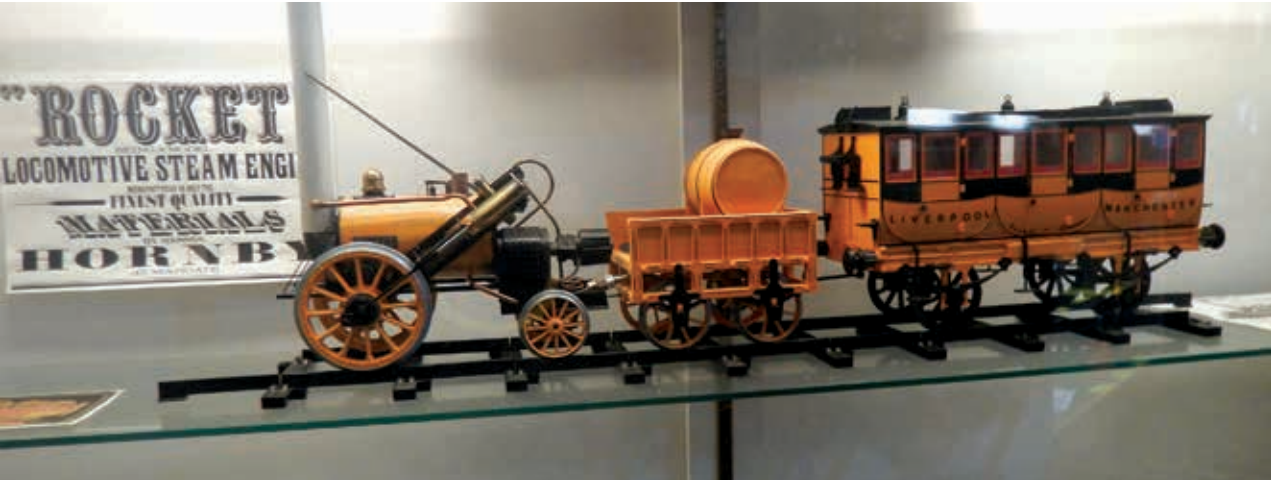
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FIELD TRIP



ok, we both giggled about this one ...



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"Hmmm, what is that thing Dominic?" I asked. "It's a bit old train thing PopPop," he replied ... silly me.





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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

In this edition of Neighbors we have selected postcards showing images of Dowagiac and the nearby area and lakes.

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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OUR CHILDREN

Rainy day fun with children

by **SANDY FLEMING**

It's summer, and we always hope the kids can get out and enjoy some active play. They love to swim, bike, and boat! But we all know there will be rainy, gloomy days when everyone needs to stay indoors. Plan ahead for those times, and you'll be able to keep the fun rolling along in spite of the weather. Best of all, kids who are occupied and busy are far less likely to get into trouble. They also will have an excuse to turn away from the video games, phones, computers, and other screen-based entertainment. Here are some great ideas for all ages!

For the Very Young

Infants and toddlers just sort of do their own thing, and it's easy to occupy them no matter where you are. Preschoolers, on the other hand, can be a bit tougher to distract especially if they'd really rather be outdoors. You need a bag of tricks to keep these kids occupied. Try these ideas:

Make a City

Little kids are usually into pretending, and they also enjoy being creative with craft projects. Why not combine the two ideas and make a city? There are lots of ways to pull this off, but one of the easiest and least expensive methods is to draw it on large paper. You can grab a roll of butcher paper (like you wrap meat in) at the store and tape some 10-15 foot lengths together at the long sides. Make sure if the paper has a waxed side to it that the waxy part is all on the same side-it won't work very well for drawing or coloring.

If your child is like most, he or she probably has a plethora of small play sets that mimic real life. There are toy cars, and probably even miniature buildings and businesses. I know my children collected a gas station, a school, a farm, and a parking garage from one popular set as well as numerous people and vehicles. You can use this to your advantage! Draw out roads on your big paper that are to scale for the cars in your child's play set. Don't worry if the kids mix and match sets, though, because scale really doesn't mean much to them at this stage. It's more for our adult sensibilities than theirs.

Once the roads are in place, set any buildings you have onto the play mat, and draw (or let your kids draw) the other important parts of a town. You might want a hospital, a park or a zoo, a factory or business, and maybe a restaurant or a movie theater. Of course, the people will need houses to live in, too. Use any combination of hand drawn representations, constructions of boxes and cardboard, or plastic replicas that you'd like. Once the basic outlines are drawn on the paper, it's time to let the kids loose with markers to make the city come alive. They might want trees, traffic lights, other buildings, lines on the roads, or any number of other details that they can dream up.

Now, PLAY! Let them drive the cars and move the people around to their hearts' content. The world of pretend that they have created will occupy them for hours or possibly even days. Since it's made on paper, you can even roll or fold it to store somewhere convenient if you wish, or just plan to make a new one on the next rainy day. Most of the fun of this project is in the making anyway, so let them have a healthy dose of world-building.

Cook Together



Even the youngest children will get a huge kick out of kitchen fun. Babies can dump and pour ingredients into a bowl after they've been measured, and slightly older kids can stir, mix and measure with a bit of help. There are tons of great no-cook recipes that youngsters just love to make, like fruit salad and no-bake cookies. And if you're around to help, try your hand at cookies, breads, and other interesting foods. Making pretzels can be a lot of fun-there's a lot of activity with preparing and shaping the dough that kids really enjoy.

Raid the Game Closet

Rainy days are the perfect time to get the little ones learning and playing games with each other and with you. Classic commercial games such as Candyland and Chutes and Ladders are great and build lots of skills that will help kids get ready for school. Card games like Rummy and Crazy Eights are wonderful social tools that kids can learn and then eventually teach their friends. Simple card games like Uno, Old Maid, Go Fish, War, and Slap Jack can be learned by any kid old enough not to eat the cards. The kids don't actually have to read to play these, just be able to match and understand same and different.

Dominoes are often overlooked as a pastime on rainy days. Search the internet or grab a book from the library that will help you learn some basic games like Muggins or Chicken Feet (yes, there are many, many different domino games, much the same as there are for cards). Little kids will enjoy matching the dominoes into long lines. Try setting them up on end in a row and then knocking them down-it can be quite satisfying. And dominoes can be used like building blocks. A little creativity goes a very long way and this is one play set that will really give you tons of mileage. Invest a couple of bucks, and you will have an activity that will grow with your children for years.

Set Up an Obstacle Course

Use household items to create challenges suitable for the ages of your children. Anything that can be climbed on, scooted under, walked around, or crawled through is fair game. Obstacle courses help your child develop crucial coordination skills. Plus, they are tons of fun! Want to involve some older kids? Try rac-

ing through the course and using a stopwatch (or the timer on your phone) to see who can make the best time. Or play "Lifeline": Give partners a piece of raw spaghetti to hold (each person has to hold one end at the same time) and see if they can go through the course without breaking their "lifeline."

For Older Kids

Older kids typically need something a bit more involved to help them pass the time on rainy days, and at times they can be a bit less willing to try new things. You might need to put your parental foot down and tell them they HAVE to do something other than be glued to their screen for hours on end. Here are some ideas that might entice them, or at least be fun once you convince them to get going.

Run an Olympics

Organizing and running an Olympic tournament is a great project for older kids. You can even get the neighbors or cousins involved, because the more, the merrier. Kids will need to plan events for their games. Some research online or at the library might be in order, to find out what games are actually included in the real Olympics. Some, such as races, jumping competitions, and tests of strength, can be lifted straight from the real events. Others, such as shooting or swimming events, may need to be creatively modified. For example, if you can't have an actual archery event, consider having a beanbag toss that has players compete for accuracy or distance.

And the field is wide open for alternative events, as well. Contests do not need to be athletic in nature. Your child who is strong in mathematics may want to design a Math Olympics, for example. What about a Reading Olympics? The possibilities are endless.

Make an ABC Book

Though this project sounds like it suits much younger children (and it does, by the way, with some modifications), older kids often get caught up in the scavenger-hunt nature of the project. Choose a topic that is broad for the new book, such as a country, sports, or foods. Challenge the kids to come up with a related page for each letter of the alphabet, illustrate it, and write between a sentence and a couple of paragraphs about each item. Now, you might need to

get creative with the tough letters, like J, Q, and Z by allowing "stretches" like "Quiet Entertainment" for a culture or "Zoom!" for race cars, but it is do-able. Alternatively, you could combine the tough letters with nearby letters and make the page about the easier letter, such as putting I and J on the same page and connecting them with an "or." Don't forget that you can do abstract topics, as well, like feelings or moments in history.

Build a World

This huge project takes a vast amount of thinking and planning, and can take weeks to complete. Use paper and pencil, or use recycled containers to build cities and entire countries. Quarter-inch graph paper can be fun to use when making scale maps. Have the kids dream up a country or an entire world with governments, money, cultures, and more. Make it as detailed as you wish, and play out the interactions between groups for as long as you want.

Start a Joy Journal

Get a notepad (lined paper if you wish) or notebook for each child. Have them date the page and write several sentences (or more) about the best thing that happened today. Not only will they get some great writing practice, they will also be creating a summer memory book that could become quite the treasure. Best of all, when people focus on the positive in their lives, it usually follows that they feel happier in general, and they have a resource to turn to when life does get rough. It's a great habit to build this summer.

So Off You Go!

Don't let bad weather dampen spirits on summer days! You have lots of resources to keep kids busy and keep them from spending their time indoors with their electronics all day long. They will be happier and more well-rounded in the long run, because they'll be gaining skills that will last for years to come, and you will have less refereeing to do and hopefully be able to spend more positive, quality time with the kids.

Sandy Fleming is an educational consultant and private tutor in Edwardsburg. Visit her website at <http://sandyflemingonline.com> for some fun ideas and ways to help kids learn.

NATURE NOTES

It's better to leave them alone ...

Provided by Jon Wuepper,

During May and June baby animals are born, and young birds hatch from eggs, and it is human nature to want to save young animals that are perceived to be in danger. A great majority of the time, young are left alone while mothers and fathers, depending on the species, are out hunting for the family, or resting until nightfall when it is safer to be out foraging for food.

The mother (doe) likely gave birth just days before the photo was taken, and although young fawns can stand shortly after birth, the mother hides the young among thick foliage, while she forages returning often to nurse the baby. After a few weeks, the young doe will follow its mother wherever she goes.

It is human nature to want to help young animals, feared orphaned. But Tari Howard says finding young, wild animals "does not necessarily mean they have been orphaned or abandoned."

Howard reminds us never to take a baby animal from the wild, before calling a licensed animal rehabber, and that "baby animals are often left alone during the day," such was the case with the fawn in the photo. The fawn in the photo was reunited with its mother later that night. He added that when we see baby mammals and birds during the day, "it is not really alone, mom is watching from a distance."

Rick and Tari Howard run the



White-tailed deer fawn, with mother close by (not pictured). Photo courtesy Tari and Rick Howard, co-owners of Berrien County Wildlife Rehabilitation Center in Benton Harbor. Female white-tailed deer called does give birth to babies called fawns during the months of May and June. This young white-tailed deer, called a fawn, was nearly taken away from its mother, as an anonymous person, who meant well, fear it had been abandoned by its mother, and nearly brought it to Berrien County Wildlife Rehab Center, run by Rick and Tari Howard of Benton Harbor. Tari informed the concerned person that the mother was likely nearby and to keep an eye on the young and watch for the mother's return.

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LOCAL HISTORY

The diary of Dr. Phineas Gregg

**Provided by Cass District Library
Local History Branch**

Continuation of the diary of George Franklin Gregg (1848-1932). In February 1870, Frank Gregg lived in Newberg Township, but had family in nearby Brownsville, Calvin Township. In the spring of 1870, Gregg moved to Brownsville when he became a school-teacher. Insights on daily life in a rural schoolhouse are documented in Gregg's diary, particularly punishment of students and day to day activities.

Thursday, September 1, 1870 -- School very warm in the forenoon, rained very hard in the afternoon.

Friday, September 2, 1870 -- At school very pleasant, most of the day. Rain in the evening.

Saturday, September 3, 1870 -- At school. Today is the last day of school.

Sunday, September 4, 1870 -- At Sunday school, no meeting.

Monday, September --- Went to Diamond Lake to level a swamp. Very pleasant weather . Visited the Brownsville school in the PM.

Tuesday, September 6, 1870 -- Morning in Findley Chess's marsh, very warm.

Wednesday, September 7, 1870 -- In the hay meadow. Very warm, still signs of rain.

Thursday, September 8, 1870 --- Making hay, yet no account of any rain yet.

Friday, September 9, 1870 -- In the marsh finished today except putting up about 500 [???]/

Saturday, September 10, 1870 -- Went to Dowagiac, got back about four. Put up the balance of the day.

Sunday, September 11, 1870 -- Very pleasant, went to Sunday School in the morning. Sat around the rest of the day.

Monday, September 12, 1870 -- Nothing worthy of notice until night when news came that Father Fourman's head was broken.

Tuesday, September 13, 1870 -- Very warm. Tried to find someone to haul hay for me in the forenoon. Went to Newberg in the afternoon.

Wednesday, September 14, 1870 -- At work in the mill, offbearing Lydia and Father came up today.

Thursday, September 15, 1870 -- At work in the mill, weather very dry.

Friday, September 16, 1870 -- In the mill, still no signs of rain. Sick.

Saturday, September 17, 1870 -- In the mill. Still no signs of rain, sick.

Sunday, September 18, 1870 -- Stayed at Father Fourman's all day, did not go to Sunday school. Allen's Hunt and wife are here.

Monday, September 19, 1870 -- Fixed a box for the pig went to Brownsville in the afternoon.

Tuesday, September 20, 1870 -- Fin and I hauled the hay home at 3 loads stayed with Rob.

Wednesday, September 21, 1870 -- Went to Newberg after Lydia, brought the pig home he weighed 28

pounds.

Thursday, September 22, 1870 -- Went to cut corn for Stephen Wale, he gave me a pumpkin weighing 31 LBS.

Friday, September 23, 1870 -- Helped Findley thrash Archers machine. It rained in the afternoon. Thrashed 333 [bales?].

Saturday, September 24, 1870 -- Very damp in the forenoon, some rain. Cutting corn fr Stephen Wale.

Sunday, September 25, 1870 -- Very pleasant day, went to Sunday school in the morning, from there to Finleys, no meeting.

Monday, September 26, 1870 -- Looks some like rain. Have been cutting corn for Stephen Hale today. Posting the school ledger.

Tuesday, September 27, 1870 -- Went to Cass[opolis] with father.

Wednesday, September 28, 1870 -- Pleasant made a pig pen. Done chores generally. Got a pair of boots 540 [perhaps \$5.40?].

Thursday, September 29, 1870 -- Went to the [Cass County] fair, took Wm Jones stereoscope . Grand balloon ascension, not much a large balloon, went about 300 feet high.

Friday, September 30, 1870 -- Went to the fair. It rained so that I could not use the stereoscope.

To be continued...

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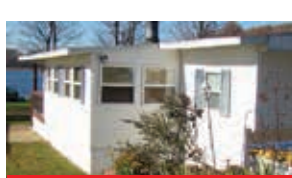


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THE LAST WORD

What if the Hokey Pokey is really what it's all about?

So I guess it started about 16 years ago when I was spending a quiet Saturday morning fishing on my pier. It was getting on toward breakfast time and the fish had quit biting so I was heading back to the house, when right in front of me appeared one of the most fearsome creatures I ever encountered.

It looked feral, wild, maybe it lived in the woods on top the hill across the road with the pesky raccoons, evil-looking possums and stinky, ratty red foxes. It was thin and its hair was an impossible bright red. I thought of jumping into the lake to get away.

But then it spoke.

"Hi, my name's Katie, and I live next door" it boomed. "Do you like to fish? I like to fish too, and I know all the good fishing spots, and they are all on your pier," the creature said.

"So I'm going to be fishing off your pier," is said, apparently unaware how close it was to being tossed off said pier right into one of those best fishing spots.

She couldn't have been more than eight or nine years old. Skinny as a rail I could take her.

But then I blinked. She smiled. And I melted. I'm pretty sure the "sucker" banner my daughters talked about when they were done cajoling me into whatever improbable thing they wanted me to do was still there. Blinking. In neon.

I don't know if she ever came and fished off my pier after that. Didn't really matter, the point was made.

It was a dominance of the fittest

thing. I looked like a pushover dad and she already knew how to slaughter, gut and field dress a pushover dad.

Over the years we became friends.

I introduced her to sailing (she became quite proficient at it, won the youth trophy and was the first young lady to sail an MC in the races on our lake). In return, she let me live next to her family. She let me drink beer with her parents, she groaned at my bad jokes, and she even introduced me to her friends when they came to visit (although she gave me "the look" when I made an off color comment or asked a question she considered impertinent).

I smiled when I saw her catching frogs down by the inlet, and cautioned her not to take it home when I found her walking down the road with a live snake in her hand (something her mother would have been horrified by).

I watched Katie grow into a fine young woman, go off to college, meet a boy (actually more than one), and fall in love ... activities both of my daughters did when they were her age.

So it came as no surprise when I found out Katie was engaged to be married to her beau, Sam.

Sam came to the lake several times to meet the family (and of course, the neighbors) as they were dating (he got all thumbs ups).

So, in light of the fishing-off-your-pier incident, I guess it should have been no surprise that she would figure out a way that I would help with her wedding.

I was dreading that she might ask me to shoot photos. As a long-time photographer I've had to turn down many

such requests (I hate shooting weddings even more than I hate the Chicken Dance and the Hokey Pokey combined).

Much to my surprise, she had other plans in mind. She asked me to get ordained and perform the ceremony.

"You'd be perfect for it, Phil," she said in that cajoling voice. Thoughts of her hitting the water from off the end of my pier had returned.

"You've got a perfect voice," she said.

I tried to counter that many people over the years have also told me I have the perfect face for radio ... and did she really want some broken down, wrinkled, gnarled old sailor who might show up drunk and embarrass everyone with inappropriate tales and bawdy sea shanties to handle such a momentous event.

She was undeterred. She started with "the look," then moved right into "the whine," "the stern admonition," and finally, she just came out and told me, "You're doing it. Get online and get the paperwork done. You're doing it."

"Pleeeeeease."

I think I stared at my shoes and tried to be disagreeable, but the next thing I heard from her parents was that they needed my input for the wedding program, since I was the officiant and all.

Harumph, I thought as I Googled "wedding-asaurus," a search that had been recommended for an old fossil like me to find out how connected and easy life is in the cell-phone era.

A couple of clicks later and ...

Kawzowie, I'm a registered, ordained minister for the purposes of marrying someone in one state (I assumed anyone who wanted me to do that was in an

advanced state of insanity).

Got a dandy certificate and a come-on to buy their 347 manuals about how to perform a marriage. I filed all of it and went into a religious trance of self-denial and procrastination.

And then Katie was visiting next door to get fitted for her dress and renting the hall and everyone was talking about how short the time was and had I finished writing the ceremony?

Well ... er ... any day now ...

So back to the Internet I went, found some great quotes and strung some sage advice together as best I could.

A couple days later I scrapped all that and rewrote it.

And then rewrote it again.

And again. And again. And again.

Well, the day finally rolled around and there I was in a rented jacket (you didn't think I really owned one of those things, did you?), standing in the hot sun (always put the people who are most likely to sweat in the hot sun), facing about 11 gazillion of my neighbors and friends, completely sure I'm going to say something that's gonna get me slapped.

To my surprise, it went great.

People laughed at my jokes, nodded at my advice (the best advice I gave the young couple after the forever hold your peace part was "RUN YOU FOOLS"), and clapped when I told the newlyweds to kiss and be married.

I guess it wasn't so bad after all. They said they loved the service, we feasted like Vikings and they went off on a honeymoon to France ... and as for me, no one even suggested I do the Chicken Dance or the Hokey Pokey.

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