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June 2017

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Neighbors is published monthly from
March through December.

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REGIONAL NEWS

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 popular 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.3Disiplines.com

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

Cass County CASA to host annual auction & dinner

Cass County Court Appointed Special Advocates (CASA) is asking for the community to support and attend their 11th Annual Dinner and Auction on June 23, 2017 at 6:00 pm at Our Lady of the Lake Catholic Church in Edwardsburg, Michigan.

The evening will include a reception hosted by the Honorable Susan L. Dobrich. Thereafter the evening will include dinner with an open bar. During dinner Goivan Bazan will be speaking about the valuable lessons he has learned growing up in the Foster Care System, living through the juvenile justice, and mental health system. Goivan Bazan is a nationally known motivational speaker, youth advocate, and teen mentor. After dinner, an entertaining live auction and raffle drawing will take place. Proceeds from this fundraiser directly pays for CASA's operating costs and budget.

This year's auction items include:

- Weekend Trip to Chicago with a two-night stay at the Talbott Hotel
- Mackinac Island Getaway with two nights at the Grand Hotel
- Four-night stay at a Cottage on the AuSable River
- Family Fun Weekend in Indianapolis
- MSU Basketball Tickets for 4 people
- 4 Tickets to Notre Dame/North Carolina State Football Game – includes Parking Pass
- 30 Bottles of Wine along with a cooler
- 100 Bottles of Craft Beer
- Evening Magician Lake Boat Cruise and dinner
- Last but not the least – 2016 World Series Champion Chicago Cubs signed batting Helmet. This includes tickets to Pirates vs Cubs Game in Chicago.

This year's raffle winner will have the opportunity to choose between one of three vacations with air-fare: Vintner Adventure in Sonoma; a Costa Rica



getaway; or a Pebble Beach golf retreat. Raffle tickets can be purchased the night of the dinner and auction or from staff or a board member leading up to the event.

Cass County CASA is a non-profit organization that was brought to CASS County in 1995 by the Honorable Susan L. Dobrich. A volunteer CASA provides a unique one-on-one relationship with youths that are in foster care. They volunteer their time to make sure their assigned child is safe, have an opportunity to thrive, and, most importantly, they act as a voice for abused and neglected children in the court system. In 2016, Cass County CASA served 56 youth that were placed in foster care.

For more information, visit our website at www.casscocasa.org. Tickets are \$75 per person and can be purchased at the CASA office in Cassopolis, Michigan. Tables of 8 are available. All contributions are tax deductible. For more information, contact Erica Bou-langer or Jim Ward at 269.445.4431 or casscocasa2@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

Cass County Fair July 30 - August 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 McEntire, 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

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 vphillipson@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-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 huckle-berry 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, handmade goods, fall produce and sweet

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 vphillipson@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.

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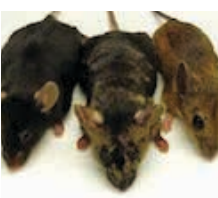
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To receive information on booth vendor space, call the Chamber at 782.8212.

Diamond Lake Garage Sale

The 2017 'All-Lake Garage Sale' is scheduled on Friday June 23 from 9 am - 2 pm and Saturday June 24 from 9 am - noon. Please attach balloons to your mailbox ...

June Relay for Life Set for Area

The 2017 Three Rivers Area Relay for Life will be Friday, June 23, from noon till midnight at the Three Rivers High School track.

This 12-hour event is an annual fundraiser for the American Cancer Society. The local event is expected to raise in excess of \$100,000 to help fund American Cancer Society programs and critical cancer research and treatments.

The Relay is expanded this year, with the inclusion of Vicksburg, Schoolcraft and Cassopolis in the Three Rivers area event. The event is open to anyone who wishes to join in the day of fun activities, entertainment and fundraising. A free dinner for cancer patient and survivors and their guest will be held at 6 pm. Candlelit bags will light the track at 10 pm for the ceremony in memory of those who have lost their battle to cancer and in honor of all cancer survivors.

This year's Relay theme is "Disney" and participants are encouraged to show up as Disney characters and participate in our many Disney related events. Activities will take place throughout the Relay, including a tent with painting, beading and other crafts and a variety of fun games for all ages.

Donations to the American Cancer Society can be made to any team member prior to the Relay, on the event web page, or at the event.

Teams and individuals are encouraged to register now. Forms are available at all area libraries. For on-line registration, Google Three Rivers Relay for Life. Cancer patients are especially encouraged to pre-register so they can attend the free dinner.

Additional details and registration information are available by contacting Kristen Perrino at the Kalamazoo ACS offices at 269 349-8710, ext. 6121 or Mary Dechow in Three Rivers at 616 240-4477 or MaryDechow@gmail.com..

The American Cancer Society provides support and assistance to cancer

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

patients and their families and is a leader in the area of funding for cancer research. To access their services, call 1-800-227-2345 or go to www.cancer.org.

Painting classes in Cass

If you enjoy painting or have always wanted to learn to paint while enjoying the company of other art enthusiasts, a



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.villageofvandaliammi.com as well as on Facebook, closer to the event.

new painting class may be just for you. In this class, safe water-based media like acrylic are used to teach both the structured and non-structured classes. Accomplished artists can work at their own speed and skill level, while benefiting from the teaching and guidance of a professional artist, while less experienced students learn structured techniques that

they can apply to many media such as oil painting.

The Cass District Library and the Cass Area Artists have joined together with professional artist Sharron Ott-Bartemio to provide the painting classes, which follow a popular drawing series which ended in May. The classes will be held on Monday evenings, 6:30 till 8:30 pm at the Cass District Library on M 60 in Cassopolis and will run June 16-29. No registration is necessary, because the format is "drop-in," as not everyone can attend every session. A supplies and information sheet is available at the Cass Library. The cost for each session is \$12 per class, payable at the class session. Some students work on one project per class while others continue a project from week to week.

Sharron Ott-Bartemio has taught in Illinois and Indiana, and shows in several art galleries. Her website is www.papillondesign.biz and email address is sharron@papillondesign.biz.

Edwardsburg Museum events set

The annual spring plant sale at the Edwardsburg Area Historical Museum is open through June 10 during museum hours on Main Street. The event includes several hanging baskets, and patio pots, along with numerous perennials, some tomatoes, and watermelon plants. Proceeds help support the operation of the museum, located on the north side of Main Street in the village between Cass and Lake streets. Hours coincide with the operation of the museum's galleries, which are open from 1 to 4 pm, Tuesdays through Fridays, and 11 am to 2 pm on Saturdays.

The museum's second lecture of the season will feature Chuck Hart of Edwardsburg, a model train enthusiast and president of the Elkhart Train Club. Hart will speak on model railroading at 7 pm, Thursday, June 15, at the museum, as part of the organization's railroad exhibit. There is no admission charge.

Preschoolers discover "reptiles" at St. Patrick's County Park

Preschoolers and an accompanying adult will learn how to identify members of the reptile family found in Indiana from 9:30 to 11 am on Thursday, June 15 at St. Patrick's County. The class includes hands-on nature activities, an outdoor hike and a craft. Please dress for the weather.

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

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attend. The Nature Munchkins series is offered by the St. Joseph County Parks.

Individual classes: \$5/child-adult pair and \$3 for a second child with parent. Registration and payment required Monday prior to program. For more information please call 574/654-3155.

Free fishing weekend June 10, 11

Michigan is home to outstanding fishing, more than 3,000 miles of Great Lakes shoreline, 11,000 inland lakes, and tens of thousands of miles of rivers and streams.

There's no shortage of recreational opportunities to explore – and what better time to do so than the 2017 Summer Free Fishing Weekend!

The 2017 Summer Free Fishing Weekend will be held Saturday, June 10 and Sunday, June 11.

As part of these weekends, all fishing license fees are waived for two days with residents and out-of-state visitors invited to enjoy fishing on both inland and Great Lakes' waters for all species of fish during their respective open seasons. Please note all other regulations still apply during that time.

To encourage involvement in Free Fishing Weekends, organized activities are often offered in communities across the state. These activities are coordinated by non-profit groups, schools, parks (local/state), businesses and others. Will you be joining them and planning a 2017 Summer Free Fishing Weekend event?

If you would like to plan an event, check out Michigan.gov/freefishing for information and resources to help! On the site you'll find two toolkits; one focused on planning and the other on promoting your

event.

Once your event is coordinated, please register it as an official 2017 Summer Free Fishing Weekend activity online. Upon doing so you will be contacted about receiving a packet of materials from Fisheries Division to use during your event.

Please join this year's efforts to help get more people out fishing. We welcome you to become a part of the tradition that is the annual Free Fishing Weekends – a time to get together and have some fishing fun!

Workshop for Educators offered at St. Patrick's County Park

Educators and youth leaders, discover how to enhance your curriculum with indoor and outdoor activities. Project Learning Tree provides environmental activities that support educational goals for K-8th grade students. Project Learning Tree is an award-winning, internationally-recognized environmental education program that provides ready-made lessons and activities for educators. Project Learning Tree can integrate easily into an existing curriculum and can be used to supplement all subject areas.

"Outdoor learning experiences are vital for children," says workshop leader Amal Farrough. "Participants will gain hands-on experience with outdoor games, experiments and projects that correspond with Indiana's Academic Standards."

The workshop will take place from 8:30 am to 2 pm at the Brown Barn at St. Patrick's County Park on Friday, June 16. Fee for the program is \$27 and includes all workshop materials, morning

refreshments, and a guide book containing over 90 ready-to-use lesson plans.

Registration and payment are required by June 9. To register or for more information call 574/654-3155.

St. Patrick's County Park is located on Laurel Road, north of Auten Road and west of US 933.

Invasive plant Knotweed starts with quick spring growth

Japanese Knotweed is a fast growing, dangerous invasive plant that is becoming more and more common in Southwestern Michigan. Because of the deep, strong roots, which can reach 10 ft. deep, Knotweed can break foundations and hardtops, and can threaten infrastructure in homes and on public property. The stems of the plant can grow up to 20 ft. tall, and grows dense enough to become impassable to both animals and humans. Knotweed is often able to outcompete native species, partially because of how early and quickly it grows. This patch of Knotweed near the St. Joe River, grew over 3 feet in just over three weeks at the start of April. The plant will continue to grow throughout the summer, putting out large, heart shaped leaves on zig-zagging stems. The plant is often called "Michigan Bamboo" because of the bamboo-like reddish nodes up the tall, hollow stem of the plant. In late summer, Japanese Knotweed puts out sprays of creamy white flowers.

The Southwest X Southwest Corner Cooperative Invasive Species Management Area, or SW x SW Corner CISMA, is hoping to help homeowners and citizens monitor, map, and learn how to

treat Knotweed. This plant can reproduce from a fingernail-sized piece of the stem or root, making it difficult to control once it establishes.

If you have Knotweed, or if you know of a patch, the CISMA is encouraging the public to report it either to the CISMA directly, or via the Midwest Invasive Species Information Network (MISIN) at www.misin.msu.edu. If you have Knotweed on your property, make sure to avoid mowing or digging the plant, since it can cause it to spread further. Instead the state recommends a fall treatment of specific herbicides to combat the plant's significant root system. The CISMA has also purchased a tool, called a Japanese Knotweed Injector, that homeowners can borrow from their county's Conservation District office. "We're hoping we can provide the tools that people need to get the job done right," Serocki continued, "the injector allows homeowners with small patches to inject the herbicide directly into the stem of each plant, ensuring there is no off-target damage in sensitive areas, like slopes, lawns, or garden beds." The CISMA is hoping to increase outreach and education this summer by informing homeowners with Knotweed of the impacts.

The SW X SW Corner CISMA is a Michigan Department of Natural Resources grant funded program to manage invasive species in Berrien, Cass, and Van Buren counties. If you have any questions on Invasive species, please contact the CISMA at (269) 445-8641 x5 or email photos and address or latitude/longitude to kimberly.barton@macd.org.



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REGIONAL EVENTS CALENDAR

June 7 - Dowagiac Area History Museum Spring Lecture on Baseball, Amusement Parks and Faith: A History of the Israelite House of David by Archivist David Kohrman, 783-2560, www.dowagi-acmuseum.info

June 9 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Mike Struwin Duo, 782-8212

Now until June 10 - Annual spring plant sale, Edwardsburg Area Historical Museum, 1-4 pm Tuesdays through Fridays, 11 am - 2 pm Saturdays

June 10 - Birch Lake Garage Sale

June 10 - 2017 Diamond Lake Association meeting, 10 am

June 10 - 2017 Super Fun Color Run, 9 am, Pick up a registration from the Cass District Library. Free and open to the public; run/walk held at Cass County Council on Aging in Cassopolis. Organized by Cass District Library - Main Library, 357-7822

June 10 - Summer Library Club Begins, All Cass District Libraries, Register for "Build a Better World" library club at your local branch. 357-7822

June 10 - 2017 Super Fun Color Run, 9 am, Pick up a registration from the Cass District Library. Free and open to the public; run/walk at Cass COA in Cassopolis. Organized by Cass District Library- Main Library, 357-7822

June 10, 11 - 2017 Michigan Summer Free Fishing Weekend

June 11 - Cass County CASA annual dinner and auction, \$75, 445-4431

June 13 - Movie: The Lego Batman Movie, 2 pm, Free popcorn and water provided, Cass District Library- Howard Branch, 487-9214

June 15 - Edwardsburg Area Historical Museum lecture by Chuck Hart on model railroading, 7 pm, no admission charge

June 15 - Discover reptiles for preschoolers (and parents), 9:30 - 11 am, St. Patrick's County Park, South Bend, 574-654-3133; \$5/child-adult, \$3 for additional child

June 16 - Project Leaning Tree workshop for educators, 8:30 am - 2 pm, St. Patrick's County Park, South Bend, pre-register by June 9, 574-654-3155

June 16 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Gator Boys, 782-8212

June 20 - Tie-dye Day!, 10 am, Bring your own white t-shirt, other materials provided, Cass District Library- Main Library, 357-7822

June 20 - Tie-dye Day!, 2 pm, Bring your

own white t-shirt, other materials provided, Cass District Library- Mason/Union Branch, 357-7821

June 21 - Lunch Bunch Storytime (every Wednesday for 6 weeks), 12 pm, Bring your own lunch, the group will meet rain or shine, Cass District Library- Edwardsburg Branch, 387-9215

June 22 - Tie-dye Day!, 10:00 am, Bring your own white t-shirt, other materials provided, Cass District Library- Edwardsburg Branch, 269-487-9215

June 22 - Tie-dye Day!, 2:00 pm, Bring your own white t-shirt, other materials provided, Cass District Library- Howard Branch, 269-487-9214

June 22 - Tie-dye Day!, 10 am, Bring your own white t-shirt, other materials provided, Cass District Library- Edwardsburg Branch, 487-9215

June 22 & 23 - Yard Sale 9 am - 3 pm at the Cass Fellowship Bible Church, 64016 M-62, Cassopolis

June 23 - Three Rivers Area Relay for Life, noon to midnight, Three Rivers High School track. Cancer patient dinner 6 pm, candlelight ceremony 10 pm, 349-8710

June 23 - Cass County CASA annual auction and dinner, Our Lady of the Lake, Edwardsburg, 6 pm, \$75/person, 445-4431

June 23 - Bunco Fundraiser, 6 pm, Food, fun, and prizes. \$10 per player, call branch to sign-up, Cass District Library- Mason/Union Branch, 357-7821

June 23 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Erica Sherry Band, 782-8212
9 am - noon Sunday

June 23, 24 - All Lake Garage Sale, Diamond Lake, 9 am - 2 pm Saturday,

June 23-25 Ken Ludwig's Moon Over Buffalo, Beckwith Theatre, Dowagiac, jackgannon255@gmail.com

June 26 - Movie: The Lego Batman Movie, 6 pm, Free popcorn and water provided, Cass District Library- Edwardsburg Branch, 487-9215

June 27 - Birds of Prey, 11 am, Free program by Lake Milton Raptor Education Center, Cass District Library- Main Library, 357-7822

June 27 - Birds of Prey, 1 pm, Free program by Lake Milton Raptor Education Center, Cass District Library- Mason/ Union Branch, 357-7821

June 27 – 5 pm, National Association of Retired Federal Employees, SW Michigan Chapter 572 monthly meeting, Super Buffet, Benton Harbor. All retired/current federal employees, spouses/families are welcome, Jean Rowe, 782 2769 or jeanrowe70@comcast.net

es/families are welcome, Jean Rowe, 782 2879 or jeanrowe70@comcast.net
June 29 - Birds of Prey, 11 am, Free program by Lake Milton Raptor Education Center, Cass District Library- Edwardsburg Branch, 487-9215

June 29 - Birds of Prey, 1 pm, Free program by Lake Milton Raptor Education Center, Cass District Library- Howard Branch, 487-9214
June 30 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Lake Effect Jazz Big Band, 782-8212

July 1 - Diamond Lake Fireworks 10:30 pm, Birch Lake fireworks, dark

July 2 - 10:30 am service Celebrating True Liberty Guest Pianist Chris Graves from Granger at the Cass Fellowship Bible Church, 64016 M-62, Cassopolis

July 7 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Chameleon, 782-8212

July 14 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Tony Fields & Doug Decker, 782-8212

July 15 - Third annual Cass area artists summer art show, Lowe Center, Cassopolis, 10 am - 4 pm.

July 15 - Sister Lakes Triathlon & Relay, www.3disiplines.com

July 20 - Summer in the city sidewalk sales, downtown Dowagiac, 782-8212, www.dowagiaccchamber.com

July 21 - Beckwith Park Summer Concert series, Dowagiac, Jared Knox 7:30 - 9:30 pm, 782-8212

July 22 - Diamond Lake Triathlon, 7:30 am, Park Shore Marina, Cassopolis, 317-490-7843, j.fazini@yahoo.com, www.diamondlaketri.com

July 25 – 5 pm, National Association of Retired Federal Employees SW Michigan Chapter 572 annual pot luck picnic at Maiden Lane Park, St. Joseph Township. Main food will be provided, bring a dish to pass. All retired/current federal employees, spouses/families are welcome, Jean Rowe 782 2769 or jeanrowe70@comcast.net

July 28 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Sixth Generation, 782-8212, 782-8212

July 29 - Steve's Run, SMC, 9 am, 782-1000. www.swmich.edu/fireup/stevesrun

July 30 - Aug 6 - 166th annual Cass County Fair, Cassopolis, 445-8265, cass-countymifair.com

August 4 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Schlitz Creek Bluegrass, 782-8212

August 4-6 - 57th St. Joe Valley Old

Engine Association Antique Tractor and Engine Show 9 am daily, Boot Hill Ranch, Harder Rd., Jones, Mi, 269-651-4878 (evenings)

August 11 - Beckwith Park Summer Concert series, Dowagiac, 7:30 pm, Dennis Ferrier, 782-8212

August 12 - Barron Lake Decorated Boat Parade, 2 pm (rain date Aug. 13, 1 pm); theme: Music

August 19 - Rod & Roll Classic Auto Show, downtown Dowagiac, 7:30 am, 782-8212, www.dowagiaccchamber.com

August 20 - 10:30 am- Southern Gospel Concert with Ron & Sharon Frazier followed by annual church picnic at the Cass Fellowship Bible Church, 64016 M-62, Cassopolis

August 22 – 5 pm – National Association of Retired Federal Employees SW Michigan Chapter 572 monthly meeting at the Super Buffet, Benton Harbor. All retired/ current federal employees, spouses /families are welcome, Jean Rowe, 782 2769 or jeanrowe70@comcast.net

September 2, 3 - Kee-Boon-Mein-Kaa Pow Wow, 782-8998, www.pokagonpow-wow.com

September 17 - 10:30 am Missionary Appreciation Sunday & White Elephant Auction, proceeds go to increase Missionary Christmas Offering at the Cass Fellowship Bible Church, 64016 M-62, Cassopolis

September 26 – 5 pm, National Association Retired Federal Employees SW Michigan Chapter 572 monthly meeting, Super Buffet, Benton Harbor. All retired/current federal employees, spouses/families are welcome, Jean Rowe, 782 2769 or jeanrowe70@comcast.net

October 14 - Under the Harvest Moon, 10 am - 4 pm, downtown Dowagiac, 782-8212

October 24– 5 pm, National Association Retired Federal Employees SW Michigan Chapter 572 monthly meeting, Super Buffet, Benton Harbor. All retired /current federal employees, spouses/families are welcome, Jean Rowe, 782 2769 or jeanrowe70@comcast.net.

December 5 – 1:30 pm, National Association of Retired Federal Employees SW Michigan Chapter 572 annual holiday dinner at Coach's Bar & Grill, Stevensville. All retired/current federal employees, spouses/families are welcome, no RSVP needed. No business meeting, new officers will be sworn in. Next meeting March 28, 2018. For information call Jean Rowe, 782 2769 or jeanrowe70@comcast.net

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HEALTH & FITNESS

Are you overtraining?

By **BRENDA HARRIS**
Cass COA

We've all heard that a combination of diet and regular exercise is the best way to lose weight and keep it off. For some of us, common sense dictates that the more you work out and the harder the intensity the better. But that's not necessarily true. Have you noticed that your workouts suddenly feel harder than before, even though you haven't changed anything? Do you feel like you are losing ground, even though you're working hard? If so, you may be overdoing it. What causes overtraining? Not resting enough to allow your body time to recover, or you're doing the exercises too much. Here are some common

signs of overtraining.

- Headaches
- Lack of motivation
- Insomnia
- Can't complete workouts
- A decrease in performance
- General body aches or mild soreness
- Feeling tired, drained, and lacking energy

If you have been overtraining, it's not too late to get back on track. There are some simple ways to do it.

1. First priority should be rest. Depending on how hard you've been pushing yourself, three or five days should give your body enough time to recover—both mentally and physically.

2. Get sleep and be sure you're eating healthy foods. Make sure you are getting plenty of protein, complex carbohydrates, and lots of fruit and veg-

gies.

3. When you are ready to return to your exercise routine, start slowly. Research shows that it is okay to return to that same level of intensity; but you may need to cut back on the length and frequency of your workouts for the next few weeks.

You should be able to resume normal activities shortly after you restart your routine. There are some simple ways to avoid overtraining and burn-out. Common sense, if you are not feeling up to it, back off and do what you can. This could be done by light activity such as an easy walk. When you push yourself and do high-intensity, tiny tears develop in your muscle fibers. By allowing the body to rest and recover for a day gives your working muscles time to repair those tears.

Without recovery time, you continue breaking down the muscle fibers and that's when fatigue and injury can occur.

There are other ways to prevent trouble, by doing a variety of activities in your exercise program. Put a little spice by changing the type and time, mix the routine up. Some people take the all or none approach, going from a sedentary lifestyle to exercising for 45 minutes or more, 5-7 days per week. If you take this route, it can be frustrating and you may give up exercising. It is very important to take care of yourself. Allow yourself to be flexible in your program.

Exercise should make you feel refreshed and energized—not exhausted.

Making time for exercise

By **BRENDA HARRIS**
Cass COA

The key to exercising is making time to do it. How many times have I heard I just don't have time to exercise? Well don't you take time to eat?

I have been exercising for 30 some years and I still have to make time for myself. I realize what works best for me is a program based on variety and versatility. For example: do a brisk morning walk or a workout video; then for the next day use some home-gym equipment. I am more likely to exercise on a regular basis when I have the freedom to control and customize my own programs. You will, too.

The trick is to make exercising fun and not just a task. In the summer-time, I will take advantage of the fresh air and take a long walk, jog, or a bike ride. Because I enjoy being with friends or family, it makes it easier to exercise with them making the time go faster. When working out in the gym, you can work on building muscle or do a circuit train, which allows you to spend more time with a workout buddy and less chance to cancel your workout.

A person's environment and sur-

roundings have a great effect on their attitude. By putting yourself in an exhilarating area, exercise will become more natural because you will enjoy the many other benefits that our countryside gives. Example of this is taking a bike tour or just an easy ride for the afternoon. If you can't get outside another example is to work out on the treadmill. You can break up the time on the treadmill into three or four

10-minute periods. The effects are the same but it is not as monotonous.

The biggest challenge is staying motivated to exercise and to eat well daily. I keep telling myself that the healthier I keep myself, the less my family will have to take care of me. Self-care is your own responsibility, for example I should be a good example of energy, motivation and health. The best gift that anyone can give their

loved one is to stay healthy and be there for them.

Are you staying healthy by exercising and eating right? So do you have an exercise plan to do so? Remember exercise happens when you have a plan and you stick to it!! So what are you waiting for, tomorrow, today or why not RIGHT NOW!!




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PASTA ITALIA CON CHEF DONATO

Linguini with fresh cherrystone clams

I've been making this dish for a long time, have eaten it on the Amalfi Coast, and this is by far the best way I came up with. Be patient, it's worth it.

INGREDIENTS

- Fresh cherrystone clams,
about 10-15 per person
4-6 fresh ripe tomatoes-cored and seeds
remove chopped into small pieces
Fresh Italian Parsley
about 1/2 cup finely chopped
1/2 cup of olive oil
1/2 teaspoon of red pepper flakes
(1 teaspoon if you like it spicy)
2-3 tablespoons of butter
6 peeled cloves of garlic finely chopped
1/2 -1 lb of linguini (a pound will serve
3-4 people for a main course or
4 for an appetizer

5. Add the white wine, increase the heat
to high and cook until the alcohol smell
goes away
6. Add the seafood stock and cook for 4-5
minutes
7. Add the clams and cover. Cook over
high heat, shaking the skillet often until
all the clams open. Take off the cover and
cook a few more minutes reducing the
broth.
8. With a slotted large spatula remove the
clams to another pot and cover to keep
warm
9. Add the tomato mixture, butter and
rest of the parsley and cook for a few
minutes
10. Put the under cooked pasta into the
skillet and finishing cooking until al
dente
11. With tongs, put the pasta into bowls,
add some of the sauce as desired, put the

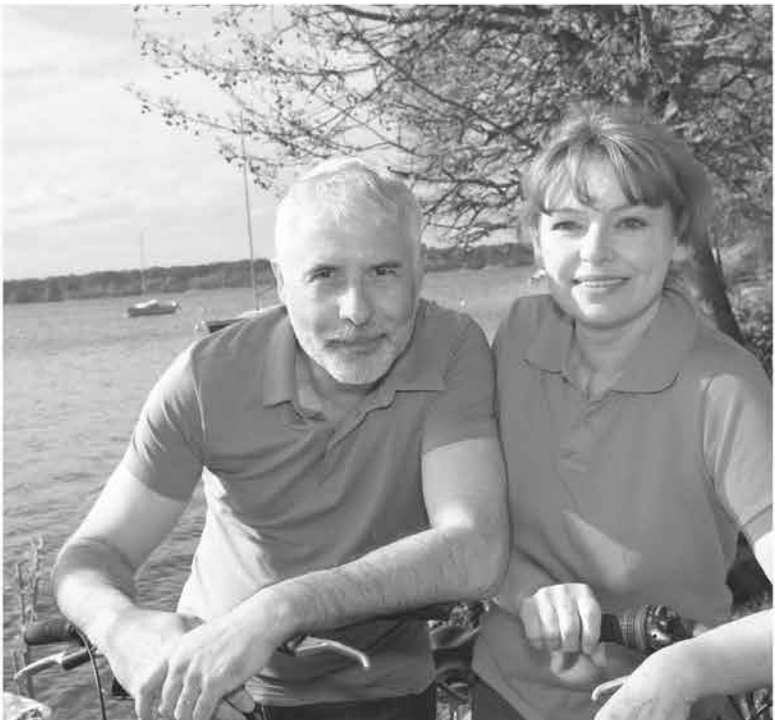


DIRECTIONS

1. Fill a large pot with water and bring to
a boil
2. Put the chopped tomatoes into a medi-
um size skillet,add a couple tablespoons
of oil, add a teaspoon of garlic a couple
table spoons of parsley and cook over me-
dium heat until the tomatoes cook down
and get a jam-like consistency aside.
3. Put the rest of the garlic into a large
deep skillet(large enough to hold the
clams with a cover) with the rest of the
olive oil and pepper flakes and cook over
medium high heat for just 2-3 minutes
stirring so the garlic does not burn
4. Salt the boiling water and add salt to
taste, cook the linguini until about 2/3ds
done and drain in colander, cover and
keep warm

- clams on top and serve immediately.
12. MANGIA!
Option 2- You can omit the tomatoes
completely and still have a wonderful
flavor. Sometimes I make it without the
tomato, but I like the added flavor of the
tomato.
You can substitute chicken broth but
you will lose the flavor of the sea which I
think is important.

Dennis Bamber is an avid cook. He
grew up in the restaurant business and has
traveled extensively worldwide as well as be-
ing a partner in a business in Paris for 9 years.
He is a second generation Italian-American.
He is currently a realtor with Cressy &
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LAKE LIFE WITH JANE

Get ready for summer!

by JANE BOUDREAU

Hey Neighbors! I hope all of you had a great Memorial Day weekend. We didn't have a lot of company which was good because every minute is consumed with getting our home on the lake ready for summer. It seems like every spring we stagger out of the house into the bright sunshine, and instead of seeing tulips and hearing birds sing, we immediately notice the roof is getting bad, weeds have taken over the yard, gutters are sagging, and paint is chipping. Not what we bargained for, right?

It's taken me a long time to stop trying to achieve perfection. I think of all these sayings I carry around in my head, the one that can't seem to shut out is, "If it's worth doing, it's worth doing right." These sort of 'peace of mind' sabotages can make you crazy. At the risk of sounding like I have a degree in psychology, which I don't ... I'm the one on the couch, I'll share a bit of what I've learned. Pretend you are on a boat that's sinking. What's the best thing to do? Start lightening your load obviously. Toss the non essentials overboard. This is a great metaphor for the stresses in our lives. If you have 20 things to do in 5 hours, everything will be sloppy and not your best effort. Eliminate a few of those burdens and see what you can do in that magic time. As for what you toss overboard, well, you have choose the things at the bottom of your totem pole. Perhaps something you can live without, do later, can't stomach the idea of, or pass off to someone else. And no, you can't throw your mother in law off the boat no matter how ... fill in the blanks.



For myself, outdoors I decided to lose flower pots. It's not only heavy work carrying those huge bags of soil around, but the constant watering when you are a busy person can really suck up your time. I've often found that when relaxing in a small space, I tend to notice a bright, happy looking pot of well tended flowers much more than an abundance of flowers in beds and pots everywhere I turn. In the past I've scattered as many as 20 pots around my patio, deck, porches ... you name it. You know what? No one really notices. Sometimes its that lone sweet flower in a bud vase that makes us smile as opposed to a huge bouquet. Okay, I'm the queen of metaphors.

I like to get some bang for my buck so I try to plant flowers that I can cut and bring indoors. Saves money and in some cases, like with my daisies, the plants thrive the more you cut.

I also use shredded bark in all my beds and even on the surface of my

pots once planted. I can then cut back on watering and conserve. Remember to use saucers. If they don't come with the planters, you can pick up clear plastic ones at Home Depot or Lowe's to name a few places. Plants are happiest watered from the bottom up. Surface watering evaporates more quickly. Water your pots as you normally do and then a day or so later fill the saucer as a reservoir in the days to come. I think you will be good for a week as long as they aren't in direct sun.



I love giving little tips, it makes me feel like a real hotshot. So many of us like bonfires; we can hang out in a group making s'mores and knocking back some beer, or it can be romantic, just you and your person having a glass of wine while watching the dying embers. Sniff, sniff. Anyway, so many people have asked me how I am able to create the most perfect bonfire, so I'm going to share. I advise you to take this information and keep it to yourself. Everyone will think you are brilliant. *

Depending on the size of your pit, find a box that has held something like a case of beer or pop. Place 3 or 4 pieces of firewood inside, enough to fill it. Crumble up some kindling or a fire starter brick and toss that inside. Lay this in the center of your fire pit. The key to creating a great fire inside or out is to arrange the logs in a pyramid shape. Do this around your 'log box'. Safely light the ends of the box. Once the wood on top is glowing, you can gently topple everything over just to get the heat as opposed to the flames and smoke.

*Do not use this idea for making a fire indoors in your fireplace. Nothing but wood should be burned inside.

I really don't know if the work ever ends. Some people tell us to reduce stress by planning time for a half hour nap or 20 minutes to read. I choke just thinking of that. How about a four hour nap? A whole Sunday to lie in bed and read? How about an entire week of sitting on the dock of the bay



watching the tide roll away?



If you are reading this before your 4th of July celebration, the rest of my column is for you. I love a simple and easy centerpiece. Glass jars filled with water tinted with food coloring and flowers of your choice. Simple and fun.

And now for some recipes. And I'm keeping it light, summery and fuss free. Who has the time? And if you serve any of these for company, expect some Yahoo's!



Cucumber Avocado Caprese Salad

Ingredients:

- 2 cucumbers
- 1 pint cherry tomatoes, halved
- 1 avocado, peeled, pit removed and cubed
- 1 c or 8 oz. fresh mozzarella (I like the little balls)
- 1 T olive oil
- 2 T balsamic vinegar
- 1 t garlic powder
- S&P to taste.

Directions:

Wash cucumbers and chop into cubes. In a large bowl, gently mix them with the cherry tomatoes and avocado. Mix up the remaining ingredients of the dressing and toss well with the veggies. Serve chilled or at room temperature.

Greek Yogurt Chicken Salad

This is a light version of your usual but still very flavorful. I like to shred my chicken sometimes and I also substitute green grapes every now and then. Serve on a roll or scooped on large lettuce leaves.

Ingredients:

- 2 large boneless, skinless chicken breasts, poached

- 1/4 c plain Greek yogurt
- 1/3 c celery, diced
- 1/3 c Granny Smith apple, peeled and diced
- 1/3 c red or green grapes, halved
- 1/4 c slivered almonds
- S&P to taste
- Chopped dill to garnish (optional)

Directions:

Mix the chicken and yogurt well. Add remaining ingredients and gently toss. Garnish with dill if you'd like. Chill at least 1 hour.



Honey Lime Rainbow Fruit Salad

This is going to be your mainstay for summer parties and all of your friends are going to know you for it. Shhhhhh ... I won't tell you got it here. This is crazy simple and wherever you can, sub canned fruit such as pineapple or peaches. No one will know. And all of this is do ahead easy.



Ingredients:

- 2 bananas, sliced
- 12 oz blueberries
- 12 oz red grapes
- 4 kiwis
- 1 15 oz can mandarin oranges in juice
- 1 large pineapple, skin removed and chopped in cubes
- 1 lb strawberries
- ***
- 1/4 c honey
- 2 T lime zest (the green skin), grated fine, about 2 limes
- 1 T lime juice

Please see
JANE
on next page

JANE

Continued from previous page

Directions:

Toss all of your fruit gently in a large bowl. Sorry we rarely see scales in markets anymore but try to eyeball the quantities you need. I also suggest you add your bananas last so the dressing keeps them from turning brown.

Mix together the honey, lime zest and juice. Grate the zest first and then squeeze out the juice. You can add more or less depending on your taste buds or how the whole salad tastes. *****

So this is it for the month of June! Next month I'm going to veer off into some different subjects that may catch

your eye. How about some fashion ideas, skin care products and my favorite websites to take you on a trip to self improvement? And for the guys out there, I have a few Bobby Flay grilling recipes that will make you feel like the barbecue king! See you then!

~ Jane x

Jane Boudreau is a longtime resident on Diamond Lake, with a home in Chicago and in the mountains of North Carolina. This explains why she is so confused much of the time. She has a life-style blog and writes a column for a Chicago newspaper as well. You can reach her at blndy9@yahoo.com



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BUSINESS & FINANCE

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Provided by **Greg Schoenfeld**
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A widely cited University of Oxford study concluded that 47 percent of U.S. jobs could be automated (i.e., performed by machines) within a decade or two. It may seem unthinkable that about 80 million jobs could be at risk, but this startling prediction isn't just science fiction.¹

As artificial intelligence is combined with robots, sensors, and other advanced technologies, modern society is becoming automated in ways that were once unimaginable. Fleets of driverless vehicles are hitting the roads sooner than many people expected, and computerized kiosks already check in airline passengers and take orders at fast-food restaurants.

In the near term, many advanced technologies still cost more than low-skilled and medium-skilled employees. However, the shift to automation is likely to pick up speed as those costs drop and labor costs rise.

The ways in which advanced technologies might affect labor markets was a focus of the recent 2017 World Economic Forum (WEF) in Davos, Switzerland, where the world's top economists and business leaders meet annually to discuss global challenges and how to solve them.

Disruption Under Way

A 2016 WEF report titled "The Future of Jobs" proposed that the world is "on the cusp of a Fourth Industrial Revolution." In a survey of leading global employers, executives were asked to project the size of their workforces in 2020. Collectively, they concluded that technological change could contribute to a net loss of about 5 million jobs, or 38 percent of the 13 million jobs on their payrolls. About two-thirds of the 7 million jobs to be shed are expected to be administrative and office jobs, while 2 million jobs will be gained in computer, math, and engineering fields. The survey covered employers in 13 major economies including Australia, Brazil, China, France, Germany, India, Italy, Japan, Mexico, South Africa, Turkey, the U.K., and the United States.³

In fact, many U.S. factory workers have already been displaced, and technology may be partly to blame for widening inequality that has been noted in many advanced economies.⁴

Tracking the Transition

A McKinsey Global Institute analysis estimated that automation has the potential to boost global productivity growth by 0.8 percent to 1.4 percent annually.⁵ In the U.S. market, about 45 percent of 2,000 distinct work activities can be automated with current technologies, but only 5 percent of occupations can be fully automated. Even so, most occupations have the potential to be partially automated. This suggests that investment in technology could change



work processes and require many roles to be redefined — not just for low- and middle-wage workers.⁶

Routine physical tasks in structured environments are easiest to automate, as well as data collection and processing. These types of activities are most common in the manufacturing, retail, and food service industries.⁷

Many activities performed by people in the highest-paid occupations — including physicians, lawyers, and senior executives — can also be automated. In some cases, technology could greatly enhance human capabilities and free up time for more critical tasks of higher value and expertise. On the other hand, only a few activities performed by people in some lower-wage occupations — such as landscapers, home-health aides, and maintenance workers — could be automated with current technology.⁸

Is History Repeating?

Some economists believe obsolete jobs will ultimately be replaced with different types of work, as they have been in the past. Productivity gains brought about by automation and invention have generally led to more wealth, cheaper

large-scale deployment of smarter machines doesn't cause mass unemployment, income inequality could grow, especially if displaced middle-class workers are largely forced into lower-paying jobs. Either scenario could result in a downward spiral of reduced consumer spending that impedes economic growth.

Shaping the Future

Workforce disruption is a potential risk that may need to be addressed by investment in education and the retraining of affected workers. But technology is changing at a dizzying, unpredictable pace, which could make it hard for policymakers to keep up.

Going forward, the ways in which robots and other automation technologies are deployed will help determine the economic prospects of U.S. workers and the nation as a whole. Nevertheless, tomorrow's human workers will probably need to learn new skills more often — and be capable of adapting to change more quickly — than previous generations.

- 1) University of Oxford, 2013
- 2) Reuters, January 20, 2017
- 3) World Economic Forum, January 2016
- 4) Finance & Development, September 2016
- 5-8) McKinsey Global Institute, 2015-2017
- 9) The Wall Street Journal, December 11, 2016

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BUSINESS & FINANCE

Keep each other safe during National Safety Month

By Vicki Brossman
Kemner-Iott Benz Agency of Cass County

During the month of June, the National Safety Council (NSC) along with many other organizations work together to raise awareness of what it takes to “Keep Each Other Safe”. National Safety Month focuses on reducing injury and death at work, on the road, and in our home and communities.

Did you know that preventable injuries are the fourth leading cause of death in the United States after heart disease, cancer, and chronic lower respiratory disease?

The top causes of unintentional injury and death are:

• **Poisoning** - For the age group of 25 to 64, poisoning is the leading cause with opioid pain medication being the most common. Drugs are often over-prescribed by doctors, shared among family members, and stolen from medicine cabinets.

Seniors often have complex medication programs. If this is your situation, keep lists of all medications including over the counter medications and supplements with you always. Share this list with your doctor at each visit. Use the same pharmacy so they can check for any possible drug interaction for you. Organize medications in a

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

-*Marcus Tullius Cicero*
Roman philosopher born in 106 BC

way that you will know whether you have taken them. Keep your medications separate from your spouse’s.

Childproof your home – keep all medications out of reach including vitamins. Coin lithium batteries can be fatal if swallowed. Store cleaners and pesticides where children cannot access them.

Don’t reuse water or pop bottles for toxic substances. Is your home at risk for radon gas, carbon monoxide, or lead poisoning?

• **Traffic Crashes** – The leader for ages 1 to 24 is motor vehicle accidents. Causes of traffic accidents are distracted driving, impaired driving, speeding, and inexperience. A distraction may be caused by using a cell phone, interaction with your passengers, and day-dreaming. Other distractions are reading while driving, putting on your makeup, adjusting the temperature, changing the radio station, and eating.

Alcohol and illegal drugs are generally the cause of impaired driving – other causes are prescription drugs, illness, and being overly tired. Buckle up, follow the rules of the road, and be

courteous to other drivers. Remember that your goal is to get where you are going safely.

• **Falls** – Falls are the leading cause of injury-related death for adults age 65 and older. According to the Centers for Disease Control and Prevention, one in three older adults fall each year. While the fall may not lead to death, it may certainly alter the individual’s life style.

If you or your parents fall into this category, be aware of hazards at home. Use non-skid mats in the tub and shower. Install grab bars near the tub and toilet. Install railings on both sides of the stairs. Prevent tripping hazards by keeping items out of walk ways. Be careful when using throw rugs. Provide adequate lighting in every room and stairway including nightlights.

• **Choking and Suffocation** – Mechanical suffocation is the leading cause for children under the age of 12 months. Choking is the second leading cause for people 87 or older.

Your infant should sleep in their crib, not in your bed. Place them on their back and keep the crib free of stuffed animals and blankets.

Keep small items out of reach. Cut food into small pieces and don’t let them have hard candy or nuts. Do you know what to do if you see someone

clutching their throat, wheezing, gagging, coughing or passed out?

Some other causes of preventable injuries are drowning, fire and burns, and natural and environmental incidents.

By being proactive, many accidents can be prevented. Take this month to research how safe you are. What changes can you make?

You will find the National Safety Council, www.nsc.org, is an excellent resource to keep up to date on the best ways to keep you and your family safe.

Have a happy and safe summer!



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FIELD TRIP



Of course we'd heard about all the old American cars on the streets of Havana but we were unprepared for the sheer number ... and the amazing condition of the fleet of vintage vehicles the locals have kept running and in such great condition over the years using homemade and non-traditional parts and a mechanical genius necessitated by embargo, distance and time.

I suppose a sailing trip across the Florida Straits and a visit to Cuba does not exactly qualify as a regular "Neighbors" field trip ... not everyone in Cass County can drop their weekend plans and take the family some 1,300 odd miles, but nonetheless last month I was fortunate enough to join my wife Sandy, and good friends Scott and Neil Troeger on just such a trip.



Our hosts Danay and Carlos and his great 1950 Chevy.

It started with a sailboat we chartered from Harmony Yacht Vacations in Key West, Florida. On a Monday afternoon about 3 o'clock, we pushed off from the dock and sailed southwest ... for the next 27½ hours, arriving at Marina Hemingway (about 6 miles west of Havana) at 7:30 pm Tuesday.

After checking in with customs and immigration, we grabbed a quick dinner (in a Cuban-Chinese restaurant) and spectacularly crashed until the next morning when our guide, a native Cuban woman named Danay (pronounced Dah-NIGH) Herrera and her boyfriend Juan Carlos picked us up in his 1950 Chevy, one of what seemed to be a million 1950s vintage taxis buzzing around the busy streets of Havana and the countryside.

For the next three days Danay and Carlos showed us a remarkable country filled with the most amazing contrasts of wealth and poverty; filled with stunning examples of physical beauty and tropical lushness; filled with curious, friendly people who unabashedly welcomed us with warmth and acceptance and introduced

us to a Latin-music-filled culture brimming with passion and family and love.

For three glorious days we ate local food; we swayed to local music; we strolled through streets and alleys of Old and New Havana; we traveled the roads of the rural Cuban countryside to visit historical sites like a native Indian cave, a multi-generation tobacco plantation, a local village completely decorated from curb to weather vane in the tile and art of a tireless local artist named Jose Fuster, a working farm, and an incredible limestone mountain and valley tableau of unparalleled majesty.

During our stay we visited the nation's capitol, the national center for performing arts, Revolution Square (where Fidel Castro addressed thousands of people over the years), the nation's largest cemetery, a variety of parks, forts and castles, and a supper club where we enjoyed an evening of traditional Cuban music from the 1950s with the original performers (some of whom are now in their 70s and 80s) who joined together in a revue that lasted well into the night.

And in all of our adventures in Cuba, never once were we threatened, mistreated, sneered at, or maligned in any way; throughout our visit we were welcomed with respect and fellowship by our hosts.

The photos on these pages represent just a few of the sights we were treated to in our fantastic voyage ... our most sincere thanks to Harmony, Danay, Carlos, and all of the wonderful people of Cuba who made this such a fantastic voyage!



A street in Old Havana crowded with Cubans and a variety of tourists from all over the world.



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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 Marcellus 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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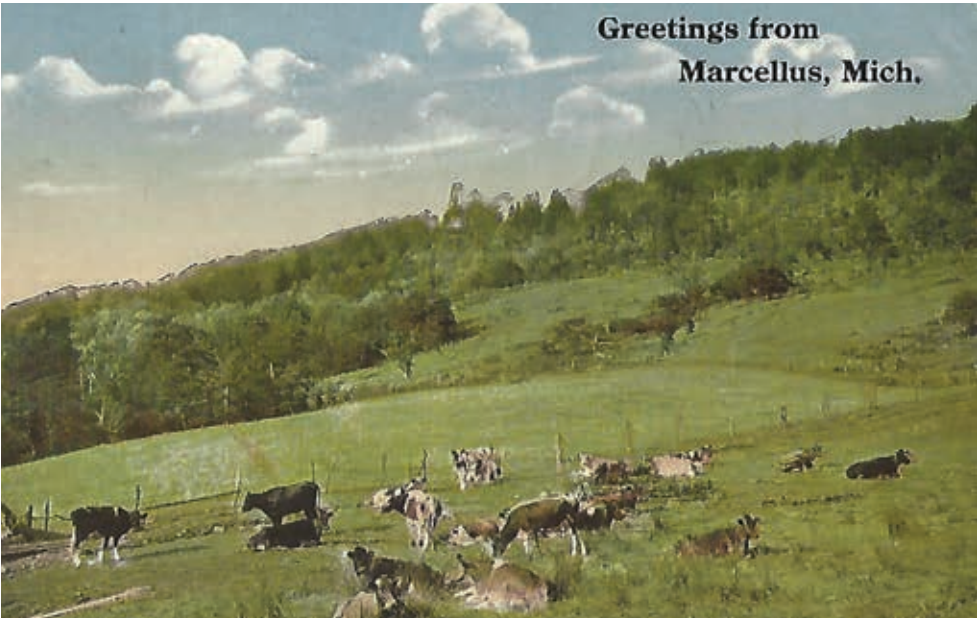
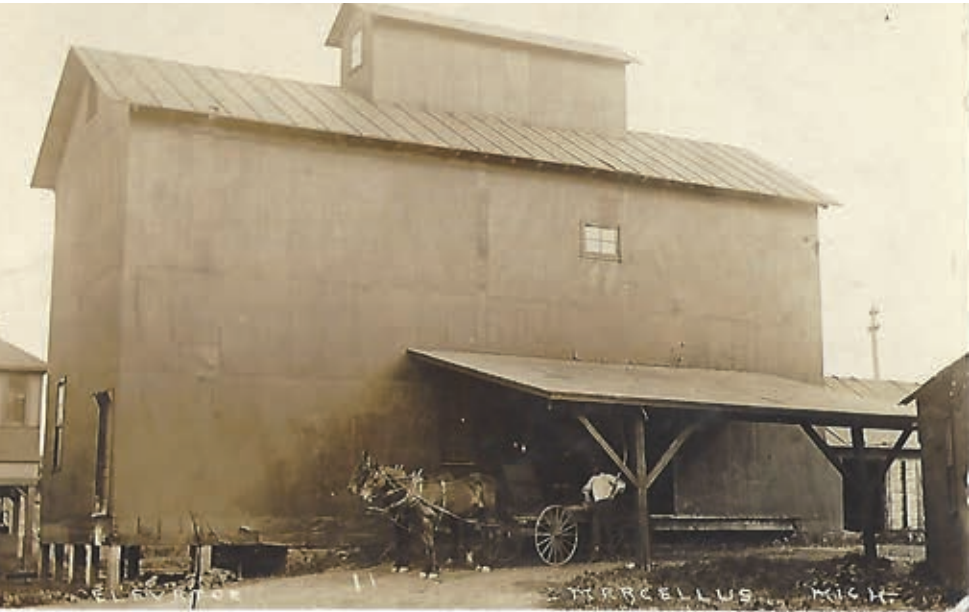


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OUR CHILDREN

Travel games

by **SANDY FLEMING**

For many families, summer includes more car trips. They may be short or long, but they have one thing in common when people travel with kids: Kids get bored! This month, I offer you a selection of travel-friendly activities for the various age groups. Riding along gets a whole lot more pleasant when you can minimize whining and bickering. While there is no magical cure, keeping the kids occupied and entertained will go a long way to allowing a peaceful trip, whether from here to the ball field or across the country on vacation.

The Secret of Preparation

Every trip will be smoother and more pleasant if the adults are prepared in advance. Knowing where you are going and how to get there is only half the battle. What tricks can you put up your sleeve to grab the kids' attention and make the trip more fun for everyone? There are a bunch!

First of all, ground rules are critical. Ultimately, you as the adult are in charge of your child's behavior. In most families, you enforce car seat, safety belt usage, and other basic safety rules, correct? Teaching kids good road manners is no different. If you have them using their seatbelts and car seats without question, then you can also teach them to use their quiet voices, to keep their hands to themselves, and to refrain from other objectionable behavior. Use the same behavior management tools that you use at home: lots of praise and positive reinforcement for correct behaviors and minimal but effective consequences for breaking the rules. If you are trying to change car behavior habits, consider setting up some kind of reward for following the new rules. If there is a long list of types of poor behavior, pick the worst offender to change first, and later work on the others.

Once basic behavior is under control or you have a plan for bringing it under control, give some thought to what you can do to make trips more fun for the kids. Look at things from their perspective. What seems like a short time to you as an adult can feel like an eternity to a child who would rather be doing something else. Most bad behavior can be pre-empted by offering something better to do.

Many parents keep a "go-bag" full of novel and fun diversions suitable for the car ride or waiting times at the destination. Visit the dollar store and stock up on inexpensive, age-appropriate items to dole out when the going gets tough. Coloring or puzzle books, small handheld toys, some party favors, books, and so forth are all nice selections. See if you can find travel versions of your children's favorite games, and think back to what you enjoyed doing in the car when you were little.

Books on CD are a wonderful invention, or if someone else is driving, consider reading an engaging chapter book on a long trip with the kids. When you read aloud from a novel or chapter book (or when you put in the audio CD), kids will be training their minds to visualize what they hear. This skill is critical for reading comprehension at all ages, and it can actually atrophy when kids spend too much time with digital or televised entertainment. Not sure what books will be interesting to the youngsters? Think of their favorite movies. Many classics, such as Wizard of Oz, Mary Poppins, Alice in



Wonderland and so forth, started out as novels. Be sure to grab the original, unabridged version of the story, though, so the vocabulary and sentences are rich and all of the details of the story jump right out. Kids will be astounded at the differences between the books and their favorite movie versions. You can even have frequent discussions of those differences and their impact on the overall feel of the story. Again, you will be honing the kind of comprehension and higher-order thinking skills so prized in the schools these days. And it doesn't matter if your child has started school or not—it's never too early to start practicing thinking skills.

Tips for Reading Aloud in the Car

Pick a book that is very descriptive, and that it won't matter much if kids can't see the pictures. It gets old trying to turn around to show them to everyone every few pages, anyway. A good travel book will use words to paint the pictures. Pick a book that's a little bit (or even a lot) tougher to read than your usual fair before bedtime. One of the purposes of reading hard books out loud to kids is to intrigue them and motivate them to improve their reading so they can open those doors on their own.

Books with unusual characters are a lot of fun to read aloud because you can change your voice and other aspects of your delivery as you read. Make your voice high or low, loud or soft as the character and situation warrant. Pick up your pacing when characters are excited or upset, and slow it down when they are calm or bored.

Lots of action can make books interesting too. Some books have a cliff hanger at the end of every chapter and then some. Adventures that carry on from book to book are also great fun. The Wizard of Oz books and the Mary Poppins series both offer many, many books with the same characters, and children will find that incidents from the original movies actually come from multiple books and that many, many things were left out or changed for the movie.

Be sure to take frequent breaks as you read and give the kids a chance to respond to the story. You can try asking some open-ended questions to get the conversation going, like "What do you think the character will do about this problem?" or "How would you have felt if that had happened to you?" You can also

ask about the author's craft: "Why do you suppose the author did this instead of that?" or "How do you think the author made us feel ____?"

Games for Everyone!

Another way to pass the time on the road (and while waiting for anything) is to play some games. Games in general are great for the development of cognitive skills as well as social skills, so there are all kinds of reasons to play them. Pick the ones your kids like and be prepared with a few new ones each time you hit the road. As they get older, encourage them to start and play familiar games on their own, without your help, too.

For the Very Young

Missing Words: Try saying sentences and inserting a nonsensical word to see if the kids can catch it.

Riddles: Make up clues that describe common items (such as "it has green, red, and yellow lights. It tells cars when to go and stop...") and see who can guess the item first.

Say It Fast/Say It Slow: Say words one syllable at a time or one sound at a time, with a pause between each to see if your child can guess the word and say it fast (the right way). Later, have your child split the sounds and say them slowly for you to guess.

I Spy: You remember this one: "I spy with my little eye....something that is blue." It has to be something that is visible in the area. As your child grows, replace the color clue with a size clue, a function clue, or a phonics clue.

Simon Says: You can play this in the car if you simply limit actions to car-appropriate things, like patting a body part or winking.

Stranger in the House: Say a list of words that belong in a given category (like pieces of furniture or words that begin with B), and insert one that does not fit. Can the kids find it?

Play Memory Games: "I'm going to the ____ and I'm going to buy/take/see/get ____." Variations include on vacation, to the zoo, to the store, and more. Start by simply listing appropriate items. Make the game more challenging by repeating all the items that have already been mentioned. Try selecting a letter of the alphabet for everything to start with, or doing one item for each letter of the alphabet.

For Older Players:

Twenty Questions: Leader chooses an item and answers yes/no questions (up to 20 of them) to see if others can guess the secret item. Make the game easier by requiring that the target item be visible. Make it harder by allowing out of sight things or even abstract ideas.

One, Two, Jellyfish: Choose a number that is not a factor or multiple of the number of players and count. When you get to the target number or a multiple of it, say "jellyfish" instead of the number. For example, for three as a target, the group would count off, "One, two, jellyfish, four, five, jellyfish..." First person to make a mistake is out. How long can the group keep going? Want to make it tougher? Jellyfish any number that includes the target digit as well as multiples. For three, in addition to 3, 6, 9, etc, you would also have to jellyfish 13, 23, and similar numbers, including the entirety of the 30s!

Travel Bingo: Choose 25 items that might be seen on a trip and put them in random places on a blank bingo board. Cross them off when a person sees them. Who Has More? Give each player one type or category of item to count, such as a color of car, or motorcycles, or barns. See who can see the most or get to a specific score first.

ABC Scavenger Hunt: Who hasn't played this one? Players compete to find the letters of the alphabet on signs as they travel. They must find them in order. First person to the end of the alphabet wins.

State License Plate Game:

Compete to see who can collect the most different state license plates on cars you pass.

License Plate Math: Most plates have numbers on them. Dream up your own rules, but use the numbers on license plates you see on the road. For example, you could try adding up the digits to see which plate is "worth" the most or you could use the numbers as large number scores (like L572CB would score 572) and add them up to see who can get to a million first. You can even prime factor the big numbers made from the digits on license plates!

Dream Up a Character: Pick a random person you see, and describe their character and their lives. Make up a backstory and tell where they are going and what they do.

Categories: Choose a category and have players take turns adding one more item that fits the group. See how long you can keep going.

Categories 2: Think up five categories. Choose a letter of the alphabet. Give everyone a short amount of time (2-3 minutes) to think of something for each category that begins with the given letter.

Sentence Mania: Start with a short, two or three word sentence. Take turns adding a word or phrase that makes a longer, but still grammatically correct, sentence. Keep track of the longest sentence the group makes.

The sky's the limit with games for the kids to play in the car. You can make up your own quite easily, and who knows? You just might come up with a family favorite!

Sandy Fleming is an educational consultant and private tutor living in Edwardsburg. Please visit her website for more fun ideas to share with children! <http://sandyflemingonline.com>

NATURE NOTES

Bird migration in full swing in southwestern Michigan

Provided by Jon Wuepper,

Baltimore orioles are just one of dozens of species of neotropical migrants moving through South-west Michigan in mid-May. While the first report of Baltimore oriole this year came on April 21, the main bulk of the population moves into our area during the first half of May.

Baltimore orioles are a common nesting species throughout the eastern US and southern Canada. Orioles burn lots of calories as they fly northward from as far south as northern South America, and look for food sources high in calories upon arriving in our region. This includes nectar from oriole and hummingbird feeders, in addition to slices of citrus fruit left outside. As daily temperatures move into 70s and 80s, birds such as orioles and rose-breasted grosbeaks eat more insects, and rely less on nectar and seeds.

I'm often asked "why did the rose-breasted grosbeaks leave, that were at my feeder?" Some individuals migrated northward, while those that remained here to nest supplement a seed diet, with insects.

Scott Glenn of Stevensville sent in a photo of a nice male American goldfinch, which has molted into its summer plumage. Females remain drab yellow with black wings year round but males turn bright yellow with black wings during spring and summer. Goldfinches do not nest here until July and August.

From May 10 through May 20, bird



Male Baltimore oriole at Randy Schrubba's birdfeeder, St. Joseph.

migration will be in full swing in South-west Michigan. Of the more uncommon species reported include whip-poor-will, which is heard more often than seen. It was reportedly calling off of True Road in Berrien Township the night of May 9, and reported by Kip Miller of Bridgman.

Our common scarlet tanagers have been reported back in the area, but also a male summer tanager which has made Warren Dunes State Park its home for the last few nesting seasons.

It was reported back on territory near Painterville Creek within the park on Wednesday by Brad Anderson.

Anderson also reported multiple prairie warblers, singing males back on territory in remote areas of the dunes. Prairie warblers are on the decline throughout their breeding range. In Michigan they are currently listed as endangered, but have stable breeding populations within Warren Dunes and Grand Mere State Parks.



Above: American goldfinch sporting bright, summer plumage.

Photo by Scott Glenn

Below: Male scarlet tanager on May 14 at Warren Dunes State Park.

Photo by Brad Anderson



Male scarlet tanager on 14 May 2017 at Warren Dunes State Park. Photo by Brad Anderson of Bridgman.

A woman with blonde hair, wearing glasses and a white shirt, is holding a newspaper and looking at it with a surprised expression. The background is slightly blurred, showing what appears to be a window or a doorway.

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A family consisting of a man, a woman, and two children are running and playing happily in a grassy field. The man is in the background, the woman is in the middle ground, and the children are in the foreground. They are all smiling and looking towards the camera.

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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.

Monday, August 1, 1870 — School as common. Meeting at the new church today. A grand old time lasted nearly all day. Went to the hall in the evening.

Tuesday, August 2, 1870 — At school, as common. Very warm, cloudy in the afternoon. Went home.

Wednesday, August 3, 1870 — At the celebration, quite a crowd. 28 groceries [sold?]. Good speeches.

Thursday, August 4, 1870 — At school as common. A few more scholars. Very warm.

Friday, August 5, 1870 — At school, the number of scholars increasing. Went home.

Saturday, August 6, 1870 — At home. Went to Cass[Cassopolis] took Jone's stereoscope home. Played ball between Shoo Fly and Calvin Center.

Sunday, August 7, 1870 — At home. Went to Sunday school in the morning. No meeting.

Monday, August 8, 1870 — At school, 16 scholars. Pleasant day. Jim's folks have got a boy.

Tuesday, August 9, 1870 — School as common. Very pleasant day. 17 scholars today.

Wednesday, August 10, 1870 — At school. As common, at home.

Thursday, August 11, 1870 — At school, all as usual at Bishops.

Friday, August 12, 1870 — Very pleasant. At School. Father was gone to Dowagiac. [We were] at home.

Saturday, August 13, 1870 — Very wet and raining. Father and Mother did not get home till in the afternoon.

Sunday, August 14, 1870 — Went to Newburg, took Lydia and Mary home as I came back I brought Martin Haag down.

Monday, August 15, 1870 — Very pleasant at school. Left Sams book on the gate post at the C (Crooked?) Creek. Had to come home in the eve.

Tuesday, August 16, 1870 — Walked to school in the morning, very pleasant. Andrew Burm killed Greenbury Cousins today at Williamsville.

Wednesday, August 17, 1870 — At school. Warm today. Nothing unusual.

Thursday, August 18, 1870 — At school. Cousins burial takes place today. A great crowd [at] the Sunday school picnic in Newberg today.

Friday, August 19, 1870 — Cloudy in the morning. A hard rain finally comes. Went home in the evening.

Saturday, August 20, 1870 — Went to Newberg after Lydia (in the morning) did not get back till near night. The baby had a chill this morning.

Sunday, August 21, 1870 — At home went to Sunday school. Went to the concert in the afternoon. Nearly sick with headache (and illness).

Monday, August 22, 1870 — At school. All as common except rather noisy . I saw Jim Banks in the evening.

Tuesday, August 23, 1870 — At school. The school is very small, the weather warm, the night very warm.

Wednesday, August 24, 1870 — Still very warm though there is a little breeze. Went home in the evening . Bought a fore quarter of veal from Gill Seton. 29 lbs at 8 cts = 232 - bal due - 32.

Thursday, August 25, 1870 — At school. All well. Things go rather slow.

Friday, August 26, 1870. At school very pleasant. A great deal of talking to do. Went home in the eve.

Saturday, August 27, 1870 — Went to Cass[opolis], attended the convention. Did not get home till near night.

Sunday, August 28, 1870 — Went to Sunday school in the morning, to Finleys in the afternoon, [and] to meeting in the afternoon.

Monday, August 29, 1870 — At school. Very cool and rainy, a hard shower in the forenoon, clear in the PM.

Tuesday, August 30, 1870 — At school. Very pleasant, but rather noisy. Atlanta [Vaughn] was here again today.

Wednesday, August 31, 1870 — Very pleasant day, 12 scholars. Things go on very well. Meeting at church in eve.

To be continued...

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Debbie Stabenow, U.S. Senator

202-224-4822, www.stabenow.senate.gov

Fred Upton, U.S. Representative

202-225-3761, www.upton.house.gov

John Proos, Michigan Senator 21st District

517-373-6960, senjproos@senate.michigan.gov

Aaron Miller, U.S. Representative

517-373-0832, aaronmiller@house.mi.gov

Dave Pagel, Michigan State Rep.

517-373-1796, davepagel@house.mi.gov

Readers can find out how their legislators voted on congress.org for Peters, Stabenow and Upton; and at michiganvotes.org for Miller and Pagel.

THE LAST WORD

Finally taking my doctor's advice

So there I was sitting in the doctor's office, wearing nothing more than a smile and an ill-fitting gown that left most of my worldly behind exposed in all its secular glory to anyone who had the misfortune to be behind me.

The doc was somewhere in the middle of his annual certain-to-be-ignored soliloquy about my insufficient weight loss, unchecked and unapologetic intemperance, and warnings about the inevitable consequences of a lifetime of not being the chaste, obedient, priest-like lad my parents had wanted me to be.

I'd heard it all before.

But this time, instead of ending with "take two of these pills and call me in the morning," he recommended something different ... he suggested a sleep study.

Having never been a very good sleeper, I was mildly intrigued, but after a bit of discussion on the topic my interest soured to a scornful amusement.

How, I wondered, was anyone going to study my sleep habits when I was so lousy at sleeping? Seemed a little like trying to nail Jello to a wall, I told him.

Nevertheless he referred me to an expensive sleep clinic and told me to call and schedule an appointment.

Well, like a lot of the advice my doctor gives me, things didn't work out so well ... the call turned into a half-hour sales pitch for an expensive machine they wanted me to buy (no, sorry, insurance won't pay for it), and strap to my head before I climb into bed and try to sleep.

And, oh, no, sorry, no refunds.

Not going to happen, I told the doc next time we talked. I can't sleep if a fly walks across my face, so I can't even begin to imagine a reality where some mechanized face-sucker might induce my slumber no matter how sweet its lullaby.

I'm an old dog, and this is a new trick, I told him. I've squeezed a lot of life out of this old body, and I recognize that sooner or later I'm going to have to pay the piper ... so if I'm going to shell out a few grand to try to make my life less miserable before I shuck off my mortal coil, I'm going to shell it out to empty one of the buckets on my gargantuan geriatric wish list.

Recognizing that arguing with me at this point would be more akin to smashing head first into the Blarney stone rather than kissing it, he shrugged.

"Where you sailing to now?" he asked in resignation (that I took as a recommendation). Cuba, I told him, not at all sure how I might pull that one off.

And then, to my surprise, it really happened. Just a couple of weeks ago I had the good fortune to be able to sail to Cuba during one of the most incredible and memorable adventures of my life.

In retrospect I see that the idea germinated from a tiny part of my legendary misspent youth. You see, I have this vivid memory of crouching on the stairs one night with my older brother, hiding just out of sight from my parents while they were watching the late news.

I couldn't have been more than 9 or 10 years old. We'd been sent to bed early for some childish misdeed or another, and sneaking onto the stair stoop was

one of our favorite ways of flaunting authority, a trait we both enjoyed honing to acuity well into adolescence.

Well, anyway, on that particular night Uncle Walter was droning on in his usual nasal banality about something called the Bay of Pigs. My brother and I did our best to stifle our guffaws at such a preposterous name, but my sainted mother heard us trying to keep quiet.

She wasn't pleased.

And the scene wasn't pretty.

Under the threat that mom's favorite yardstick might once again dramatically be used to measure both of our secular behinds (in what in today's world would certainly be considered child abuse), we were required to explain what could have possibly been so important that we would eschew our beds at such an hour and sneak onto the stoop to eavesdrop.

"The Bay of Pigs," I blurted out. "I heard them talking about invading the Bay of Pigs, and I had to see what in the world that was all about."

To say the least, my mother was skeptical of my sudden interest in both geography and politics, but if I really wanted to know about the Bay of Pigs, she told me in no uncertain terms, I could have ample opportunity to learn about it in the morning ... and maybe I could turn it into an extra-credit report for Mr. Snyder, the draconian beast who ruled over my Current Events class at good old James Monroe Elementary.

Failure to do so, she informed me, would cause a most-certain re-measuring of the situation's secularity, if you can et behind my ill-fated drift.

So the next day I started learning all I could about the Bay of Pigs.

Which led me to a greater understanding of the events that led up to the Missile Crisis, the Revolution and a hundred other Cuban things that had nothing to do with Ricky Ricardo, who until that night was the only thing on earth I had ever heard of in regards to Cuba.

Well, that saved me from a whooping, got me some much-needed extra credit in my Current Events class, appeased a much-surprised Mr. Snyder and untimely introduced me to a foreign and (for an impressionable young miscreant in need of a healthy diversion) a somewhat exotic culture.

And despite the fact that I never developed a taste for Cuban cigars (I have enough vices already, thanks), the assurance that Cuba was associated with the evil Red menace of the cold war was enough to draw my attention like a heap of steaming cow doo draws flies.

I read about Che and Fidel and how they'd revolted against the oppression of the Batista rule ... and I followed the news of the interactions between the Russians and JFK ... and I became enamored with what I was to discover was the largest island in the Caribbean.

The fact that it was forbidden piqued my interest even more ... so when the opportunity finally came and Obama and Raul opened Cuba to visitors, I immediately penciled it onto my bucket list.

And just for the record ... it was a far better choice than buying a CPAP.

Thanks for the great advice doc. Can't wait to see what's next!

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