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REGIONAL NEWS

Cass County Shrine Club to host 2017 Fall Turkey Shoot

The Cass County Shrine Club will host the 2017 Fall Turkey Shoot beginning at 10 am on November 4 and 5 at the club, 69185 Union Road in Union. The public is welcome.

All shells are furnished for 12, 16, 20 and 410 gauge shotguns. The event will award prizes including a \$1000 shoot on Sunday. The event will include line shoots, pie shoots, money shoots, in-house raffles, food and beer.

Proceeds from the event are for the benefit of the Cass County Shrine Club.

Michigan Lake and Stream to host 57th Annual Conference

The Michigan Lake and Stream Association will host its 57th annual conference on Friday & Saturday, April 20 & 21, 2018 at Crystal Mountain Resort in Thompsonville, MI. Registration for the 57th Annual Conference will Start in January 2018. For more information email info@mlswa.org.

Meals on Wheels needs drivers

The local Meals on Wheels program needs at least 12 to 16 volunteers (volunteers work in pairs) on a weekly basis. Some volunteer teams consist of business employees.

The program delivered over 12,000 meals on wheel meals as of July, 31 2017. These meals provide the sustenance many seniors might not be able to get without this program. In addition, the daily visit is often the only socialization some of these seniors get on a weekly basis.

To volunteer, call Leslie Vargo at the

Cass County COA 269-445-8110.

Holiday Craft Bazaar

Our Lady of the Lake Catholic Church in Edwardsburg will host its annual Holiday Craft Bazaar on Nov. 4 from 9 am to 3 pm at the church, 24832 US 12 E

The free event will feature over 80 crafters, homemade baked goods and candies, unique gifts and seasonal decorations, breakfast, lunch and snacks.

For more information call 699-5870.

Women invited to program

Women are cordially invited to a performance by "The Winsome Hags plus One" at Cassopolis United Methodist Church Christmas by Candlelight on December 4 at 6 pm. Dessert will be served prior to the program. Please RSVP to Char at 445-2334 or Vicki at 445-3107.

Lighthouse Chorus program

The Michiana Metro Lighthouse Chorus will hold its annual Food Bank Fundraiser on Saturday, Nov. 11, when it presents A Helping Hand of Harmony. The evening of entertainment and fund-raising will begin at 6:59 pm at the Wesley United Methodist Church, 302 Cedar Street, Niles, MI.

General Admission Tickets are \$15, and Senior/Student Tickets are \$12. Admission will be free for children under age 12. Advance tickets can be purchased by calling 269/471-4559 or 219/362-5141, or they can be purchased at the door. Attendees are encouraged to bring a non-perishable food item to donate to the evening's food drive. More

information on the chorus is available at www.lighthousechorus.org.

An Evening At Hogwarts

Join the Niles District Library and the Niles History Center at Hogwarts (the Historic Chapin Mansion) for a magical evening of fun on Friday, Nov. 3, from 5:30- 7:30 pm.

Get sorted into your Hogwarts house and follow up with wand-making, potions, and some mystery; this is bound to be an enchanted evening!

Call 269-845-4054 for more information.

Holiday Open Houses

On Nov. 18, from 10 am-2 pm Santa will make his annual visit to the Niles District Library. Rudolph the Red-Nosed Reindeer will join Santa next door at the History Center. The whole family will enjoy activities at the Fort St. Joseph Museum and Chapin Mansion, in addition to meeting these two visitors from the North Pole!

On Dec. 16, from 4-7 pm see the Fort St. Joseph Museum and Chapin Mansion all dressed up for the holidays decorated by various community groups and businesses, all in our theme for the year: "Through a Child's Eyes."

Nassaney to speak at Fernwood

On Saturday, November 11 our friends at Fernwood Botanical Gardens are hosting a special talk by Dr. Michael Nassaney, Principal Investigator at Fort St. Joseph.

Nassaney will discusses the role of Niles' own Fort St. Joseph played during the fur trade era. His book, The

Archaeology of the North American Fur Trade will be available for purchase

Regular admission \$15 and \$12 for members of the Niles History Center.

To register, visit <http://www.fernwoodbotanical.org>.

Online Marketing program

On Nov. 17, Laurel Ward, a local business owner and Internet marketing consultant to Cass County business owners will present a chamber workshop about "Online Marketing for Local Retail and Service Businesses." The program will cover what you need to know about local online marketing; why search engine optimization is not the answer to local online marketing; why your website is important; how to get your website ranked without paying your Facebook business page; why you need to claim your directory listings; how short videos can help you get more customers, and the importance of writing content to promote your business

The charge for members is \$6, non-members is \$15 (includes lunch). Reservations can be made by calling Meryl Christensen at 663-2347.

Fragile Codes and In the Abstract

From now through January 6 2018, Lubeznik Center for the Arts (LCA) will feature two new exhibitions: Fragile Codes and In the Abstract. The exhibits juxtapose artworks using "encaustic" or hot wax paintings, with new technologies in digital art. Lubeznik Center for the Arts is located at 101 W. 2nd St., in Michigan City, IN. For more information please visit www.lubeznikcenter.org or call (219) 874-4900.



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REGIONAL EVENTS CALENDAR

November 1, 8, and 15 - Storytime, 10 am on Wednesdays, recommended age 3-5 yrs old, Cass District Library- Mason/ Union Branch, 357-7821	Library, 357-7822	\$3, 574/654-3155	November 28 - Native Art Suspended, 6-8 pm, Registration required (class is free), ages 10 and older. Bring found nature objects, other materials provided. Cass District Library- Mason/Union Branch, 357-7821
November 2, 9, and 16 - Storytime, 10 am on Thursdays, recommended age 3-5 yrs old, Cass District Library- Main Library, 357-7822	November 7 - Movie: Cars 3, 6 pm, Free popcorn and water provided! Cass District Library- Edwardsburg Branch, 487-9215	November 16 - Essential Oils Class, 6 pm, Registration required (class is free), adults only. Make two items to take home. Cass District Library- Main Library, 357-7822	November 27 - Lego Club, 6-7:30 pm, Anyone is welcome to build and play with the Legos provided by the library during this monthly program, Cass District Library- Edwardsburg Branch, 487-9215
November 3, 10, 17 - Storytime, 10 am on Fridays, recommended age 3-5 yrs old, Cass District Library- Edwardsburg Branch, 487-9215	November 9 - Essential Oils Class, 6 pm, Registration required (class is free), adults only. Make two items to take home. Cass District Library- Howard Branch, 487-9214	November 17 - "Online Marketing for Local Retail and Service Businesses," \$6, non-members \$15 (includes lunch), reservations at 663-2347.	November 30 - Movie Night: Leap, 6 pm, Free popcorn and water provided, Cass District Library- Howard Branch, 487-9214
November 3 - An Evening at Hogwarts, Niles History Center at Hogwarts (the Historic Chapin Mansion), 5:30-7:30 pm, 845-4054	November 11 - Michiana Metro Lighthouse Chorus annual Food Bank Fundraiser, 6:59 pm, Wesley United Methodist Church, 302 Cedar Street, Niles, \$15, Senior/Student \$12, free for children under 12, 471-4559 or 219/362-5141, www.lighthousechorus.org	November 18 - Santa annual visit to the Niles District Library and History Center10 am-2 pm	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
November 4 - Our Lady of the Lake Catholic Church annual Holiday Craft Bazaar, 9 am - 3 pm, 24832 US 12 E, 699-5870	November 11 - Fernwood Botanical Gardens talk by Dr. Michael Nassaney, Principal Investigator at Fort St. Joseph, \$15, \$12 for members of the Niles History Center, http://www.fernwoodbotanical.org	December 4 - "The Winsome Hags plus One," program for women, Cassopolis United Methodist Church Christmas by Candlelight, 6 pm, 445-2334 or 445-3107	December 16- Fort St. Joseph Museum and Chapin Mansion open house, 4-7 pm
November 4, 5 - The Cass County Shrine Club Fall Turkey Shoot, 10 am, 69185 Union Rd., Union	November 13 - Chalk Painting Class, 6-8 pm, Registration required (\$5 per person), ages 12 and older. Bring your own wood item. Other materials provided. Cass District Library- Edwardsburg Branch, 487-9215	November 21 - Book Club, 10:30 am, Join this new book club! Meetings will be on the third Tuesday of the month, Cass District Library- Edwardsburg Branch, 487-9215	April 20, 21 - Michigan Lake and Stream Association 57th annual conference, Crystal Mountain Resort, Thompsonville, MI, info@mlswa.org
November 7 and 14 - Storytime, 10 am Tuesdays, recommended age 3-5 yrs old, Cass District Library- Howard Branch, 487-9214	November 15 - Case of the Broken Shell, 10 - 11:30 am, St. Patrick's County Park,	November 21 - Essential Oils Class, 6 pm, Registration required (class is free), adults only. Make two items to take home. Cass District Library- Edwardsburg Branch, 487-9215	
November 7 and 14 - Infant Storytime, 1 pm on Tuesdays, recommended age 2 and under, Cass District Library- Main		November 23-25 - All Cass District Libraries CLOSED to observe the Thanksgiving holiday.	

HEALTH & FITNESS

Three simple steps to improve your balance

By **BRENDA HARRIS**
Cass COA

Hiking or riding a bike down the street. Doing crunches on a stability ball. Walking up the stairs with ease. These are more than simple pleasures you can enjoy by living a healthy lifestyle. They're also proof that your body's is able to balance while doing a variety of things. Even when you're not thinking about it, your body is balancing in everyday life, when you exercise, and during your active pastimes.

Most people don't spend any time thinking about their balance until it's too late-when they actually fall or injure themselves. Balance isn't just a concern for the elderly who are prone to falls. Balance

training is important for everyone, from athletes to casual exercise.

You have probably seen lots of fancy fitness equipment that are designed to help you improve your balance-everything from a simple stability ball to balance boards, inflatable balance discs, BOSU trainers, foam rollers and more. These items can add challenge to your workout, you really don't need any fancy equipment. The truth is you can turn just about any standard strength-training or flexibility exercise into one that does double duty by improving your balance while you work your muscles. Find out how by using these 3 simple steps.

1. Change Your Base of Support. The wider your legs are, the wider your base is and the easier it

is to balance. One of the easiest ways you can challenge your balance during any standing exercise is to gradually narrow your base of support until your feet and legs are together while you perform your exercise. Bring your legs closer together while you do standing biceps curls, shoulder raises, squats or other upper body moves. Be sure to keep your abs pulled in tight.

2. Try It on One Leg. The next challenge is balancing on a single leg, instead of standing on both legs during some of the same moves above, try it on a single leg. Start by just lifting one heel (keeping your toes on the floor) while doing your upper body moves or working up to a single leg squat. As you get better, lift that foot off the ground completely.

From this point play around with the position of your lifted leg. Just be sure to alternate legs to keep your strength and muscles balanced.

3. Close Your Eyes. Your vision is a big part of the balance equation. By staring at a single focal point, you'll balance more easily. You can start by just standing up tall and closing your eyes without moving. Over time, combine the narrow base of support with some one leg balances while closing your eyes. Just be sure to use your best judgment and listen to your body when trying this technique. Safety first!

Pay attention to your body as you exercise, you should notice improvements in your balance, coordination, posture, core, strength and agility.

Make fitness fun!

By **BRENDA HARRIS**
Cass COA

Is going to the gym a pain in the neck? Why is it so hard to want to go? After all, you are in a world at eye-watering odors, sweaty people frowning and rarely talking to each other, mind-numbing routine, blisters and heavy machinery, while clanging metal and bad music assault your ears. Sounds more like a factory job than a gym. Take a look at the word: WORK-out, does that look like fun? Or is there? If you want to see how much fun exercise can be, go to a kids jungle gym. There you'll see kids chasing each other at full speed, swinging, jumping, throwing balls, finding energy they never knew they had. You'll never hear them complain about going to the gym.

What's the secret? The kids are exercising and they don't even know it. They are having fun and they don't care. All it takes is to imagine having that

kind of fun when you exercise so it motivates you to work out!

There's nothing wrong with workouts. You can get awesome results at the gym, you can get better results by staying active while you're not at the gym. Going to the gym can seem less like work if you follow some of these ideas.

The Great Outdoors

Have you ever wonder why they are called the Department of Parks and Recreation? It's because they provide places for people to have outdoor fun. You can't help but be active and play while in a place of recreation.

Regular exercise is about staying active. Finding excuses to stay on your feet. The great outdoors is one of these excuses. The more you mix up your activities, the more fun you're going to have while getting fit. The outdoor activity options have something for everyone: Hiking, Biking, Climbing,

Swimming, Skiing, Jogging, Roller blading, Water skiing, Backpacking, Mountain Biking, Rafting, Walking the dog, Canoeing, Walking ...

Just think, you could be doing any of these activities every day for free or next to nothing. You get an extra bonus when you share the fun. Bringing someone along makes all the difference. Sharing these activities with another person or group multiplies the fun and can actually boost your results.

Play Games and Sports

Growing up, most sports were large, organized affairs with schedules, rules and trophies. Only the most gifted got to play and it all seemed so difficult. A good place to start is by playing individual sports such as tennis, racquetball. It's easier to organize one-on-one competition and easier to schedule. This is important when you're trying to stay consistent. If you find one regular partner-just one-you've gone a long way to reaching exercise consistency and hav-

ing fun.

Even though you're an adult now, don't forget about children's games. Kids can come up with the most active, crazy games. Why should they all have the fun? Join in! You can worry about what other people think about you playing with the kids while they are stuck on the treadmill.

Getting Out in the Yard

Sunshine, fresh air, clear breezes, the smell of nature. Many people seem to rank yard work right up there with filling out IRS tax returns. Hundreds of gas or electric yard tools have made our work outdoors easier and faster while putting little effort into getting the job done.

Self-powered yard work can be an incredible source of fun, relaxing exercise. It might in fact be a time saver too, if you use it to offset some gym time.

PASTA ITALIA CON CHEF DONATO

Spaghetti or fettucine with squash, mushrooms and sage

With this recipe we take the humble squash and turn it into monarchy. It's a rich sauce and can be served as a main dish or as a side.

- Ingredients
- 1 butternut squash peeled, seeded and cut into 1/4" chunks

olive oil

4 tbl of butter

1 onion peeled and diced

4 cloves of garlic peeled and diced.

3 cups of chicken stock

1 cup of 1/2 and 1/2 or cream

1 cup of grated Parmesan cheese

12-15 thinly sliced cremini or shitake mushrooms

1 packet of sage leaves

- Directions
1. saute the onion and 6 leaves of sage in a little olive oil for 5 minutes, then add the garlic and 3 cups of the squash(you should have 1-2 cups of squash left. Cook, stirring often for about 20'

2. add the chicken stock, bring to a boil and cook until the squash is very soft(about another 20') and the liquid has reduced by 1/2

3. let cool a bit and then put in food processor or blender and puree until very smooth

4. put back into the pot, add the 1/2 and 1/2(or cream) and the Parmesan. Stir and keep on warm, season to taste with salt and pepper.

Now if you wanted, you could stop here and serve this as the sauce by itself. But the next step takes it to an even more delicious level.



5. melt the butter in a skillet, add the sage, mushrooms and cook under medium heat for 5', then add the rest of the cubed squash stirring often

- Cook until the squash is softened to the texture you like.
6. season with salt and pepper to taste
7. add salt to the boiling water, add your pasta and cook until very "al dente."
8. Ladle the sauce on top and finish cooking the pasta until "al dente."
9. serve the pasta in bowls and top with the mushroom, sage, squash mixture.
- Options - don't like mushrooms, then leave them out, want to add another level to the dish, add sliced prosciutto ham to the

mushroom mixture. The saltiness of the crisped prosciutto will compliment the flavors.

Want to make it a main dish- top with grilled shrimp

Buon Appetito



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LAKE LIFE WITH JANE

Fall is here! Happy November!

by JANE BOUDREAU
Hey Neighbors! Happy November. The year is winding up and I can't complain about our weather, which has been warm and dry, when so many are still recovering from hurricanes and wildfires. It's very sad, Mother Nature and her recent fury. As we plan and prepare for our holidays, keep those displaced from their homes in your prayers. Tuck a few bucks in your pocket to give to the Red Cross. You'll often see their donation buckets while you're out shopping. Every little bit adds up.



The leaves were coming down like crazy these past few weeks. I kept hearing that fall was coming soon, but other than all that raking, the temps are mild and I fear we may have stored our patio furniture away too soon. I guess it's better than doing it in the freezing cold.

I like to rake some of the leaves into my garden beds, it keeps everything a little more snugly over the cold months, and it's good nourishment for your plants as the leaves break down into nutrients—the most inexpensive mulch you can buy.

We had to cut most of our wisteria down late this past summer. That is one strong vine. You really have to stay on top of it, and I mean that literally. I had originally wanted it to grow up to our second story balcony and then the slatted arbor above. Sadly, it practically ripped the balcony off the house. It also wrapped itself around a power line, and I cut it down near the root before we had a total power outage on the lake. If I were ever to do it again, and it is very pretty, I would make sure it was climbing an iron trellis with nothing much around it. Even ivy can be destructive. I had it growing on my city house for over 20 years and it was getting into the house through the window openings, loosening our gutters and finally, last summer, became infested with ants. I thought it had looked so 16th century romantic, but egad, it's frightful stuff.



We cleaned up the beach last weekend. We had finally invested in some Adirondack chairs that we used there, so it was heavy work storing them in the shed. They are made of some type of polymer (isn't everything these days?).

They're very durable and they fold, so they don't take up a lot of space. You can find the stacking sort at many places like Home Depot, etc., and they are all good. We found these at a Chicago-based store, and we went that extra mile in cost, as we didn't want to store or cover them over the summer, and as with all beach things — blow over.

Then you have the patio furniture, the grill, the glider swing, the flower pots, hose, and goofy garden gnomes.

Soon the marina will come for our boat and wave runners. It's a little sad to look out at the water and beach when it looks so barren. But we soldier on and enter a new season, which asks for little else but warm toes and comfort food for the tummy.



I keep decorating to a minimum now, Just a few pumpkins here and there and spicy candles. I really love the challenge of creating a beautiful Christmas atmosphere, so I don't want to spend a lot of time cleaning up fall decorations. I've heard fellow bloggers say that they like to keep their rooms colorful and cheerful in the winter months because it's so bleak outside. Others like to keep things soft and neutral to reflect the muted nature scenery, and for some, snow covered ground. I'm a little on the neutral side, but more importantly, I like making my home feel cozy with plenty of soft pillows and throws, stacks of good books and magazines. A basket of stitching projects that have taken a summer break, and notebooks to plans holiday meals and get-togethers with family and friends. It's all very relaxing to me.



I have two seriously delicious soups for you this month because that's what I'm craving now. I have so many soup recipes, I could make a new batch every night for the rest of my life! What's not to love about them? Pure goodness in a bowl. Just one bowl!!! Nothing to clean up! I save the leftovers for lunch the

next day, or freeze it.

This first one is a real winner, Gingery Meatball Soup. It's rare to see pork in a soup and the ginger gives it such a nice, comforting, earthy taste. When I buy fresh ginger, I get a healthy size portion, one that perhaps fits in the palm of my hand. It keeps perfectly in the freezer and whenever I need a piece I just break off a small portion and grate it up — no thawing or anything.

Gingery Meatball Soup
1 lb. ground pork
1 T butter
3 garlic cloves, chopped finely
3 green onions, chopped, white and green parts, both
1 in. piece of fresh ginger, finely grated
1 t salt and pepper, each
32 oz. chicken broth
8 oz. fresh snow peas
2 c. cooked rice (white or brown)
1/2 T dried oregano
1/2 T onion powder

Preheat broiler. In a large soup pot or dutch oven, melt butter and sauté the garlic and green onion, 1-2 minutes. Remove from pot and add to the ground pork in a large bowl. Add the ginger, salt and pepper to the pork mixture. Using your hands, if you wish, mix well and form meatballs, approximately the size of a golf ball ... maybe a little bigger! They shrink. Place on a baking sheet covered with parchment paper. Place under broiler for 8-10 minutes and remove.

While meatballs are broiling, bring the chicken stock to a boil. Add the snow peas and lemon juice. Once meatballs are browned, add them to the pot along with the oregano, onion powder, and salt and pepper to taste. Simmer on low approximately 25 minutes. Serves 4-6



This is a stick-to-your-ribs soup that will make you want to curl up and take a nap after eating. Have it while watching Sunday football, and then put your feet up. If you don't get enough starch from the ingredients, you can be really bad and have some chunky Italian bread to dunk in it.

Creamy Chicken & Potato Soup
2 chicken breasts, cooked and shredded
2 c. peeled potatoes, cubed small
1 large onion, chopped
1 1/2 c carrots, sliced thin
1 1/2 c celery, sliced thin
1 15 oz. can Great Northern Beans, drained
2 T butter
2 cloves garlic, chopped
Juice of 1 lemon and 3 T of the zest (yellow part), grated finely
2 t thyme
2 t oregano
Salt and Pepper to taste

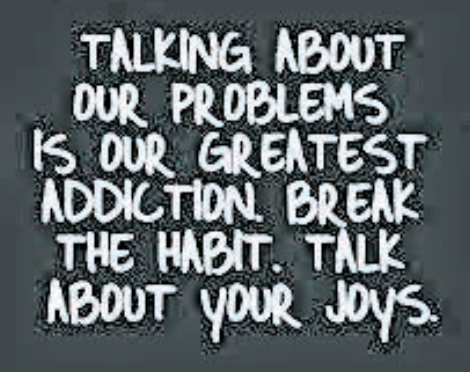
Melt the butter in a dutch oven over low heat. Add the onions and sauté until just starting to wilt, about 3 minutes. Add the garlic and stir constantly for 1 minute. Add the carrots, celery and cook, stirring often for 3 minutes. Add the

shredded chicken, broth and lemon juice. Finally add the beans and seasonings. Bring to a boil and then lower heat, cook covered approximately 30 minutes. Let cool.

Scoop out 1 cup of the soup, cover with foil, and set aside. Using a blender, puree the remaining soup in batches, and return to dutch oven. When you have it all blended, reheat it thoroughly, and check the seasonings, adjusting if necessary. Divide the soup among bowls and top with a heaping spoonful of the chunky portion. Sprinkle the lemon zest over each bowl and serve.



I hope you like these soups, I'll share more during the cold months along with some stews and casseroles. I get so excited thinking about it — I really do love being in my kitchen surrounded by the warmth and aroma of food bubbling away and the snoring dogs at my feet. I don't know about you, but I miss my kitchen during the summer months. We grill outdoors a lot, and most of our side dishes are made ahead and served cold. That means I'm usually in the kitchen alone with Pandora playing my tunes, and feeling a tad out of touch with the universe. It's not that I have a crowd in the kitchen during the winter, but looking out into the cold, gray afternoon or dark evening, knowing I'm warm, safe and happy inside ... well, what else can you ask for?



I hope all of you have a wonderful Thanksgiving. I've given you a lot of cooking and table-setting ideas over the years so I won't do that again. Two tips I have to push on you are: 1) Everything that you can make ahead, make ahead. 2) Set the table the night before.

Finally, as we join hands and say grace on Thanksgiving (or at any meal), let's remember to honor and rejoice in the beautiful and precious people in our lives. Give thanks for the roof over your head, the food that sustains you, and most of all, uplift yourselves and others by talking about the joys in your life. Make it a daily occurrence, and eventually a given. We need this, and we need to teach our children to care in a positive way. Simple pleasures; baking bread, playing with the dog, taking a walk and kicking up the leaves. Make your heart swell with happiness, and give thanks for another lovely day on earth.

~Blessings~
Jane Boudreau is a writer and blogger who resides on Diamond Lake, with another home in Chicago and a retreat in the mountains of North Carolina. You can reach her at blndy9@yahoo.com

BUSINESS & FINANCE

A deer in the headlights

By Dean Johnson
Kemner-Iott Benz Agency
of Cass County

Among with the brilliant fall colors comes an increase in car-deer accidents. Deer are more likely to be crossing the roadways because deer hunting season is open, farmers are harvesting their crops, and it is mating season for the deer. While approximately 80 percent of car-deer accidents occur on two-lane roads between dusk and dawn, it is important to be alert at all times.

How can I reduce my chance of an accident?

- Stay aware and sober.

- Car-deer crashes can occur anytime, but be especially alert in the spring and fall and at dusk and dawn.
- Pay attention to deer crossing and speed limit signs. They are placed at known deer crossing areas to alert you to the possible presence of deer.
- Keep an eye on the edges of the road. On the freeway watch out for deer feeding in the median.
- Deer are herd animals and often travel in single file. If you see one deer cross the road, chances are there will be more. Be prepared to slow down or stop.
- Don't rely on deer whistles, flashing your bright lights, or honking your horn to deter deer.

- Remember to buckle up.

What if an accident is unavoidable?

- Don't swerve. Brake firmly, stay in your lane, hold onto the steering wheel, and bring your vehicle to a controlled stop. The most serious accidents occur when a driver swerves to avoid a deer and hits another vehicle or a fixed object, or when their vehicle rolls over.
 - Pull off the road, turn on your emergency flashers and watch for other traffic if you leave your vehicle.
 - Don't attempt to remove a deer from the roadway unless you are convinced it is dead. An injured deer's sharp hooves could hurt you.
 - Report the accident to the nearest police agency and your insurance company.
 - The police or conservation officer may issue you a permit if you want to keep the deer.
- What precautions should I take when riding my motorcycle?
- Watch for deer whenever you ride. Deer accidents happen in urban, suburban and rural areas.
 - Slow down. Decreasing speed will give you more time to spot an animal and react.
 - Cover your brakes to reduce reaction time.
 - Use your bright lights and additional driving light when possible.
 - If riding in a group, spread out riders in a staggered formation. By doing this, if one rider hits a deer, this will lessen the chance that other riders will be

involved.

- Wear protective gear at all times.

What about other animals?

Of course, deer are not the only animals we need to watch for. Even a squirrel can cause an accident. How often do you see a squirrel get halfway across the road and then decide to go back? By swerving to avoid the squirrel, you could lose control or cross into oncoming traffic.

Be aware of birds as well. Birds along the side of the road may be startled and fly up into your windshield or front end causing damage. A large bird such as a turkey can cause a significant amount of damage. Again, don't swerve to miss the bird.

Will my insurance pay for the damage to my vehicle?

Be sure and discuss this with your insurance agent. Comprehensive coverage will cover the damage to your vehicle if you hit an animal. If you swerve and hit another vehicle, a fixed object, or roll-over, you must have collision coverage to pay for your damage. As of 2015, the average car-deer crash causes about \$4,100 in damage, usually to the front end, and may leave the vehicle undrivable. If this would be a concern for you, talk to your agent about auto rental. By being proactive and making sure you have the coverage you need on your auto insurance policy, you could save the expense of having your vehicle repaired as well as the inconvenience should your vehicle be undrivable.

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OUR CHILDREN

There's nothing like good home cooking

by **SANDY FLEMING**

November is often the month when our thoughts turn to family and happy memories. For lots of people, those happy memories involve the warmth, smells and tastes of traditional family favorite foods. What better time of year to encourage your children in the kitchen? In spite of the mess and the extra work with the young ones, cooking with kids makes such a huge impact on learning, growth and development that parents should engage the youngsters in the kitchen as often as possible.

Cooking Builds Life Skills

Teaching kids to cook has the practical benefit of getting them ready to strike out on their own someday. Girls and boys alike should develop culinary skills so that they can get a nutritious meal onto the table for a small group whenever they need to do so. They need to learn skills such as planning, creating a balanced menu, timing all of the dishes to come together at the same moment, and even attractive presentation of foods.

Of course, these skills don't magically appear overnight, and anyone who has tried to learn them from books or videos alone will tell you that it's a daunting task. What's needed is a willing teacher and mentor, and that's where parents come in. Start now (no matter what your child's age) and hopefully you can let them develop and practice all of the skills they will need when they launch into caring for a household of their own.

Little cooks (and inexperienced ones) should start with the basics: mixing, stirring, pouring, and the like. Be sure to teach the relevant vocabulary, as well, so when kids get to the stage where they follow recipes, they will know exactly what is meant by "fold" or "whip."

Middle-sized (and middle experienced) cooks should do simple heating on the stove and microwave, baking with a timer, and more complicated preparation things like using a mixer, making layers, and so forth.

Older cooks (and experienced kids) should be able to keep up with their adult mentor and truly serve as an assistant in making larger and more complex meals such as Thanksgiving dinner.

Among the skills you'll want to teach are food safety rules, cleanliness, internal cooking temperature, planning proper portions, and nutrition basics like food groups, calorie counts, and so forth.

Shopping comes into the mix as well, as you teach the kids to find the best deals, and help them learn that prepro-



cessed foods and meals are not only more expensive, but they also tend to be less nutritious.

In fact, take time to teach the kids how to make things from scratch. Using bagged or canned beans and making your own three-bean salad gives one a lot more control of cost, ingredients, and quality. This is also a great way to teach budgeting skills as well. Be sure to discuss costs per serving, compare the various sizes of packaging to find the best per unit price, and so forth. Challenge the kids to plan and create meals for the lowest per serving cost that they can. Nearly everyone has to be on a budget at some point in their lives, and these are great management skills to develop BEFORE they are needed.

Cooking Supports Academic Skill Development

Many people overlook the impact that cooking with kids has on academic development. Adventures in the kitchen actually build school skills and will help your child be more successful in class. Let's take a closer look.

The first skill set that cooking can build is work with fractions. Fractions are challenging for nearly every student, particularly in the early grades when foundational concepts, such as what fractions actually ARE, are being built. The idea that fractions represent parts of a whole is tough enough, and concepts such as "when the denominator gets larger, the piece gets smaller" seem almost out of reach. It's often the first time children encounter an inverse relationship, so no wonder they get easily confused! After all, they usually just got done learning that four is always more than three, and

now we try to tell them that one-third is larger than one-fourth.

The only cure for such basic confusion is lots and lots of hands-on experience, and cooking can help provide this. We use fractions almost without thinking when we follow recipes. It's very common to use 1/2 cups, 1/3 cups, and 1/4 cups. We also mix in 1/2 teaspoons, and more. When you cook with your child, they will easily see and feel that 1/4 is much smaller than 1/2 cup of nearly anything. You can even "create" 3/4 of a cup by putting in three 1/4 measures. There's nothing like hands-on experience to help children gain fundamental understanding of fractions and how they work together to form wholes.

But the academic benefits of cooking don't end there. For the very young, counting is also part of the learning. Older kitchen helpers work on doubling or halving recipes. Many recipes have sections and actions that need to be timed, so telling time and working with elapsed time comes into play.

And even fewer people think about the reading comprehension skills exercised when following recipes and directions. Young cooks must not only recognize all of the words used, but they need to make sense of the directions. They need to learn the meanings of vocabulary terms like "simmer" and "baste," and they exercise sequencing skills. When choosing recipes, they use skimming skills and research skills like using indices in books or search terms on cooking websites.

Cooking Creates Emotional Bonds

Now, let's turn our attention to a few more abstract benefits of cooking with

your children. Psychologists will tell you that working toward shared goals and completing projects together will help individuals form the kinds of bonds that allow them to be supportive of one another in times of stress. When you and your child or children set out to accomplish a goal in the kitchen together, you are showing that you are a mentor and a guide, a fan, and someone who can be counted on to provide accurate information. You model skills that your child will need down the road, such as planning, preparation, persistence and goal-setting.

Cooking gives you a chance to affirm your youngsters' accomplishments and give them well-deserved pats on the back. Kids need as much of that as they can get. You'll be building their self-esteem and their independence.

Cooking Cements Happy Memories

Finally, one more foundation of growth and well-being is that store of pleasant memories that we all carry with us for the rest of our lives. Have you noticed how many of those warm memories are triggered by smells and tastes? For many people, kitchen memories are some of the best and most comforting. That's why the holiday season is such a great time to create a tradition of cooking together. You'll be adding to the foundation that helps children grow into adults with the kinds of resilience that lets them weather life's storms.

There are some ways that you can enhance the process, too. Take time to make family favorites together. Plan to involve the kids in holiday meal and treat preparation. If things are too hectic on the big day, there are probably some do-ahead dishes that they could help with before things feel rushed. And once they gain enough skills in the kitchen, they can easily learn to be a help rather than a hindrance. Try sharing preparation of each child's favorite foods. Make fragrant and great-tasting recipes together. You know the ones: They fill the whole house with aromas that make your mouth water.

Why not make cooking with the kids a part of your family's holiday traditions this year?

SANDY FLEMING is an educational consultant, tutor and writer in Edwardsburg. Please visit her website: <http://sandyflemingonline.com> to find resources and assistance with many types of educational concerns.

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FIELD TRIP



South Haven, Michigan For the record

South Haven, Michigan is a quaint, touristy town on Lake Michigan in Van Buren County, about an hour's drive northeast from most parts of Cass County. The downtown features several blocks of shops and restaurants, and an "old harbor" section with a variety of beach, lake and nautical merchandise. There are three public beaches, a lighthouse marking the river entrance to the harbor, a maritime museum and a variety of other attractions. Well worth a field trip!



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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 Vandalia 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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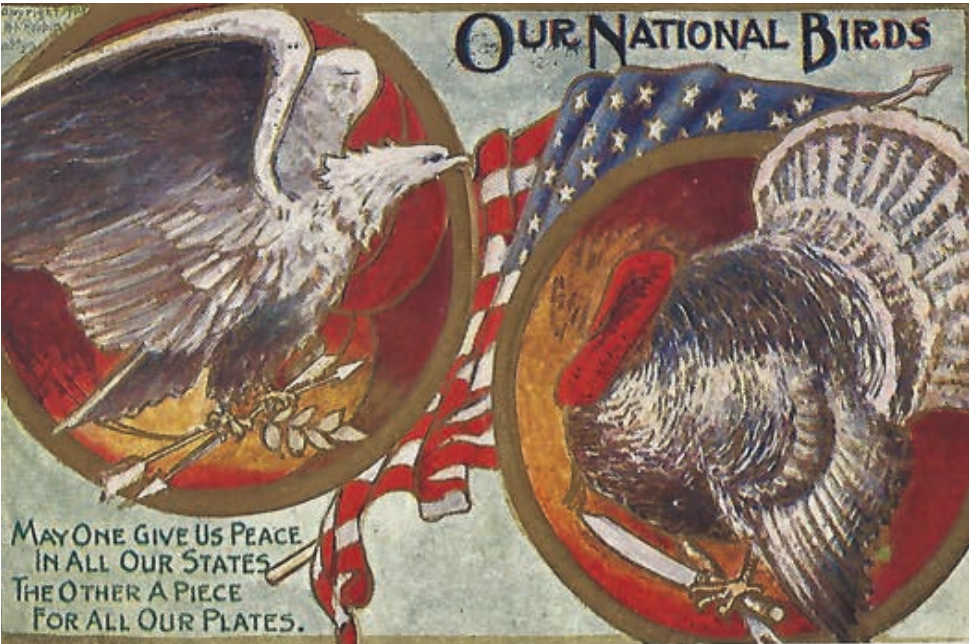
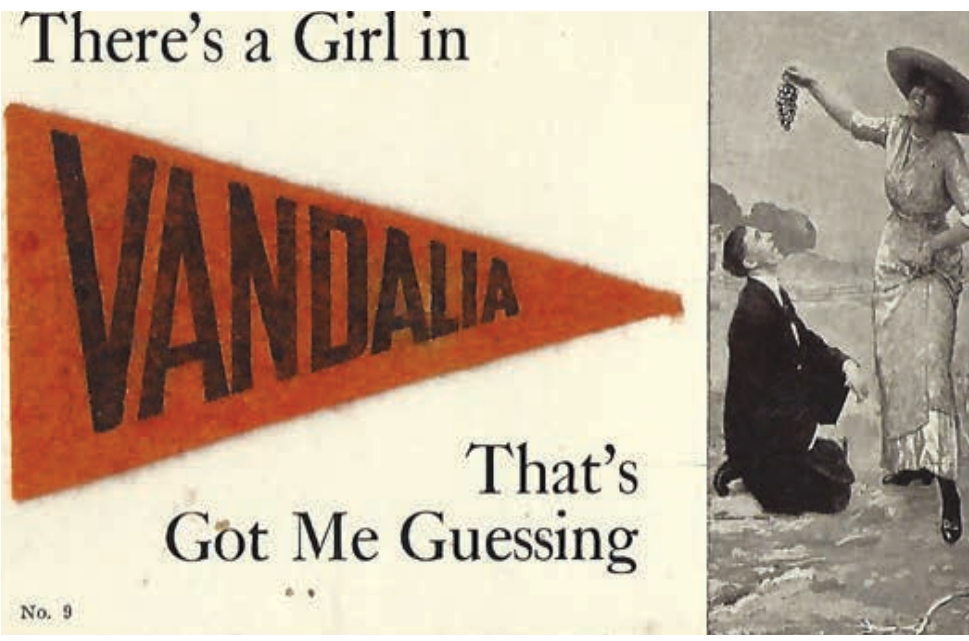


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NATURE NOTES

Red fox, eastern bluebirds, osprey visit area

Hans and Susie Schreoder of Lincoln Township have been putting out pieces of apples in their backyard, of which eastern cottontail rabbits, and likely white-tailed deer, have been enjoying. The Schreoders have likewise been enjoying the wildlife viewing!

Hans was rather surprised when a red fox showed up recently and began eating the apple slices! Luckily Hans was able to take some photos during this unusual day time sighting, foxes are more active at night.

The fox in the Schreoder photo looks nearly full grown and has likely left the parents and is now on its own.

At our latitude, red fox are born during February or March and remain with parents for around six to seven months.

Although eastern bluebirds are present all year long in Southwest Michigan, we are now starting to see migrants that have spent the summer to our north, arrive in our region. Some will keep moving south while others stay here.

In the cold months, eastern bluebirds may still find insect life along rivers and open, natural springs. They supplement their diets in winter with berries and fruit.

It is not uncommon to see small flocks of bluebirds in December, January and February in Southwest Michigan. They form loose flocks of about ten to fifteen individuals, often mixing with other species of birds such as tufted titmouse, black-capped chickadee, golden-crowned kinglet and others.

Joanie Gentry of Sawyer found an osprey in Niles, along the bank of the St.



Young red fox eating apple slices in backyard of Hans and Susie Schroeder of Lincoln Township.

Joseph River last week. It appears that the large raptor, also known as the fish eagle, is drying its wings in the sun.

Laura Fuderer of South Bend reported the first dark-eyed junco of the season, September 30, while visiting the Kelsing Preserve, located near Three Oaks. Juncos, in the sparrow family, will soon become the most numerous bird at feeders, until they migrate back to their nesting grounds in Canada and northern Michigan next spring.



Above: Male eastern bluebird at Warren Dunes State Park, October 1, 2017, Photo by Brad Anderson.



Right: Osprey suns itself along bank of St. Joseph River at Niles last week. Photo by Joanie Gentry of Sawyer.

LOCAL HISTORY

Influenza pandemic of October 1918

Provided by Cass District Library
Local History Branch

This month I would like to share some local news involving the influenza pandemic that struck worldwide in October 1918.

In Michigan, steps to limit the spread of disease were taken in the form of a proclamation by Governor Albert E. Sleeper, closing businesses, schools, theaters, etc, in October 1918. It read:

"Whereas, it is a matter of common knowledge that the state of Michigan, in common with other states in the Union, is facing the serious and imminent danger of epidemic from the disease com-

monly known as Spanish influenza, which is prevalent in practically all communities throughout the state; and

"Whereas, said disease is highly contagious and is spread by personal contact with persons infected therewith, thus creating the necessity of avoiding, insofar as possible, all gatherings and meetings whatsoever.

"Now therefore by the virtue of the authority vested in me as governor of the state, I hereby direct that all churches, moving picture shows, pool rooms, billiard rooms, lodge rooms, and dance halls shall be and remain closed until further proclamation, and that all unnecessary public meetings or gatherings

shall be avoided. All health officers and health boards in the various cities, villages, and townships of the state shall take such action as is required by law to carry out and insure the careful performance of the terms and conditions hereof.

"In witness whereof I have hereunto to set my hand and cause the great seal of the state be affixed at Lansing, Mich., this 19th day of October, 1918."

Local papers in Cass County reported in late October that year:

"Death's Toll is Unusually Large. The number of deaths in Cassopolis and vicinity has been unusually large during the past few days, influenza and

pneumonia having added to the customary toll of the grim reaper. There are still many cases of the serious disease not only here but throughout the county and unusual precautions to prevent the disease should be exercised by everyone."

Every newspaper in the county printed multiple obituaries for those who had succumb to influenza and pneumonia.

In age, most victims were early adults (teens-twenties) or the elderly.

Locally, the epidemic seems to have subsided during November of 1918, the same month World War I ended.

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THE LAST WORD

Let the leaves fall where they may ...



he colors were still muted though fall had started weeks ago. Yellows and dull greens and browns dominated and the brilliant reds and rusts and golds were just beginning to peek through the canopy of leaves and limbs.

We were walking down a dirt road, part of our newly initiated fitness routine that paralleled my wife's retirement and her subsequent boredom-beating/health rejuvenation resolution. Her Fitbit had already buzzed, alerting her that she'd already reached her 9,500 step goal, but she was determined to trudge on. Head down, arms pumping, legs lifted high, she trudged on, down the first hill and up the second while I rested on a handy log, the dog curled at my feet panting against the mid-October humidity.

Except for the lack of leaf color, the day was otherwise stunning, the sun streaming through the trees, the sky an ice blue punctuated with dots of puffy clouds like an unreadable Morse telegraph message. The birds were flitting overhead and unseen squirrels and chipmunks rustled the underbrush as they scurried to secret away hoards of walnuts, hickory nuts, acorns and a thousand other edible treasures in their well-hidden subterranean and aerial nests.

It was a great day for daydreams, for lazing on a log and letting your mind roam the woods and fields that bordered the road. A flit of motion at the edge of my vision caught my attention and I turned in time to see a large, brilliantly colored Sycamore leaf floating back and

forth in the light breeze as it slowly descended wherever it had broken off the stem on the tree across the road.

Wafting and wavering as it went, it drifted one way then another, back and forth and back again, it's vertical drop just a fraction of the distance compared to the horizontal distance as it fell.

The dog ignored the leaf completely.

Without warning a medium-sized limb off the same tree detached itself from the trunk and fell to the ground with a resounding crash.

The dog started and stared.

In my mind, however, I began to contemplate the existence of the leaf and the limb. I began to imagine a bud forming in the warmth of the early-spring sun. Drawing sustenance from the stem on a limb, the leaf begins to take form, to grow, much the way we all grow, all of our children and grandchildren grow, little by little, enduring the storms, abiding the wind and the rain and living a leaf's life.

Beside the leaf was another leaf undergoing the same maturation process, and beside that, another and another, and before you know it the whole limb is filled with leaves and the whole tree is filled with limbs full of leaves. Beside that tree is another tree filled with limbs and leaves, and beside that tree is another and another.

And I considered the similarities of our own existence to the leaves'. We are born and our birth is noted by our families and our families are noted by our neighborhood which is noted by the city or the county and ultimately forms into a state and a country and a continent and

a planet and a solar system and a galaxy.

And I considered how small we are, both us and the leaves, in our own little galaxies and worlds, and at the marvel of nature that we were created at all and that we mature and grow, and how we all fit into the whole cosmic scheme for whatever period of time we are granted before fall comes along and we fall like the Sycamore leaf in dizzying circles on the wind or crashing all at once in a thunder like the limb.

The dog, still standing, turned and looked at me, no doubt remembering her own puppyhood and contemplating on the very nature of dogness. She also alerted me to the return of my marching wife who paused to catch her breath after the last hill.

"You ready?" she asked. "It's a good mile and a half back to the car."

She trudged on while I stood.

In a rush of words I began sharing my deep thought, telling her of my musings on the similarities between us and the trees, expounding on the beauty and symmetry of the cosmic experience and how we are one with the universe.

She stopped in her tracks and turned and looked at me as only a wife can ... one eyebrow raised as if to ask, "Have you suffered another ischemic event, dear? Did you and the dog happen to sit smack in the middle of a pile of wacky weed? Have you gone completely freaking bonkers?"

She turned and looked at the trees.

"One with the leaves, huh?" she said with a certain amount of cynicism before she turned back and marched forth.

Undaunted, I let my mind explore

the connection even further as the dog wandered into the weeds and tried to roll in something (probably something smelly) and bent to chew the tops of a patch of tall grass. I wanted to revel in the glory of a fall day; to be one with the leaves; to revel in the joy of pure awareness of exactly where I was in nature's ultimate plan.

I felt a bead of sweat trickle down the side of my face, felt the cloth of my tee shirt damp against my chest, felt the breeze rippling through my hair. I marveled as more leaves fell from the trees, almost like migrating wildebeests crossing the African savanna or flocks of birds swirling in gigantic hoards in their intricate autumnal migration dance.

All too soon we arrived back at the car and drove negotiated our way back to our neighborhood, our yard, our home.

Only to find that as we were walking and resting and contemplating our oneness with nature, the leaves at our home had been on their own autumnal migration and were now swirling in the breeze and forming themselves into large, unsightly piles of dull yellows and greens and browns.

"Still feel like you are one with the leaves?" my wife asked as she jumped out of the car in the garage, grabbed a rake and offered it to me. "Still see the beauty in the cosmic experience?"

She thrust the rake into my hands.

"Hope you and the dog got a good rest back there."

Amazing, I thought to myself in a gestalt moment of realization, just how ugly fall leaves can become when you have a rake in your hands ...

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