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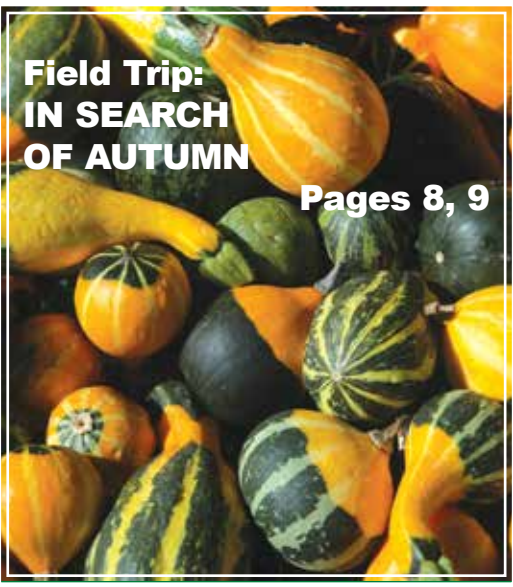
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**To contact Neighbors**  
**(269) 228-1080**  
**(269) 476-1680**

<http://www.cassneighbors.com>  
[sailorphil@philvitale.com](mailto:sailorphil@philvitale.com)  
[jack@beanstalk.net](mailto:jack@beanstalk.net)



# REGIONAL NEWS

### Giveaways planned

The First Church of God, 21083 Spencer Rd. in Cassopolis will hold the annual "Warming Hearts and Hands" giveaway on Nov. 9, from 10 m to noon in the Hardings, Cassopolis, parking lot. The church will also host the Compassion Cupboard food give away on Nov. 16, and Dec. 20, from 9 am to 11 am.

### Holiday Craft Bazaar

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

This free event will feature over 80 crafters, homemade baked goods, unique gifts and seasonal decorations, breakfast, lunch, snacks, and a raffle for beautiful gift baskets. For more information call 476-2159.

### Dowagiac museum lecture

The Dowagiac Area History Museum lecture series continues November 7 with "Michigan's Three Capitol Buildings in Two Capital Cities" by Michigan State Capitol Historian Valerie Marvin; and closes December 5 with "A History of Dowagiac Schools From A-Z" by former Dowagiac Schools administrator Michael Frazier.

The programs are free to museum members and \$5 for non-members. Children under 18 are admitted free. Membership will be available at the museum. The museum is at the corner of Division and West Railroad streets. For information, call the museum at 783-2560 or visit [www.dowagiacmuseum.info](http://www.dowagiacmuseum.info).

### Edwardsburg Museum events

The final exhibit of the Edwardsburg Area Historical Museum's season will open on Nov. 7 with a new 10-foot high Christmas tree. The season will close on Dec. 15.

### Candlelight Christmas Parade

On December 7, at 7 pm, Kris Kringle returns to Dowagiac for the Candlelight Christmas Parade, presented by Borgess-Lee Memorial Hospital and the Chamber of Commerce. Hear the tolling bell of a Town Crier, inspired by the Victorian-era, and attend live performances at Front and Beeson streets.



Members of the Michiana Metro Lighthouse Chorus are working to erase the fingerprints of hunger by holding a fundraiser for area food banks on Saturday, November 10. The Chorus will present Music with a Mission at 6:59 pm at Wesley United Methodist Church, 302 Cedar Street, Niles. Net proceeds from the performance will be donated to food banks in Niles, Buchanan, Berrien Springs, Edwardsburg and Benton Harbor. Attendees are also encouraged to bring a non-perishable food item to donate to a food drive that evening. Music with a Mission will include a variety of music that appeals to all ages, including several patriotic pieces in honor of Veterans Day. General Admission Tickets are \$13 in advance and \$15 at the door and Senior/Student Tickets are \$10 in advance and \$12 at the door. Admission is free for children under age 12. Advance tickets can be purchased by calling 269/471-4559 or 219/362-5141. The Lighthouse Chorus is a local, non-profit cappella chorus that gathers weekly to share their love of singing. The Chorus performs primarily in the four-part harmony of the barbershop style, and their repertoire includes everything from jazz to doo wop. The Lighthouse Chorus has performed through southwest Michigan and northwest Indiana. The Chorus is always looking for new members and welcomes any male who loves to sing to visit Chorus practice on Thursday evenings at 7 pm at the Grace United Methodist Church in Niles. More information on the chorus is available at [www.lighthousechorus.org](http://www.lighthousechorus.org).

While you await the grand procession, savor the sweet delights of street vendors. More than 100 parade entries, featuring lighted floats, costumed characters and marching bands, makes this an enchanting evening you'll long remember. To receive a parade registration form call 782.8212.

### New Exhibition at Lubeznik Center

A new, provocative exhibition at Lubeznik Center for the Arts (LCA) in Michigan City, IN, explores the use of signage, text and iconography to deliver messages of environmental justice, protest, identity, mystery and hope.

From now through January 12, 2019, the center will present its latest exhibition "Waiting for a Sign" featuring artwork from Willie Baronet (Dallas, TX),

Diana Guerrero-Macia (Chicago, IL), Corey Hagelberg (Miller Beach, IN), Cheryl Pope (Chicago, IL), Kay Rosen (Miller Beach, IN), Joel Ross (Champaign, IL), Deb Sokolow (Chicago, IL), and Bernard Williams (Chicago, IL).

Either figuratively or literally, and whether from God or Mother Nature, "Waiting for a Sign" explores the use of signage, text, and iconography — visual images and symbols — in the work of eight contemporary artists.

We encounter signs every day. From billboards to businesses to our own front yards, signage is part of the typical American landscape. The work included in this show marries verbal and visual communication. Considering text as shape, form, and action, the artists use humor, plain text, and provocative state-

ments to engage us.

Other, upcoming events include: On Friday, November 2 from 5 to 8pm (CDT) LCA will host an opening reception for "Waiting for a Sign." Enjoy conversations with the artists, as well as light bites and a cash bar. Admission is free of charge.

On Saturday, November 3 from 12:30 to 2:30 pm (CDT) Willie Baronet will present his feature length documentary "Signs of Humanity." Admission is free of charge. "Signs of Humanity" is a documentary film that explores inter-related themes of home, homelessness, compassion, and humanity. Artist and professor Willie Baronet purchased more than 1,300 homeless signs over the past 24 years, and he uses this collection to create installations to raise awareness about homelessness. During the month of July, 2014, Willie and three filmmakers drove across the country, interviewing more than 100 people on the streets and purchasing over 280 signs.

On Saturday, November 10 from 11 am to Noon (CST) guests can enjoy a curator-led tour with Director of Exhibitions Lora Fosberg. Learn about the artwork and artists' intentions during this interactive tour. Admission is free of charge.

Lubeznik Center for the Arts (LCA) is located at 101 W. Second Street, Michigan City, IN. It is open Weekdays from 10 am to 5 pm (CDT). Weekend hours are 11 am to 4pm (CDT). For more information visit [www.lubeznikcenter.org](http://www.lubeznikcenter.org) or call 219.874.4900.

### Dowagiac Ice Time Festival

Artisans compete for cash prizes, as they create street sculptures from more than 10,000 pounds of ice at Dowagiac Ice Time 2019 on Saturday, February 2 from 9 am - 4 pm

Watch timber and wood carvers, gather 'round the campfire for warm and chocolaty S'mores, or sample southwest Michigan's spiciest chili during the professional chili cook-off. Be sure to arrive early for the Out of Hibernation Sale and the deep discounts shopkeepers offer.

The Chamber of Commerce is the host of the winter arts festival. For more information call 782.8212.

# REGIONAL EVENTS CALENDAR

November 1 - Story Time, 10 am on Thursdays, recommended age 3-5 yrs old, enjoy stories, songs, activity/craft, and more. Cass District Library- Main Library, 357-7822

November 1 - Mah Jongg Game Night, 6 pm on Thursday nights, New adult players welcome! Cass District Library- Edwardsburg Branch, 487-9215

November 2 - Story Time, 10 am on Fridays, recommended age 3-5 yrs old, enjoy stories, songs, activity/craft, and more. Cass District Library- Edwardsburg Branch, 487-9215

November 2 - Infant Story Time, 11 am on Fridays, recommended age birth-2 yrs old, Children are introduced to stories, rhymes, music, and more. Cass District Library- Edwardsburg Branch, 487-9215

November 3 - Annual Holiday Craft Bazaar, Our Lady of the Lake, Edwardsburg, 476-2159

November 6 and 13 - Story Time, 10 am on Tuesdays, recommended age 3-5 yrs old, enjoy stories, songs, activity/craft, and more. Cass District Library- Howard Branch, 487-9214

November 7 - Edwardsburg Area Historical Museum final exhibit of 10-foot-high Christmas tree. Season closes Dec. 15

November 9, 10 - Annual "Warming Hearts and Hands" giveaway, Hardings parking lot, Cassopolis, 10 am to noon

November 9 - 11 - Christmas Open House Weekend, Dowagiac, 10 am - 5 pm, 782-8212

November 16, December 20 - Compassion Cupboard food give away, 9 - 11 am, First Church of God, 21083 Spencer Rd, Cassopolis

November 17, 18 - Deer management program at Spicer Lake, [www.sjcparks.org](http://www.sjcparks.org)

November 20 - Book Club, 10:30 am, New members are welcome, call to find out the book of the month. Cass District Library- Edwardsburg Branch, 487-9215

November 22-24 - All Cass District Libraries are closed for the Thanksgiving holiday. Regular hours resume on Monday, November 26.

November 26 - Lego Club, 6-7:30 pm, Join us for fun Lego building activities, Free to attend! Cass District Library- Edwardsburg Branch, 487-9215

November 27 - Holiday Crafts Family Night, 6-7 pm, A variety of holiday themed crafts and ornaments will be available to create! No registration required. Cass District Library- Mason/Union Branch, 357-7821

November 28 - Holiday Story Time Begins, 10 am on Wednesdays (4 weeks), recommended age 3-5 yrs old, enjoy stories, songs, activity/craft, and more. Cass District Library- Mason/Union Branch, 357-

7821

November 28 - 2019 Annual Budget Hearing and Board Meeting, 6:30 pm, Open to the public. Cass District Library- Main Library, 357-7822

November 29 - Holiday Story Time Begins, 10 am on Thursdays (4 weeks), recommended age 3-5 yrs old, enjoy stories, songs, activity/craft, and more. Cass District Library- Main Library, 357-7822

November 29 - Holiday Story Time Begins, 10 am on Fridays (4 weeks), recommended age 3-5 yrs old, enjoy stories, songs, activity/craft, and more. Cass District Library- Edwardsburg Branch, 487-9215

December 07 - Candlelight Christmas Parade, Dowagiac, 7 - 9 pm, 782-8212

February 02 - Ice Time Festival, Dowagiac, 9 am - 4 pm 782-8212



# PASTA ITALIA CON CHEF DONATO

## Chicken Saltimbocca and roasted garlic mashed cauliflower

by Chef Dennis Bamber

**S**altimbocca literally means "jump in the mouth." This dish is usually made with veal, but veal is more expensive and harder to find, but chicken makes a tasty alternative. You could serve this with pasta, rice, or even potato. Here, I am making it with roasted garlic mashed cauliflower. Easy to make and a great flavorful way to make chicken.

### INGREDIENTS

4 chicken cutlets pounded thin - I take skinless, boneless chicken breasts and cut them lengthwise into 1/2 inch long strips, then pound them with a meat pounder or back of a small skillet into about 1/4 inch thickness.

4 - slices of paper thin prosciutto ham

8 large fresh sage leaves

1 roasted red pepper cut into strips (optional)

4 tablespoons of olive oil

4 pats of butter

Splash of white wine.

1 cup of chicken stock

1/2 cup of Parmesan cheese or thin strips of Fontina cheese.

### DIRECTIONS

1. Lay the prosciutto on the chicken cutlet, followed by the sage leave, the cheese, and the roasted red pepper, roll up, securing with toothpicks

2. Put oil in skillet on medium high heat, and using tongs brown the chicken on all sides and put into a baking dish.

3. De glaze the pan with the wine then add the butter and the stock and reduce slightly. Then pour over the chicken



4. Put in oven with the cauliflower at 350 for about 20-30 minutes.

### ROASTED GARLIC MASHED CAULIFLOWER



### INGREDIENTS

1 head of cauliflower, using only the florets

1 head of roasted garlic



1/2-1 cup of milk

1/2 cup of Parmesan cheese

White pepper to taste

Salt to taste

1 cup of chicken stock.

4 pats of softened butter

### DIRECTIONS

1. Roast the garlic-using a serrated knife, cut the top off of the garlic place on foil, drizzle with olive oil and secure ends tightly, put on cookie sheet in a 350 degree oven and roast for 35 minutes until the garlic softens- let cool, open up and the cloves will pop out with pressure from your fingers from the skin

2. Place the florets in a pot with the stock, cover and cook for 15 minutes or longer until the florets get very soft.

3. Place the florets and stock in a food processor, add all the other ingredi-

ents and blend. Taste for flavor and add more cheese if necessary

4. Put the mixture into a butter greased baking dish and put in the oven with the chicken.

5. Remove toothpicks before serving.

~Boun Appetito

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



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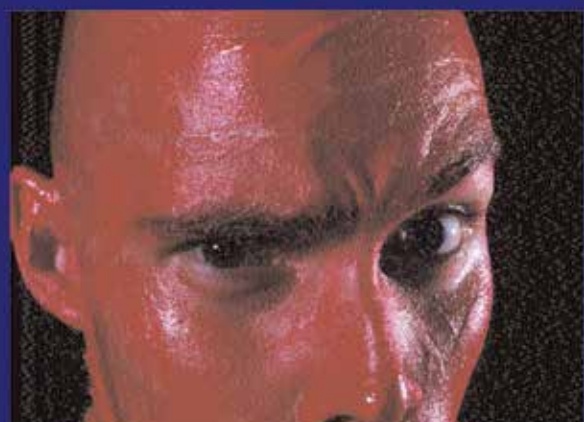


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# TO YOUR HEALTH!

## Busting the myths about dental implants

Despite the vast improvements in dental care, many of us still suffer from tooth loss. Whether from tooth decay, periodontal disease, or injury, losing a tooth has a huge impact on our self confidence and desire to share a smile. For many years, the only treatment options available for people with missing teeth were bridges and dentures. But today, dental implants are available. Not familiar with a dental implant? Basically it is an artificial tooth that your dentist attaches to a small titanium post that is surgically implanted in your jaw. They are designed to match your existing teeth and are safe, comfortable, and attractive.

There are a number of benefits to dental implants over other tooth replacement procedures. They support your existing teeth and help keep them from getting loose. They also allow you to enjoy your favorite meals without any discomfort. They function just like your original teeth. Many patients have reported greater self-confidence after getting dental implants. You now have the self-assurance to share your new radiant smile. And dental implants can help prevent more serious problems down the road. Our jawbone is designed to support a mouthful of healthy teeth. Missing or damaged teeth can erode the underlying bone structure in your jaw that may cause problems later in life.

Despite their recent popularity, there are a number of unfounded myths about dental implants. In this article, we'll examine these misconceptions and see whether they stand up to the facts.



### Myth #1: Dental Implants Aren't Affordable

While dental implants may present a higher upfront cost than other tooth replacement options, that doesn't necessarily mean you can't afford them. When considering dental implant costs, it is important to think about long-term expense.

A dental bridge or dentures generally only lasts for 7-15 years before they need to be re-placed. Because they are designed to last longer, dental implants may offer a better long-term value.

And don't forget that financing is usually available to break the cost of the treatment into manageable chunks. It's also worth noting that over time more insurance companies are providing coverage for dental implants.

### Myth #2: Dental Implants are Painful

While many of us are afraid of oral surgery, nothing is more painful than uncorrected dental problems. Just ask anyone who has suffered from the discomfort and agony of a prolonged toothache. Multiply that pain many times over and you'll have a good idea of what living

with damaged or missing teeth is like. On the other hand, many patients express that receiving their dental implant was simpler and less painful than they had imagined. Most procedures only require the use of local anesthesia to prevent you from feeling pain, but nitrous oxide may also be used to help reduce discomfort and anxiety. Once dental implants are in place, they look and feel just like real teeth.

### Myth #3: Dental Implants Will Rust or Won't Last

Dispelling the myth about rusting is easy. At the heart of every implant is a surgical-grade titanium post, the same metal used to fabricate joint replacements. It will never rust. One of titanium's main advantages is its ability to bond with human tissue. This means that your dental implant will literally become part of your body.

If you are concerned about how long they will last, studies have shown that dental implants have a 98 percent success rate. On the rare occasions that they do fail, the cause can usually be traced back to either another health condition or a mistake made during the implant process. This is why you should only choose a dentist with the proper training and experience needed to perform this procedure. And with proper care, dental implants should last a lifetime.

### Myth #4: Dental Implants Look Fake

Are you concerned that the implanted tooth won't match your other teeth? Nothing could be further from the truth. Modern implants are designed to match

the recipient's surrounding teeth and soft tissues precisely. Your dentist needs to be an expert in the aesthetics of implant restorations. He or she should be able to provide the perfect shape and color match to ensure your implant looks natural. You can then have confidence in knowing that your implant is indistinguishable from a natural tooth.

### Myth #5: Most People Are Not Candidates for Dental Implants

In most cases, anyone healthy enough to undergo a routine dental extraction or oral surgery can be considered for a dental implant. You should have healthy gums and enough bone to hold the implant. It also helps to be committed to good oral hygiene and regular dental visits.

Your dentist will perform a thorough exam of your mouth to determine if dental implants are right for you. Certain factors, such as gum disease or a lack of adequate bone density may mean that you have to wait before you can restore your smile with implants. However, your dentist may be able to address such issues with you on an individual basis.

Hopefully we have busted a few myths and misconceptions about dental implants that have prevented you from enjoying a better smile. Thousands of individuals receive dental implants every year and experience lasting satisfaction with the results. Visit your dentist and get the facts for yourself. You'll look back on this decision with a big smile on your face.

*This article was provided by Roger Pecina of Afdent, 605 West Douglas Rd., Mishawaka, IN 46545, (574) 277-7770.*



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\* Information provided by the Southwest Michigan Association of Realtors (MLS). Sales of inland lake properties in Cass County, Michigan, from 1.1.12 to 12.31.17.



# LAKE LIFE WITH JANE

## Happy November Everyone!

by **Jane Boudreau**

**H**i Neighbors! Is this feeling like fall to y'all? The way our temps were going up and down, the rain and then lack of rain, the excessive wind, when can we just settle in and bask in the crisp, cool feel of fall? And how about a prelude to our nasty Midwestern winters? Please, let's be normal for once, Mother Nature.



Last weekend was great for me, I got so much done outdoors. I busied myself emptying out pots of miserably dead flowers and stored them (clay pots will crack in cold temps so try to get them into your garage or shed). This was a good thing because sometimes I wait until the eleventh hour and then my dainty little fingers aren't so thrilled to be doing this sort of outdoor work. I raked fallen leaves into my flower beds (is that considered the easy way out?) to serve as cheap mulch and we had a much needed outdoor fire in our chiminea. It was a little too windy though, and we had to keep moving our chairs around. But we had a fleeting idea of a little bit more of fall pleasure to come, hopefully. And I didn't have the stuff to make S'mores so we definitely have to have another go at it.



I am a decorating sort of gal, you have to know that by now. Give me a holiday, season, occasion or rainy day, and I'm rearranging everything in the house and making room for this and that. I have a few bins stored away with bits and pieces I like to bring out for fall and other fun times to celebrate, and for autumn I have some pretty large containers. Pumpkins made out of everything conceivable ... plastic, glass, pottery and even velvet. Cute little ceramic squirrels and mini acorn salt and pepper shakers. I sort through things; I have learned that even if you have the energy to go to town

decorating your house like a pumpkin patch, you have to take all that stuff down as well. And then Christmas comes along ... oh man.

This year I went simple. So simple that I barely looked through those bins. Instead I hit the Farmer's Markets (which have now closed) for pumpkins, gourds and squash. Outdoors I used them to jazz up my porch and window ledges along with mums and pots of pansies. You can use haystacks and corn stalks---I love all that but the crazy squirrels just go to town. And I remind you all every fall, if you have pumpkins on display in the fall, even if you are growing them, giving them a good swipe of veggie oil on a paper towel will scare those critters away. I guess they don't like that slippery feeling. I've used Pledge furniture polish in the past, its actually a little more convenient to spray, but whatever you have is fine. Remember to reapply after a rain.



I love doing up my mantel for fall. I'm not decorating so much for Halloween anymore since my kids are grown. But for the little trick or treaters, I use a stencil to cut out little black bats to stick on the front door, and hang some webs and fake spiders off the porch light (sometimes the webs are very authentic!). Anyway, my mantel is just a few things from the good 'ol bins, my houseplants add a little organic feel, and some faux fall flower arrangements are just enough.

If you want to have a cute, inexpensive and easy centerpiece for your dining table, take a look at mine. I had the silver tray from a thrift shop, the ceramic pumpkins go way back, and I spent about two bucks on the pears. I can get about two weeks from the fruit before they have to be tossed; apples, pears, pomegranate ... then I scatter them in the backyard for the squirrels. If you buy your fruit slightly under ripe, it's fine to eat anytime



until it goes super soft.

One of the most enjoyable things for me to do is make some sweets to have on hand, whether it be for the kids or my guy to dig into, its just fun to bake for a celebration; Halloween, fall, November ... think about the last time you really baked. And of course, if you've been reading my column over the years, you know I take the laziest way out and totally try to vamp up the presentation to make up for any lack of flavor. I'm laughing at this because its true. I'm so much better at cooking than baking (in my opinion), but I try. Sigh.



Anyway, today I had the pleasure of baking with my little GrandDarling, Madelyn. She will be two next month and if I may use my grandma rights, she is smart as a whip and I only need to do a few steps with her and then she's a pro. So today we made, and pictured, some fudge I had it in the oven when she got here, but she loved putting it in the papers and sprinkling the powdered sugar. We made chocolate chip cookies and her part was smashing the dough on the baking sheet. Finally, a big bang for your time and buck, candy. I arrange waffle pretzels on a microwave safe platter. Top with 2 or three white chocolate chips (I prefer almond bark, it melts easier and smoother, but my store was out of it), microwave for a minute. The pieces will appear whole but they are actually soft inside, then add some sprinkles, and then the crown, a piece of candy corn. Have you ever wondered what that is made of? That and Milk Duds always stump me. I up the WOW factor by putting everything in little paper baking cups. They are easier to box this way if you are generous enough to want to give some of your sweets away. I can't tell you how fun this was to do with Mad. It brought back a lot of memories of her mama, Emily, and I covered in flour and chocolate, making treats for the holiday or just on a rainy or snowy day.

I have a few recipes for real food, too. You asked and I'm delivering. First a nice cozy, comforting pot of goodness that requires a tiny bit of prep and then a little over an hour in the oven during which you can catch some TV time or a few chapters in your latest book. I stop short of encouraging a nap when your oven is on although that would be wonderful while the delicious aroma of this dish fills your home.



**Baked Chicken & Chorizo Sausage**  
2 T olive oil, divided

1 lb. boneless chicken thighs  
12 oz. soft Chorizo sausage, crumbled  
2 cups medium diced yellow baby potatoes  
One red onion, sliced in rings  
2 t. dried oregano  
2 t. salt and pepper each,  
Zest of one large orange.

In a medium size ovenproof skillet or Dutch oven heat 1 T. of the olive oil over medium heat. Lightly brown chicken thighs about 3 minutes each side. Turn heat off. Add crumbled chorizo sausage, then top with diced potatoes. Layer red onion over, then oregano and S&P. Grate orange zest over the top and then drizzle the remaining T of olive oil. It will look like the above photo.

Remove from stove top to your oven pre-heated to 425 degrees. Bake 45 minutes covered, then 30 minutes uncovered. Serves 4-6.

And now another great recipe that I made last year after Thanksgiving to put that leftover turkey to good use. Do you love chicken pot pie as much as I do? It can be quite time consuming so I put together this easy recipe using left over turkey, which often goes to waste so you can save yourself time and trouble and have your comfort food, too.

Before I give you this recipe, please let's have a pinky promise that when you wrap up your leftovers, you have a separate container for the turkey you want to make sandwiches with (or pick at randomly whenever you open up the fridge) and another for recipes. You will feel better motivated to know you have your 'ingredients' for whatever you want to make with leftover turkey. At least on a psychological level. If you have a ton of turkey, you can easily freeze that for soups, stews, casseroles ... all sorts of things.

I wrote this in a different format that I think makes the recipe a bit more doable. I hope it works for you.



### Simple Individual Turkey Pot Pies

Shred 2 cups of cooked turkey or chicken. Set aside. In a large saucepan saute 2 cloves of garlic and 1 small onion, finely chopped, in 2 T of butter. When onions are softened, about two minutes, add 1 1/2 cups of frozen peas and carrots, stirring occasionally for about 5 minutes. Sprinkle in 1/3 cup of flour, gently stirring for about a minute. Add 1 cup of chicken broth, 3/4 c milk or heavy cream (I used half milk, half cream) slowly, whisking as you go along. As it thickens add 1 T each dried thyme and tarragon and salt and pepper to taste. Add your cooked turkey or chicken and let simmer 2 minutes. Remove from heat and cover. Gently roll out 1 sheet of puff pastry, extending about an inch on all sides. Slice the sheet in four pieces. Spray 4 ramekins, I used these soup bowls, with oil. Ladle in the hot chicken/veggie mix-

*Continued on next page. See:*  
**JANE**



# BUSINESS & FINANCE

## Safety for unoccupied homes starts NOW!

By Charlie Retherford  
Kemner-Iott Benz Agency  
of Cass County

**A**h, Summertime!!! Wait! I must have fallen asleep beside the pool with my beautiful dog, Clyde. I can't believe he didn't wake me up to remind me that winter is almost here. And those horrible four letter words are about to be a very over-used part of my vocabulary. COLD! and SNOW! If I could insert an emoji, you would see an "angry face" for sure. (Of course, I have a couple of co-workers who would use all "smiley-faced" emojis instead.) (Blah, blah, blah to them.) They know who they are ... "Polar-plungers," most likely.

There are many folks out there just like me who love nothing more than escaping Mother Nature's winter escapades. But, when they leave here to head to "parts South", they really have to be careful to protect their homes from Old Man Winter. I have a few ideas on some ways to level the playing field and return to a safe and sound home after your time in the Southern sunshine.

As you know, many bad things can happen to an unoccupied home, especially in the winter. We all worry about fires but water can do just as much damage to a home. And nothing is more attractive to thieves or vandals than a house where obviously no one is home. So, before you leave, here are a

few tips and tricks to minimize your risk of a very UN-happy homecoming:

- Make your home appear to be "lived in". Ask the post office to forward your mail and ask a friend or neighbor to pick up any flyers or papers that may be left on your doorstep. Have snow removed from your walks and driveways after winter storm events. Use exterior lights with motion sensors installed on the exterior of your home; especially for areas not easily seen by neighbors. Invest in some light timer devices that you can program to turn on and off at various times. Be sure you have deadbolt locks on your doors and home-improvement stores also sell slide locks and security hinges for added security with sliding doors, etc.

- Perform winter maintenance to your home prior to leaving for the winter. Make sure there are no dead limbs or trees that may fall on the house (or your neighbor's house) during winter's gusty storms. Be sure your fuel tanks are full and have someone check on them periodically throughout the winter. Make sure any foundation cracks or loose shingles or siding is reattached or repaired. Be sure to close your fire-place flue and a chimney cover will help prevent bats, birds or other animals from entering your home like



Santa Claus. Make sure you don't leave any food in the house that might really attract bugs or small animals looking for food and shelter from the cold. Unplug any unnecessary electronics or appliances. This could prevent power surge damage or even a fire in the event of a water leak or rodents chewing on wires. Turn off ice makers, water filter systems and instant hot water devices and drain any pools or fountains. You will also want to remove any bottles with liquids that could freeze and burst. Even soda pop and other beverages in bottles could make quite a mess.

- Consult with a professional on your circumstances, but your home should be winterized. That will involve turning the water off and draining the pipes, toilets, etc. This will be better left to a plumber if your home has steam heat or a sprinkler system. Also turn off and drain any exterior faucets and have your lawn irrigation systems winterized. Some of you may need to leave the water on and maintain heat in the home to prevent frozen pipes and water damage. You will have to maintain a temperature of at least 55 degrees under most circumstances. You should turn off and drain the water from some appliances like the washing machine and don't forget to turn off the water pipes that supply

your washer. You may want to consider a "best buy" product that will hook into your alarm system or notify you remotely if running water or low temperatures are detected in the home. Have a relative or trusted friend or neighbor check on the house periodically to be sure everything is fine.

- Let the local police department know that you will be away and for how long. They will want your emergency contact information. Be very picky about who you tell of your vacation plans as the fewer people who know about your unoccupied house, the better. Remove or secure any valuables including boats, bikes and other outdoor possessions by locking them in the garage or a shed and covering windows that might allow views inside. For smaller items like jewelry or documents, the best idea is to put them in a safe deposit box at your bank.

A little peace of mind will make your vacation all the more enjoyable and when you return to your home in beautiful Michigan, not only will you be happy, but I will be happy to know that spring has finally sprung! And as a little bonus, most insurance companies offer various discounts for protective devices such as deadbolt locks, central station alarms, etc., so you may want to discuss this with your insurance agent.

Enjoy your vacation. We'll keep Mother Nature busy up here in Michigan!



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## JANE

*Continued from previous page*

ture. Top with puff pastry, pressing sides down around the edges of the ramekin. Brush lightly with a beaten egg. In a preheated oven at 375 degrees, bake for 30-35 minutes, watching so tops don't brown too much. Serves 4.

Finally a great recipe that can be presented as an appetizer or dessert. It's super quick yet looks so sophisticated that your friends will think you slaved over it! Don't be put off by selecting a round (or wheel) of Brie. Some brands can be quite expensive but there are others that are half the price. And puff pastry looks very hard to work with, but not in this recipe. It can be found in your refrigerated section by the pie crusts.

### Brie and Apple Pastries

1 small round of Brie cheese  
2 sheets of puff pastry, thawed (it comes four to a pack)  
1 Granny Smith apple, cored and cut in thin slices  
2 T butter, divided and melted  
1 t sugar

On a lightly floured surface, roll out the 2 sheets of puff pastry together to make an approximate 14 x 14 square. Brush the pastry with 1 T of butter which has been melted in your microwave. Arrange the apple slices in the center of the dough as you desire and sprinkle with the sugar. Fold the pastry toward the center and the apples and twist to make a pouch of sorts. Don't worry about how it looks ... just go for it. Brush the last tablespoon of butter over the pastry. Place on a baking sheet lined with parchment paper (to prevent burning the bottom) and bake at 350 degrees for 1 hour. Serve with crackers. This is

beyond delicious and if you've never had Brie cheese, this is the way to go.

\*\*\*\*\*

Have I mentioned how much I love country life in the fall? The smell of woodsmoke as we rake leaves, long walks in the brisk air, turning on the heat for the first time and starting a fire on the fireplace. Every day is beautiful and rewarding. Every trip down my favorite country roads makes me feel happy and carefree.

I also want to sing the praises of one of our favorite restaurants, one of their advertisement right here in Neighbors, Stacey's over on Eagle Lake in Edwardsburg. We were there recently and had dinner in the lounge area downstairs. The staff is so friendly and fun. Head over there for great food, service and friendly people. We've also been enjoying Fireside not too far away, and a longtime favorite, Eddie's Steak Shed, which is newly renovated and simply called The Shed. If you haven't been, give them a try, and shhhhhhh ... tell them they need to let everyone know how good they are by advertising in Neighbors!

I'll see you next month and by then we will be in full swing with Christmas. How has time passed so quickly? In any event, have a wonderful and very thankful Thanksgiving!

Jane Boudreau is a writer and blogger who lives both in Chicago and on Diamond Lake in Cassopolis, Michigan. Jane writes about her love of cooking, gardening, decorating and everything under the sun. You can reach her at [Blondiesjournal@gmail.com](mailto:Blondiesjournal@gmail.com) or visit her blog at [Blondiesjournals.blogspot.com](http://Blondiesjournals.blogspot.com). All photos are take by Jane Boudreau and can only be used with permission.



# OUR CHILDREN

## Family volunteering - Why don't we \_\_\_\_?

by **SANDY FLEMING**

**W**he don't always think about it, but community service in various forms makes lots of institutions and groups possible. We take many of these groups and services for granted, but there are a lot of organizations that rely on volunteer help to get things done. Most nonprofit agencies, many churches, a lot of community services like food pantries and clothing closets, and even schools, parks, youth organizations, animal rescue agencies and more count on volunteer assistance and donations.

Think for a moment what our community would be like without full-service libraries, schools, parks, sports teams, Scouting, 4-H, and much more. This is what would happen if volunteers suddenly vanished. Once you begin to consider all the service that volunteers provide, it's easy to see how important volunteer service really is.

The catch is that fewer and fewer people are answering the call. True, life has gotten more hectic than it used to be for many adults. People work more jobs with longer hours. Younger adults are caught between raising their own young children and caring for aging parents. Some feel the demands of their social life even prevent them from serving. And as agencies and organizations tighten their financial belts, they seem to want more and more volunteer time, money and energy from this shrinking pool.

Study after study has shown that families who volunteer with their children and parents who set an example of volunteering while the children are young are far more likely to create a "culture of volunteering" in their offspring. Imagine the impact on the world if every family worked to create this willingness to take on some form of community service!

### Benefits of Volunteering

Yes, volunteering does impact family free time, sometimes costs a bit of money, and definitely involves effort. Is it worth it? The research answers with a resounding "yes!" One study from IUPUI ([https://archives.iupui.edu/bitstream/handle/2450/438/31\\_03-C05\\_Family\\_Volunteering.pdf?sequence=1](https://archives.iupui.edu/bitstream/handle/2450/438/31_03-C05_Family_Volunteering.pdf?sequence=1)) surveyed families about the benefits of volunteer service as a family. The list included bringing the family closer together, strengthening family values, self-satisfaction, and bolstering emotional well-being of all involved. Families who volunteer



together also help youth and children learn skills to support employment, give kids a sense of their own self-worth, help children understand privilege, and create a sense of empathy. The families felt they had more social connections, as well. Taking the time to do family volunteer projects has far more benefits than costs, and should definitely be on the list of "family fun."

### Home Projects on Your Own

- If you'd like to start small, here are some ideas to get the family involved in service to the community.
- Gather food for a food pantry, supplies for a homeless shelter, pet supplies or food for an animal shelter and donate to a local organization.
  - Do a Reverse Advent Calendar project: Get a large box or basket and add one item each day in December for your local food pantry. Donate the box or basket right after Christmas, when many organizations are low on supplies after the holidays.
  - Go for a walk through your local park or along a quiet road and pick up trash along the way. Be sure to instruct children about how to do this safely, and always supervise the kids.
  - Have the kids earn some money with chores around the house, then next time you go through the drive through restaurant, use the money to pay the bill for the people in the next car behind you.
  - Have the kids clean their toybox and donate at least one gently-used toy that is no longer wanted to an appropriate organization.
  - Adopt a "grandparent" from a facility that cares for the elderly. Send cards,

- visit when you can, call, and so forth. Collections and Drives
- Feeling a little more ambitious? Try these ideas by reaching out to organizations you are a part of or the neighborhood families.
- Collect books for young children and donate to an appropriate organization.
  - With permission from a business, set up a donation box for purchases and donate to an appropriate organization.
  - Make cards to cheer residents at residential facilities, assisted care facilities, or hospitals. Be sure to get your project approved by the activities director or other person in charge.
  - Collect pet food or care items and donate to the shelter.
  - Collect money for a church project or charity doing a marathon, walk, or other event.
- Sustained Efforts**
- If and when you can make a longer term commitment with your family, think about these volunteer opportunities:
- Lead a youth organization, club or team, particularly one with a focus on service, like Girl Scouts, Boy Scouts, or ongoing church project.
  - Sign up for a regular shift at the local food pantry, clothing closet, thrift shop, Meals on Wheels, or other organization that needs regular, committed volunteers.
  - Commit to visiting a facility that cares for the elderly on a regular basis to play games, sing songs, or just provide conversation with residents who are lonely.
  - Work on community projects to build things or put on events, like community playgrounds, Habitat for Humanity, com-

- munity festivals, and so forth.
- Adopt a park, camp or other area and work with administrators to complete needed projects appropriate for your family's ages and abilities.
  - Help plant and care for community gardens and flowerbeds.
  - Join a Friends group that raises money for an agency you'd like to support. Many nonprofits, such as schools, libraries, and so forth, have companion groups that volunteer to fundraise to help them stretch their budget dollars to provide increased community services.

### And Here's Your Chance to Start!

Saturday, November 17, 2018 is Family Volunteer Day, an annual event to encourage families to try volunteering together. This world-wide event is dedicated to helping families discover the power of volunteering together and supports many projects and organizations around the world. Why not make a commitment this year to take the day on November 17 to try out a family volunteer project? Everyone will benefit, from you and your group to the agency that you choose to support. Kids will learn to value and prioritize community service, and you can help raise a generation of volunteers. Get more information and even perhaps find a group to volunteer with by visiting <https://www.generationon.org/campaigns/family-volunteer-day-2018>.


\*\*\*\*\*

**Sandy Fleming is an educational consultant and private tutor living in Edwardsburg, Michigan. Visit her website at <https://sandyflemingonline.com> to learn more!**


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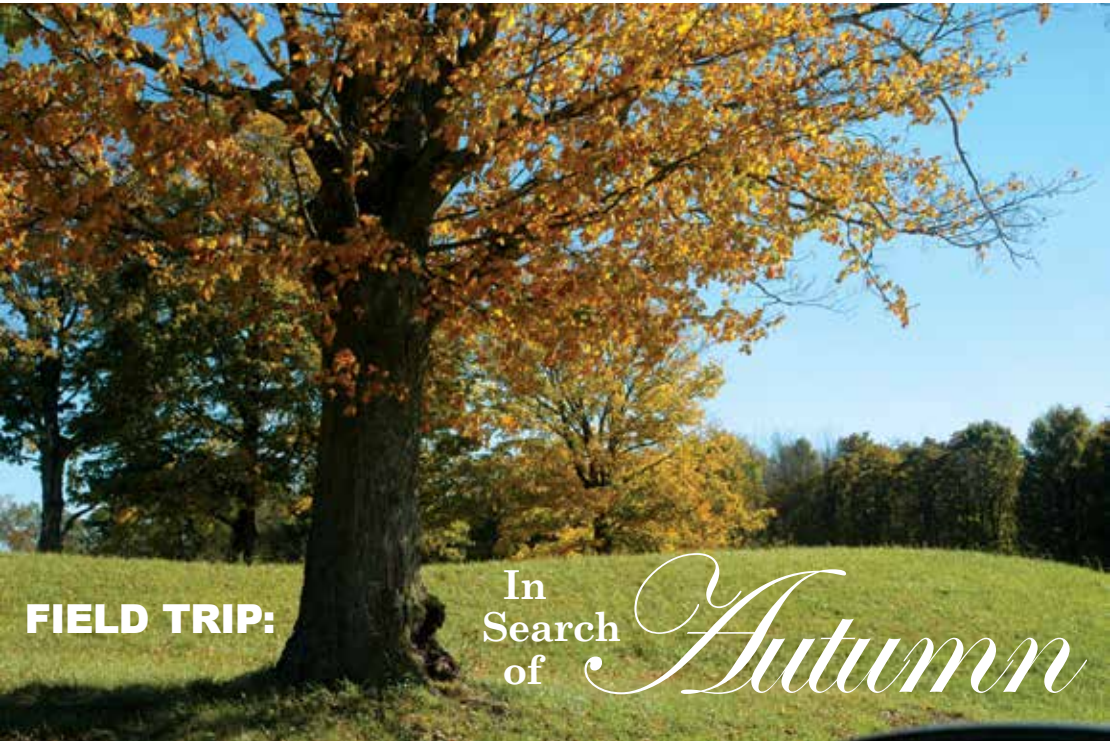
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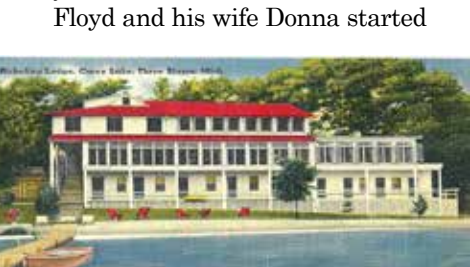
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# HISTORIC POSTCARDS

## 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 web-site: [www.arcadiapublishing.com](http://www.arcadiapublishing.com)

In this edition of Neighbors we have selected postcards showing images of Jones, Corey Lake, and the nearby area. In future issues, we will couple additional cards from one or more of the area's lakes with views of nearby communities, lakes and countryside.



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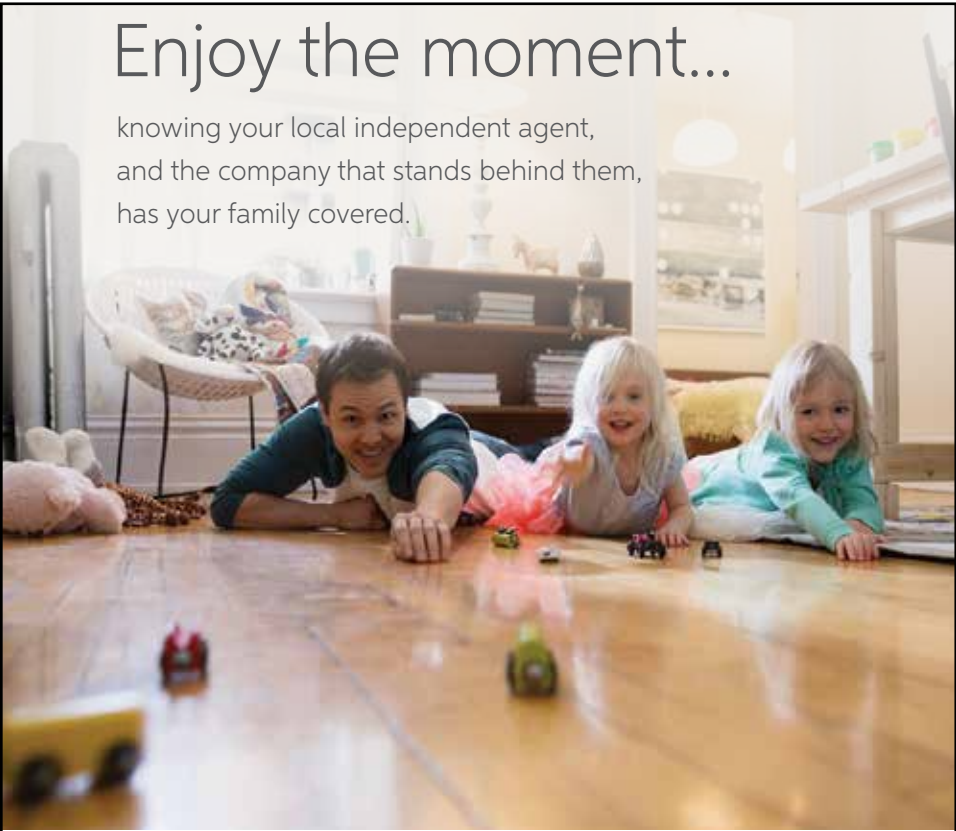


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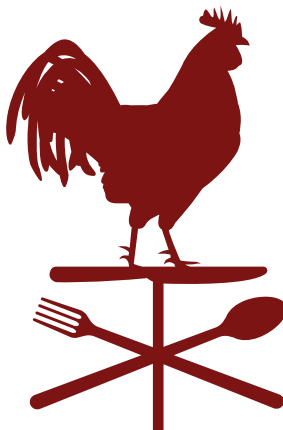
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# NATURE NOTES

## Snow Geese, Pheasants, Hummingbirds

Provided by Cass District Library  
Local History Branch

As we enter the middle of October, waterfowl are passing through the region in good numbers, being forced out of the north by deteriorating weather. One noteworthy waterfowl report was a single snow goose on October 6, located along Buffalo Road in Bertrand Township by Mary Jo Canaday of Berrien Springs.

Snow geese nest in northern Canada along the shores of the Arctic Ocean and Hudson Bay and north of the tree line, on the flat tundra. The species comes in two distinct color phases: white and blue. These two color phases were thought to be two separate species until the 1960s. Formerly the white phase was the snow goose and the blue phase called blue goose. In 1973 the American Ornithologist Union which is the organization that scientifically classifies birds in North America, combined the two phases into one species: snow goose.

Snow geese migrate through Southwest Michigan twice each year, during the spring on their way from their wintering grounds of the southern US, to their nesting grounds in northern Canada, and again in the autumn on their return trip.

The main flight of snow geese through Cass County every autumn occurs between the middle of October through about November 20. A few may stay here during the winter before the geese being to move north in late February.

Canaday's record from October 6 is relatively early, but the species has been seen locally in the past as early as late September.

I would like to thank all those who sent in reports of ruby-throated hummingbirds this past week. On October 9, I received over a dozen reports of the species, still present in Berrien and Van Buren Counties.

On October 10, at least three hummingbirds were still present in Berrien County, including one photographed at the feeder of Fred and Connie Rogers of St. Joseph Township.

As of this writing the vast majority of the hummingbirds that are summer residents, and those summering north of Southwest Michigan, have departed south, however at least a dozen continue to be reported at area feeders.

Over the last 20 years the average day at which the last hummingbird is reported in the fall in Berrien County is October 19. Cass County has a had a few



*Above: Ring-necked pheasant rooster, courtesy United States Fish & Wildlife Service (USFWS), public domain.*

*Bottom left: Ruby-throated hummingbird on October 10, 2018 at feeder of Fred and Connie Rogers of St. Joseph Township.*

*Bottom Right: Snow goose on October 6, 2018 along Buffalo Road in Bertrand Township, By Mary Jo Canaday of Berrien Springs.*

October reports in past years.

The first hard freeze of the fall kills off most flowers resulting in remaining hummingbirds being forced to visit feeders more regularly. It is during this time that species other than our common ruby-throated hummingbirds are noticed.

Only the ruby-throated hummingbirds nest east of the Mississippi River, but several other species native to the west have appeared in Michigan one time or another.

Of the unusual species of hummingbirds, other than ruby-throated, that have appeared in Michigan over the years, the rufous hummingbird is the most frequent visitor. In Berrien County, rufous hummingbirds have appeared seven times spanning 2000-2012, and all during the fall or early winter seasons. Rufous Hummingbirds have turned up in Van Buren County three times between 2001-2012. Rufous hummingbirds range from the Alaskan panhandle, south to California.

No other hummingbird species have been confirmed in Berrien County, but in neighboring Cass County, a Mexican Violetear, native to Central America and non-migratory, was seen at a home in Howard Township during July and August of 1996.

This year, 2018, marks the 100th anniversary of the first successful introduction of the ring-necked pheasant in Michigan.

For most of the 20th Century, the ring-necked pheasant was the most popular game bird in North America, and for several years Michigan was considered one of the best pheasant hunting states.

By the early 1900s, many of our native upland game birds had been wiped out or seriously depleted by loss of habitat in addition to over hunting. The last wild turkeys in Michigan were seen around 1900 in Van Buren County. The greater prairie-chicken was nearly gone from Michigan. The ruffed grouse was difficult to find in the lower half of the Lower Peninsula and thus the state lacked a common upland game bird.

Native to Asia, the ring-necked pheasant was first successfully introduced to Europe during the Middle Ages

during the 1100s, and possibly as early as Roman times. In North America, pheasants were successfully introduced during 1881 into Oregon's Willamette Valley. In Michigan, releases by private game clubs began as early as 1895, north of Holland and in other areas of the state, but all failed to establish the species as a self-sustaining population.

During the early and middle 1910s, eastern states such as New York successfully introduced the pheasant as a game bird, and other states took notice. In 1917 the State of Michigan Department of Game, Fish and Forestry adopted the New York plan of pheasant introduction and built a game farm at Mason, Ingham County. There the state began raising Chinese ring-necked pheasants, and in 1918 began shipment of pheasant eggs and live birds to interested farmers and hunting organizations throughout the state.

According to records kept by the State of Michigan Game Commission (forerunner to Michigan Department of Natural Resources), during 1918, 480 pheasant eggs and 45 live pheasants were shipped to Berrien County. In neighboring Cass County 495 eggs and 72 live pheasants were distributed, and to Van Buren went 510 eggs and 54 pheasants.

On November 1, 1918, the Benton Harbor News-Palladium (forerunner of the Herald Palladium), reported: "The Berrien County Rod & Gun Club are stocking the county with the fowls, three-hundred already being placed. This is the first season for the pheasants and they are to be protected until 1920. They are a hardy game bird and thrive in any climate."

That fall, the Wallace Brothers sporting goods store located on Pipestone Avenue in Benton Harbor had a mounted rooster pheasant on display. To many local residents this was their first look at the new game bird.

According to state Game Commission reports, we know the names of residents that dedicated their farms as temporary wildlife refuges, allowing the pheasant population to establish and grow. The Dickinson family set aside 90 acres locat-

ed at the east end of Dickinson Road in Royalton Township, as was 80 acres in section 9, near Harbert, Chikaming Township. These were just two of several areas

While pheasant introductions were successful by 1919 and 1920, the state Game Commission extended the hunting ban on the bird until October 1925, when the first pheasant season opened in Michigan.

Beginning in 1925 pheasant hunting season in Michigan was celebrated much in the same manner as deer season is today. During the early 1940s and middle 1950s over a million pheasants were harvested annually in Michigan. Between 1940-1964 there was only one year, during 1947, in which the state pheasant harvest was less than 500,000. Today the statewide annual pheasant harvest is below 10,000.

The establishment of the ring-necked pheasant in Michigan 100 years ago was, in my opinion, successful because the state and citizens worked together for a common goal at a time when environmental factors were highly favorable for the species. Farming in those days was not as intense as today and there were smaller farms with more diverse crops. Those smaller, diversified crops were separated by overgrown fence rows which the pheasant and other birds and mammals used for cover from the elements and predators.

In addition to different farming practices, there are other factors which have led to the decline in ring-necked pheasants in Michigan and elsewhere. One such factor is that beginning in the 1960s the lawn tractor has become much more common and thus, acreage that had been traditionally left unmowed is now clean and manicured which is not good for wildlife.

The outlook for the future of the pheasant in Michigan is not all bleak. The Michigan Department of Natural Resources is implementing the Michigan Pheasant Restoration Initiative, allowing citizens to work with the Michigan DNR to help restore, improve and maintain habitat for pheasants and other wildlife.

While Michigan will never see pheasant populations return to the good old days of the 1940s and 1950s, with proper management and cooperation from private groups and individuals, the ring-necked pheasant population will remain steady.



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# THE LAST WORD

## DST, a tale of wasted candles and the cosmic mulligan



gift of time is a very precious gift indeed, and this month we are all the recipients of a special once-a-year gift of an hour that is being added to our lives, no thanks, I'm told, to Benjamin Franklin and the great cosmic mulligan of Daylight Saving Time.

Although Ben is widely believed to be the inventor of Daylight Saving Time (note that there is no "s" at the end of the word "Saving" ... another common misconception), he actually was merely a proponent of a change in sleep schedules. By the time he was a 78-year-old diplomat in Paris in 1784, the man who invented "early to bed and early to rise" is said to have rarely practiced what he preached. Legend tells us that one morning, after being unpleasantly wakened from his sleep at 6 am by the summer sun, the founding father penned a satirical essay in which he postulated that simply by waking up at dawn, Parisians could save the modern-day equivalent of \$200 million through "the economy of using sunshine instead of candles."

Over the years people have made up all sorts of similar malarkey about the virtues and detriments of springing forward and falling back every six months, but most of them have neglected the chief benefit of observing the changing of time, the fact that once a year, we actually get an hour younger for a period of roughly six months ... by setting our clocks back this year on November 4, it's like we get to live one hour of the year all over again.

Of course it's not particularly helpful

that it occurs in the middle of the night. Unless you are so unfortunate as to be an insomniac, a donut-eating night-beat cop at a Dunkin' coffee counter or a devil worshiper engaging in some late-night commerce of trading souls, since most of us will be tucked away in our warm, dark, snugly beds at 2 am on November 4 when the powers that be determine the hour repeats in this abbreviated version of Groundhogs Day ... sort of a wood-chuck hour if you will.

I imagine it would be much more appreciated if this annual re-hour could be a bit more flexible. Just consider for a second (or for an hour if you want) what you could do if you could pick the particular hour that you could take a mulligan on and do it all over again.

On the one hand it might be a good idea if we could use our do-over hour to somehow enhance our lives ... maybe some of us might best use the hour to study for a test or complete a homework assignment (no, nobody's going to believe the dog ate it) or get the oil changed. Nah. Never going to happen ... an hour's way to precious to waste doing things we should do anyway ... that's right up there with paying the taxes on time or sending out thank-you notes (even though they are two weeks late already).

I'm pretty sure that there are those among us who'd find it advantageous if we could use their hour to replace the time we may have once spent foolishly arguing with that police officer standing next to the car holding their driver's license and looking irritated ...

Or how about trading the hour so

you could have balanced the checkbook in place of the hour you spent visiting the quickie loan strip-mall storefront to get enough to pay the fees after the bank somehow misunderstood where the money was supposed to be allocated and bounced 14 small checks instead of the one big one that you weren't sure was going to clear anyway.

It might be nice to have an hour back to drive to the gas station so you could put some air in that low tire (jeeze, do gas stations still have air hoses?) instead of blowing that hour that you wasted alongside the highway changing a flat while 18-wheelers blew past at 80 miles an hour ... or to drive to get gas for the boat rather than spending that hour bobbing in the hot sun while the grandkids whined and argued and threw the knobs off the radio overboard, threw up on the carpet and ate the upholstery while you were wearing yourself out trying in vain to flag someone down to tow you back to the landing.

And of course it might be nice to have spent an hour reading the instructions on how to build that new Ikea furniture the ex brought home instead of wasting the two hours building it wrong, picking it up off the floor after it collapsed and rebuilding it all over again (and still not getting it built right) ... or maybe you could undo that argument that eventually caused your ex to choose to become an ex anyway.

I'm sure my college philosophy professor (the one who taught me all about epistemology by showing me five photos of a blue mailbox) would have loved the

exercise, as I am equally sure that back then I would have given a good portion of my lottery winnings to have not had to spend another hour looking at those damn mailboxes again ... but where I lived back then didn't have Daylight Saving Time so the question never occurred to me then.

I realize while the possibilities might be endless, just as I realize that the idea is as preposterous as trying to decide how I'd use that \$1.6 billion I hoped to win on the lottery (yes, I knew that the odds were calculated at 300 million-to-1, and it made no difference in my Walter Mitty musings), but I just couldn't help but waste the past hour pondering just how I might trade an hour if I could.

And rather than wasting another hour on computer solitaire or grabbing another beer and sofa-spudding a college football game with a pizza-and-Frito sandwich, I'll ponder the relative merits of trading those destructive behaviors for an hour on the exercise bike or an hour of stocking the freezer with Tofu and low-sodium yogurt smoothies.

Ponder being the operative word here ... I'm certainly not going to spend another hour of my precious Saturday lying to myself about whether I might actually do either of those things with my mulligan hour, especially when deep in my soul I know that I'll be much more likely to spend my second-chance hour at 2 am next week deep in sleep, dreaming about how to spend that \$1.6 billion lottery prize I'm counting on.

And I'm pretty sure there won't be a candle burning anywhere to be seen!



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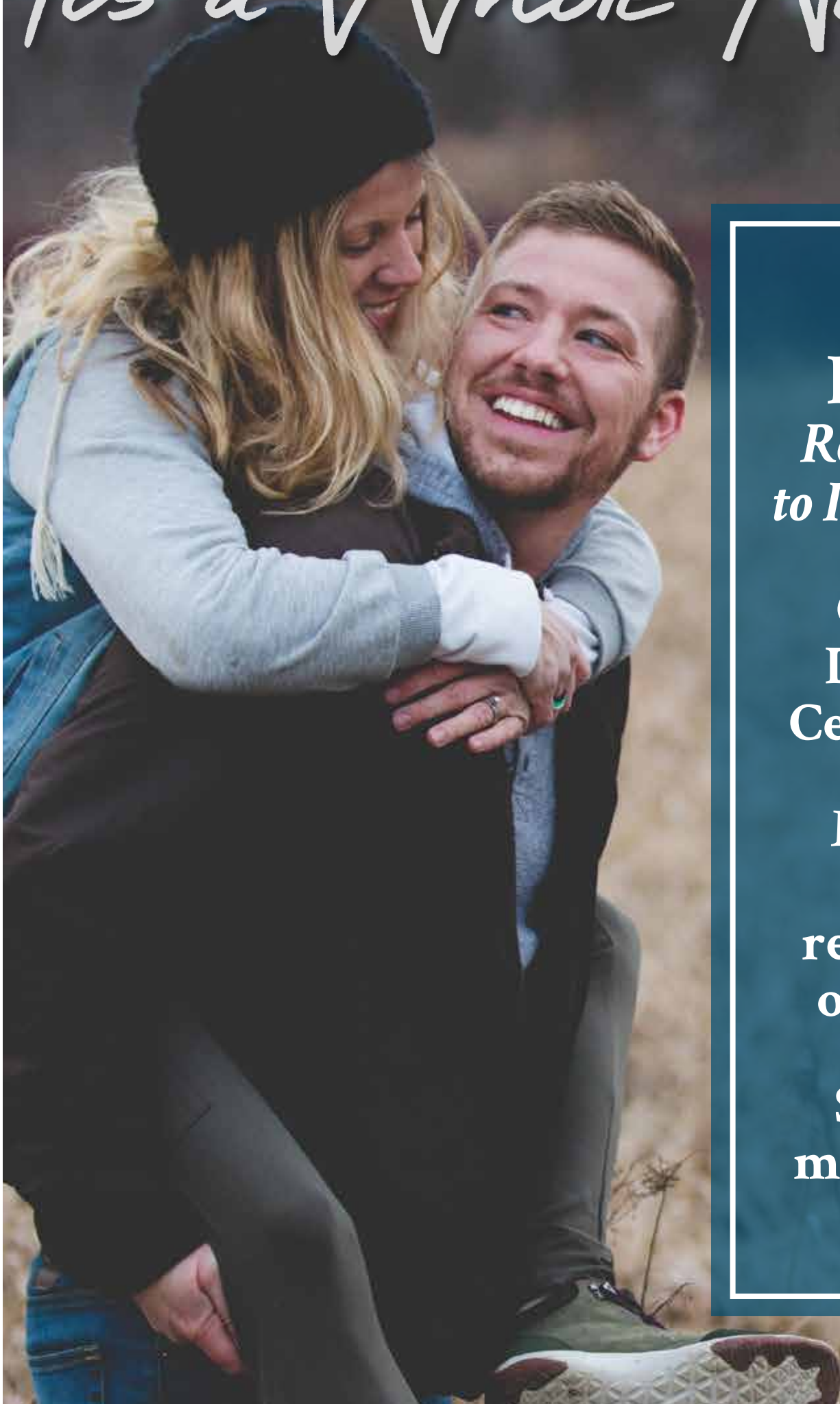
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