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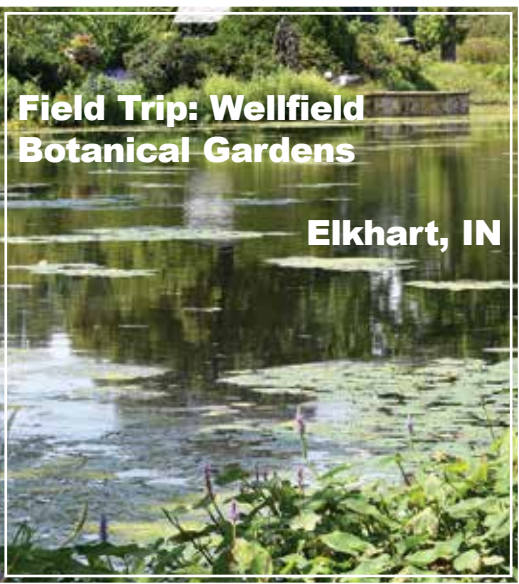
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REGIONAL NEWS

Cass County Medical Care Facility Auxiliary Annual Salad Luncheon

The Cass County Medical Care Facility Auxiliary will host it's annual salad luncheon on September 26, from 11 :30 am to 1 p.m. at the facility at 23770 Hospital St. in Cassopolis.

The luncheon will feature fresh homemade salads, soup, rolls, drink and desserts. Cost will be \$7.

For more information contact Joyce Settle at 445-3198.

Celebrating 36 years of antique engine and tractor shows

SOUTH HAVEN - Giant steam traction engines, old antique tractors, parades, entertainment and more are all on tap for the Michigan Flywheelers Museum's 36th annual Antique Tractor and Engine Show that starts Thursday, Sept. 5

Touted as one of the largest shows of its kind in the state, the four day event, which runs through Sunday, Sept. 8, features displays of antique farm equipment, demonstrations at the sawmill, shingle mill and blacksmith shop, a large outdoor flea market, consignment auction, kids' activities, tractor pulls and plenty more.

Along with the displays of old farm machinery, there are daily parades, valve cover races, consignment auction and one of the more popular activities - eating sweet corn cooked in a 1923 Nichols and Shepard steam traction engine made in Battle Creek.

This year's entertainment includes folk singer Joe Foster, the Casco Band, Ken and Judy Moore's Jam Session,



Hundreds of antique engine and tractor collectors are expected to attend the 36th annual Antique Engine and Tractor Show Thursday, Sept. 5 through Sunday, Sept. 8 at the Michigan Flywheelers Museum in South Haven.

Silver Songs, Kickstart, Hymn Sings and singer Quentin Flagg. The Silver Songs show will take place on Thursday at 8:30 pm, and is a benefit concert for Senior Services of Van Buren County.

Saturday is considered "Kid's Day" at the show. Activities start with a Kiddies Pedal Pull at noon, a sawdust pile treasure hunt at 3:30 pm, and the John

Dudley Magic Show at 7 pm. Tractor games will be held for those children who have access to riding lawn tractors, and returning again this year is the "Kids Night Time Lawn Tractor Cruise" on Friday and Saturday.

One of the popular activities for young and old is the "South Haven Tractor Cruise." Scheduled for 4 p.m.

Thursday, participants drive tractors of all makes and models into South Haven, cruise along the South Beach, and then stop downtown for an evening of dining and shopping.

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

Rustic camping sites are available on a first-come basis. Cost is \$15 per night plus daily admission per person. Pets are allowed with exhibitors, campers and vendors only and must stay at camp site at all times. Personal transportation vehicles, such as golf carts, require a \$15 registration fee. ATVs, dirt bikes and firearms are not permitted.

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

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

Fall Group Hayrides at Bendix Woods County Park

Groups are invited to enjoy the fall beauty of Bendix Woods on a two-hour tractor-drawn hayride. Reservations for the 2019 season are available end of September through November 9th. Timeslots begin at 1pm, 3:30pm, 6pm or 8:30pm. The fee for private party hayrides is \$120.00 for up to 80 people. The fee includes tractor-drawn hayrides and a campfire at the hayride site. A picnic

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REGIONAL NEWS

shelter or building is NOT included. However, on a limited basis, and with an additional fee, you can rent a nearby shelter or building.

To schedule a group hayride please call 574/654-3155. Reservations are confirmed only when payment is received. For more information visit our website at sjcparks.org.

Bendix Woods County Park is located on Timothy Road in New Carlisle, IN.

Barn Swallow Theatre plans three community events

Auditions are in September for Pie Auction and Variety Show, an all-ages, all-acts variety show. Free attendance for the audience! We gladly accept donations for our pie auction. **Auditions** will be September 26 at 6:30 pm and September 28 at 10 am; **Performance** will be November 9 at 7:30 pm.

Christmas Play - Ho Ho Ho The Santa Claus Chronicles

by Pat Cook, Director - Karen Hackel

We join the host for a special live edition of "The Santa Claus Chronicles" at the North Pole just a few days before Christmas. We start with a press conference where Saint Nick's press secretary answers reporters' questions about the jolly guy. What's his favorite food? How does he know who's naughty and nice? We also meet the elves, Eeny, Meeny, Miney, and Sol, who take care of the reindeer, and we hear from the elves who work the gift suggestion hotline. But the biggest mystery at the North Pole is where Mrs. Claus has disappeared to. Just what is she up to? Find out in a surprising ending that will leave a smile on everyone's face.

Auditions for ages 9 to adult will be October 10 at 6:30 pm and October 12 at 10 am; Performances will be December 12, 13 and 14 at 7:30 pm and December 15 at 2 pm.

To Burn a Witch

by James L. Bray, Director - Rich Hackel

Two girls wait in the bare cell room for the questioning to resume. Accused of witchcraft, they are terrified. The Salem community in which they live burns to death those convicted of being "Brides of Satan." Mary refuses to lie - even to save herself - but Ruth, desperately frightened, "confesses." The questioners then turn to Mary, but she cannot bring herself to swear to this lie. Since the two girls have always been so close, the questioners are dissatisfied with the conflicting stories. To save herself, Ruth feigns a seizure in which she deeply implicates her friend Mary. Only one hope remains for Mary now, and in a scene of dramatic power she makes her final choice.

Performances will be October 17, 18 and 19 at 7:30 pm and October 20 at 2 pm.

Beckwith to present Tin Woman

The Beckwith Theatre Company will present "The Tin Woman," a touching comedy by Sean Grennan on September 6-8 and 13-15. Friday and Saturday performances are at 7:30 pm and Sunday matinees are at 2 pm.

The Tin Woman is the story of a woman who receives a heart transplant, her eventual meeting with the family of the donor, and the redemption they are all seeking. Based on a true story, The Tin Woman uses humor and pathos to explore loss, family, and what it means to

be given new life. A great blend of humor and drama, the story is told with sensitivity and much heart.

Tickets are \$15 (call 269-782-7653 for reservations). The Beckwith Theatre is located at 100 New York Ave. in Dowagiac.

Opening night (9/6) wine will be available from St. Julian Winery in Paw Paw. Second Friday (9/13) night beer will be available from Final Gravity Brewing Company in Decatur. The Tin Woman is presented by special arrangement with Playscripts.

For more information call 782-7653, email BeckwithTheatreMI@gmail.com or visit www.BeckwithTheatre.com.

Cass Historical Society programs

The Cass Historical Society has released the following list of upcoming events and programs. All events will be at the Cass District Library, 319 M62 N., Cassopolis, 7 pm, unless noted:

September 17 - Bonine House and Carriage House, Cathy LaPointe, at Bonine House, Vandalia, 7 pm; October 6 - Fall Festival at Newton House, 1-4:30 pm; October 15 - Review of the year, 6:30 pm.

The historic Newton House has open houses from 1-4:30 pm on the first Sunday of each month from now until September.

LCA Presents First Friday Back-to-School Celebration September 6

Looking for a fun, free event to kick off the school year? On Friday, Sept. 6 from 5 to 8 pm, Lubeznik Center for the Arts (LCA) in Michigan City, IN will host its first ever Back-to-School Celebration.

This unique edition of LCA's popular First Fridays program has been designed specifically with families in mind.

"We really wanted to celebrate the beginning of the school year with students and families and thought a First Friday party was a perfect fit," says Hannah Hammond-Hagman, LCA's Education Director. "Our inaugural Back-to-School Celebration provides a free creative evening for kids and families of our community headed back to the important work of studying and growing this school year, and everyone is invited!"

The evening's lineup includes plenty of activities for families to enjoy. Kids and their grown-ups can join in our dance party with music provided by DJ Alfonta Lee of Lee's Beats. Need a break from the action? Check out LCA's colorful summer blockbuster exhibition, The Chicago Imagists: Before and After, which runs through October 19.

In the NIPSCO Art Education Studios, artists of all ages will find opportunities to express their creativity with a variety of artmaking activities throughout the evening, including collaborative hula hoop weaving and making free form sculptures.

As always, complimentary light refreshments will be available, with a number of kid-friendly selections on the menu. LCA's cash bar features both alcoholic and non-alcoholic selections.

LCA is located at 101 W. 2nd St., at the lakefront in Michigan City, Indiana. Admission is free year-round. Gallery weekday hours are from 10 am to 5 pm. Weekend hours are from 11 am to 4 pm. For more information please visit www.lubeznikcenter.org or call 219-874-4900.



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REGIONAL NEWS

Cassopolis kindergarteners to get a kickstart this September

Cass Kickstart to Careers is an exciting new approach to helping students prepare for their future. All incoming Cassopolis Public Schools Kindergarten students will receive an interest-bearing savings account with an initial deposit of \$25 (from monies provided by community donors). Throughout each student's school career, additional deposits can be made by the student, his/her family, community sponsors, foundations or other donors, to create a fund for post-secondary education. The program will be launched next month at Back to School Night by a partnership consisting of the Michigan Gateway Community Foundation, Cassopolis Public Schools, the Greater Niles Community Federal Credit Union, and the Cass Kickstart Committee.

The purpose of the funds is to kickstart career planning. As students watch their funds grow over the years, they will be planning their future. Along with the addition and growth of each student's fund, age-appropriate programming will assist students in learning the importance and value in continuing their education after high school graduation. Additional donations may be awarded when a student meets achievement or attendance goals. Upon graduation funds can be withdrawn by the student and used for college, trade school or skill training. The student accounts are owned and managed by Michigan Gateway Community Foundation and maintained individually for each student. Research shows that children with (Child

Savings Accounts) CSAs are 4 times more likely to pursue post-secondary education. There is no limit to the amount that family members or community donors may deposit into a child's CSA account.

The Cass Kickstart Committee will be working with local community members as well as outside funding sources to assure a steady stream of funding to be invested to fulfill this commitment for years to come. Program guidelines, rules, and FAQ's can be viewed at www.mgcf.org/cass-kickstart-to-careers/. Individuals interested in providing support to Cass Kickstart to Careers can make donations to the Michigan Gateway Community Foundation with the notation of Cass Kickstart to Careers.

Questions regarding the Cass Kickstart to Careers initiative can be asked of committee members: Ruth Andrews, Torie Conner, Rob Habicht, Becky Moore, Felomina Patton, Carmen Peake, Jim Ward, Donna Warren, and Margie Yarger.

Dunes walk scheduled

The public is invited to a free family event on Saturday, Sept. 14 from 1-3 pm. Preserve the Dunes and Chikaming Open Lands will host a guided tour of the beautiful scenery and wildlife at Warren Dunes State Park. The featured speaker is Ryan Postema, Executive Director of Chikaming Open Lands.

"This is your chance to experience the park with an expert who will be able to tell you why the area is unique and show you the rare plants and wildlife found there," says Marcy Hamilton, pres-

ident of Preserve the Dunes. Postema will lead tour participants on a hike through this unique property. After the hike and tour, Preserve the Dunes will be giving away a framed print of a dune landscape by local artist, Randall Higdon.

For the tour, meet at the parking lot on Floral Lane west of Red Arrow Highway (north of the main park entrance). Be prepared – this dune hike will include walking up a sand dune. Dress for the weather, wear sturdy shoes and bring bug spray and drinking water. This event is rain or shine. For questions, you can contact Marcy Hamilton at 269-925-1137, x1525.

This is a family-friendly event, so everyone can experience the amazing dune landscape and the wildlife it contains. So bring the whole family along! Preserve the Dunes encourages you to bring any and all family members--everyone can learn a little about the dunes' ecosystem and share/create some memories.

This tour will guide you through dune ecosystems and you will learn about unique plants and animals as well as the threats of invasive species. "Michigan's coastal sand dunes are truly a world-class natural asset, says Marcy Hamilton, president of Preserve the Dunes. Michigan has the largest collection of freshwater sand dunes in the world. The coastal dunes support more unique species of plants, insects and animals than any other ecosystem in the Great Lakes Basin.

Murals Getting Face lift

After 12 years of the kind of weather

and elements that Southwest Michigan has to offer, the murals on the Cass County Services Building are getting a face lift.

The much-loved murals were originally painted by Dowagiac muralist Jerry Schlundt in 2007 depicting the 1950 Fred Atkinson Chevy car dealership that called the building home. The wrap-around design was painted with cars, trucks, salespeople and customers ... including a gas pump on the back of the building; the artist even intentionally featured his rendition of locally owned vehicles to help the community become personally involved.

Ruth Andrews, local artist, is undertaking the monumental task of repainting the Cassopolis murals. Andrews, the former Cass County Human Services director, is noted for her 67 foot mural along Pennsylvania Avenue in Dowagiac that illustrates the historic Orphan Trains of the 1800's and was the lead artist of the Kentucky Raid mural in Cassopolis. "Jerry is a personal friend of mine, and was instrumental in helping me be able to undertake mural painting, so this is very special to me," says Andrews. "It's great to see all the funny things he painted into the murals," she states as she points out the license plate on the back of the car with his initials and birth year as the plate number; or the package addressed to D. Dickey, the county maintenance supervisor who pioneered the creative idea for the murals in the first place.

Consigned for \$12,000, the original murals were paid mostly through the generosity of an anonymous donor, sever-



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Sponsorship opportunities range from \$100 to \$10,000.

For information about attending or sponsoring the event, contact Heidi at (269) 445-8110 ext. 268 or heidip@casscoa.org.



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REGIONAL NEWS

al local businesses and individuals. According to Jeff Carmen, County Administrator, the current refurbishing will be paid for by donations from the Cass County Board of Commissioners, and elected and appointed department heads. Anyone wishing to be a partner on this project should call Jeff Carmen at 269-445-4484.

Art Barn workshop series set
The Art Barn School of Art, 695 N. 400 East, Valparaiso, IN has announced another season of painting workshops for artists. The 2019 series will be offered over several consecutive days. Workshops are 9 am to 4 pm, with a lunch break from noon to 1 pm. Lunch is included with the cost. Workshops are geared for ages 18 and over. All students must register 30 days in advance with payment to secure their participation. Register on-line at www.artbarnschool.org or call (219) 462-9009. Sessions include:

Basics of Watercolor with Lian Zhen, Sept 6-8, 3-day session, \$200
Zhen teaches basic techniques such as compositions and coloring. The sessions include 4 to 6 demos each day with student practices between, so participants can absorb and assimilate the lessons. Supply list provided prior to workshop. Register by Aug. 6

Creative Color - Loose and Vibrant with Ken Hosmer (Oil & Acrylic), Sept 10-13, 4-day session, \$330
Students of all levels will learn to creatively interpret subjects with color freedom; learn to lead the eye through your painting with light and dark pathways; learn to simplify subjects to create dynamic compositions. Daily painting demonstrations focus on landscape type subjects with animals, figures, buildings or water. Painting demonstrations will be in traditional oil, however students may work in either oil or acrylic.
Register by Aug. 9. For more information or to register, email adavis@artbarnschool.org or call (219) 462-9009.

Edwardsburg Museum
The Edwardsburg Area Museum's 2019 season, continues at 7 pm on Sept. 19, wehn John Sindelar will share his knowledge about tools around the house based on his experience of collecting items dating to 150,000 BC.
The final speaker of the season will be Edwardsburg native Lee Montgomery, who will entertain guests with stories of his growing up years. The interview with him will be at 7 pm on Oct. 17.
The season will end with the Christmas display, "All Dolled Up," which opens on Nov. 6 and will showcase dolls from the museum's collection and from area residents.
The museum will close for the season on Dec. 14.

REGIONAL EVENTS CALENDAR

September 5-8 - Antique Engine & Tractor Show, Thursday – Saturday 8 am to 8 pm, Sunday 8 am to 4 pm, Michigan Flywheelers Museum, 06285 68th St, South Haven, <http://www.michiganflywheelers.org>.

September 6 - First Friday Back-to-School Celebration, Lubeznik Center for the Arts, Michigan City, IN, 219-874-4900

September 6-8, 13-15, The Tin Woman, a comedy, Beckwith Theatre, Dowagiac, 782-7653, <http://www.beckwiththeatre.com>

September 14 - Guided tour of Warren Dunes State Park, 1-3 pm, 269-925-1137, x1525

September 17 - Cass Historical Society program Bonine House and Carriage House, Bonine House, Vandalia, - 7 pm

September 19 - Edwardsburg Area Museum program on the tools around the house, 7 pm

September 24 - 5 pm, National Association of Retired Federal Employees SW Michigan Chapter 572 monthly meeting of the year at the Super Buffet, Benton Harbor (next to Big Lots). All retired/current federal employees, spouses/families welcome. Jean Rowe, 782 2769 or e mail jeanrowe70@comcast.net

September 26 - Cass County Medical Care Facility Annual Salad luncheon, 11 am - 1 pm, 23770 Hospital St., Cassopolis, \$7, Joyce Settle 445-3198.

September 26, 28 - Auditions for Barn Swallow Theatre Variety Show, 6:30 pm on Sept. 26; 10 am on Sept. 28 , 22334 US-12, Edwardsburg, 28-6672, <http://www.barnswallowtheatre.com>

October 6 - April 16 - Cass Historical Society Fall Festival at Newton House, 1-4:30 pm

October 10 - Auditions for Barn Swallow Theatre Christmas Play Ho Ho Ho The Santa Claus Chronicles, 6:30 pm, 22334 US-12, Edwardsburg, 28-6672, <http://www.barnswallowtheatre.com>

October 12 - Under the Harvest Moon Festival, 10 am - 4 pm, Dowagiac, 782.8212.

October 15 - Cass Historical Society review of year, Cass District Library - Main Branch, 7 pm

October 17-20 - To Burn a Witch at Barnswallow Theater, 7:30 pm (except Sunday at 2 pm), 228-6672

October 17 - Edwardsburg Area Museum program on Lee Montgomery stories, 7 pm

October 22 - 5 pm, National Association of Retired Federal Employees SW Michigan Chapter 572 monthly meeting of the year at the Super Buffet, Benton Harbor (next to Big Lots). All retired/current federal employees, spouses/families welcome. Jean Rowe, 782 2769 or e mail jeanrowe7@comcast.net

October 27 - Trunk 'n Treat, 6 - 7 pm, Dowagiac, 782-0000

November 6 - Edwardsburg Area Museum Christmas program, 7 pm

November 9 - Barn Swallow Theatre Pie Auction and Variety Show, 7:30 pm, 22334 US-12, Edwardsburg, 28-6672, <http://www.barnswallowtheatre.com>

November 15, 16 - Christmas Open House Weekend, 10 am - 5 pm, Dowagiac, 782.8212.

November 30 - Small Business Saturday, 10 am - 11 pm, Dowagiac, 782-8212

December 3 - 1:30 pm The National Association of Retired Federal Employees SW Michigan Chapter 572 will hold their annual holiday dinner at Coach's Bar & Grill, Stevensville. All retired/current federal employees, spouses/families welcome, no RSVP needed. No business meeting, new officers will be sworn in. Next meeting is March 24, 2020. For information call Jean Rowe, 782 2769 or e mail jeanrowe70@comcast.net

December 6 - Candlelight Christmas Parade, 7 - 9 pm, Dowagiac, 782.8212

December 12 - 15, Barn Swallow Theatre Christmas Play Ho Ho Ho The Santa Claus Chronicles, 7:30 pm (2 pm on Dec. 15), 22334 US-12, Edwardsburg, 28-6672, <http://www.barnswallowtheatre.com>



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LAKE LIFE WITH JANE

W

by **Jane Boudreau**

Hey Neighbors. August is here and it tugs at my heart a little. It signals the end of summer as the days become shorter and the weather cools off a bit. Kids start going back to school, some very early in the month. When I was growing up (back when dinosaurs walked the earth), we always went back after Labor Day. But it's now that we notice things are quieter; your neighborhood, the stores and shops, your lake--if you live on one. Some people welcome the respite, flaky as I am, I hardly notice when things pick up in May much less fall off in September.

I know we can all agree that July, 2019 was the hottest ever! If it helps you feel less alone, it went on record as the hottest month on record for the entire planet. Whoo, wonder what Mars was like. While I may take it for granted that my home and car are air conditioned, I'm grateful for our awareness that there are folks out there without air conditioning or ways too cool off, and it's life threatening. Tips for staying cool by going to the movie theater or a library, to neighborhood checks on neighbors and the elderly, truly keep us focused less on our discomfort and more on how it affects those with less.

I took the sailboat photo (above center) on Diamond Lake in mid-July and it was definitely a scorcher day. We were amazed how choppy the lake was but the sailboats were having a great time. The hottest weather can bring the child out in all of us. We have a home near us on the lake that is rented out during the summer. I can hear the laughter of the kids while they splash and jump off the water trampoline. Sometimes it's just not enough to be on the water, you have to be in it. Hubby and I recently perused the garage on such a hot day, flipping and flinging inflatables until we found our preference. Then we filled thermoses with our favorite cold beverage and floated in our little bay for almost two hours. It was beyond relaxing. What a life we have on these lakes!



This is my little grandkidlette, Madelyn. Doesn't she look ferocious? She's been infatuated with the original Lion King movie lately, and she pretends to be Simba every chance she gets. At this rate she probably will be king. She is also a fish (like most kids). When she was just crawling, she'd make a beeline for the water while we sat on the beach, much like a turtle. When I watch her playing in the water it takes me back to when her mama was the same age on this very same beach.

At the wedding of my other daughter last month (I shared a photo in last



month's column), a video of the young couple was shared on a big screen. It chronicled their lives, separately from birth, up until the wedding. As I watched the early pictures of Abby move across the screen, I couldn't help but think it looked like she was raised by wolves. She was just six months old when we moved to the lake, and almost every photo was of her playing in the water, or on our beach, snoozing on the boat, or water-skiing. She loved hiking in the woods across the street, and ice skating around our dock where we shoveled off the snow. I love telling the story of how she used to lay at the end of the dock on her stomach, and spit into the water. The blue gills would come up and she'd catch them with her little hands. She was an Indian!



I'd be so proud to say I grew up on a lake, but I'm happy enough to say my kids had that joy and wonder, and their kids will, too.



So now we have to take a stroll around the gardens. My clematis is always a workhorse. I have no idea what variety I have here but it blooms from spring to mid fall. Believe it or not, the trellis is actually an old metal headboard I rescued out of someones weekly trash! It hasn't even rusted after all these years.

So can we put or feet up yet? Heck no, at least not before Happy Hour. Right now I have a ton of cone flowers growing in my flower beds. I'm snipping off the dry heads to keep the blooms strong and hopefully not drop more seed. They have taken over some of my smaller plants. I have a daisy bed and for some reason (maybe some plant food I spoon fed it in April?) they grew about 3 feet high and lush as ever. In thanks, I've been deadheading and pampering them.



They make the prettiest cut flowers for vases. if you want to pick up a mixed bundle of flowers from a shop or your grocery store, just add a few colorful stems to a vase of your own sweet white daisies. They are foolproof to grow.



My lilies are in full bloom now. Not to be confused with day lilies, which I also love, there are so many colorful varieties and are like the cherry on top of the sundae at this time of year when everything is looking a little faded.

So, if you love gardening and puttering around your yard like I do, what should we be doing in August? Well, for me, it usually involves sitting in the shade with a cool glass of Pinot Grigio, but what can we do to stay active and keep that nature-loving momentum going? Well, I've done a little armchair research and I'm going to share a few tips and ideas if you are so inclined to focus on more than lolling around the rest of the month like me.

1) Sounds like a no brainer, but continue to weed and water. I was a bit surprised to learn that weeding at this time of year is easier, and if you do it in the early morning after a good rain or watering, it's a breeze. Your plants and lawn should get at least 1 inch of water per week. I leave that up to Mother Nature or my energy level in dragging out that hose.

2) Keep deadheading flowers (snipping the spent blooms with sharp hand held clippers), and if you use mulch, rake it gently to cover bare spots and replenish if necessary.

3) Lawn care is my favorite past time. I grew up in a little neighborhood where having the most manicured front yard was paramount to the annual Fourth of July Parade, which happened to pass right past my little old house. My dad would even repair the webbing on our metal lawn chairs to keep that curb appeal when we were physically at the curb. Soooooooo, keep the blade of your lawn mower up higher (or tell your service to) so that the grass better retains moisture.

4) Try to water at dawn if possible and saturate the soil. For me this is difficult to determine but you can buy one of those little measuring tubes that poke down into your lawn to measure rain or water.

5) The best tip of all, my own and of which I take full credit: Take off those shoes, stick a daisy behind one ear, and dance around on your sweet soft grass. :)

Continued on next page. See:
JANE

LAKE LIFE WITH JANE

JANE

Continued from previous page

Recipe time! As far as my usually introduction into this month's selection of my tried and true, I am totally focusing on getting the heck back into the kitchen! It's been a long summer and it's hot in front of that grill. And all the running in and out of the house for the forgotten salt or platter, enough. And...I'm totally feeling those extra bits and pieces around my thighs and upper arms from all of the burgers, brats and potato salad, so let's bring on the fish. Quick, simple, healthy, and done right on your stove top without heating up the house. Are you up for it?



Pan Seared Salmon with Sweet & Spicy Glaze

I love salmon but prefer it with some sort of sauce or a lot of seasonings. It has its own flavor that so many love, and some not so much. This glaze makes it a winner all around, and served with a nice mound of sticky rice and sweet carrots, it's a healthy meal.

Marinade:

- 2 T soy sauce
- 2 T olive oil
- Juice of 1 orange
- 3 T rice wine vinegar
- 1/2 t crushed red pepper flakes
- 1 T finely grated fresh ginger**
- 4 six ounce salmon fillets, about 1 inch thick
- Salt & pepper to taste
- 2 T olive oil
- 2 T fresh cilantro, chopped
- 2 T green onions (scallions), chopped

Directions:

Mix all of the marinade ingredients together and place in a plastic bag with the salmon. Refrigerate overnight or at minimum, 1 hour.

Remove the salmon and reserve the marinade. Season the fish with the salt and pepper. Heat the olive oil in a large heavy skillet over medium heat and add the fillets. If they have the skin on***, start with that side first on the heat, it will crisp up nicely and add flavor to the oil. Flip after about 3-4 minutes and cook another few minutes. Remove to a platter and tent with foil to keep warm. Pour the reserved marinade into the pan. Simmer 3-4 minutes until thick and syrupy. Drizzle over the salmon on the plat-

ter and top with the fresh herbs. Serves 4.

**Regarding fresh ginger, it's usually sold near the Asian produce at your grocery store. It's brown, gnarly, and ugly, but it's also heaven on earth in its scent and flavor. The best thing is, you can keep it in a small plastic bag in the freezer for several months and there is no need to thaw it before using. You can easily peel the skin off with a spoon, using it like a vegetable peeler. An inch or so of the ginger is equal to about 1 tablespoon. I like to add a few gratings to my steeping tea and then strain it out. Yum!

***I prefer salmon with the skin on. It seems to add a little bit of charred flavor to the oil. When you remove the cooked salmon from the pan, you can peel the skin off or serve it skin side down and the flesh of the fish scrapes off and tastes deliciously salty and flavorful.



Seared Sea Scallops in Brown Butter Sauce

Up until a few years ago I never heard of browned butter, unless of course you were talking about that less than sweet flavor of butter when you hit the second batch of pancakes or French toast in the same skillet. Get my drift? Making browned butter is really not difficult but you really have to focus and have good timing in getting it off the heat at the right time. If you overdo it, you have to trash it and start over. It's nasty. I'll guide you along in this pretty simple recipe. You'll love the addition of herbs for freshness and additional flavor.

Ingredients:

- 12 large sea scallops, about 1 1/2 pounds, rinsed and dry
- 6 T unsalted cold butter, cut into large, even pieces
- 2 cloves garlic, finely chopped
- 1 T fresh lemon juice
- 1 c fresh basil, roughly chopped

Directions:

After rinsing and drying the scallops and assembling all of the other ingredients, heat the pieces of butter over medium heat in a heavy skillet. Using a

wooden spoon or plastic whisk, stir constantly through the process of butter liquids foaming and then browning, about 3 minutes. Don't overdo it -- it will smoke and start to smell burnt. When it becomes a light brown color and smells a bit nutty, remove from heat and continue whisking an additional minute or so while the skillet cools down. Return to a low heat and add the scallops. Cook approximately 1-2 minutes on each side. Shake the pan to distribute the butter evenly. Remove the scallops with a slotted spoon and keep warm in a shallow dish. Add the garlic and lemon juice to the butter sauce and cook another minute or two. Scrape up the solids and stir together with the browned butter. Pour over the scallops, top with the chopped basil and lemon slices for garnish and serve warm. 4 servings

I love shellfish and have a lot of fun experimenting with clams and mussels. I also prefer white fish so I make a lot of cod, sole, and tilapia quite often. Despite living on a lake, I have never made bass, walleye, or perch. Catfish scares the crap out of me just looking at it. That said, I love looking at ways to really jazz up fish because I can never leave well enough alone. A simple heated salsa over a mild fish is insanely flavorful. I've made a light and crunchy tempura coating for fish that I fry, and top it with a little mix of soy sauce and finely chopped slaw veggies (think red and green cabbage, carrots, radishes...). A recent treat at a nearby Greek restaurant was lightly breaded and sautéed cod with a topping of mashed feta cheese, olive oil, oregano, and a fresh mint garnish. Ooh la la, so Mediterranean! So have some fun fishing this month! And get the h*ll in the kitchen!

Warm White Bean Dip with Onion

Man can't live on fish alone and we

are still doing the entertaining or just noshing on the patio at 4:00 p.m., right? This is a keeper no matter where I bring it or serve it. It's easy, too. Best of all, you can't buy it in a store so it's a home run with everybody!

Ingredients:

- 1 15 oz. can Cannellini beans
- 1 c. shredded Asiago (or Parmesan) cheese, divided
- 2 c. finely diced yellow onion
- 1/4 c. plain Greek yogurt
- 4 t. olive oil, divided
- 2 T. minced garlic
- 2 t. dried rosemary or 2 T fresh
- Salt and pepper to taste

Directions:

1) Sauté onions in 2 t. olive oil over medium heat for about 5 minutes or until soft. Set aside.

2) In food processor or blender combine beans and yogurt. Pulse until smooth. Add S & P, remaining 2 t. olive oil, garlic and rosemary and 1/3 c. Asiago cheese. Pulse until smooth and creamy.

3) Transfer bean mixture to a shallow ovenproof dish. Top with half the onions, half the remaining cheese and then repeat. Bake at 450 for ten minutes. Serve hot or at room temp with crackers, toasted bread or crudités. YUM!!!!

Enjoy your August. Work, play, float, dance. Eat some healthy food while you can still work it off while watching your sprinkler hydrate the lawn. I'll be back next month with more seasonal drivel.

~Jane x

Jane Boudreau is a blogger, writer and columnist who splits her time between Diamond Lake, Chicago, and North Carolina. All photos are her own and should not be used without permission. You can contact Jane at blndy9@yahoo.com



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Kim LaSata, Michigan Senator 21st District

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Aaron Miller, U.S. Representative

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

Dave Pagel, Michigan State Rep.

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

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

PASTA ITALIA CON CHEF DONATO

Spaghetti Alla Chitarra con Aspirigi

by Chef Dennis Bamber

This recipe uses a special pasta called Chitarra. Chitarra is the word in Italian for guitar. It is called Chitarra because it is cut on a device that uses guitar wire, or strings. The pasta is not round but is actually square. This sauce uses a pureed asparagus, and I feel the square cut of the pasta adheres to the sauce really well. This dish is finished with crumbles of crisped prosciutto.

INGREDIENTS

- Prosciutto- 6 thin slices or one package
Asparagus- one large bunch, about 15-20 stalks or more
Cherry tomatoes- 2 1/2 cups sliced in half and seeded
Parsley - one cup chopped
Shallots- 2 peeled and chopped medium fine
Garlic- 4-6 cloves, peeled and chopped medium fine
1/2 cup of extra virgin olive oil
1 pound of Chitarra
2 pats of butter

Serves 3-4 as main course; 5-6 as an appetizer or first course

DIRECTIONS

Step 1- Crisp the prosciutto- lay the prosciutto into a large stick free skillet on medium high heat. You won't need oil as the fat from the prosciutto will suffice. It will take 3-4 minutes on each side. You notice the prosciutto start to crisp on one side, then turn.

Drain on paper towels when crisp, and when cool, roll the paper towel up into a ball and squeeze it in the towel until it crumbles. Put in a bowl to garnish the pasta.

Step 2- Make the asparagus puree. Bring large pot of water that we are going to cook the pasta in to a boil. Cut



about the lower 2 inches of the asparagus, the tough ends and discard. Then cut the next 3-4 inches of the asparagus and put into the boiling water. Boil for about 10 minutes or longer until the asparagus is very soft. Remove with a slotted spoon and put into a food processor. Add a scoop of water from the pot and puree. Save the asparagus water as we are going to boil the pasta in this water that we just cooked the asparagus in.

Cut the tips and remaining stems into 1 inch pieces to saute later.



Add the olive oil into a large deep skillet and turn on to medium high. Add the chopped shallot and garlic and cook for about 4 minutes until they start to soften. Next, add the asparagus tips and stems and cook a few minutes more. Then add the tomatoes and parsley and cook until the tomatoes

start to soften and the asparagus is cooked to your desired texture. Add one or two pats of butter to help bind the sauce. (Optional)

Return the asparagus water to a boil, add 3-4 tablespoons of salt and cook the Chitarra until 2 minutes less than "al dente". Drain and put back into the pot and add the asparagus puree and toss well until the pasta is well coated. Then put the pasta into the skillet with the sauce and toss some more.

Put the pasta into bowls, spoon more of the sauce on the pasta, then top with the crisped prosciutto crumbles and serve with Parmesan cheese on the side.

Option 1- if you want to make this dish a rich appetizer or first course, you could add a cup of cream or half and half to the pureed asparagus in place of the water from the asparagus water. Spaghetti will work very well if Chitarra is not available. Either way, it's DELIZIOSO.

~Buon appetito

Dennis Bam-

ber 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.



BUSINESS & FINANCE

The Housing Market in Cass County & SW Michigan

Overall home sales in July fell 15 percent from what sold in July 2018 (58 vs. 68). Sales of waterfront houses dropped 8 percent (22 vs. 24). Non-waterfront home sales decreased by 8 houses for an 18 percent drop from July 2018 (36 vs. 44).

Year-to-date, overall housing sales in Cass County were down 10 percent (341 vs. 381) as a result of fewer waterfront house sales. Waterfront home sales, year-to-date, were down 23 percent (82 vs. 107). Non-waterfront housing sales, year-to-date, were down 5 percent (259 vs. 274).

The overall average selling price rose for five consecutive months and peaked in May at \$271,616. In June, the overall average selling price dropped to \$222,374 and in July fell again to \$217,172. The overall average selling in July 2019 was 3 percent lower than the \$224,506 price in July 2018.

The overall median selling price has not been consistent throughout the year but also peaked in May at \$197,500. In July, the overall median selling price was \$170,000. This price was 5 percent lower than the overall median selling price of \$179,450 in July 2018.

The average selling price for waterfront homes decreased 10 percent to \$310,536 from

\$345,650 in July 2018. The median selling price slipped 2 percent to \$298,000 from \$305,000 in July 2018.

The average selling price for non-waterfront homes in July saw a 1 percent increase to \$160,117 from \$158,428 in July 2018. The median selling price rose



6 percent to \$125,000 from \$118,475 in July 2018.

The median price is the price at which 50 percent of the homes sold were above that price, and 50 percent were below.

In Cass County, 2 houses were bank-owned or foreclosed houses as a part of all closed transactions in July for 3 percent of total houses sold. The highest percentage in July previously was 16 percent in 2016.

For comparison, the number of bank-owned or foreclosed homes as a percentage of all transactions in Berrien, Cass and the westerly 2/3 of Van Buren Counties dropped to 3 percent for the second time in 2019. The percentage also was 3 percent in April 2019. This was the lowest percentage since 2009. The previ-

ous lowest percentage in July was 4 percent in 2018 and 2017. The highest percentage in July was 35 percent in 2009.

The housing market across our area in July took a step backward from a year ago, dropping 19 percent (317 vs. 390). July home sales also fell 14 percent from sales in June (317 vs. 367). Year-to-date, the number of houses sold was one house higher in July 2019 (1986 vs. 1985).

The average selling price in July 2019 for houses sold in our area was \$251,423 compared to \$228,965 in July 2018. Year-to-date, the average selling price increased just 4 percent (\$236,199 vs. \$226,218).

The median selling price soared 21 percent to \$200,000 in July 2019 from \$165,750 in July 2019. Year-to-date, the median selling price rose 9 percent

(\$174,700 vs. \$160,000).

Even with the increased selling prices, the decline in number of home sales lowered the total dollar volume by 11 percent (\$79,701,398 vs. \$89,296,357). Year-to-date, the total dollar volume was up 4 percent (\$469,092,976 vs. \$449,043,822).

The median price is the price at which 50 percent of the homes sold were above that price, and 50 percent were below.

The inventory of houses for sale dropped 3 percent below that in July 2018 (1840 vs. 1892). At 1840 houses, the market had a 7.4-months supply of homes for sale. In July 2010, the market had 18.1-month's supply.

Overall in SWMI, the mortgage rate decreased to 3.961 from 4.026 in June. Last year in July, the rate was 4.68. Nationally, the Freddie Mac mortgage rate in July increased slightly to 3.75 from 3.73 in June for a 30-year conventional mortgage.

This data reflects home sales across Berrien, Cass, and the westerly 2/3 of Van Buren counties and should not be used to determine the market value of any individual property. If you want to know the market value of your property, please contact your local REALTOR®.

To view properties that are for sale in your local area, go to www.michic.org and click on "Property Search". The Southwestern Michigan Association of REALTORS®, Inc. can be contacted at 269-983-6375 or through their website at www.swmar.com.







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BUSINESS & FINANCE

The basics of business insurance

By **Charlie Retherford**
Kemner, Iott, Benz Agency

Are you thinking of starting your own business? Are you an established business owner who has an insurance review planned for the near future? Do you have a small, home-based business?

If you answered yes to any of those questions, the following information may be valuable reading.

From the moment you start a business, you expose yourself to certain risks. One lawsuit could destroy your business and any chance you have of becoming a successful entrepreneur; not to mention the possible loss of personal assets.

Business insurance consists of coverage for various types of risks and can be tailored to your needs. As an example, most businesses will need liability coverage, but not all businesses will need equipment coverage. A business with employees or sub-contractors will need Workman's Compensation insurance; a business with neither may not. In general, a commercial auto policy is necessary if a vehicle is used in tasks related to the business.

General Liability protects you in case of bodily injury or property damage caused in some way by your business, and you will want to consider Property coverage for any structures used in your business, business personal property, special equipment, stock, etc ...

We have already mentioned Workman's Compensation Insurance and Commercial Auto Insurance. Most com-



panies offer Professional Liability Insurance (errors and omissions) which protects you from negligent claims due to harm caused by your mistakes or failure to perform.

You can also purchase product liability insurance to protect yourself from damage or injury claims that occur as a result of safety issues associated with your products or completed operations.

Coverage for loss of income due to a disaster is also available. If your business were to close for a period due to a claim, would you be able to survive that loss of income? Business interruption insurance can help under many circumstances.

Maybe you have a small, home-based business. Some people mistakenly believe their home-owners policy will provide all the coverage they need because they only work from home. There is actually very little coverage on a home policy for business-related risks, and strict limits for damaged or stolen property used at any time, in any way for

business purposes. Your homeowners liability may not extend to business-related losses, and of course there would not be coverage for loss of income, professional liability, etc.

Depending on what type of business you are operating from your home, you may be able to add some basic business protection as an endorsement to your home policy. If you have customers coming to your home or other specific risks, you should discuss the protections of an actual Business Owners Policy with your insurance agent. It is very important to get the advice of an insurance professional to be sure you do not have coverage gaps.

As a business owner, reviewing your insurance policies on an annual basis is one of the most important things you will do each year. Everyone is busy and clearing your schedule to meet with your agent may seem like the last thing you have time for but ask yourself a few questions:

1) Have you purchased or moved to a

- new location?
- 2) Have you hired more employees or have you had the need to hire sub-contractors?
- 3) Are you offering new or different products and services?
- 4) Did you purchase any new equipment or new vehicles?
- 5) Has your business grown or have you started to scale back?
- Have you taken steps to minimize your risk as a business owner?
- 1) Do you have safety procedures in place for you and your employees?
- 2) Do you verify that sub-contractors have insurance of their own?
- 3) Do you have a maintenance program for all your vehicles, machinery and equipment?
- 4) Do you have any form of security surrounding your property?
- 5) Do you provide on-going training for your staff?

Answers to these and other questions will help your agent determine whether you have adequate and proper coverage to protect your assets. Protecting your assets is what insurance is all about.

Insuring your home or personal autos may seem relatively easy but due to the complexity and additional risk factors associated with your business, make sure you consult with an insurance professional. Feel free to stop in or call us for all your insurance needs or questions. We are happy to help.

All of us at Kemner Iott Benz wish you the best success in your business endeavors.



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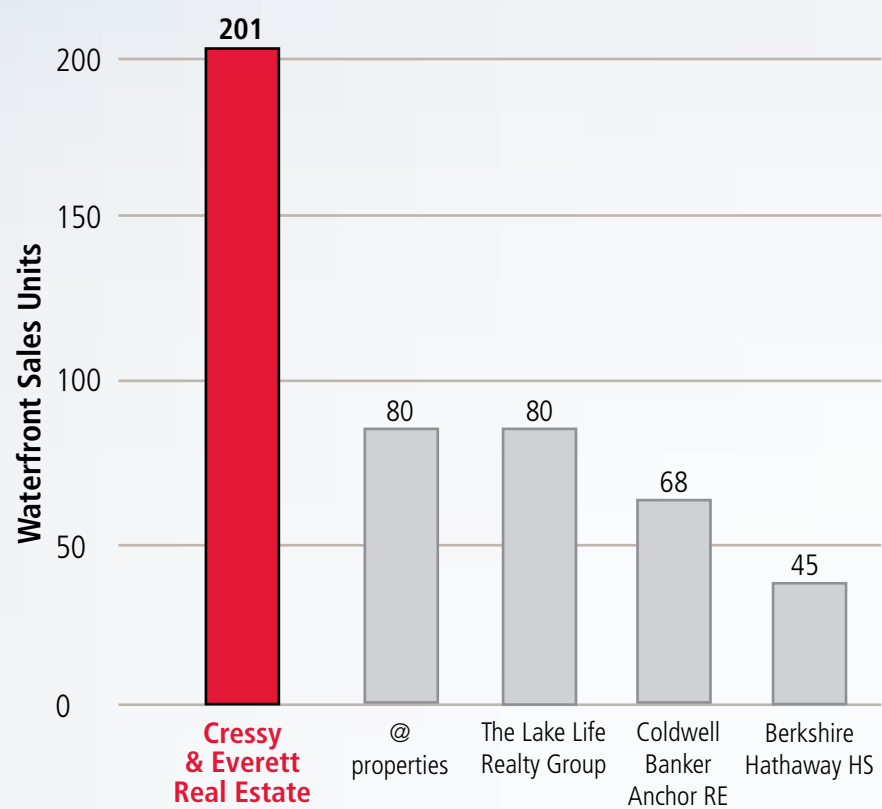
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OUR CHILDREN

It's all about the Zzzzzzzzs

by **SANDY FLEMING**
With the school year just starting up, this is a great time to examine your children's health habits. Start the year off right by taking a close look at how everyone is sleeping.

The American Academy of Pediatrics estimates that about 1 in 10 children are sleep deprived. This percentage rises to 50-75 percent of kids who have mental health disorders or neurological problems. Why is this a concern? Sleep deprivation leads to underperformance in school, accidents, depression, relationship and interpersonal problems, and a host of other difficulties. It's important to build good sleep habits, not only because your youngster will feel better, but also because they are creating behaviors that will stay with them for life.

How Much Sleep is Enough?

It's fairly common knowledge that adults typically need 7 to 9 hours of sleep per night to stay healthy and be at their best. And when that minimum is not met routinely, other health and life problems arise, like irritability, obesity, poor performance and more.

The American Academy of Pediatrics says that infants from birth through age 1 need 12-16 hours of sleep per day. Children from 1-2 years need 11 -14 hours daily. Three to five year olds need 10-13 hours and six to twelve year olds need 9-12 hours daily. Teens need 8-10 hours. You can see why young children are encouraged to take naps!

The first thing to consider when examining your child's sleep schedule is whether there is enough of it. Is he or she in bed long enough to cover the recommended sleep hours? For a toddler or a preschooler who needs to be up at 6:00 AM to go to daycare, this means going to bed at about 7:30 PM regularly. If your schedule demands an even earlier wake up call, the bedtime should also be adjusted accordingly.

What about school aged children?

The experts recommend you make sure they land in bed by 9 PM at the very latest for a 6 AM wake time. They very well may need to be in bed and asleep as early as 7! And those teens, they often need reminded to get enough sleep. Doctors recommend they be sleeping no later than 10 PM and perhaps as early as 8 PM if they need to get going by 6 AM to catch the bus.

And the older the kids get, the more difficult it is to monitor their sleep habits, but it remains important. Left to their own devices, many kids and teens will stay up until all hours watching television, interacting on social media, or playing video games. If you allow devices in their bedrooms (and you should likely consider NOT allowing them! More about that later.), at least be sure everything is shut off at a reasonable hour to allow for a good night's sleep.

Quality as Important as Quantity

Simply putting your child in bed at the appointed time and making them stay put isn't actually enough. The rec-



ommendations are for SLEEP time, not time spent in bed. If your child is up and about frequently in the night, if they get up in the middle and play awhile, or if they even are hugely restless all night long, it's time for some investigation because they may not be getting the amount of sleep they need for optimum health and functioning.

How to Help a Child Sleep Better

- Set and keep a sleep routine. No matter what a child's age (or any person's age for that matter), a regular sleep routine is crucial for getting the right amount of rest. Regular bedtimes and regular wake up calls are very, very important, even in the summer months when there is less of a family routine for school. Babies and young children also will need a regular naptime routine. It's much easier on everyone if naptime happens at 1 PM without fail than if it varies by day or circumstances. If your child is at daycare during nap time, have the teachers give you daily updates about the times sleep happens, then on the weekends make sure you stick to the same schedule. Yeah, it can be a bit less than convenient, but it's one key to helping your youngster learn to maintain a healthy sleep schedule. And no, napping in the car seat or stroller is really not "just as good." Everyone rests more fully in their own bed, so unless the circumstances are exceptional, try to make it home in time to put the baby down.
- Set up a bedtime routine and stick with it. Whatever you choose to do with the kids before bed, keep it consistent. The little rituals that you develop, like bath time followed by snack followed by a story and a kiss goodnight, all help your child get mentally ready for sleep. If you stick to the routine, your child is much more likely to fall asleep once he or she lands in bed. And here's a hint: make your routine portable. Choose activities that you can do anywhere, not just at home. Let all of the caregivers take turns putting baby to bed, too, so that eventually any adult (like a sitter or grandparent) can take over.
- Make sure there is a great sleep environment. The Sleep Council recommends a temperature of around 60-65 degrees for most people, and warmer for

the very young and the elderly. Appropriate sheets and blankets help, too, for cool or warm nights. The room should be fairly dark or completely dark because our bodies interpret light as a signal to wake up. Light causes chemical changes that depress the chemicals we need for sleep and activate the energizing chemicals we need for wakefulness. Mattresses should be supportive and comfortable. Check them frequently, especially if children are experiencing sleep difficulties. Worn out mattresses can be quite counterproductive when it comes to a good night's sleep. Keep the sleeping area quiet, too. Loud, repetitive, or sudden noises wake people up pretty thoroughly, so avoid this as much as possible.

- Relax before bed. The hour or two heading up to bed time is not the time for rough and tumble play, for stressful discussions, or for challenging homework. Instead, help children discover wind-down routines that make it easy to fall asleep when the time comes.

- And avoid the pitfalls of electronics before bedtime. Scientists have discovered that the favorite gadgets (tablets, e-readers, phones, computers, game consoles, and so forth) give off a unique type of light that is very counterproductive to sleeping. The light has a bluish cast to it, and it is even better at activating the wake-up chemicals than regular light. Put the kibosh on using devices of any kind in the bedroom, and start turning things off and shutting them down at least an hour before bedtime.

Help for Sleep Problems

So, what can a parent do if their child is already having sleep issues? How can you begin to fix the problem? First of all, it's important to see a doctor and make sure there are no physical issues disrupting sleep. Countless conditions, like ADHD and anxiety, as well as physical problems like discomfort or stomach problems, can turn out to be the root of sleep issues. Get a physical for yourself or your child to rule out any possible physical concerns, and be sure to tell the doctor why you are wondering. What sort of sleep problems are you experiencing or noticing? Some people have a great deal of difficulty falling

asleep, some wake up way too early on a regular basis, and still others have very fitful or restless sleep with lots of waking during the night.

Once you rule out physical concerns and get a doctor's permission, try to implement the suggestions for developing good sleep habits. Set a regular schedule and stick to it. Make the bedroom comfortable and keep it as a place of positive associations (i.e. don't have your child spend time in there punitively on a regular basis), figure out workable wind-down and bedtime routines, and ditch the electronics at least an hour (or more!) before bedtime arrives.

Some are helped by lamps or light systems that automatically dim at night and brighten in the morning. These lights mimic sunrise and sunset, which should be triggers to your body's chemical systems to produce the right chemicals at the right times.

Monitor the foods your child eats throughout the day, but particularly in the afternoon and the evening. Caffeine and sugar are the usual culprits, but some families have reported problems with specific foods or ingredients disrupting kids' sleep. Look for patterns and see what you find.

And one sure-fire strategy you can use with kids from about age 2 or 3 onward is to teach some simple relaxation strategies. Try teaching children to hold muscle groups stiff and strong for a count of 20, then intentionally release them. Start at the head and face, then work your way down to the toes. Try visualizing a relaxing sensation or scene, like floating on a cloud or lying in the sun on a warm beach. Some respond well to nature recordings or white noise recordings played until they fall asleep.

The long and the short is that sleep problems are not inevitable nor are they insurmountable. Help your child develop good sleep habits and you will be setting him or her up for a more healthy and successful life.

Sandy Fleming is an educational consultant, writer and tutor in Edwardsburg. Check out her website for more great information about helping children learn at <http://sandyflemingonline.com>.

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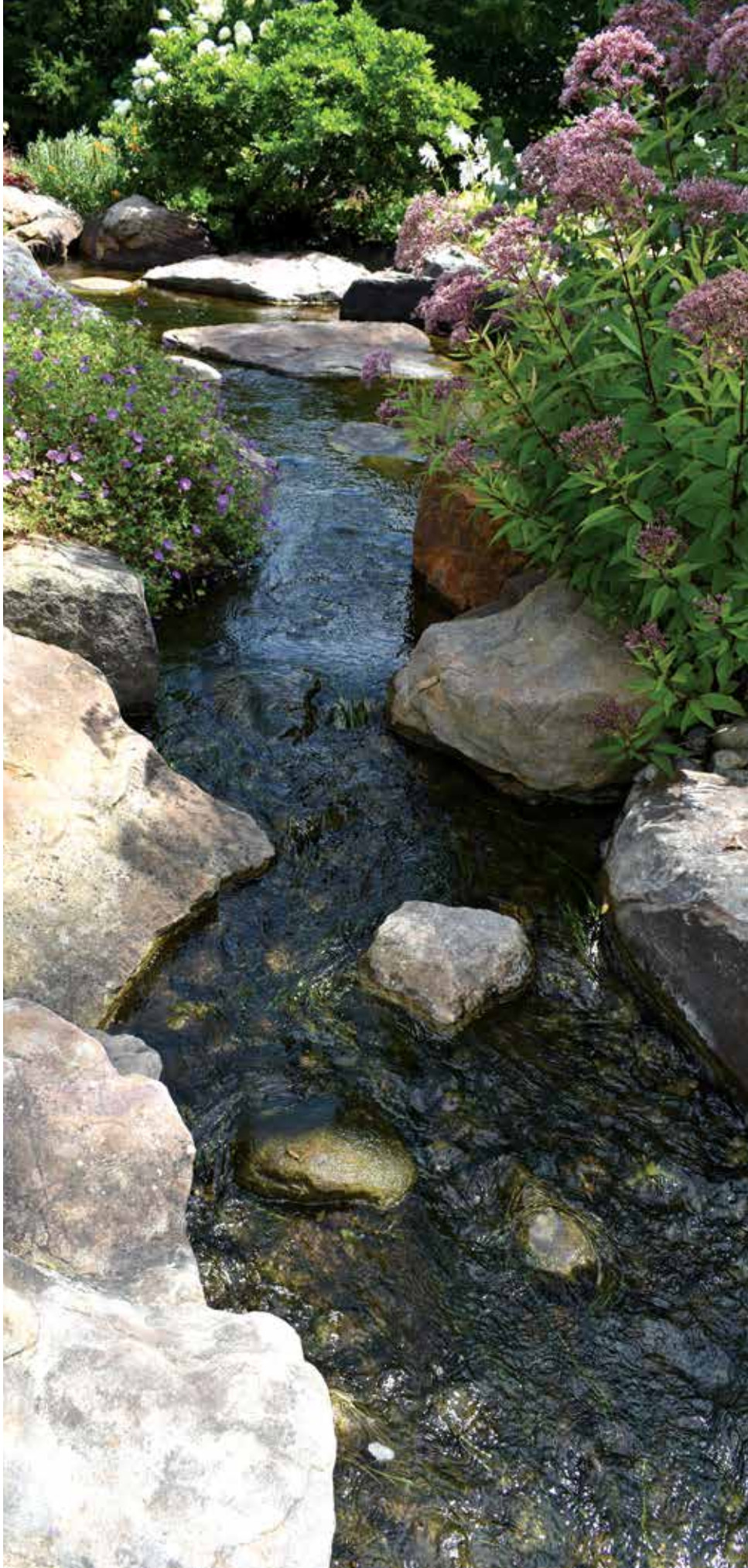
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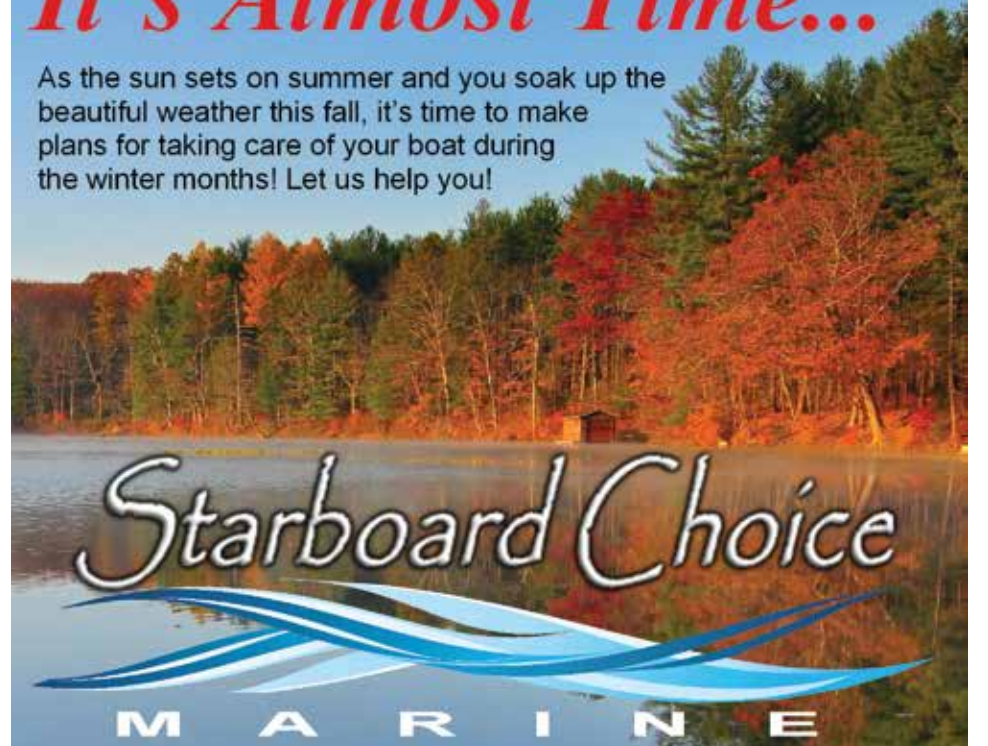
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Historic postcards depict rich scenes of our area's past

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 small towns and railroad depots in the 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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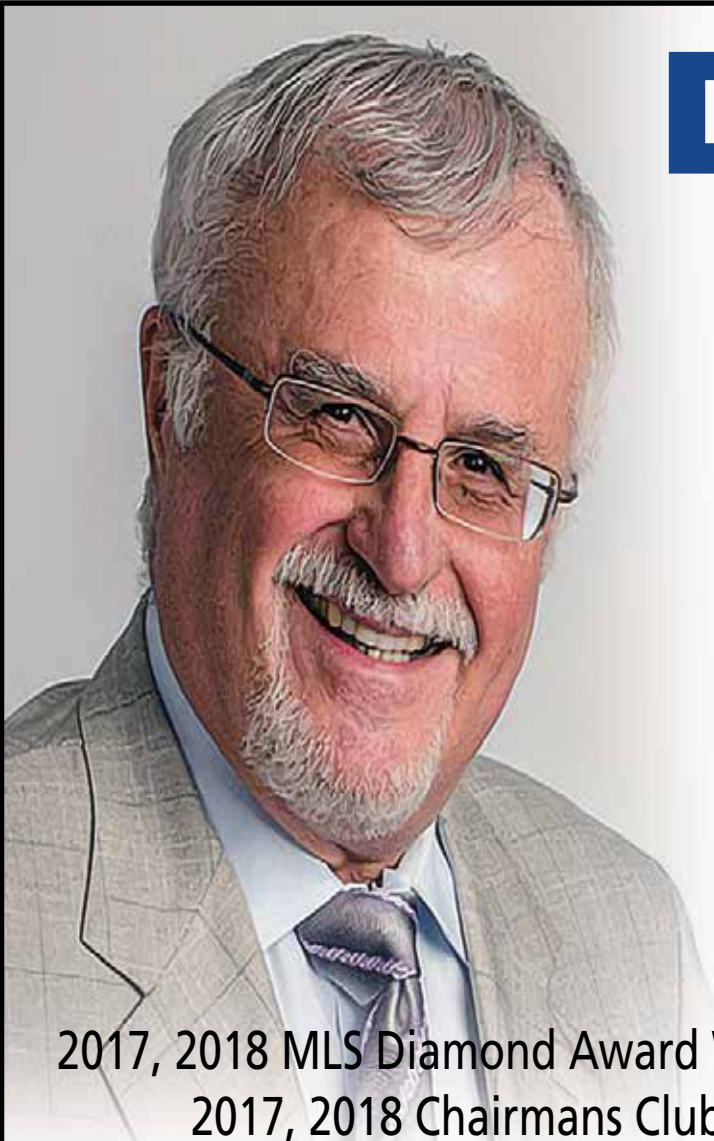
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LOCAL HISTORY



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

Cassopolis High School, built 1878, and opened January 9, 1879. Shown here in 1889, it served Cassopolis High School students from 1879-1951.

The Cassopolis High School shown in the accompanying photo was built in the fall of 1878, and the first classes were

held January 9, 1879. The building was located on the property known today as Clisbee Park, north of School Street and directly east of Broadway Street (Michigan Road 62).

It was built for \$10,000 and was modified Gothic architectural style with white brick and red trimmings. It stood in the center of a three acre lot.

There were seven rooms in the two story building. Four rooms were located

on the first floor and three on the second floor. An eight-foot basement was located under the structure.

The Cassopolis school building completed in 1879 replaced an earlier school building located on the same lot, that was completed in 1857 and burned on April 29, 1878.

It served Cassopolis until 1951, when in the fall of that year, classes were moved to a new high school building

located near the current middle school is located.

The Cassopolis Union School built in 1878 was torn down in 1956, five years after the last classes were held.

Incidentally, Ross Beatty, the current high school building in Cassopolis, was completed in 1976, and the first classes were held that September.

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NATURE NOTES

W

Provided by Cass District Library
Local History Branch

Several American avocets have been reported along Berrien County's Lake Michigan shoreline in recent weeks. Up to six avocets were reported from July 17-30 at St. Joseph by multiple observers; two were photographed on July 21 near Union Pier by Andy Belt, a visiting birder from Indiana. David Ferris photographed an avocet on July 28 off New Buffalo.

American avocets are shorebirds, standing at 18 inches tall, and nest among the Great Plains and western states. They migrate toward the east and Gulf Coasts through the Great Lakes beginning in early July. Most move through Michigan by September but occasionally they are seen as late as November.

One usually associates the nine-banded armadillo with Texas, Florida, and other southern states, but over the last century this strange looking mammal has been extending its range northward. The nine-banded armadillo lived in South America at the time Europeans came to the New World, but by the late 1800s it appeared in the southern US and has extending its range northeast ever since.

In the 1990s and early 2000s wild armadillos were found in southern Illinois. Indiana's first armadillo showed up in 2003, and currently over 30 have been reported in the Hoosier State.

Last month a dead armadillo was found on the Indiana Toll Road in Porter County, Indiana, which is less than 50 miles from the Michigan state line! It begs the question as to when a wild armadillo will turn up in Michigan.

Armadillos are not likely to establish themselves in Michigan, or northern Indiana as they do not hibernate and are susceptible to cold winters. However it is likely that an armadillo may roam farther north than its established range into Southwest Michigan during the warm months.

Last week I paid a visit to the Fort St. Joseph Historic Site open house in Niles, Michigan and learned that one of the noteworthy archaeological finds during the 2019 field season included a humerus (arm bone) of black bear (Ursus americanus).



Top left: Young buck white-tailed deer, Warren Dunes State Park, August 1, 2019. Brad Anderson. Top right: Female ruby-throated hummingbird at feeder, Bridgman, August 2019. Brad Anderson. Bottom left; American avocets at Union Pier, July 21, 2019 by Andy Belt. Bottom right: American avocet floats on Lake Michigan, New Buffalo on July 28, 2019. David Ferris of Buchanan.

At the time of my visit the humerus had not yet been removed from the excavation site, but had been carefully cleaned on one side, which presented a good photo opportunity.

Terrance J. Martin, Curator Emeritus of Anthropology at Illinois State Museum oversees the faunal remains recovered at Fort St. Joseph.

Martin says finding an intact humerus bone of a black bear is noteworthy because most bones found at this site are broken into several pieces.

Native Americans, early French trappers and pioneers in our region ate bear meat and used the hides for warmth.

Fort St. Joseph was active from

1691-1781, at a time when black bears were found throughout the region. Habitat destruction and unregulated hunting led to the extirpation of the bear from Indiana and the southern part of the Lower Peninsula of Michigan by 1900.

Additionally, bone fragments of the following wild mammal species have been found at Fort St. Joseph: eastern cottontail, beaver, porcupine, raccoon, elk, and white-tailed deer.

Bone fragments of the following bird species have also been found: wild turkey, passenger pigeon, Canada goose, duck unidentified to species, ruffed grouse, and the Domestic chicken.

The 2019 archaeological field work at Fort St. Joseph has concluded. Artifacts found this year have been taken back to the lab at Western Michigan University.

Vickie Hamilton of Royalton Township photographed a green heron this week, which has been hanging around a swimming pool, which has not been opened for about 10 years. Algae has started to grow on the pool, which in turn has attracted green and bull frogs.

The first migrant green herons are

Continued on next page. See:
NATURE

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NATURE NOTES

NATURE

Continued from previous page

arrive back in Michigan from their wintering grounds during late April but the majority come during May.

Breeding occurs during May and June at our latitude, and most young of the year have fledged the nest by mid-August. Young will remain near their parents for another few weeks before going off on their own.

Fall migration for the green heron is not far off. Individuals that nest in the Upper Peninsula are already moving south, while local breeders will start their southward trek by Labor Day.

Most green herons depart the state during September and a few can be found lingering in October. The latest green heron reported in fall was one seen on a Christmas Bird Count in Baroda Township in December 1974.

Brad Anderson photographed a ruby-throated hummingbird at his Bridgman feeder on August 3. Only the adult male ruby-throated hummingbird has red throat feathers. Adult females and young male and females hatched in 2019 lack the throat feathers.

Adult male ruby-throated hummingbirds are already starting to migrate southward for the cold months. The adult males can afford to leave the north early as they do not tend to the young, nor participate in nest construction.

Adult females are likely still tending to young for another few weeks,



Top: Nine-banded armadillo, courtesy National Wildlife Federation. Top right: Humerus bone of a black bear (*Ursus americanus*) found July 2019 at Fort St. Joseph archaeological site, Niles. Photo by Jonathan Wuepper. Above left: Green heron stalks a frog at an unused swimming pool, Royalton Township, August 2019. By Vickie Hamilton.

and then all will begin migrating south.

Brad Anderson also sent a very

nice photo of a buck white-tailed deer, with small velvet antlers. This buck was seen near the youth campground

at Warren Dunes State Park on August 1 (on previous page).

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THE LAST WORD

September's song was sour in 1950s Kiddom

September has never been a very welcome visitor for me. As a lad I was cursed with the worse case of hay fever that most people had ever seen, and the end of summer bounty of heavily pollinated air that descended on the Midwest between the August's Dog Days and Labor Day meant pure misery to me and anyone who had to suffer my company until winter's first frost cleared the air and freed me from the curse.

As if that wasn't cause enough for me to dread the annual arrival of the Satan-spawned September, back in my day (OMG, I sound like my grandfather) summer ended and schools started right after Labor Day, the single most dreaded day that marked the end of the summer 1950s' Kingdom of Kiddom, and signaled the end of seasonal sandlot baseball, peanut butter jars filled with grass and dying fireflies, and sweaty hikes clad in ill-fitting shorts, stained tee shirts and grimy, smelly tennis shoes worn without socks. Psychologically September represented the beginning of the end. The end of summer. The end of fun. The end of freedom. The end of hanging with the gang in the parking lot at the drug store and checking out the statistics on the latest bubble-gum-smelling baseball cards. The end of lying on your back in the grass and looking for shapes in the slow-moving, big, fluffy white clouds. It also meant the end of ear after ear of roasted sweet corn, row after row of fresh homegrown tomatoes and the welcome tinkle of the ice cream trucks trolling through the neighborhood filled with

half-melted dream bars, mushy ice cream sandwiches and lopsided popsicles designed to drip sticky syrup down your arm to the elbow and between your fingers just enough so that when you stuck your hand into your pocket the pocket lint and grit would coat your hand and be almost impossible to wash off.

And, worst of all, it meant the end of having time and having freedom.

For three short months every summer, we kids were mostly allowed to run amok, gnawing like wild animals on the bare bones of undirected time. For three short months, the majority of our days were self-directed; there were no parents at the ball diamond to tell us to wash our hands or dust the infield dirt off our skinned knees; there were no teachers around to tell us that it was time to switch from playing tag to playing kick the can or to stop whittling on a stick and start wading across the creek. For three short months a year, we kids made most of our own decisions (except for the decision to be home when the street lights came on).

By comparison, from September through June, kids in my era didn't have a lot of time they could legitimately control. Days were bordered on one end by the ringing of a nasty alarm clock, punctuated at regular intervals throughout the day by the ringing of the school's bell to signify the end of math or history or recess (my all-time favorite class) or English, and bordered at the end the end of the day with the high-pitched, annoying whine that some television exec decided to put on the idiot box with that bizarre "test pattern" when the station had run out of programs for the day.

Except for summer, time in the Kingdom of 1950s Kiddom was mostly about being taught, directed, controlled, and the coming of September felt like a prison sentence was being imposed ... nine months of cold, hard labor mercifully interspersed with a few bleak, short breaks when we binged on Saturday morning cartoons, Sunday afternoon sledding and the holidays' always too-dry Thanksgiving turkey, too-dark Christmas roast and too-salty Easter ham.

It is an accepted fact by pretty much every kid who ever waited in agony for the clock in the last class of the school day to finally click away and the bell to ring, that the time spent waiting to grow up is a most cruel and unusual punishment for the crime of youth. From the time we were old enough to buckle on a \$3.99 Roy Rogers wristwatch, kids of my era focused almost unnaturally on time.

Time to get up. Time for breakfast. Time to go to school. Time for lunch. Time to go home. Time for homework. Time for dinner. Time for television. Time for bed. Time to do it all over again.

And since adults directed and controlled our time, there was never enough time for the things we wanted to do ... which, without anyone admitting it, made adults the enemy of every kid who ever fidgeted his way through dinner with dad's boss or panicked at participating in a parent-teacher conference. And, at least the kids I hung out with, we fought back.

First and foremost, whenever we had the chance, we wasted time, a crime for adults, a pastime for kids. Without thought or effort, we made our parents late for work; for church on Sunday; for

the trip to grandma's; any event our parents deemed significant enough to dare to rush us was fair game for our battle. We dawdled. We stalled. We were late.

It wasn't that we couldn't tell time, it was just that to a kid, there's so much of it right in front of us we struggled to be free of it ... but knew we were destined to be overwhelmed by it. Of course, the more we tilted against our parents' windmills of time, the more they responded in the most vicious and hateful ways ... after all, they'd had much more time to prepare for this little war.

Every day they'd deploy their evil weapons against us ...

"Time to take out the trash," mom would murmur sweetly just when Clutch Cargo was going off the cliff. "Time to shovel the snow," dad would deliver decisively at 8 am on a Sunday." What kid would ever want to spend time doing any of those things? Yep, our parents hated us, and they jealously punished us for being young.

Just consider all the harm they've done ... I'm gonna bet it wasn't a kid who invented the alarm clock. Kids can sleep all day long and not care! And I'm sure no kid would have ever developed daylight savings time. Kids are way to smart to fall for all that malarkey. And what is it with that creepy Leap Year thing ... if a kid had come up with that abomination, the one extra day we add every four years sure as hell wouldn't have been in February! Kids would never waste their time by adding another school day! And then, as we were growing up, our parents changed everything and introduced us to the battle of the sexes ... but that's another story.



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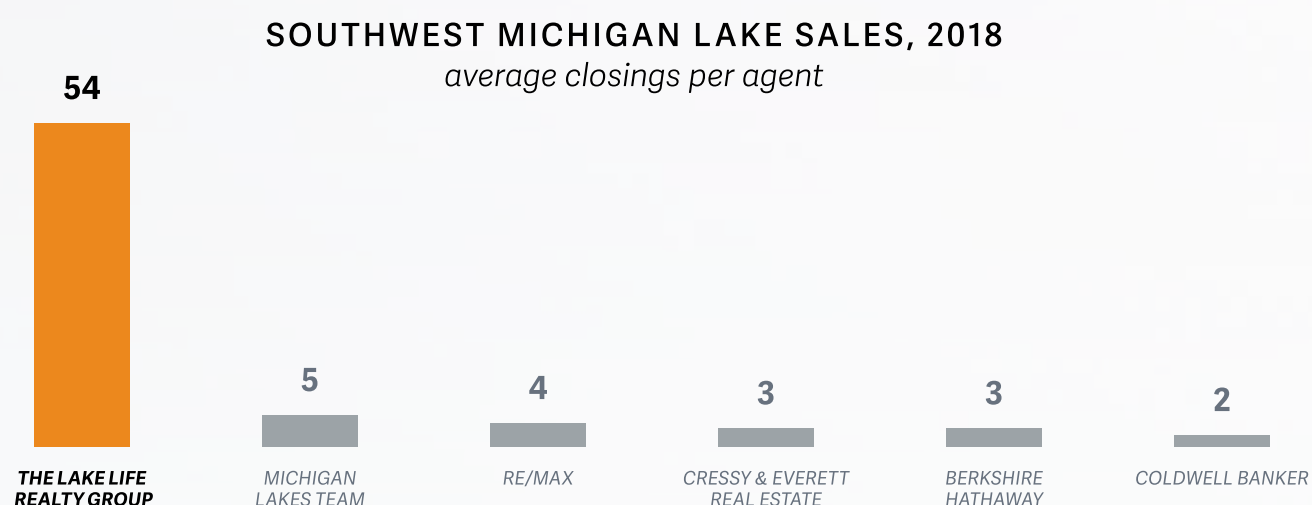
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