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FIELD TRIP: AN EXPLOSION OF FALL COLORS



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REGIONAL NEWS

Cass District Library November events

Fall Virtual Story Time

Join Stephanie and Pam every week for new stories, crafts and activities! Videos are posted Tuesdays at noon on the library's Facebook page and website at cassdistrictlibrary.org under the Events and Programs tab.
November 3 – Spiders
November 10 – Scarecrows
November 17 – Forest Animals
November 24 – Thanksgiving

Stuffed Animal Workshop

Bring your stuffed animal to life at the Main Branch or from home! Each participant will receive a bag with their animal, stuffing, rainbow star and birth certificate. The cost is \$5/person due at the program or at pick up. All bags will be available at the Main Branch, but other branch pick up is available by request. Call McKinzie at 574-314-6454 ext. 113 to register or to reserve a time slot. Program space is limited and masks are required.
November 9: 10 - 11 am
November 10: 5: - 6 pm

November 11: 10 - 11 am
November 12: 5 - 6 pm
Visit the library's website at cassdistrictlibrary.org or Facebook page for more information about upcoming in-person and virtual programs.

Cass County volunteers needed
Cass County has openings on a number of Boards and Commissions and is seeking volunteers to serve on those Boards and Commissions. Certain skills, interests and qualifications are helpful for applicants to possess. Knowledge of finance, building construction, owning a business, an interest in history and the environment are important assets for the various County opportunities for volunteers. If you are a Cass County resident and have an interest in applying for one of the Boards or Commissions, go to cass-countymi.org and in the upper right hand corner find the search section. Type in Boards and Commissions and click on Boards and Commissions Application. The application will come up and it can be filled in and submitted electronically. There are openings on the Building Authority, Department of Human Services/Medical Care facility Board,

Historical Commission, Economic Development Corporation and the Solid Waste Planning Committee. Serving on one of the various Boards or Commissions is a great way to learn about our County, besides being a great way to share your skills and talents, and to have a positive impact. For more information, call the Administration office at 269 445 4420

Candle-light Christmas Parade
Kris Kringle returns to Dowagiac on Friday, December 4, for the Candlelight Christmas Parade, presented by Ascension Borgess-Lee 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.
While you await the 7 pm 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. Pre-parade entertainment features Miss Michele & Co., Green Dance Academy, tree-lighting and introduction of our Grand Marshal and the

Lighthouse Choir.
For safety reasons, through-traffic and parking on Front Street closes in the afternoon.

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REGIONAL EVENTS CALENDAR

November 5 - Kalamazoo Craft Beer Festival, Wings Event Center, 1-6 pm www.kalamazooraftbeerfestival.com

November 13, 14 - Christmas Open House Weekend **can-celed** due to the pandemic

November 20 - 26th Annual Luminary Festival, Downtown St. Joseph, 5-8 pm, free

November 21 - Autumn Artisan Market, Three Oaks, <https://www.journeymandistillery.com/calendar> 269-820-2050

November 21-22 - Holiday Expo & Craft Show, Kalamazoo Expo Center, Kalamazoo, 9/10 am-3 pm, free

November 27 - Tree Lighting Ceremony, Bronson Park,

Kalamazoo, 5 pm, Free

November 28 - Small Business Saturday, 10 am - 11pm, Dowagiac, 782-8212

December 4 - Candlelight Christmas Parade, 7 - 9 pm, Dowagiac, 782-8212

April 21 - Henry Winkler at The Mendel Center, Lake Michigan

College, Benton Harbor, 7:30 pm, <https://www.themendelcenter.com/events/detail.html?calendarid=11>
Admission: \$50 - \$80 + applicable fees, 269-927-8700

EDITOR'S NOTE: Due to the pandemic all events are subject to change or cancellation. Please check with event organizers prior to attending any events.

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LAKE LIFE WITH JANE

Be grateful for the people in your life

by [Jane Boudreau](#)

Hey Neighbors! Happy November! The year is winding up and I try not to complain about our weather, which has been gloomy and damp, while so many of us are facing heart-breaking day to day problems. It's also very sad, Mother Nature and her fury of wildfires and hurricanes. If we can't spend Thanksgiving with family and close friends, be grateful for those people in your life, and look forward to the day when we can all be together again. There's always something to celebrate, no matter how small or seemingly insignificant.



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

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

And while you're playing in the leaves, be sure to go for a drive in the wide open country and see the gorgeous changing of the leaves! It has been a big part of my love affair with Michigan. The golds of the fields, hazy purple of the wild grasses, and the vibrant red, orange and yellows of the leaves.

We cleaned up the beach last weekend. We had invested in some Adirondack chairs, so it was heavy work lifting and carrying them to store in the shed. It's funny; I used to be so zealous in the spring primping my outdoor spaces with indoor/outdoor rugs, pillows, potted flowers and cute lanterns. But then comes the end of summer and you have a lot of work to do in storing everything



away, including the patio furniture, grill, the glider swing, hoses, and goofy garden gnomes makes me think twice now!

Then you have the patio furniture, the grill, the glider swing, the flower pots, hose, and goofy garden gnomes. The marina has come for our boat and wave runners so it's a little sad to look out at the water and beach when it seems so barren. That's when you throw some logs on the fire, go through your recipes for hot apple cider and pumpkin bread, pull out your warm sweaters and socks, and finally get into those books you thought were "beach reads", but fun in the sun got the best of you!

I keep decorating to a minimum now, Just a few pumpkins here and there and spicy candles. I really love the challenge of creating a beautiful Christmas atmosphere, so I don't want to spend a lot of time cleaning up fall decorations. I've heard fellow bloggers say that they like to keep their rooms colorful and cheerful in the winter months because it's so bleak outside. Others like to keep things soft and neutral to reflect the muted nature scenery and the snow covered ground. I'm a little on the neutral side, but more importantly, I like making my home feel cozy with plenty of soft pillows



and throws, stacks of good books and magazines. Baskets of stitching projects that have taken a summer break, and notebooks to plan holiday meals and get-togethers with family and friends (hopefully). It's all very relaxing to me.

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

This first one is a real winner, Gingery Meatball Soup. It has an Asian vibe but it's also quite hearty, the ginger gives it such a nice, comforting, earthy taste. When I buy fresh ginger, I get a healthy size piece with a lot of "knobs". It keeps perfectly in the freezer and whenever I need a piece I just break off a small portion, peel and grate it up-no thawing or anything. Do NOT try to cut or peel a frozen piece of ginger, you can really hurt yourself. I use a veggie peeler or the back of a teaspoon.

Gingery Meatball Soup

Ingredients:

- 1 lb. ground pork
- 1 T butter
- 3 garlic cloves, chopped finely
- 3 green onions, chopped, white and green parts
- 1 in. piece of fresh ginger, peeled and finely grated
- 1 t salt and pepper, each
- 2 32 oz. boxes of chicken broth

- 8 oz. fresh snow peas
- Juice of 1/2 lemon
- 2 c. whole grain rice (white or brown)
- 1/2 T dried oregano
- 1/2 T onion powder

Directions:

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



broiler for 8-10 minutes and remove. While meatballs are broiling, bring the chicken stock to a boil. Add the snow peas and lemon juice. Once meatballs are browned, add them to the pot along with the oregano, onion powder, and salt and pepper to taste. Simmer on low approximately 25 minutes. Serves 4-6

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

Creamy Chicken & Potato Soup

Ingredients:

- 2 chicken breasts, cooked and shredded
- 2 c. peeled (or not) red or yellow potatoes, cubed small
- 1 large onion, chopped
- 1 1/2 c carrots, sliced thin
- 1 1/2 c celery, sliced thin
- 1 15 oz. can Great Northern Beans, drained
- 2 T butter
- 2 cloves garlic, chopped
- Juice of 1 lemon and 3 T of the zest (yellow part), grated finely
- 2 t thyme
- 2 t oregano
- Salt and Pepper to taste

Directions:

Melt the butter in a dutch oven over low heat. Add the onions and sauté until just starting to wilt, about 3 minutes. Add the garlic and stir constantly for 1 minute. Add the carrots, celery and cook, stirring often for 3 minutes. Add the shredded chicken, broth and lemon juice. Finally add the beans and seasonings. Bring to a boil and then lower heat, cook covered approximately 30 minutes. Let cool.

Scoop out 1 cup of the soup, cover



Continued on next page. See:
JANE

BUSINESS & FINANCE

Michigan personal auto policy coverages

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

Autumn. The perfect time of year for a long drive thru Michigan when she looks her most beautiful. The finest picture postcard you could hope to see with vistas of the water beyond the lakeshore at the end of a well-worn path through the trees as they dress up in gorgeous shades of red, maroon and orange awaits you. There is something different about the slanted light of the sun on an autumn day that makes all colors more vibrant and welcoming. Just thinking about it makes me want to take Rufus and Ruby for a walk right now.

You will need your auto to transport you on your jaunt thru Michigan; which leads me to today's article. I wanted to talk about coverages on a Michigan personal auto policy. We all know insurance is complicated but we can break it down into understandable segments.

We can divide the coverages by those that are "required by law" and those you may or may not "choose" to purchase. Mandated by law:

Bodily Injury/Property Damage:

Michigan state minimums are \$50,000 per person, \$100,000 per accident and \$10,000 property damage. You may see it listed as \$50,000/\$100,000/\$10,000. You can choose to have higher limits and we highly recommend that you do.

Property Protection:

Mandatory coverage protecting you from monetary loss resulting from your

liability in the state of Michigan for damage you cause to the property of others (including parked cars).

Personal Injury Protection:

This coverage pays for bodily injury to you, your spouse, and your resident relatives. Unlimited "PIP" coverage includes Medical Expenses, Replacement Services, Work Loss, Survivor's Benefits, Funeral and Attendant Care Coverage. You may also choose lower limits that may not provide coverage for all the above-listed costs. You should discuss options with your insurance agent to make an informed decision before lowering your coverage.

MCCA fee:

Every vehicle registered in the State of Michigan will be charged, by the state, an annual fee used to help pay for unlimited allowable medical expenses for an auto accident victim where medical costs exceed a threshold set by the state and the victim has chosen unlimited PIP benefit coverage. The amount of the fee fluctuates from year-to-year based on need.

All other coverages on an auto policy are at your request.

Optional Coverages:

Uninsured and Underinsured Motorist Endorsement: This protects you against loss if injury is caused by an uninsured or underinsured motorist. The limits for this coverage must be less than or equal to limits selected for Bodily

Injury Liability - Special Tort Liability:

This affords you protection for unin-

sured collision damages, up to \$3000, to autos in the State of Michigan. If you are more than 50% at fault for a collision loss, you would be responsible for the other party's deductible or if the other party does not have collision coverage (up to \$3000).

Comprehensive Coverage:

This provides coverage to your insured vehicle for all losses except upset or collision. This would include causes of loss such as wind, fire, hail, animal hits and glass damage. You can choose the deductible and even waivers of deductibles for damages to glass, for instance. Collision Coverage: This provides coverage to your insured vehicle for damages caused by any kind of collision. In Michigan, you may choose from one of the following 3 types of collision coverage. Broad Collision provides coverage regardless of fault and waives your deductible if you are NOT at fault. Regular Collision provides coverage regardless of fault and your deductible will apply regardless of fault as well. Limited Collision provides coverage only for a collision where you are NOT at fault and the deductible will apply.

Towing or Road Side Assistance:

This coverage will reimburse you up to the chosen limit for expenses you incur for towing covered autos to the nearest garage and/or the cost of labor performed at the emergency site.

Additional Expense Coverage:

The best description of this coverage would be reimbursement for a rental car associated with a covered loss where your

covered vehicle is not drivable for a period of time normally not to exceed 30 days. Your vehicle must have Comprehensive or Collision coverage.

Lease and Loan Gap Coverage:

For new automobiles, not previously titled, this provides coverage limits in excess of the actual cash value of the vehicle to cover outstanding loan or lease agreements.

Automobile Physical Damage Plus:

Additional Coverage is provided for any real or perceived reduction in market value to the vehicle following a repair (compared to the market value prior to the damage) from a covered loss under Comprehensive or Collision coverage.

There are other optional coverages as well. For example: Special Antique or Classic Car Coverages, Contents coverage, Diminishing Deductibles, Original Equipment Manufacturer endorsements, Motorcycle/Moped coverages, Accidental Death Benefits to name a few.

Not all companies offer all of these optional coverages (which may have different names) and some companies may offer more.

Speak to your agent to find out.

Now that we have reviewed all the options, you can get back to enjoying your drive thru the beautiful countryside. Safe travels from all of us at Kemner Iott Benz and please give us a call. We would be happy to discuss your auto coverages or your home, business, life or health coverages as well. Let's talk!

JANE

Continued from previous page

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

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

~~~Blessings~~~

Jane Boudreau is a writer and blogger who resides in Chicago and on Diamond Lake, and little a retreat in the mountains of North Carolina. You can reach her at [blndy9@yahoo.com](mailto:blndy9@yahoo.com)



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# OUR CHILDREN

## Brain breaks for virtual learning and homework time

by **SANDY FLEMING**

**T**he experts all agree that children were made to move and be active. That’s often directly opposite of the demands of school work and virtual learning. In these situations, we adults ask them to hold still, be focused, and attend to the learning or practice activities that we’ve provided. Is it any wonder that kids get fidgety, have wandering attention, and sometimes even get frustrated and act out?

One answer is to be intentional about “brain breaks.” Some teachers are very, very good at providing these needed changes of pacing and activities during the course of instruction, whether in person or virtual. Others are not. And often, parents are not. So when the kids are working at home, whether on computer or studying with books, papers, and pencils, be sure to include brain breaks to help your student work most efficiently.

**What is a Brain Break?**

Basically, a brain break is a short (one to five minutes) time when students focus on something other than the educational task at hand. A good brain break allows them to step back from learning and engage mind and body in a different way. It also is not so stimulating that it is difficult for them to re-engage with learning once it is over. Brain breaks fall into several broad categories: physical activities, mindfulness exercises, and sensory activities.

Physical activities can be as simple as jumping up to do a few simple exercises. Anything that gets kids to move their bodies in some way will count. Mindfulness exercises are activities that help students connect with their inner selves. They help kids of all ages become more aware of their being and help them understand how to treat themselves with kindness and respect. Sensory activities are things that engage one or more of the five senses in interesting ways. Smelling, tasting, and touching are not usually used in typical academic activities, so if you can activate these senses, you will be giving their minds a break.

**How Often Should Kids Get a Brain Break?**

The timing, of course, will vary from student to student, but generally speaking, the younger the child, the more frequently breaks are advisable. Kids with special needs, such as ADHD or learning disabilities, will need more frequent brain breaks, as well. At this end of the continuum, think in terms of a brain break every 15-20 minutes.

For upper elementary and middle school students, consider a brain break every 30-45 minutes. High school and college students should be learning to manage their own breaks, taking them when needed. But if guidance is warranted at these stages, think about an hourly break.

**What Kind of Brain Break is Good for My Student?**

Again, this is a highly-individualized need. The best way to answer the question is to do a bit of experimenting. For some brain breaks, offer a selection of choices and see which types of breaks your student gravitates toward. You can also intersperse the choice breaks with more structured

brain breaks where you choose the activity and encourage the child to participate. Over time, you will see patterns emerge. Make note, and arrange for those types of brain breaks more frequently.

The older the student is, the more choice he or she should have in the matter of brain breaks. Just remember that the break should get them totally away from the demands of their current school work. For example, a student who is spending a lot of time online in virtual learning situations should not be allowed to take a brain break by playing video games or jumping onto social media. The activities are too similar. Instead, encourage a physical or sensory activity, since these are totally different than what has been going on.

It’s also a good idea to provide a wide array of brain break activities. Students eventually will begin to understand what helps them return to academic focus most easily. This is an important self-awareness skill that everyone needs even into adulthood – many jobs require judgment about when and how to take brain breaks without disrupting the work environment.

**Active Brain Breaks**

A word to the wise: Some of these brain break ideas can get children riled up and excited, then they are too pumped up to return to focused concentration. Be aware of the excitement level that your student is capable of and how well they settle back into the needed academic structure. Choose the offerings wisely and within the students’ personal limits.

Remember, too, that brain breaks need to be age-appropriate. What is effective and fun for a first grader will be completely different than the activities that work for a high school student.

- Exercise. Get the blood flowing and muscles moving after lengthy periods of inactivity with simple, right-by-your-chair exercises. These can be as simple as push-ups and jumping jacks, or more complex like yoga moves or rhythmic movements. Set a timer and have kids exercise for their brain break.
- March around the room. Young children will enjoy a quick game of follow the leader or playing parade. Lead the kids around the room, over an obstacle course, or weaving in and out of furniture. End the march back at their chairs, ready for another round of learning.
- Move to a dance video or song. Check YouTube or your favorite DVD and find a few short and sweet dance videos or songs. Have the kids sing along and move to the music.
- Do a stretching routine. Make up or find a routine that stretches large muscle groups. Check out warm up and cool down exercises that athletes use.
- Play Simon Says. Lead the kids in a set of movements as you play this game together.
- Move like \_\_\_\_\_. Give commands in rapid succession for kids to move like something else. For example, Move like an elephant! Move like a worm! Move like a tiger!
- Have a dance party. Make a mix of the kids’ favorite dance tunes and

turn it on for the break. Add some fun into the game by having them freeze when you turn the music off.

- Play balloon bounce. Toss an inflated balloon into the air and have the kids try to keep it from hitting the floor.
  - Pool noodle drumming. Cut pool noodles into short sections, about 1-2 feet long. Put on some rhythmic music and use them as drum sticks on appropriate surfaces.
  - Sing a camp song. Take a page from camp counselors’ training and engage the kids in a fun song, especially one with vigorous movements. You can find these on YouTube or recalling them from your own childhood.
  - Play tip toe tag. Play a game of tag suitable for indoors by requiring that everyone tip toe instead of running. As people are tagged, have them sit back down.
  - Play statues. Have one person turn their back on the group. Everyone make crazy moves, and freeze when the leader turns round to look.
- Mindfulness Brain Breaks**
- This collection is good for helping students of all ages learn to know themselves more fully. They are also good to use after more active brain breaks to help kids settle minds and bodies to return to more structured activities.
- Prepare a list of “would you rather” questions in advance, and have students answer a few. These can be as simple as “Would you rather have pie or cake?” or “Would you rather be rich or famous?” Answers need to be supported with sound reasons.
  - Do deep breathing exercises. Conscious control of breathing can be a stress reduction technique. Have students breathe in specific ways for specific time periods. You can try activities such as blowing out a candle, cooling your soup, and so forth. Be sure to help kids focus on the process of breathing and the parts of their bodies that are working.
  - Do guided meditation. Have students close their eyes and go on a group imagination trip. You can use vivid description to have them imagine lying on a warm blanket in the sun, flying through the air on a balloon, or rocketing among the stars. Be sure to return them to the real world by reminding them how refreshed and relaxed they feel.
  - Try progressive relaxation. Have students lie on the floor and stiffen their entire bodies, then relax them. Starting with the feet, have them clench and hold muscle groups as you count to ten, twenty, or thirty. After the count, have them intentionally relax that group and start with the next group. Move up the legs, to the abdomen, the arms, shoulders, and finally, head and neck. After completing, have them notice how relaxed they feel.
  - Make or find a recording of a chime and play on a device where you can control the volume. Start the students on a vigorous activity, such as running in place or hopping. Instruct them to sit down and relax when they no longer hear the chime. Play your recording and gradually lower the volume. Continue until everyone is seated and relaxing.

- Listen to a relaxation tape or video, such as forest or stream sounds, waves, etc.

**Sensory Brain Breaks**

Engage senses in ways not usually used in learning to take a break from the mental load. Be careful not to over-use taste!

- Play Kim’s Game. Put 20 or more small items on a tray in advance. Keep it hidden until you want to play. Uncover the tray and show for 30-60 seconds. Cover it again, and have the students try to list all of the things they saw.
- Listen to wordless music such as classical pieces.
- Light a scented candle.
- Have students take turns smelling spices or other highly-scented foods while blindfolded and try to name what they have smelled.
- Do a taste test of generic and brand name familiar products, such as cookies or chocolate candies.
- Provide textured fabrics, such as fake fur, corduroy, silk, and so forth for kids to feel or stroke.

**What Can I Use From Around the House?**

You have loads of brain break materials around your house already. During school times, you might want to identify and locate some of these great brain break materials.

- Jigsaw puzzles. You can set up a puzzle on a table or in a corner and students can take a break by working on it for short periods of time.
- Coloring books and crayons. Coloring is surprising relaxing as an activity for middle elementary students up to adults. There are adult coloring pages that provide patterns and intricacies that are very satisfying to color. Many are available for free and can be printed out from the internet.
- Cleaning and housework can be a healthy brain break that also accomplishes needed tasks. Consider having a quick chore list for students who need a break.
- Paper folding or origami. All you need are some sheets of paper and instructions to make intricate paper sculptures. They range from simple, beginner pieces to amazingly challenging activities.
- Sorting and arranging things. Any large group of small items can be sorted and/or arranged by size, color, shape, or other attributes.
- Play games that have short move times. You can set up a game such as chess and take breaks by having one or two turns before returning to work.
- Take a walk around the house or yard. Go to look at something that may have changed or grown.

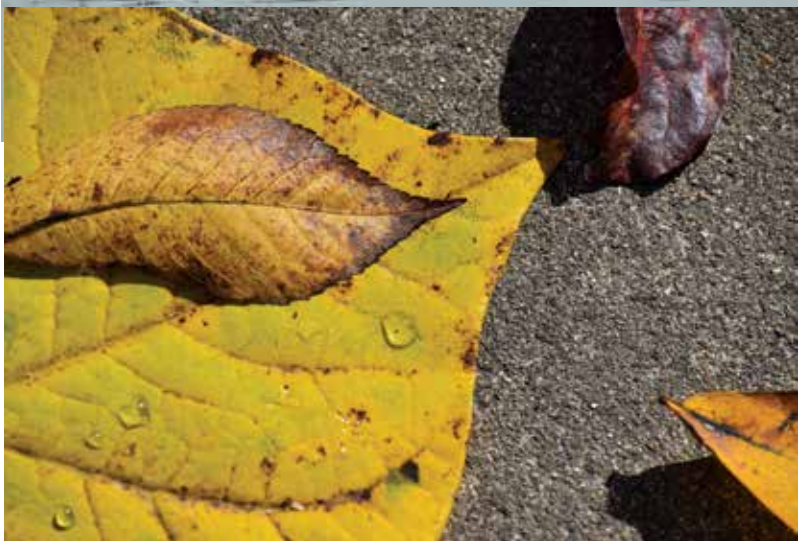
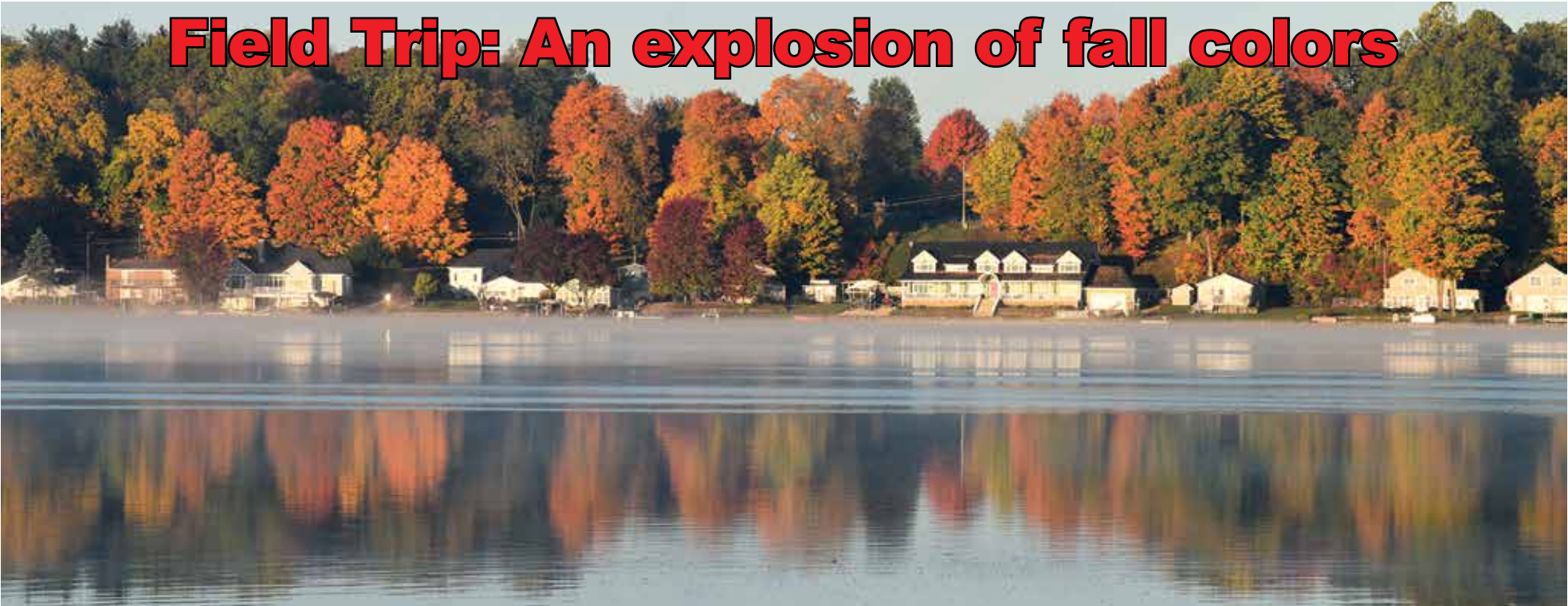
No one should work for extended periods of time on any one thing. You can help your students learn to manage their work time efficiently by teaching them to use brain breaks. It will improve their focus and attention, and in the long run, will help them work more effectively and efficiently.

\*\*\*\*\*  
*Sandy Fleming is a private tutor and writer living in Edwardsburg. You can get more information about helping kids learn from her websites: <https://learningnook.com> and <https://sandyflemingonline.com>.*



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# HISTORIC POSTCARDS

## Historic postcards depict rich scenes of 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](http://www.arcadiapublishing.com)

In this edition of Neighbors we have selected postcards showing images of various places

around Cass County. 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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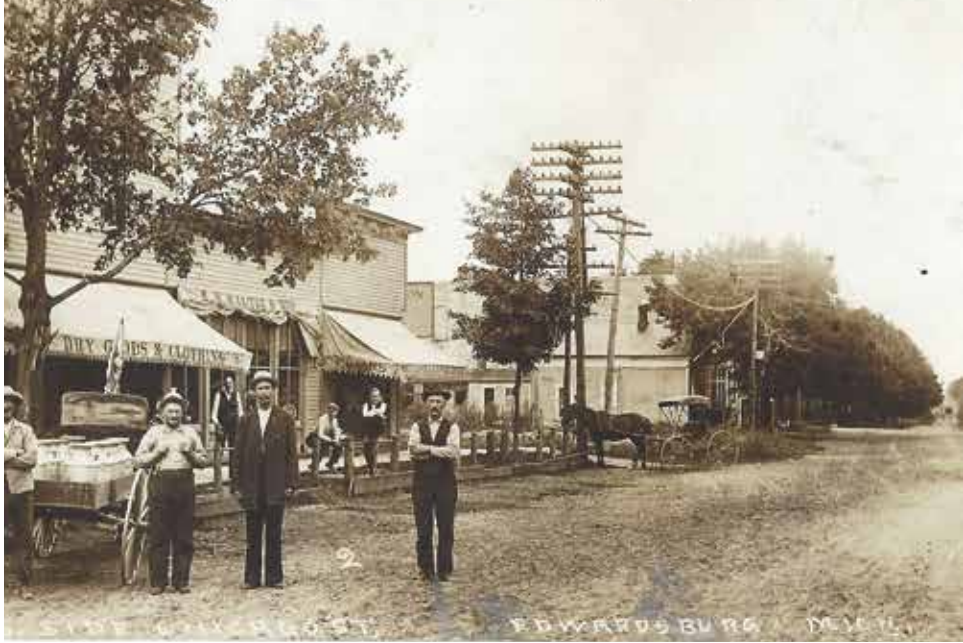
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# HISTORIC POSTCARDS



## WHACHA-MA-CALL-IT?



**WHAT IS THIS?**  
**ANSWER ON PAGE 13 OF THIS MONTH'S NEIGHBORS**  
Provided by the Pioneer Log Cabin Museum of Cassopolis, MI

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NATURE NOTES

Late-year visitors in SW Michigan

Provided by Cass District Library  
Local History Branch

Throughout the years I spent working at Sarett Nature Center and hiking our local trails, I have never run across baby eastern box turtles in the wild. So it was a treat when Kevin Borglin of New Buffalo Township sent me a photo taken on his property of five newly hatched eastern box turtles, which were emerging from their nest!

The eastern box turtle is the only species of turtle that inhabits our region that spends most of its adult life in upland meadows and dry forests, although they don't live far from water.

Adult box turtles consume both small invertebrate animals such as worms and insects, in addition to plants such as wild strawberries. Adults on average live between 25 to 35 years in the wild, but occasionally individuals may live to nearly 100 years of age!

After hatching the five baby turtles in Borglin's photos will have gone directly to the nearest pond or stream where they will remain for the next five to six years, which is when they will reach sexual maturity, and then spend most of their adult years on land. The young box turtles will be carnivorous during their years spent in water. They will grow rapidly and upon leaving the water in a few years will eat both plants and animals.

Box turtles will hibernate in our region beginning in late October or November through to April 2021. The species has been on the decline for the last few decades in Michigan and other locations of its range, primarily due to habitat loss, and also due to predation of their eggs by raccoons.

On September 18, Brad Anderson of Bridgman was at Warren Dunes State Park where he witnessed a sharp-shinned hawk try to capture a blue jay. Anderson was able to get photos of both birds.

The sharp-shinned hawk is a common fall and spring migrant and found occasionally as a winter resident in Southwest Michigan. It is closely related to our Cooper's hawk, which is often featured in this column. The sharp-shinned hawk is smaller, more slender than the Cooper's hawk, and summer distribution is primarily in Canada, south to northern Michigan. Both species belong to the accipiter family of hawks known for their preference of woodlands over open areas.

In Berrien County, we start to see an influx of southbound sharp-shinned hawks in August, peaking in October and November. Hundreds of sharp-shinned hawks may pass southward along the Lake Michigan shoreline during the peak of migration.

From March through mid-May large numbers of blue jays pass through northbound to Ontario and northern Michigan. Sharp-shinned hawks are occasionally found nesting in the southern half of Michigan's Lower Peninsula.

Although blue jays are present all year long in Michigan, large flocks exit Canada each fall and return each spring. These migratory individuals may be seen locally along the Lake Michigan shoreline in large numbers. On May 1, 1972, the late Walter Booth noted 20,000 blue jays heading north along Lake Michigan.

Blue jays are related to crows, ravens and magpies and this family of birds called Corvidae among the smartest of birds. Blue jays are known for their tenacity and feistiness and won't give in to predators such as hawks without a fight.



*Top row left: Recently hatched eastern box turtles, September 12, 2020, New Buffalo Township by Kevin Borglin. These baby turtles will spend the next few years in water and emerge when they reach sexual maturity and spend their adult years on land.*

*Top right: Sharp-shinned hawk on September 18, Warren Dunes State Park by Brad Anderson. This sharp-shinned hawk attempted to take a blue jay earlier this week at Warren Dunes, but was ultimately unsuccessful according to photographer Brad Anderson.*

*Center left: A blue jay rests atop an eastern red cedar tree in Warren Dunes State Park, after nearly ending up as a meal for the sharp-shinned Hawk. Photo by Brad Anderson.*

*Center right: Yellow-rumped warbler feeding on poison ivy berries on October 1, at Warren Dunes State Park. By Brad Anderson.*

*Bottom left: Recently fledged northern cardinal on September 26, 2020, Royalton Township, Lynn Bassleman.*

*Bottom right: Male belted kingfisher on October 6, 2020, at Hess Lake, Baroda Township, Brad Anderson.*

The blue jays that nest in Southwest Michigan do not migrate, but will move their daily haunts nearer to reliable food sources such as oaks trees and bird feeder, as needed.

Yellow-rumped warblers are common

in Southwest Michigan from late September through October as they pass southward towards the Southeastern US and the Caribbean islands where they winter.

The yellow-rumped warbler is one of

over 30 species of the wood warbler family of birds that either migrate through, or

Continued on next page. See:  
NATURE



# LOCAL HISTORY

## Building restoration unearths historical info

Provided by **Jon Wuepper**,  
Local History Branch Manager  
Cass District Library

Some readers may not be aware that the Local History Branch of the Cass District Library has been closed since March 6, 2020 for restoration. Contractor Dale Layman of Berrien Springs has been working on restoring the hardwood floors, baseboards, plaster, among many other aspects of the 111-year old Carnegie Library.

Recently Dale Layman found two labels behind the baseboards in the library that read: "W. Rosewarne, Cassopolis, Mich." It turns out that "W. Rosewarne" was William H. Rosewarne, the general contractor hired by the LaGrange Township Library to build the new library in 1908 for \$10,000.

William Hicks Rosewarne was born on February 21, 1859 in Niles, Berrien County, Michigan to William Henry (Born in England in 1813) and Eliza Rosewarne. William H. Rosewarne, Sr. and family resided just east of Niles in section 7, Milton Township, Cass County, Michigan.

Sometime during the 1880s, William Hicks moved to Mishawaka and became a building contractor, a profession which lasted over 30 years. On September 22, 1883, William married Harriet Harris in Decatur, Van Buren County, Michigan.

Over the next five decades, William built dozens of homes and buildings



Tags found behind baseboards at the Local History Branch of the Cass District Library, built 1908-1909. William H. Rosewarne was the general contractor. Found in 2020 by contractor Dale Layman who is in charge of the restoration of the Carnegie building. Credit: Cass District Library.

Siblings William (standing, left) and Ellen (sitting, right) Rosewarne, circa 1870. Photographer unknown, probably taken in Mishawaka. Photo courtesy of Cathy Kalin, Great-Great Granddaughter of William Hicks Rosewarne.

LaGrange Township Library, 1910, one year after its completion and opening. Built by William H. Rosewarne (1859-1937), of Mishawaka. It served as the LaGrange Township Library 1909-1993; and has served as the Local History Branch of the Cass District Library since 1994. The building is currently undergoing restoration and will reopen within the next few months. Photo credit Cass District Library.

throughout the Mishawaka and South Bend area, including several prominent homes in the former city. Rosewarne built such public buildings in the Princess City as: Battell and Bingham schools, and Mishawaka City Hall.

Two years after completing the LaGrange Township (Carnegie) Library in Cassopolis, on June 11, 1911 Rosewarne's life nearly ended prematurely when he was riding home on a bicycle to eat lunch when a car ran him over, driven by an unidentified man from Elkhart.

Rosewarne received multiple internal injuries.

The driver of the automobile did stop, picked up Rosewarne and took him home. The driver did tell his name to at least eight other people besides Rosewarne, but no one thought to write it down and it was soon forgotten. While none could recall the name of the driver, the South Bend Tribune reported the type of car involved, a E.M.F. five-passenger touring car. Apparently no police were notified at the time of the accident. Not much else is

known of Rosewarne's injuries other than he recovered and lived another 26 years.

William H. Rosewarne remained a building contractor until 1934, and the last building he reportedly built was located at 417 Edgewater Drive, Mishawaka, then owned by Fred N. Smith who was President of both the First National Bank and First Trust & savings Bank in Mishawaka.

William H. Rosewarne, age 78, died on March 6, 1937 at his Mishawaka home of acute bronchitis.

### NATURE

*Continued from previous page*

summer, in Southwest Michigan. They nest in Canada south to the northern part of the Lower Peninsula of Michigan. During April and May it is perhaps the most abundant of the warblers among our wooded areas, and then again in late September and October.

Brad Anderson captured the image of a yellow-rumped at Warren Dunes State Park on October 1, as it fed on poison ivy berries, which is a staple of their diet in Southwest Michigan during the colder months.

While the vast majority of yellow-rumped warblers winter south of the Michigan-Indiana state line, a few individuals do stay throughout the season. Yellow-rumped warblers turn up on Christmas Bird Count Censuses, usually found along wooded river banks and in ravines which offer some protection from the elements.

Lynn Bassleman of Royalton Township sent me a photo of a fledgling northern cardinal, found in her backyard on September 26. That date is somewhat late for a fledgling cardinal to appear in

Southwest Michigan.

In our region, most northern cardinal nesting occurs between April and early August. Two broods per year are average in our region, but there may be a total of 3-4 attempts at nesting which are not always successful.

Bird banding records at Kalamazoo Nature Center indicate that there is occasional late nesting of cardinals in Michigan during September in Southwest Michigan, though it is uncommon.

On October 6, Brad Anderson photographed a male belted kingfisher at it perched over Hess Lake in Baroda Township. Kingfishers are common along our lakes, ponds, rivers and streams during the warm months. Although it is considered a permanent resident in southern Michigan, most kingfishers migrate to areas south of here for the winter leaving only a skeletal population here from November to March.

Most of the time in the bird world,

the male of the species sports a colorful plumage while the female's colors are much less flamboyant. However one exception to this generalization is the belted kingfisher, for it is the female that sports two bands across the chest: one being bluish and another lower band

being a chestnut color. The male lacks the chestnut band, but it's blue chest band is more pronounced.

Please report your sightings to Jonathan Wuepper at wuepperj@gmail.com.

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# THE LAST WORD

## To sleep, to sleep ... perchance to dream?



Mrpheus for the last couple of weeks has been about as kind to me as a baby is to a diaper, raining tiny drops of dreams, short bursts of frequently interrupted sleep and fitful, restless entanglements with the sheets and pillows on the bed.

According to my Fitbit (that bizarre tracking device that quantifies both my waking and sleepy time) I have averaged a little over four hours of sleep a night for the last year or so, a number most research tells me to be woefully low.

This isn't new for me, I've always been a horrible sleeper. I don't actually remember it but I'm pretty sure my mom told me once that I flunked nap time in pre-school, and as I've aged the situation hasn't gotten much better, with the wee hours more apt to see me wandering about the house in my fuzzy slippers, looking out the windows at the lake and stars a lot more than spending quality time with the darkness that coats the insides of my eyelids.

The doctors who have humored me with their benevolent ministrations over the years have shrugged off my bad sleeping habits and encouraged me to try various over-the-counter sleep-related snake oils, yoga and meditation, a pre-bedtime glass of warm milk (yuk!), a regular, routine bedtime procedure, and about a thousand other hocus-pocus practices that seem to work in my world about as poorly as Congress works.

"Is something bothering you," they invariably ask.

"Well hell yes something is bothering me," is my standard reply. "When you only get four hours of sleep a night, EVERYTHING bothers you ... is that one of the stupid questions they taught you to ask in doctor school? Am I paying for this appointment by the hour?"

Anyway, like I said over there to the left, right by the big red and yellow "M" at the start of this story, this hasn't been a very good week in the continuing saga of the Phil/Sleep relationship.

And, yes, something has been bothering me. Something that has been more sleep-preventing-scary than the monster who lived under my bed when I was five; more terrifying than the green and red aliens who landed in my grandmother's back yard and tried to take me into the mother ship for experiments; more insomnia-inducing than remembering that I didn't do my homework again or that tomorrow was the big test at school.

This week my trusty computer spit up it's last kilobyte and kicked over the proverbial bucket of RAM.

Right before deadline.

Talk about sleepless nights!

At first I called the ComputerNerd Squad that I subscribe to, and let some guy in India do that magical thing where he demoniacally possessed my computer and mucked around (twice over a period of six hours), changing and deleting the things I'd spent the last six years getting exactly where and how I like them.

Then, with a jaunty "I've done all I can do, you should be good to go" message, he abandoned me to a frenzied state of solid-state isolation (at least he didn't tell me to go drink warm milk!).

It didn't work any better than before.

So before bed I called my tech-savvy daughter who suggested that I run to Wallymart and buy a new computer, one she recommended as a worthy replacement, promising to come to my home the next day and help me get it back on the straight and narrow path to align all of the ones and zeros that I need to put into their places every month.

If you've ever been faced with replacing a computer (especially on a deadline when you most need it) I'm pretty sure unicorns and rainbows didn't grace your dreams for a few nights, either.

Well, to make a long, scary story shorter, I'll summarize. Somewhat.

The next day my wizard-of-a-daughter showed up as promised and set to the task of performing that electronic voodoo that she can do so well (as far as I can tell, everyone younger than me can do computer and phone sleight of hand that turns graybeards like me into ham-fisted, bumbling, technological stumble bums).

After a marathon computer-fest she proclaimed it mostly healed, at least to a point that I felt reasonably comfortable with considering the shallow end of the pool-pile of work I was facing.

I treated her to a delicious (and very expensive) dinner at a nearby fine dining establishment (it wasn't easy to eat through the masks though), and bid her Godspeed, heartfelt thanks and a hearty "good night" before she jumped into her sleigh and soared off into the night, back to the north pole or wherever it is that saints and miracle workers hang out when they're not curing horrid diseases or delivering gifts or feeding hungry orphans.

I didn't sleep well that night.

Dreams of two-legged ones and zeros plagued me all night, dancing about and chanting like a coven of crazed electronic witches and their familiar black cats around a Halloween bonfire.

Groggily the next morning, I sat at my desk, booted my new best friend into electrified wakefulness, and set to it.

And found, to my continuing horror, that despite the many, many hours spent by Saint Sanya (my surely-soon-to-be-canonized daughter) I was still battling a COVID-like crisis of what has become the oxymoron of the century.

The new normal.

Some things weren't where I expected to find them. Some things weren't there at all. Some wheels had to be reinvented. Some dragons had to be slain all over again. It was deja vu all over again.

To my spouse, family and neighbors who were here Sunday as I drew my sword and logged in, I probably sounded like I was speaking in guttural grunts instead of the computer language of my new device, which apparently requires the user to intone a lot of expletives, curses and sharp cries of anguish.

Ok, so cut to the chase ... it's nearly a week later and I'm muddling through, punching keys and getting things done ... but not quite back at the pace I was when my dear old computer died. Every day I accomplish one more step on the road to recovery (I'm told there are at least 12 steps), and every night I hit the pillow and struggle (mostly in vain) to get to sleep and stay there.

But night after night, I keep trying ... after all, as Ernest Hemingway said, "I love sleep. My life has a tendency to fall apart when I'm awake, you know?"



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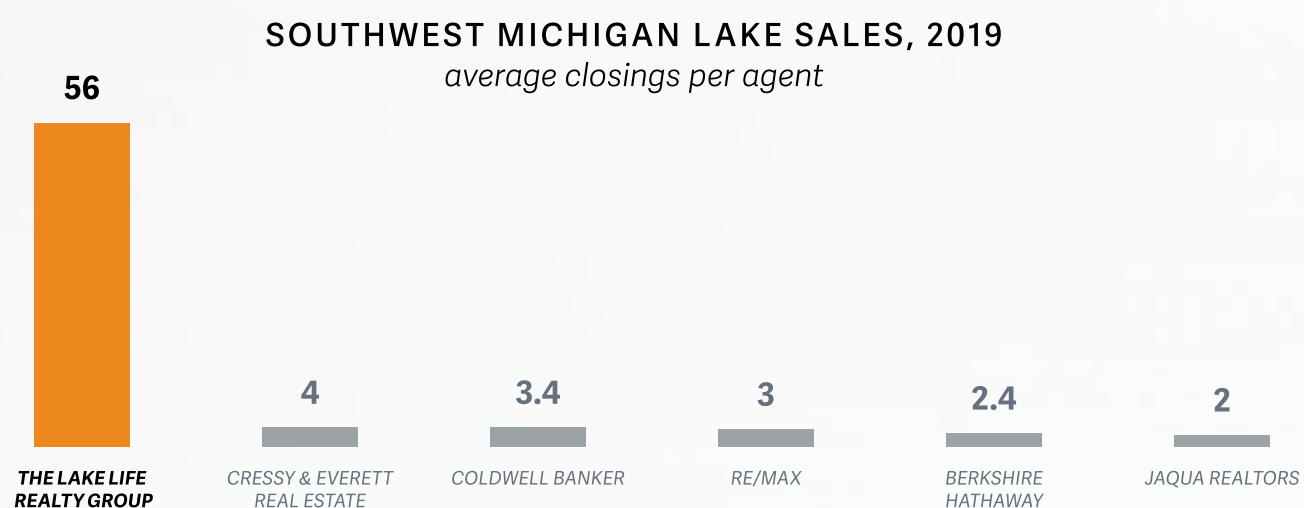
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