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# NEIGHBORS

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Neighbors is published monthly from  
March through December.

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# REGIONAL NEWS

### Edwardsburg to host art fair

Edwardsburg’s will host an Art Fair on August 7 at the Edwardsburg American Legion, 25980 US HWY 12 from 9 am to 3 pm. The Fair will feature over 30 vendors displaying arts and crafts, and paintings, jewelry, candles and more will be up for sale. Food and beverage will be available for purchase.

### Cass County Historical Society

The historical NEWTON HOUSE, 20685 Marcellus Highway, will be open on the first Sunday of every month during the summer and early fall from 1 to 4:30 pm: August 1, September 5, October 3.

The fun packed fall festival is scheduled for the October 3 open house. Bring the family and enjoy the nearby Russ Forest Park and a walk through the virgin timber forest of NEWTON WOODS. Hayrides are planned for a ride through Russ Forest.

Regular Cass County Historical Society meetings will begin at 6:30 pm with program at 7 on the following Tuesdays:

August 17-- Speaker: Kurt Wiesemas, descendant of Jonathan Gard, The Pioneer Life of Jonathan Gard. Meeting at the Newton House

September 14 -- Cass County Mills and Historic Dams, Meeting at Cass District Library, 319 M62 N, Cassopolis

October 19 Speaker: Dr. John Geisler, Ordinance of 1787, Meeting at Cass District Library, 319 M62 N, Cassopolis

The public is invited to all events. For more information, contact Allen F.

Butchbaker, 269-244-8479 or allenbutchbaker@gmail.com

### Hooked on fishing

An exhibit, “Hooked on Fishing,” will run from Aug. 18 to Oct. 31 at the Edwardsburg Area Historical Museum. It will include many items from the museum’s permanent collection as well as lures, rods, augers, and old fishing equipment from area residents. This exhibit was held over from the 2020 season because the pandemic.

### Three speakers scheduled

A retired home economics teacher turned food service director, a fish and tackle business owner in Edwardsburg, and another Edwardsburg native who is a fishing guide in Alaska, will provide evening presentations this season at the Edwardsburg Area Historical Museum. **Tues., Aug. 10, 7 pm — Elizabeth Westfall Thompson** — Because of the pandemic, this presentation by Elizabeth Westfall Thompson was moved to the 2021 season. A 1956 Edwardsburg High School graduate and an Edwardsburg Hall of Fame inductee, Thompson will give an oral history of growing up in Edwardsburg. She and her husband, Larry, who died in 2018, jointly received the Hall of Fame’s Lifetime Award from the Edwardsburg Public Schools in 2016. Thompson put her degree in home economics to good use and taught for 35 years, both at Sand Creek high School and the Allegan County Area Vocational Technical Center. A dietitian, she also ran a catering business and worked as a food service director. She earned several

state awards for her work in the Future Homemakers of the America and the vocational Industrial Clubs of America. She lives in Saugatuck.

**Thurs., Sept. 16, 7 p.m.—Darrin Schaap** — Darrin Schaap’s presentation, scheduled for 2020, also has been moved to the 2021 season. Schaap, the owner of Clear H2o Tackle in Edwardsburg, is a columnist for the Edwardsburg Voice. He will focus on changing technology in the world of fishing, as well as how to use different lures for different fish.

He graduated from Edwardsburg High School in 1995 and earned his business administration degree from Central Michigan University. He managed Brett’s Place on the Bay in Benton Harbor for five years.

His is the first of two presentations that complement the seasonal display, Hooked on Fishing, which opens Aug. 18. **Thurs., Oct. 21, 7 p.m.—Jeff Duck** — Jeff Duck has the fisherman’s dream job. The Edwardsburg native, a professional fishing guide out of Port Alsworth, Alaska for nearly 20 years, will share highlights of that work as part of the Hooked on Fishing display. He will speak on the similarities between fishing in Michigan and Alaska and share photos of his experiences.

No amateur before the camera, Duck was a part of a documentary by the Discovery Channel, has appeared in an episode of River Monsters, and can be seen in professional videos on fishing for northern pike and rainbow trout. He heads tours for individuals as well as professional photographers in day trips in

the Bristol Bay Region, an area covering thousands of miles south of Anchorage. While his focus is on five species of salmon, northern pike, rainbow and lake trout, steelhead and the grayling, he also conducts tours of glaciers and volcanoes.

### Health department new officer

Lawrence, MI – On Wednesday, July 14, Van Buren/Cass District Health Department’s Board of Health announced the hiring of their new health officer, Danielle Persky. Persky, a Western Michigan University graduate, will replace the retiring Jeff Elliott who served for 38 years and will continue to serve in an advisory capacity through December 31.

A Health Officer provides leadership to a local health department by acting as the Chief Executive Officer. Persky has over 13 years of experience working for public health organizations. She previously served as the Deputy Health Officer and Director of Health Promotion at Van Buren/Cass District Health Department. Through her efforts, the health department has expanded its outreach by working collaboratively with multiple service organizations, school administrators, county leaders and local businesses. In Van Buren County she was instrumental in the development of the Community Health Committee, which is comprised of community health leaders whose mission it is to work cooperatively to change systems throughout the county. In 2019 she was recognized as the Cass County Community Advocate of the Year by the Great Start Collaborative. Through the past year,

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# REGIONAL NEWS

Persky served as the administrative director on the COVID-19 pandemic leadership team at the health department. She is actively involved in leadership roles locally and regionally with groups such as the Social Justice Alliance of Cass County, Great Start Collaborative of Cass County, Van Buren Human Services Coordinating Council, Southwest Michigan Perinatal Quality Improvement Collaborative, Southwest Michigan Child Care Resources, and United Way of Southwest Michigan.

## Meteors and marshmallows

On Thursday, August 12 at 9:30 pm join park staff for an evening of star gazing and Perseid meteor watching at Bendix Woods County Park on State Road 2, south of New Carlisle, Indiana.

Participants will meet at the Van Paris Shelter. Marshmallows will be provided at the campfire. Please bring a blanket and insect spray.

Pre-registration required by August 9. Call 574-654-3155 to register.

Bendix Woods County Park is located on State Road 2, south of New Carlisle, Indiana.

## US 12 Garage Sale August 13 -15

The US 12 Heritage Trail Garage Sale is called, "Michigan's Longest Garage Sale!" Every year individuals clean out their attics and stake out their front yards along the US-12 corridor stretching over 200 miles from New Buffalo to Detroit. You will find everything from antiques, collectibles, furni-

ture, dishware, fresh garden produce, homemade jams and jellies, live entertainment and much more. The sales can be found along the highway at homes, farms, businesses, parking lots and fields. Some areas will have large numbers of vendors while others may be scattered.

Preparations are underway in many homes, organizations and businesses across US 12 for Michigan's Longest Garage Sale.

Anyone who is interested in hosting a garage sale is encouraged to register his or her sale for free on the new US 12 Heritage Trail website [www.us12heritagetrail.org](http://www.us12heritagetrail.org). If you register, your sale online it will be a part of the list of sales that will be included in the interactive online map and a page listing all the sales, which can be viewed and printed prior to the sale. Items of all shapes and sized items that are sold along the route. There is no cost to register your sale on the map so register today!

Need a place to set up? There are also rentable locations available throughout the US 12 Corridor Sale route. Visit the website to contact folks who offer spaces for rent. Another way to find a spot is to keep an eye out for signs advertising vendor spaces while you are driving along the route. If you want to list your location as a space to rent a garage sale, then register your sale on the website for free today!

As an outdoor event, there should be more than enough space to allow for social distancing outdoors at the US 12 Garage Sale. With the help of all partici-

pants, this event will go on while protecting the safety and health of everyone.

We would like to remind everyone to please drive safely and to slow down while traveling US-12. Please pay special attention to pedestrians while driving, when parking, exiting your vehicle, and visiting the sales during the weekend.

For more information about Michigan's Longest Garage Sale and other attractions visit the US 12 Heritage Trail website at [www.us12heritagetrail.org](http://www.us12heritagetrail.org) and like us on Facebook @ US 12 Heritage Trail.

The Edwardsburg Area Historical Museum will offer 10' X 10' spaces for the U.S. 12 Garage Sale on Thursday, Friday, and Saturday, Aug. 12 through the 14th. Rental spaces are \$15 for one day, \$20, for two, and \$25 for all three days. Renters must provide a copy of their homeowner's/renter's/business insurance policy.

This location is right on U.S. 12 (Main Street) in the middle of the village and is a prime spot! People can stop by the museum to fill out a form and pay the fee during museum hours, 1 to 4 pm, Tuesdays through Fridays, and 11 am to 2 pm on Saturdays. Call Jan Litty at 269-699-5118 for more information.

## Water Quality Survey

Throughout the summer, the Southwest Michigan Planning Commission will be conducting a survey of residents in Berrien and Cass counties to assess the community's knowledge and level of concern with local water quality

issues. The survey only takes 5-7 minutes to complete. Visit [www.letskeepitblue.org](http://www.letskeepitblue.org) to take the survey online.

The survey is part of the Storm Water Public Education Plan (PEP) for southwest Michigan. The goal of the PEP is to educate the public about water quality issues and the measures that can be taken to reduce pollution. The land in Berrien and Cass counties is either within the lower St. Joseph watershed, Galien watershed or has drainage flowing directly into Lake Michigan. Much of the polluted runoff, which flows into local streams, rivers, and lakes, begins at home due to everyday activities associated with lawn and pet care, septic systems, infrastructure development, and other general auto and home maintenance actions.

The proper disposal of trash, auto oil and fluids, lawn byproduct such as pesticides/herbicides and fertilizer as well as grass clippings, animal wastes, and home cleaning products can assist in reducing pollution. Properly maintaining septic systems and employing green infrastructure techniques such as rain gardens and rain barrels can help reduce polluted runoff into local streams, rivers and lakes.

The goal of the survey is to assess change in community behavior and awareness concerning local water quality issues. This information will be used to adjust the goals and practices of PEP to more effectively reach and educate residents of southwest Michigan about water resources and their protection. Learn more at: [www.letskeepitblue.org](http://www.letskeepitblue.org).

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# REGIONAL EVENTS CALENDAR

August 1 - 7 - Cass County Fair

County Park, South Bend, 9:30-  
pm, 574-654-3115

August 7 - Edwardsburg Art  
Fair, American Legion, US 12

August 13 - 15 - US 12 Garage  
Sale, various locations

August 10 - Edwardsburg  
Historic Museum speaker  
Elizabeth Westfall Thompson, 7  
pm

August 17 - Cass County  
Historical Society meeting, Kurt  
Wiesemas on the pioneer life of  
John Gard, 6:30 pm, Newton  
House, 279-244-8479

August 12 - Meteors and  
Marshmallows, Bendix Woods

August 18 - October 31 -Hooked  
on Fishing exhibit at  
Edwardsburg Historical  
Museum

August 21 - Dowagiac Rod &  
Roll Classic Auto Show, 7 am - 4  
pm

September 14 - Cass County  
Historical Society meeting on  
Cass County mills and historic

dams, Cass District Library, 6:30  
pm

September 16 - Edwardsburg  
Historical Museum presentation  
by Darrin Schapp on fishing  
lures, 7 pm

October 9 - Dowagiac Under the  
Harvest Moon Festival, 10 am -  
4 pm

October 19 - Cass County  
Historic Society meeting with  
Dr. John Geisler on the  
Ordinance of 1787, Cass District  
Library, 6:30 pm

October 21 - Edwardsburg  
Historical Society presentation  
by Jeff Duck on fishing in  
Alaska, 7 pm.

**EDITOR'S NOTE:** Due to  
the pandemic all events are sub-  
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# BUSINESS & FINANCE

## Be prepared as well as you can

By **Kerry Davis**  
*Kemner, Iott, Benz Agency*

At some point in our lives, we were trained to be prepared. My brother learned it in Cub Scouts. I learned it in different sports I participated in. You may have been taught it in a completely different setting. This general concept is one that can take many different forms. When we are young, it could be as simple as brushing our teeth for school. As we get older, we have to be prepared for many different things life can throw at us, some of which are unknown and out of our control.

As I was thinking of subjects for this article last weekend, this topic unfortunately, slapped me in the face as my mom suffered a heart attack, with no history of heart problems prior to that. As I'm writing the article, she has had surgery to remove a blockage, now has a pacemaker, and I brought her home after a 3-day hospital stay.

She was prepared. I realized my mother was as prepared as anyone could be for this, even though it was completely unexpected. We had already discussed her hospital preference, she has a list with her at all times of her medications and medical history, and she had all her insurance

**We do not always know what we are preparing for, so we can never be fully prepared for everything. However, we can control what we can control.**

information. I also know her final wishes and funeral plans when that time eventually comes. She has all her bills in one place on a spreadsheet so someone could easily take over that task if necessary.

The second thing I realized while sitting in the hospital is that I am not as prepared as I should be if that would have been me. As an insurance agent, I should be prepared for the unexpected. That's my job. I have life insurance. I have auto insurance, home insurance and health insurance. I have all the things you can purchase to be prepared, and these are all very important things. But what is also important is making my own children as prepared as my mom made me for an event like this. The reality of being in the hospital is that there is not a magic time or age to start preparing.

Be Prepared. We do not always know what we are preparing for, so we can never be fully prepared for everything. However, we can control what

we can control. Talk to your insurance agent about preparing policies to protect the interests of you and your fami-

ly. Talk to your family about your wishes and things they should know in case of any unexpected event. After you are done with all that preparation, remember to take time, live every day to the fullest, and do not take anything or anyone for granted. Trust me on this one...after this weekend, there is still one thing that I am not sure I will ever be prepared for.



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# LAKE LIFE WITH JANE

## How did it get to be August already?

by **Jane Boudreau**

**H**ello Neighbors! And now, right before our eyes--it's August! How the heck did that happen? It'll be a new year, a new day. We went to our home on the lake sparingly in the spring and we've kept company down while we do some exterior fix up projects. Hard work, especially in the heat, but the results are so nice.

Now I have to go into that gardening thing. Please skip down if you don't care a whit about dirt, bugs, and sweating it out on a perfectly fine day. Not much new going on in my garden unfortunately. In fact, this summer hasn't been the best for me. Rather than staying put, I was going back and forth between homes and I lost a few plants. I didn't have a lot of flower pots or hanging plants, but it always makes me sad to see a withered up plant that was glorious when I left--either house. Does anyone have any tips on how you keep your garden going while you are away? It's probably an age old question but I'm at a loss. Email me if you'd like and I'll share next month.

This is a shot of my climbing rose (the other blooms had died off), and I can't tell you how proud I am! I planted this by my arbor about ten years ago and absolutely nothing would happen with it. It never grew much, and certainly wasn't getting the hang of climbing. I probably should have ripped it out and planted clematis, which is a trooper. One day last summer I saw some tendrils hanging and started looping them on the arbor and securing with twine. This summer it is halfway up and I'm getting buds and flowers here and there. And then low and behold, I found out it was a bush, not a climber. Well, it's now an expat.



I don't know what I'd do without a free App I have on my iPhone called Picture This. I made a new garden bed which I filled with some perennials. I'll be darned if I remember what they are, even blooming! I used to make primitive little diagrams on paper. They would get covered with dirt and grime, I'd erase plants, add plants and ultimately lose it. So this App is cool. Just snap a photo of your plant (or weed), and there you have the name, and even care instructions. I also planted some flowers from seeds: zinnias, nasturtiums, four 'o clocks, and cosmos. There's something truly satisfying in growing something from seed. That's probably why I had vegetable gardens for so long until the upkeep of two homes brought it to a screeching halt. But this year I just couldn't resist. I popped a few tomato plants next to the Day Lillies, and some squash seeds in front of the phlox. They are all doing very well! I'm patting myself on the back!

Another wonderful aspect of this App is that it keeps your photos in a library so



you can refer back to them. I bought this beautiful flowing plant with pink flowers at Dussell's Farm Market. I brought it back to Chicago to plant. Along the way I forgot what it was. I just jumped on the App, found the photo I took at Dussell's and boom! By the way, it's a Blue Mustard (underneath that pink) and it's edible, but I'll pass.



Since I have nothing nice to say about my overall gardening, I thought I'd try to keep your attention by talking about houseplants. They aren't exactly my forte, more so victims. Just as I have problems with being in one place long enough to keep my gardens and pots healthy and watered, houseplants can suffer quite a bit as well. I've had this jade plant for almost twenty years, and it was quite old and gangly when I bought it at a yard sale of all places. It's gone through some hard times but the worst was over this past winter. It's a succulent so it can really go a long time without water. My mistake was leaving it directly in front of a huge window facing Southeast. I nearly cried when I saw it. There are no words. I picked up thick stems and clipped old ones. I gave it moderate doses of water over several days so as not to shock it. It's always a blessing to see new leaves on withered stems. I'll just keep watching, snipping dead parts when needed, and definitely keep it away from that window!! I'm truly happy to say it's the same 'very old' plant.

While I'm boring you with the What-to-do's and What-not-to-do with some popular and much loved houseplants and some that I love. I do pretty well with ferns, pathos, and spider plants. But for your interest, I gleaned some tips from Better Homes & Gardens, a magazine I surely will never be in. I don't mind however, stealing their ideas for my own use. So here is a quick rundown:

1) Indoor container plants need much lighter soil than the soil you have in your garden or in a bag marked topsoil. Always get a potting mix. This will provide good drainage, hold moisture, and give roots room to grow. Who would have thought?

2) News to me: Overwatering kills

more plants than under-watering. Use room temp water and it's best to actually get it from an outdoor tap if you have softened water. It can accumulate in the soil and burn the roots of the plant. If this isn't enough fussing for you, it's best to let the plant water sit for a few hours to evaporate any dissolved chemicals. Hmmmm ... maybe I need a rain barrel.

3) Be sure your pot or planter has drainage holes in the bottom. You need to completely soak the plant until you see the water coming out the bottom. This is best done outdoors or over your kitchen sink or there will be a lot of mopping to do. For my monster Jade, I have an old utility tray, 4 inches deep, in which I set the whole plant. I water and just leave it to soak for several hours. I then set it on a few old towels to be sure nothings coming out and then pop it back into the woven basket it calls home. It's totally worth it for this guy, I don't have to water for another 4-6 weeks. No matter what sort of plant you have, you have to let that water go right through and out the drainage holes. Forget prancing around with a pretty watering can adding a splash here or a glug there, they need a good soak.

4) I'm not a chemist so I fertilize my plants with whatever I find at the big box store. I mix the powder with water according to the direction and give them a good drink. I never fertilize in the winter as plants aren't actively growing then. And you should never water baby plants if the potting soil has nutrients in it--and it should if you are buying what I told you to buy. :)



Getting away from plants and going in the direction of even more drivel, I wanted to share just a little decorating tip that I love, but maybe you won't. I have found that when you have things you love or need scattered on a surface, such as a counter top or your coffee table, it will look a lot less cluttered and even more eye-catching if you corral objects into a container, basket, or decorative tray. My decorating style is a mixed bag, I like a casual cottage look with some rustic modern and farmhouse touches. But the wind can blow me in another direction next week.

The point I'm making is that you can gather up anything you like in your home that you want to display, plopping it on a tray and you have instant style. I also use trays and baskets in the bathroom and on my dresser to hold all those little essentials that would otherwise be clutter. My nightstand has a basket holding my latest book. It looks so scholarly.

What you can't see are my reading glasses and iPad. Okay--I'll come clean. Also in the basket are eye drops, cough drops, tweezers, nail files, dental floss, bobby pins, nail address book, gum, a few pairs of earrings, tissues (some used),

nail polish remover, last weeks Sun Times, recipe clipped from magazines, dog bones...well, you get the picture. But at least it's all tidy and in one place.



**Now ... recipes.**

### *Pasta with Sun-dried Tomatoes & Pesto*

My daughter made this over the 4th of July holiday and we all loved it so much; we were sneaking into the fridge later to grab another small plate. It's super easy to throw together and it feeds a small crowd. Make it your new summer side dish.

#### **Ingredients:**

- 1 lb. rigatoni pasta
- 1/4 c olive oil
- 1/4 c basil pesto (available in most grocery stores)
- 1 T dried Italian herbs
- 3 garlic cloves, minced
- 1 c red cherry tomatoes, sliced in half
- 1 c yellow cherry tomatoes, sliced in half
- 1/4 c. sun-dried tomatoes, roughly chopped
- 1 1/2 c fresh or buffalo mozzarella cheese, roughly chopped
- 1/2 c grated Parmesan cheese
- S & P to taste

#### **Directions:**

Boil pasta according to box directions. Meanwhile, in a large bowl, mix the olive oil with the pesto, herbs, and garlic. Drain the pasta and toss with the olive oil mixture. Gently mix in the sun-dried tomatoes, tomatoes, and mozzarella cheese. Stir in the Parmesan cheese and season with S & P to taste. Serves 8-12 as a side dish.

### *Mediterranean Baked Cod*

I wish I could say we ate more fish. My husband loves salmon but I'm a little so-so about it. I prefer sweet whitefish like cod and tilapia. When you factor in that I've never found a creative bone in my body when it comes to preparing and cooking fish, it just doesn't happen much around here. I did however, come upon a sale at my grocer on cod and tuna. So I really had to put my thinking cap on and do this fish right.

I cook every evening. More times than not, it's play time. I'm in my element when I can create something delicious by gathering up what I have in the fridge and pantry and then let the dance begin. A lot of times I'll refer to a recipe

*Continued on next page. See:*

**JANE**

# LAKE LIFE WITH JANE

## JANE

Continued from previous page



to brush up on my game, and then edit it according to what I have on hand or my preference in place of or in addition to the recipe ingredients.

So you have a little over a pound of cod. Let's bring out the flavor (butter), and add to the flavor (a veggie, in this case spinach). To give it that extra kick, some herbs and spices, and the final touch to make it all come together, it can be anything from a sprinkle of cheese to toasted breadcrumbs to a splash of cream. I used the juice of a lemon.

These flavors are those we find in Mediterranean cooking and it's one of my passions. Very fresh, vibrant, and heart healthy. I hope you enjoy making this dish as much as I did putting it together.

### Mediterranean Baked Cod

#### Ingredients:

- 1.5 lbs fresh cod fillets, cut into 4-6 pieces
- 5 garlic cloves, peeled and minced
- 1 10 oz. package frozen spinach, thawed and squeezed dry
- 5 T fresh lemon juice
- 5 T olive oil
- 2 T melted butter
- 1/3 c flour
- 1 t ground coriander
- 3/4 t sweet paprika
- 3/4 t ground cumin
- 1+ T salt and pepper

#### Directions:

Preheat oven to 400 degrees. Mix the lemon juice, olive oil, and melted butter in a shallow bowl. In another shallow bowl mix together the flour, spices, salt and pepper.

Pat all sides of the cod pieces dry (very important). Dip the pieces (both

sides) in the olive oil/butter mixture first followed by the flour mix. Set aside on a plate.

Heat 2 T olive oil in a cast iron or heavy oven proof skillet over medium high heat. Add the fish and sear on both sides until you have a golden color but not cooked through. Off the heat and spoon the spinach over and between the cod pieces. To the remaining lemon mixture, add the chopped garlic and swirl to mix. Pour this over the entire dish.

Bake the fish in the same skillet for about 10 minutes or until it flakes easily. Finish with a good squeeze of lemon and garnish with fresh parsley if desired. Serves 4

### Blueberry Cheesecake Parfait

Can my heart beat any faster? I can pop fresh blueberries in my mouth and be in heaven. Give me a bowl of them with fresh cream or whipped cream and my eyes are rolling back in my head. And this...I won't go any further. It's delicious, somewhat healthy (okay, there's a lot of sugar but the cream cheese is good enough), and it looks absolutely fabulous. Come on...impress your guests! Finally, it's easy. You can thank me later.

### Blueberry Cheesecake Parfait

#### Ingredients:

##### For the blueberry sauce:

- 1/4 c sugar
- 1 T cornstarch
- 1/2 c water
- 1 T lemon juice
- 3 c blueberries (fresh or frozen and thawed)
- 1 t vanilla extract
- Pinch of salt



#### For the filling:

- 1 1/4 c heavy cream
- 8 oz cream cheese, softened
- 1/2 t vanilla extract
- 1/2 c sugar
- 1 store, bakery, or your own pound cake, cubed (smallish)

#### Directions:

In a medium saucepan over low heat, combine the sugar and cornstarch. Stir

in the water and lemon juice. Add the blueberries and stir to combine. Bring to a boil over medium high heat, stirring frequently. Reduce to a simmer and cook an additional 3-5 minutes until the mixture is thickened. Remove from heat and let cool.

In a medium bowl or your standing mixer, beat the heavy cream until stiff peaks form. In a separate bowl, beat the cream cheese, vanilla and sugar until smooth and fluffy. Fold in the whipped cream.

Divide half the pound cake cubes among 6-8 small glasses or parfait/pudding cups. Spoon half the of the cheesecake filling over each cup and top with the blueberry mixture. Add another layer ending with the blueberry sauce. Garnish with fresh mint if you happen to have it. It's just for show so don't stress if you're fresh out. I like to use any old glass, or a jelly jar which I'm embarrassed to say I have a nice collection of, as long as they are approximately the same size...you really wouldn't want to see grown people arguing, or even crying if they have a smaller cup or jar. And make sure its glass so it looks purdy.

As the work continues on the lake house, I'll focus more on recipes, decorating, household cleaning hacks, and just some general drivel. But I may just share my tomatoes and zucchini next month

Be safe. Enjoy August. Try my recipes. Get outside as much as you can!

Jane is a writer, columnist, and blogger who lives in Chicago, on Diamond Lake, and a little place in the mountains of North Carolina. You can reach her at [Blindy9@yahoo.com](mailto:Blindy9@yahoo.com).

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# OUR CHILDREN

## It's that time again

by **SANDY FLEMING**

I know it seems like summer just got started, but here we are at the beginning of August once more. I know we are all hoping for a school year with minimal disruptions this year- it's been HARD on our kids (and us)! But that is also exactly my point this month. Our kids need extra help getting back into the swing of things this fall, and many of them also will need more than the usual academic support.

Even those that had a lot of help at home may not have mastered grade level goals from the past year and a half. Plus a lot of students missed a whole lot more school this year with quarantines and so forth. It all adds up to less time than usual in the classroom, and for some kids, serious lags, delays, and shortfalls in their learning. We all need to do what we can to get them back where they need to be to reach their full potential.

**Change Your Routine**

Kids do so much better if they know they can count on the routines at your house. It gives them tons of security, can minimize anxiety and behavior issues, and helps them develop character traits that will serve them well as adults in the workplace, like reliability and dependability. But in the summer months, who doesn't love a little smidge of vacation to take a break from the school year routine? I bet your kids are in the habit of sleeping in late, maybe staying up a little bit (or a lot) late, having tons of free time, and all the other things that go with a relaxing summer. And that's all well and good, but you will have a whole lot less of a fight on your hands if you start now (4 weeks or so before school) to shape them back into a school year schedule.

If you start now, you'll have time to get them used to an earlier bedtime and an earlier wake-up time gradually. You can shift their body clocks fifteen minutes or so every few days, such that they are back on school time about a week before classes start. This slow and gradual change is much better for their growing bodies, and hopefully will be much easier on their psyches. Plus whatever arguing or acting out can get over and done with before the bedtime and wake up times have to be in place for efficient school morning and bed-times.

It's also a lot easier from a physiological standpoint to change your body clock naturally and in small increments like this. Think what a hard time you as an adult have when you need to go to bed way earlier than your normal time for some unusual event, like an early morning doctor's appointment or plane ride. You can go to bed three hours (or whatever) early, but then you toss and turn and lay awake far longer than usual because your body is just not convinced that it's time for bed. Kids have an even tougher time, because they won't have the mental discipline to stick with it. Help them out by moving their bedtime gradually closer to what it needs to be for the school year.

And the same is true for meal times. Remember that kids' lunchtimes are pretty rigid at most schools, and



many are quite early. Help your child adjust by aligning meal times with what they will need to be in a few weeks. For younger kids, you can also make sure they can manage with whatever lunch containers you plan to send with them. Can they open and close them effectively? Do they know which are disposable and which need to be brought home to be washed? You can save a lot of anxiety, stress, and unhappiness if you take care of these details while they are still at home where you can provide guidance and assistance.

And finally, there's the matter of homework time. Homework is a fact of life for most students, particularly once they hit middle and high school. Get in the habit of setting aside "homework time" now, before the crunch of the school year. You'll have time to figure out if your kids do best if they sit right down and get it done as soon as they get home or if they need some wind-down time before they begin. Don't forget to allow time for any after school or extra curricular activities the kids are likely to become involved with. If you set an expectation that homework time is a mandatory part of the day, it will not be so much of a fight when the time comes that the students actually do have homework. The additional time for learning will not hurt any of them, and it might really help you avoid behavior troubles. Make a habit now, and you'll be very glad you did come September.

Experts recommend that kids spend 10 minutes daily on after school work for each grade level. So a first grader should spend 10 minutes, while a fifth grader should be planning for 50 minutes. A high schooler might need several hours to keep up with school expectations. If this seems too harsh or demanding, you can create a guide based on student performance. If grades are at acceptable levels (for some students this might be C work, while for others it could be B or even A work), then students can choose if they need the homework time on a daily basis. But if those grades are below C level, then you should give serious consideration to mandatory home learning time every day of the week, regardless of the homework that comes home each day. Kids who know they will be spending the time on learning no matter what are a whole lot more likely to buckle down and do the school work than students who get a pass if they tell mom or dad that there are no assignments that

day.

At a loss for what to have them do during this work time before the school year starts? Not sure what to have them work on once school begins but when there is no other homework? Here are some ideas:

- Keep an eye on the school parent gradebook. Nearly all schools have them now, and they provide great information about what's going on in class. Have students complete any missing or late assignments as well as current work.
- Middle and high school students can easily use the time to really study. Kids often do not even know the meaning of the word. They wait until the night before the test to look over the material. They will do better if they read and reread assignments, make outlines, write down questions and answer them, review their notes, make flashcards of the vocabulary words and definitions, and use other study strategies independently.
- One great tool for studying is to have your student write several sentences about what happened in each class that day. Do not accept "nothing" in answer to the question. Teachers never do "nothing" in a class period- there's too much to cover. When your child reviews the purpose and information from the day's class and writes it down, he or she will end up with a study guide for the next test.
- In addition to extra studying, kids can always benefit from additional reading, writing and math practice.

Have them read novels, write stories, and practice any weak math skills. You can grab workbooks from the store for their grade level or even get practice materials for any weak skills off the internet.

As you can see, there's plenty of practice ideas to fill this time each day, and your student will strengthen academics along the way plus build outstanding habits of responsibility and reliability. It's a great way to prepare for that eventual need to get a job as an adult.

**Check Their Progress**

If you haven't heard, the pandemic has been hard on students' academic progress. The disruption to the school routine, the switch to remote learning, and setbacks have hurt many students' overall progress these past few months. Indiana just reported that only 1 of 3 students passed their statewide testing this past spring (compared to the typical 60 or 70 percent). That's a LOT of kids who are struggling. Don't let your student fall through the cracks. Now is a great time to check on his or her general level of progress and if needed, begin to advocate for your student to get the help he or she needs.

One good way to assess general levels of progress is to use a grade level summer review workbook. These are readily available and not too expensive. Have your student work through it and note any places where the work seems too hard or that stump your kid. Being aware of weak skills will help you make sure that they are addressed by the school. And if your child needs assistance, you can consider after school programs, tutoring, online programs, and other tools to help build the missing or weak skills.

Don't let your child flounder this year! With a few simple changes to the daily schedule, you can get everyone ready for success. Put your kids on the path to a great year by starting now to build the necessary habits and skills.

\*\*\*\*\*  
\*

**Sandy Fleming is a private tutor and writer from Edwardsburg. Visit her website at <http://sandyflemingonline.com> to grab more ideas and information about helping kids with their learning.**

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An advertisement for 'JUST HAIR' salon. The background is a solid light blue. At the top, the words 'JUST HAIR' are written in a large, bold, black, sans-serif font. Below this, the text 'Styling for Men & Women' and 'Certified organic salon' is written in a smaller, black, sans-serif font. In the center, there is a list of services: 'Hair', 'Manicures', 'Pedicures', and 'Waxing', each preceded by a small black circle. To the left of the list is a black hair dryer, and to the right is a black manicure tool. At the bottom, a white rectangular box contains the text 'Open Tues-Sat', the phone number '445-8400' in a large, bold, black font, and the address '206 N. O'Keefe St., Cassopolis, MI' in a smaller, black, sans-serif font.

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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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A scenic photograph of a waterfall cascading over rocks into a pond. Two Canada geese are swimming in the water in the foreground. The background shows lush green trees and a clear blue sky.

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A photograph of a large, blue, industrial-style building with a white roof, likely the O'Donnell's Docks LLC headquarters. The building has several windows and a sign on the side.

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# NATURE NOTES

## Godwits, avocets and peafowl oh my

*Provided by Cass District Library  
Local History Branch*

**E**ldon Dodd of Middleville photographed two marbled godwits on June 24 as they rested on the beach at New Buffalo while en route to the Atlantic shoreline or Gulf coast for the upcoming winter.

Marbled godwits stand at 16 to 20 inches tall, with a long, upturned bill, and are among the largest shorebirds to be encountered in Michigan. They pass through the Great Lakes region briefly in the spring while on their way northward to their breeding grounds in the northern Great Plains from central Alberta to western Ontario and south to Montana and Minnesota.

Northbound marbled godwits seem to be encountered less frequently in Southwestern Michigan than southbound migrants. Those heading north have been seen from late April through early June.

The beginning of the southbound migration of the marbled godwit through the Great Lakes is difficult to define, but is generally considered to occur from the middle of June onward, and certainly after the summer solstice around June 20. Some June southbound marbled godwits may represent pairs that experienced failed attempts at nesting, or never reached their nesting grounds.

Nearly all marbled godwit sightings in Berrien and Van Buren Counties have taken place on the Lake Michigan shoreline. The best month for finding one is July when the bulk of the population moves through to the Atlantic and Gulf Coasts of the southeastern US. Chances of seeing one locally after Labor Day are very slim.

Mike Mahler of St. Joseph found two American avocets at Tiscornia Park on June 30. Like the marbled godwit, the American avocet has begun to migrate south by late June. The 4th of July is the date by which the first "fall" avocet is seen in Berrien County.

Although an uncommon migrant in Southwest Michigan, the American avocet is encountered more often than the marbled godwit. Fall, southbound sightings occur more frequently than spring, northbound sightings. June and July are the best month in which to find these birds along the Lake Michigan shoreline, although the species can be found well into September and occasionally later.

For decades, the St. Joseph and New Buffalo beaches in Berrien County are the most reliable places in Michigan for birders to find large, migrating shorebirds such as the marbled godwit and American avocet.

On July 8, Peg Pinkowski of Baroda Township came across six Indian peafowl, wandering freely along Singer Lake Road in Baroda Township and was able to snap a photo before they disappeared into the brush.

It is commonly referred to as a "peacock", but that term only refers to the male of the species. What is interesting about the six birds in Pinkowski's photo is that it shows both males (peacocks) and females (peafowls) together. Does this flock repre-



*Top left: two marbled godwits on the beach, June 24, 2021 at New Buffalo already heading south by Eldon Dodd of Middleville, Michigan.*

*Top right: Mike Mahler of St. Joseph found these two American avocets on June 30 at Tiscornia Park, St. Joseph. By June these large shorebirds have already begun the trek southward from the Great Plains to the Atlantic and Gulf Coasts for the autumn and winter.*

*Middle left: Six Indian peafowl roam freely on July 8, 2021, Singer Lake Road. By Peg Pinkowski of Baroda Township.*

*Above: Coyote on July 6, 2021 in Fairplain by Shirley Sommers.*

*Left: Five hatchling prothonotary warblers in an eastern bluebird house, June 23, 2021, on the property of John and Judith Nay of Sodus Township. Photo by Judith Nay.*

sent a family group?

Its native range is Sri Lanka, India, north to Pakistan where it is found in semi open country. It is kept commonly throughout the world as an ornamental, domesticated bird. Feral populations have become established, or nearly so, in several areas in the US including Hawaii, central Florida and certain areas in California.

Indian peafowl belong to the family of birds known as Phasianidae which also includes the ring-necked pheasant.

A coyote has been seen during daylight hours around the Fairplain area during early July, according to Shirley Sommers, and she sent me a photo included in today's column.

According to Sommers the coyote attacked her neighbors dog, around

11am one morning in June.

Fortunately, the dog survived, but this is a reminder that coyotes are predators and are adapting to suburban and urban landscapes.

Coyotes will travel from rural areas into suburban St. Joseph and Benton Harbor via railroad track rights-of-way and our county and state roads. I have had reports of this Canidae from several areas in and around St. Joseph over the last few years. While there is no need to panic, it's always a good idea to keep pets in at night.

John and Judith Nay of Sodus Township have an eastern bluebird box in their backyard that has hosted a family of prothonotary warblers this spring and early summer!

Prothonotary warblers are a five and 1/2 inch songbird of the wood warbler family that inhabit wooded swamps in the southeastern US from spring through early fall. They are found in our region north to the southern three tiers of counties in Michigan.

The best locations in Southwest Michigan to find the prothonotary warbler are the wooded sections of the St. Joseph, Paw Paw, Dowagiac and Kalamazoo River waterways. In Berrien County, nesting prothonotary warblers can be found at Sarett Nature Center's Brown sanctuary which is located on the Paw Paw River in

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

# NATURE NOTES

## NATURE

Continued from previous page

Benton Township, and Andrews University, on the St. Joseph River in Oronoko Township.

The adult birds which are not shown appear golden-yellow with slate blue wings. Males appear very bright, female plumage being duller. The nickname of this species is "swamp candle".

Most of what we know about the breeding biology of the prothonotary warbler is due to the exhaustive efforts of ornithologist Lawrence Walkinshaw (1904-1993) of Battle Creek who studied the species during the 1930s and 1940s along the Battle Creek River.

Walkinshaw found that males arrived back on territory in the spring a few days before females, and had already selected a nesting site. The average number of eggs per clutch is five (which is consistent with the Nay nest), incubated solely by the female for approximately thirteen days. Young leave the nest eight to ten days later. The young in the photograph taken by Nay look like they will leave in about seven additional days.

Prothonotary warblers will have two broods per year before departing



*Left: Yellow-billed cuckoo on June 18, 2021 at Portman Preserve near Mattawan, Van Buren County by Greg Myrkle of Bangor.*  
*Right: American mink on May 28, 2021 along Linden Drive, Royalton Township. Mink, a member of the weasel family, are highly prized for their fur. Despite being susceptible to the Covid-19 virus, local populations remain stable.*



Berrien County by August. The species spends the winter months from Mexico, south to northern South America.

Greg Myrkle of Bangor photographed a yellow-billed cuckoo on June 18 at the Portman Preserve near

Mattawan in Van Buren County.

The yellow-billed cuckoo is a long distance Neo-tropical migrant, present throughout Michigan from spring until autumn, most numerous in the southern portion of the state. Its preferred habitat is thick, bushy areas and forest edges where it is observed more often by ear than sight.

The yellow-billed cuckoo raises two broods in Michigan before it departs the state by October for its wintering grounds in South America. Spring migrants generally arrive in Berrien County by May 10, but don't become widespread until May 20.

Heidi Merchant of Royalton Township was out walking along the St. Joseph River along Linden Drive on the evening of May 28 and came upon a mink that was popping in and out of concrete boulders used as a retention wall. Mink have suffered from the Covid-19 virus but local populations seem to remain stable.

Mink are chiefly nocturnal and eat a variety of small birds, mammals, reptiles and amphibians usually found in and near water.

Please report your sightings to Jonathan Wuepper at [wuepperj@gmail.com](mailto:wuepperj@gmail.com).

# LOCAL HISTORY

## Then and now: Edwardsburg Pleasant Lake Cemetery

Provided by **Jonathan Wuepper**,  
Branch Manager of the Cass District Library  
[jvwuepper@cass.lib.mi.us](mailto:jvwuepper@cass.lib.mi.us)

This month I am featuring photos taken by George R. Andrus, who was the publisher-editor of the Edwardsburg Argus for several years.

Prior to the mid-20th Century the gravel parking area for Starboard Choice Marine was a wetland, the cemetery being visible from Dailey Road. Ezra Beardsley was the first occupant of a settlement called Beardsley's Prairie in 1828, followed later that year by Thomas H. Edwards, appointed Postmaster on December 4.

The village of Edwardsburg was platted by Alexander H. Edwards in 1831 (spelling changed to Edwardsburg in 1841), and it is believed the cemetery was established soon after the village was established, although I can find no documentation of it's creation at press time.

The Pleasant Lake-Edwardsburg Cemetery was not located within the boundaries of Edwardsburg until sometime during the 1890s or early 1900s.

It is believed that George Andrus took the photos of the cemetery about 1910-1915 which would make them approximately 105-110 years old in the early 2020s.

On July 15, 2021 I took several photos from nearly the same vantage points in Pleasant Lake Cemetery so that readers could compare the "then" and "now" photos, taken about 110 years apart.



*Top left: View of the Edwardsburg Cemetery, also known as the Pleasant Lake Cemetery, for the lake it overlooks, taken from the vantage point of Dailey Road, looking northeast from approximately where Starboard Choice Marine is currently located.*  
*Top right: View of Thayer family headstone looking east, just right of cemetery entrance. Photo by George Andrus circa 1910s. The cemetery was approximately 90 years old in 1910. Note wooden fence on right hand side of photo. Middle right: Same view, July 15, 2021 from nearly the exact same angle, 110 years later! Notice how trees and other vegetation has grown up during the 11*



*decades that have passed since the Andrus photo was taken. The stones are well kept, but ever so slightly less level due to erosion.*  
*Bottom left: Looking northeast just inside the entrance of the Pleasant Lake/Edwardsburg Cemetery, circa 1910s. George Andrus collection. Notice lack of trees in the background compared with the 2021 photo taken from the same vantage point. Bottom right: Same view on July 15, 2021 taken by Jonathan Wuepper. I do not believe the pine trees present to the right of center in this photograph are the same as those in the photo taken by Andrus.*

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# THE LAST WORD

by Phil Vitale  
aka sailorphil

## It's not about the destination, it's the journey



So I've been down with a cold for the last couple of days and I'm sick and tired of being sick and tired so I think I'll go for a walk today. Maybe not a long walk, not like the 10 miles I've been putting in every day for the last couple months, just a walk to get some fresh air and blow the cobwebs out of my ears. Maybe I'll walk around the lake; a nice, easy 5 miles.

I like walking. I like where I'm walking. It's pretty around here, folks are mostly friendly, and even the farm dogs that bark at me when I walk by are wagging their tails, just saying "hi" and letting me know they see me.

I usually start by going out the door and looking both ways down the road. Roads can be scary things, you never know where they might lead you. Today I'll probably head north to check out how the Amish carpenters are doing on the new house they're building down the road. They're not very talkative, a quick "good morning" as I pass, then back to the business of hammering and sawing.

I'll climb the hill up to Harvey Street, a trudge of about 400 steps on a pretty good incline that leaves even the most fit of the neighbors winded. Then I'll probably turn west and walk past the pole barns and the corn fields by the entrance to Camp Tannadoonah.

The corn's tall now, fully tasseled and thick enough you can't see the sunlight through it. If I stare into the space between the stalks I imagine the baseball players from that Costner movie looking

back at me, but so far they've never come out and asked for a game of catch.

As I round the big curve by the entrance to camp, I'll hear the kids hooting and screaming in joyful abandon, as happy to be away from their parents for a week as their parents are to be free from their kids for a week, I imagine.

Around the second curve in the big "S" curve that makes up that part of Harvey Street, and I'll come to Area 51. It's actually Area 1 on the maps of Lawless Park according to the sign that fell down two years ago, but after I propped the sign back up at the base of the pole, I renamed it Area 51 after the New Mexico alien site. Area 51 is usually where I get into the "walking zone" and begin my walking mantra. I find that keeping a simple mantra running through my head as I walk helps me focus on the walk and helps me keep my mind off things like the pebble in my left shoe and the damn deer flies that are trying to suck my blood.

It's a simple mantra, I count by twos as I walk, adding two every time my right foot hits the ground. I'm not counting my steps, the Fitbit does that, I'm just counting to have some background noise, the way a lot of people keep the TV on even when they're not watching. If I lose track of where I am, no matter, I just start again at any number and keep going as my feet keep following each other toward Walnut Street 1,000 steps ahead (I know pretty much how many steps there are in each stage of my walks, having walked this route dozens of times over the past couple years).

Occasionally I'll see a deer or a coy-

ote, maybe a couple turkeys peeking out of the woods in Lawless as I pass. Saw a fox the other day, but it slinked off into the brush before I got close.

Two, four, six, step, step, step, step. Keep going. Don't think about it ...

Rounding the corner and I'm on Walnut, a hilly road with big open fields on each side for a while, then down into a gully with woods all around. When I'm walking with my wife and we're picking up road trash (which we often do just to have something to do other than talking to each other), this is where we find a lot of empty beer cans and water bottles ... guess people who toss trash out of cars figure the gully gives them good cover and they won't be seen littering.

Past Brownsville Street and the big, open bean field, down the hill of the "S" curve and into Williamsville, a quasi settlement that a lot of the locals call "Billyville." Seems that about 20 years ago, about the time I moved to the area, three families in the area flew stars and bars flags on their homes, and one had a sign that said something about hillbillies. I guess the local progression went from Hillbillyville to Billyville. It's a pretty area now, well kept and peaceful. There's a farm with guinea hens and a couple goats, the mill pond and race and the building that used to be Tom's Garage. Tom's was an interesting place, out in the middle of nowhere, specializing in simple mechanical repairs, tire changes, towing and supplying the lakers and homeys with candy and cigarettes.

Around the next corner and I'm on Sears, a long, open walk past acres of corn and not a tree near the road. If it

starts raining here, I'm in for a soaking. This is usually where I start looking off across the acres and acres of fields and thinking about how happy I am here. I watch the wind blow the corn tassels in rhythmic waves and the turkey buzzards riding the thermals overhead as they circle and look for carrion.

Cars driving by on Sears are usually speeding, it's a big, long, open stretch with nothing to see but miles and miles of miles and miles of corn. Most of the drivers will wave; some lifting a single finger (no, not that finger, the index finger) off the steering wheel in the signature "Cass County wave" as they blow by, the wind wake cooling me off on a hot summer day (and freezing in the winter).

It's here when I start thinking deep thoughts. Thoughts about how the walk isn't really about the number of miles or steps; it's not even about where I'm headed. The walk's about the walk. It's about being outdoors and enjoying the time spent. It's a palpable metaphor for life.

Oh, yeah, it's also about here that I start thinking deep thoughts about the pebble in my shoe, the one that's worked it's way under the ball of my foot and is now causing extreme pain with ever step, and about the deer flies that are swarming around my bald spot looking for a landing spot to suck my blood.

This is where I remember the rhyme I learned in grade school: Birdie, birdie in the sky; I don't like what's in my eye; I'm a big boy so I won't cry; but I'm sure glad that cow's don't fly.

Thanks for joining me on my walk today. Come by anytime, I'll be out here.

Two, four, six, ... step, step, step.

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