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FEBRUARY 2018

living

The VanOsdals of Shamrock Hills

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Happy Valentine's Day!



Jody Rogers Lazar
Publisher



Shannan Miller
Content Coordinator

You don't need a calendar to tell you Valentine's Day is just around the corner when store displays are crowded with foil wrapped hearts, boxes of chocolate, and flowers bundled for grab-and-go purchases. This month we have the good fortune to share a love story with you that is 30-years strong. It is our pleasure to introduce you to Bobbie and Warren VanOsdal whose marriage has been defined by daily togetherness, thoughtful gestures and a shared faith that has seen them through challenging circumstances and blessed them with grateful hearts.

February is also pet dental health month, and Dr. Tracy Eichenseer of Kryder Veterinary Clinic explains how regular teeth cleaning can make a big difference in our pet's quality of life. The time and attention we invest now could protect our pets from disease in years to come.

We'd like to congratulate expert contributors Janet and David Sipp, owners of Decorating Den, on their new business, Home & Lifestyle Center, located on North State Road 933 in South Bend. The Sippes invite homeowners and contractors to visit their brand-new showroom staffed by an experienced design team providing a wide selection of quality cabinetry. In this issue, Janet coaches us on what to look for when shopping for new cabinets.

We love bringing together voices from different local industries to address concerns of the typical consumer and encourage you to look to our team of expert contributors when you have questions about products and services. In a world where customer service often takes place between people on different continents, it is refreshing to speak to a professional who lives and works in your own community. We thank our expert contributors for their support of *Granger Living* and their commitment to you, our readers.

Until another issue of *Granger Living* arrives in your mailbox next month, we wish you a Happy Valentine's Day! See you in March!

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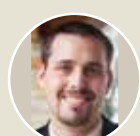
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New Location, New Service at Discover Massage Therapy



Restore and refresh at Discover Massage Therapy's new location.

Discover Massage Therapy of Granger has moved – just around the corner! Visit its new location at the end of Princess Way Drive, east of Bare Hands Brewery, across from Kryder Ritter Hotel. Erin Onyskow, Owner and Certified

Massage Therapist, has transformed the space into a tranquil retreat for healing and relaxation.

Services and prices are easy to find on her newly designed website where even first-time guests can schedule an appointment online for \$5 off their

first appointment. Erin offers traditional Swedish integrated massage, pregnancy massage, massage for headaches and facial pain, and the highly sought after deep pressure Ashiatsu Deepfeet massage. Erin is certified in Ashiatsu Deepfeet Bar Therapy and has a video demonstrating this technique on her website.

Discover Massage Therapy is also providing a new service: Posture Assessments and Corrections. Dimitri Onyskow explained that many of our daily jobs put our bodies in unhealthy positions that tax certain muscles while leaving others underused. This results in imbalances that may lead to muscle fatigue, headaches or chronic pain. The good news is that awareness is part of the cure along with easy to implement practices while doing everyday tasks such as driving, sitting at your desk, standing in line or doing the dishes. Dimitri said anyone with shoulder pain, lower back issues or recurring headaches could benefit from a posture assessment and simple to follow corrections. The assessment with corrections is offered as a stand-alone service or in coordination with massage therapy.

Discover Massage Therapy is now located at 12748 Sandy Dr., Suite 111 in Granger. Call or text 574-327-8505 or visit todiscovermassage.com. —Shannan Miller ●

Images by Erin Onyskow

publisher's pick



Second Saturdays at Heritage Square

Every Second Saturday is a day of entertainment, music, art and shopping at Heritage Square in Granger. Stroll, shop and dine at upcoming Second Saturdays on Feb. 10 and Mar. 10 from 10am to 4pm. Enter a raffle at each participating shop for chances to win a gift basket filled with goodies! [Facebook.com/HeritageSquare](https://www.facebook.com/HeritageSquare). —Jody Rogers Lazar ●

LOCAL WINE

Be My Valentine at Dablon Winery



Wine and macarons tasting at Dablon Winery

Celebrate Valentine's Day all week long at Dablon Winery and Vineyard in Baroda, Michigan, February 11-18 for a special tasting featuring four hand-crafted wines paired with four flavors of Mandy's Macarons from the Inn at Harbor Shores. Delicate, yet indulgent macarons paired with Dablon's small-batch wines ensures you'll have a sweet Valentine's no matter what Cupid is up to. Tasting room hours: Sun.-Thurs., noon-6pm. ; Fri.-Sat., 11am-7pm. Please call 269-422-2846 with questions. Cost: \$20 per person. —Contributed by Dablon Winery and Vineyard ●

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HOME IMPROVEMENT

New Local Source for Quality Cabinetry

Designing your dream kitchen? Updating an old bathroom? Find inspiration at the new Home & Lifestyle Center on IN State Road 933 in South Bend. Six full-scale vignettes demonstrate designs and products for contemporary kitchens and baths in all price ranges. Granger owners, Janet and Dave Sipp, are excited to offer contractors and home owners quality cabinets, hardware and tile at competitive prices with many items in stock.

The Sipp's fully renovated the building they acquired last summer for their new business and built three model kitchens and three model baths to help customers explore the possibilities. Designer Tony Kauffman and the design team help customers find the style they want and the best options for their space and budget. He is able to create a digital rendering of a project, including a specific cabinet design, to demonstrate how products would look in a customer's space.

Home & Lifestyle Center carries seven cabinet lines including Brenttown Custom Cabinetry of Bremen, Smart Cabinetry from New Paris, and Homecrest Cabinetry made in Goshen. The Sipp's are proud to carry regional lines noted for exceptional workmanship and design. Working with local manufacturers also helps Home & Lifestyle Center keep merchandise in stock. "We can quickly fill orders and often have material on the job site within one or two days," said Janet.

Home & Lifestyle Center is conveniently located at 51591 IN 933 in South Bend just south of Auten Road. Visit homeandlifestylecenter.com or call 574-325-5356 to request a free estimate.

—Shannan Miller ●



Breathe new life into your kitchen with cabinetry found at the Home & Lifestyle Center.

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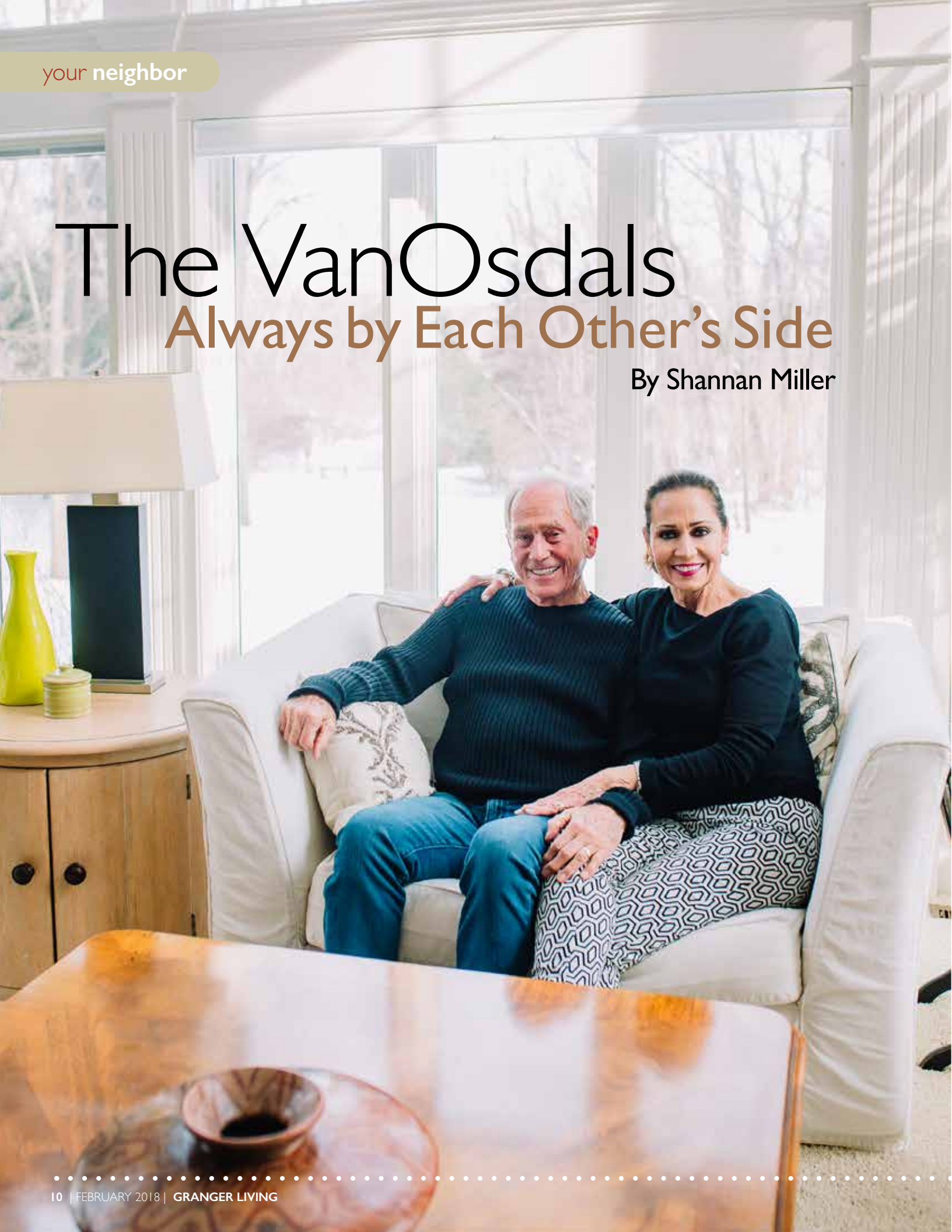


Give Your Floors a
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The VanOsdals

Always by Each Other's Side

By Shannan Miller



Ideas of romance evolve as we grow and learn what truly feeds our hearts. For Bobbie and Warren VanOsdal, romance has always been “having fun and being by each other’s side.” For years, in the midst of their busy schedules, they had a daily tradition of meeting for lunch. “Friends were always amazed we had lunch together every day for years without a break,” said Bobbie. “We’re best friends still today.”

The couple had a romantic tropical island wedding at Boca Grande, Florida in 1987 surrounded by friends and family. They have always been united by shared interests, goals and priorities. From the beginning, their enjoyment of life has been nurtured by a dedication to wellness: healthy eating and daily exercise. Bobbie’s mother was born on the Island of Crete, Greece, and her father was of Eastern European descent. They raised their two daughters on a Greek/Mediterranean diet which Bobbie and Warren follow to this day. Warren enlisted in the Marines before going to college serving on an Aircraft Carrier Marine Detachment during the Korean Conflict. After his service, he never gave up daily exercise and for years brought Bobbie her first cup of coffee in the morning before he started his workout.

Another priority is spending quality time with each other. Bobbie said in 30 years of marriage, they have spent less than two weeks apart. They value doing even the smallest, simplest tasks together, but spending time together never interfered with their careers. Passion for their respective professions is a shared trait and doing their absolute best work at their jobs is a mutual goal.

Bobbie loves and credits her mother for helping her find her calling. She studied psychology in college and was drawn to social work by a desire to help others, but her mother took into account her drive and “independent spirit” and knew Bobbie would be a natural at re-

al-estate. Bobbie has been a full-time Realtor-Broker Associate with Weichert Realtors Jim Dunfee & Associates since 1982. She continues to achieve Top Agent status and has earned local and national awards and recognitions.

Warren was a motivated entrepreneur and, following college, he started an independent insurance agency while serving 8 years as Lincoln Township Treasurer in Stevensville, Michigan. He developed a shopping center and men’s clothing store called The Gentry Shop & The Other Place in Michigan and Indiana. Next, he seized the opportunity to own a boat marina in St. Joseph, Michigan before relocating to South Bend to finish out his career as a financial adviser for American Express. Since retiring, Warren works out of a home office managing their real estate holdings.

Bobbie and Warren moved into their home in Shamrock Hills in 1995. The VanOsdal’s new home had a first-floor master suite, and she and Warren were of like minds. If the need arose, one or both of Bobbie’s parents could move in with them. “God’s plan was unfolding,” said Bobbie. In 2009 life was about to change. Bobbie’s father passed away in 2007, and her mother, diagnosed with dementia, could no longer live on her own. Warren and Bobbie stood by each other’s side to take on new roles as “caregivers” for the next nine years. Bobbie felt God’s careful preparations coming to fruition. “Becoming a Realtor, having control over my own schedule, working from a home office just 5 minutes away from my Weichert office, gave me flexibility to now care for a loved one while staying dedicated to my clients,” said Bobbie. Bobbie understands home caregiving is not always an option or the right choice for everyone, but she and Warren feel blessed and grateful for the experience that provided personal growth and precious years with her mother.

In September 2016, Warren unexpectedly experienced a complication

from an exam resulting in a life-threatening situation that hospitalized him for three months including one month of rehabilitation. Bobbie became Warren’s caregiver and advocate sleeping at the hospital room every night with time off when Warren’s children were with him. Bobbie’s sister flew in from Florida remaining the entire time to care for their mother. Throughout it all, Bobbie’s dedication to her business never wavered. Her clients remained her number one priority outside of Warren and her mother. “My shoulders and strength grew amazingly large,” said Bobbie who credits her faith for seeing her through. She now knows with certainty, “everything is possible if you set your mind to it and do it for the good of God.”

Warren completely dedicated himself to his recovery and being the best in everything he does. Bobbie noted, “Life is a gift with a purpose. I have seen the very best in people from Warren’s event and caring for my mother. We have both grown and learned from the amazing unselfish love we received from friends, family and colleagues.” She finds truth and inspiration in the following verse from Eccles. 3:3 “To everything there is a season, and a time to every purpose under the heaven.”

Only months after Warren was discharged from the hospital, Bobbie’s mother passed away in 2017. Again, Bobbie and Warren saw God’s plan and purpose at work in their lives. In the midst of their grief and Warren’s recovery, they felt gratitude for life and love. Now, they approach every day energized, busy with work, valuing time with friends and family, and excited for the future. Warren is once again strong and active, and Bobbie continues to race ahead with her Real Estate career. They do not take a minute of it for granted. Bobbie said, “Every morning begins with us clinking our coffee cups toasting, ‘Here is to a long, happy, healthy life together and to being the best God wants us to be.’” ●

Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at smiller@bestversionmedia.com.

Three Warning Signs of Suicide

By Dr. Cynthia Reed, Ph.D., Ph.D



Spring...it is a welcome thought during these long, cold winter months when Granger is covered in a blanket of snow. We anticipate long, sunny days spending time enjoying the outdoors. Although for many spring is a time to focus on life, unfortunately it is also a dangerous time of year. It is the time of year with the highest rate of suicide.

Each year in the United States more people die from suicide than homicide. Although the suicide rate in the U.S. gradually declined in the late 20th century, since the year 2000 the number of suicides has increased each year. There are about 110 suicides a day (40,600 a year) in the nation. Indiana ranks number 25 in the U.S. with a suicide rate of 14.4 (per 100,000 population); the rate for St. Joseph County is slightly higher than the state at 16.8.

The good news is that suicide is preventable. Learning to recognize the warning signs can equip you to help a loved one who is considering suicide to choose life instead of death. When someone is thinking about taking their life they usually give warning signs through their mood, talk and behavior.

MOOD: A person considering suicide is usually depressed and/or anxious. Symptoms of depression include sadness, crying spells, feelings of hopelessness, difficulty concentrating, mood swings and irritability. Changes in eating and sleeping habits are also common. An individual who is anxious can experience fatigue, restlessness, racing or unwanted thoughts, excessive worry, fear and feelings of impending doom.

2 TALK: A suicidal person might talk about having no reason to live. Sometimes suicidal individuals will make comments such as "Everyone would be better off if I were not around anymore." Or they might be very direct and say "Lately, I have been thinking about killing myself." A suicidal person might say they feel trapped or complain of unbearable pain.

3 BEHAVIOR: When a person is contemplating suicide, you will notice changes in their behavior. Suicidal individuals often lose interest and pleasure in activities, even things they used to enjoy. For example, a man who normally loves to play golf whenever he has the opportunity might say "I just don't feel like playing anymore..." People considering suicide also isolate themselves from friends and family. You might also notice an increase in their use of alcohol or other drugs. Suicidal people sometimes prepare for death by looking for ways to kill themselves, saying goodbye to loved ones, giving away prized possessions or by making out a will.

If you notice these warning signs the first thing to do is confront the individual. Ask the person directly if he or she is thinking about suicide. If the answer is "yes," let them know you care about them and don't want them to die. Let them know that suicide is a permanent solution to problems that are temporary. Then encourage the person to get professional help. With these simple actions, you can help a person choose life. — Dr. Cynthia Reed is a Human Behavior Consultant with Reed & Reed Consulting in Granger. 574-575-1088. reedandreedconsulting.com ●

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February is Dental Health Month for Pets

By Dr. Tracy Eichenseer, Kryder Veterinary Clinic

As someone who loves to snuggle with my Golden Retriever Ellie Bean, I appreciate her having pleasant breath. Did you know that periodontal disease is the number one disease of pets today and effects 85% of adult dogs and cats?

The good news is there are products and techniques you can do at home to help your beloved pets with preventing or slowing this progression.

Daily teeth brushing is ideal.

It takes 6-8 hours for bacteria to attach to the tooth's surface. The bacteria then become mineralized, forming tartar or calculus. This is why brushing is recommended daily, to continually break this cycle. While brushing a few times a week is helpful, brushing weekly does not significantly inhibit the formation of calculus.

Do not use human toothpaste when brushing your pet's teeth.

The toothpaste may cause stomach troubles and the fluoride is toxic to animals. Instead, ask your veterinarian about CET enzymatic toothpastes. Did you know we also have sprays, gels, and dental chews to help? Find a list of approved products at the Veterinary Oral Health Council webpage at www.vohc.org. Just like with human dentistry, using multiple modalities are helpful. So, remember, when our pets' teeth



With my own dog, I worked with her slowly as a puppy and used a poultry flavored CET toothpaste. Now she allows me to use an Oral B spin brush to clean her teeth. In April of 2016, I published a video on the Kryder Veterinary Clinic Facebook page where I demonstrated this procedure with my very patient pup.

At some point in your pet's life your veterinarian will recommend a professional dental cleaning. Many of our clients are surprised when we point out periodontal disease in their pets. Ask us to show you their teeth at your next veterinary visit.

Fun fact!

The adult cat has 30 teeth; the adult dog has 42. Let's work together to let them keep as many of these teeth as possible and keep that breath smelling fresh.

are brushed at the groomers every 6 weeks, this is simply not enough. That would be like us only brushing our own teeth after we go for a haircut!

Signs of periodontal disease may include bad breath, excessive salivation, appetite changes, facial swelling, weight loss, pawing at the mouth and

behavioral shifts. My goal is to help diagnose and treat periodontal disease in the early stages where we have a far better chance to help before the point of extractions.

A veterinary dental cleaning resembles what happens at your own dentist. We use similar tools to clean in the pocket below the gumline. Did you know we use digital dental x-rays to see below the gumline? We also polish the teeth after cleaning. Sound similar to what your own dentist does? We use anesthesia and all the associated safety measures including bloodwork, IV catheter, fluid therapy and possibly antibiotics to make their visit as safe as possible. Professional dental cleaning coupled with home dental care is a great way to work together towards your pets' health. ●

Kryder Veterinary Clinic is located at 12555 SR23 just west of Bittersweet Rd. in Granger. 574-277-6533. krydervet.com

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Get a Jump on Summer Learning Loss

By Cari Waggoner, Center Director, Mathnasium of Granger

I'm writing this on a frozen January day, which makes "summer talk" seem crazy, but it really is time to start thinking about education opportunities for your kids during summer break.

Summer learning loss is a phenomenon parents and educators have long acknowledged as a significant setback to academic achievement. According to researchers at Johns Hopkins University, math proficiency is particularly susceptible to the summer learning slide. While on summer break, students can lose two to two and a half months of the computational skills they learned during the school year.

Many of our kids are lucky to have summers filled with amazing activities: camps of all sorts, exciting vacations and fun-filled days at the beach.

Mixing in math practice is usually not part of a family's plan for a fun summer, but it can be done!

As we all start early summer planning, here are a few ideas for a long break with a little more math:

Let's talk games! There are many card and dice games for kids (and adults) of all ages. Many of these games incorporate probability and basic math fluency, as well as critical thinking skills. For younger kids, I like 4-Way Countdown and City Square Off. For older children and adults, Yahtzee and Kanoodle Puzzles are good choices. Monopoly is also a great choice for kids of all ages. Remember, the goal is math practice, so avoid versions of games that calculate scores electronically.

Carpool quizzes. Will you be driv-

ing your kids around all summer? I can help you with a (free) grade-specific packet of math facts (and tips for parents) for drive time trivia.

STEM camps. A google search for "Granger IN STEM camps" will get you started, and we have some pretty good options in this area. Now is the time to add one of these camps to your summer mix.

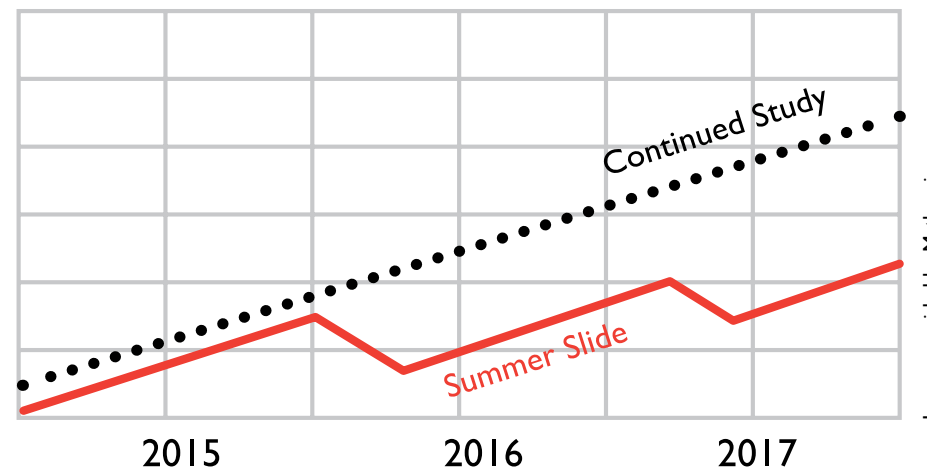
Students who spend time practicing math skills during the summer are usually better prepared for the upcoming school year and more confident about their next math class. Making this a priority now could help make 2018-2019 a great academic year! ●

Mathnasium is located in Heritage Square, Suite 228 in Granger. 888-850-6284. Visit Mathnasium.com/Granger for more info.

Loss of knowledge over summer vacation.



Summer Learning Gap



* Johns Hopkins University study about summer slide: <http://education.jhu.edu/PD/newhorizons/Journals/spring2010/why-summer-learning/>

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Ladies Day Out Celebration

Healthy, Wealthy, Wise

Expo for Women Ladies Day Out has been locally operated by women for 28 years! No wonder it has all the elements of an afternoon getaway, health fair and night out all rolled into one. Women's roles are ever-expanding, and the Expo for Women Ladies Day Out celebrates and supports area women by bringing together health and wellness resources,

wellness providers, beauty professionals, fitness instructors, home improvement specialists, and local artists "to empower every woman to create the life she seeks for herself and her family," said Cindy Cohen, RN, Expo for Women Ladies Day Out organizer and owner of C2 Your Health LLC, a local wellness and health consulting business. Collect information, network, discover diverse community re-

shop owners and vendors on site. Plus, exhibitors will be awarding door prizes throughout the event.

Longtime Expo for Women Ladies Day Out organizer and female business owner, Cindy Cohen of C2 Your Health LLC, is committed to advancing community health education. She treasures the opportunity to touch the lives of thousands of area women while supporting both local and national non-profit organizations that empower individuals and help improve the quality of their lives year-round.

The celebration kicks into full gear with the Ladies Day Out Cocktail Party for Charity from 5 to 9pm. The Ladies Day Out Cocktail Party for Charity, hosted by Cari Peugeot of WSBT, will spotlight two local charities, Goodwill Industries of Michiana and Cultivate Culinary. Cultivate Culinary is a local non-profit food rescue program and caterer that offers job training in coordination with Goodwill Industries. Also, Karen Bachert, founder of Michiana Shop & Greet, will present the 2018 Angel Awards to volunteers who dedicate their time and talents to help others throughout the year.

Shopping continues all afternoon and evening. Purchase food from a number of vendors. Cash bar will be open throughout the event.

Ladies, schedule time to check out this event designed especially for you! Tickets: \$3 at Martins Supermarkets; \$5.00 at the door. Children under age 10 free. Ticket discounts available for groups of 10 or more. For more information, visit expoforwomensouthbend.org — Shannan Miller ●

local shopping, food and fun in a single place. Mark your calendar and make a date with friends and family to drop in for Expo for Women Ladies Day Out on Thursday, March 1 from 2 to 9pm at Century Center in downtown South Bend.

Who should attend? You! Young women, retired women, single or married, entrepreneurs, professionals, students, moms, daughters, sisters, grandmothers and, of course, girlfriends all deserve a little support not to mention pampering. The Expo for Women Ladies Day Out Celebration brings together non-profit organizations, small businesses, health and

sources, and meet local business owners. Demonstrations, product samples, seminars, giveaways, music, fashion, food and drink will engage and entertain you all day long.

This year's theme, Healthy, Wealthy, Wise, is echoed by dozens of exhibitors that will offer information and allow you to sample their services to improve your physical and mental well-being through facials, massage therapy, rejuvenation products, anti-aging techniques, image consulting, nutrition, healthy living, personal safety, apparel, jewelry, photography and more. Browse, learn, connect, and do a little shopping with Michiana



2017 Expo for Women Ladies Day Out photo booth inspired "dress up" fun

Photo: Al Howard

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Cabinetry, Quality Lies in the Details

By Janet Sipp, Owner, Home & Lifestyle Center

If you've been looking for new kitchen or bath cabinetry for your home, you've likely noticed a wide range of materials and methods used in cabinet construction. It can be confusing and overwhelming so let's look at some key elements in a well-constructed cabinet.

The material used to build a cabinet dictates its durability and longevity. Plywood is the premium option for cabinet walls. Plywood is strong, has superior screw holding power, and is able to support the weight of heavy dishes and canned goods stored in your cabinets. You will find cabinets made with particleboard and medium density fiberboard (MDF) but be aware that those products are susceptible to water and/or moisture and can give off formaldehyde vapors.



Plywood is ideal for cabinet walls because it is strong and has superior screw holding power. Particle board is susceptible to water/moisture damage and can give off formaldehyde vapors.

The material in reinforcement features such as corner blocks called gussets, also should be made from solid wood or plywood that are screwed into place, not glued. Some manufacturers use plastic gussets so make sure these pieces are thick and substantial. All gussets should be large enough to

support the cabinet walls so the entire cabinet box remains rigid and square. Thickness of the side walls can range anywhere from 3/8 inch to 3/4 inch with the thicker wall being more durable.

Drawers are used frequently, and most are made to hold 75-100 pounds. They need to endure more wear and tear. Look for drawers with solid wood

or plywood sides, 1/2 inch plywood bottoms, and dovetailed joints. Quality drawer slides should have steel ball bearings and glide smoothly. Lower quality drawers will have plastic or nylon slides. Slides located underneath the drawers will allow more drawer space than side mounted slides. These elements ensure that your drawers will hold up to daily use.

Quality cabinetry has shelves constructed of 3/4 inch solid wood or plywood and the adjustable shelf holders or clips will be made of metal not plastic. Metal clips can hold up to 25 pounds each compared to plastic clips which only hold 10 pounds.

Keep these elements in mind when you're looking for new cabinetry. Ask questions and inspect the cabinets in person so you know what you're buying. It's the best way to protect your cabinetry investment. ●

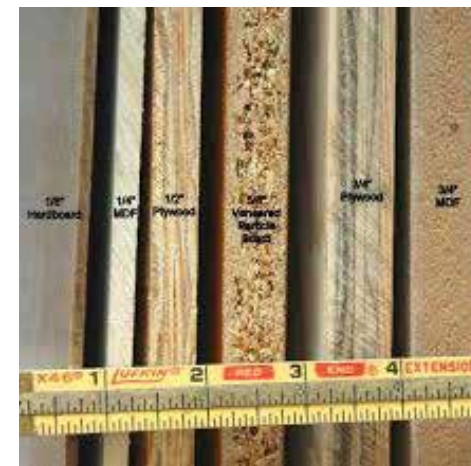
Home & Lifestyle Center is located at 51591 SR 933 just south of Auten Road in South Bend. 574-325-5356. homeandlifestylecenter.com



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Quality drawer slides are made of metal, not plastic or nylon.



The thicker the cabinet wall, the more durable.

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Snow Sculpting Offers Creative Fun!

By Barbara Voris Eastman



iving close to Lake Michigan, most of us have been to the beach and have either seen elaborate sand sculptures or, perhaps, have created some of our own. Many towns have sand sculpture contests and I'm always amazed at the creativity of the artists. Now that the weather has turned cold it won't be long before the snow arrives. Did you know that you can create some amazing snow sculptures? This is a great activity for adults or you can organize a snow sculpting day for kids.

Wait for a day when the snow packs well. You need enough moisture in the snow so it holds together. Test it by making a snowball and rolling it in the snow, just as you would when making a traditional snowman. If the snowball picks up more snow, increasing in size, you're good to go. Before starting, make sure everyone is dressed warmly. In addition to the right snow, you'll need a few simple tools that most everyone has on hand:

- a snow shovel
- some smaller shovels (the type that come with beach pails)
- metal serving spoons and small metal spatulas—you'll use these for de-

tail work

- spray bottle filled with tap water for finishing off your sculpture.

Having assembled the tools you'll need, you're ready to head outdoors. Depending on what you want to create, you'll need to decide whether you want to work vertically (free standing) or flat (like bas-relief).

FREE STANDING

You can either use a large shovel to begin building a mound of snow which you can shape with your gloved hands or you can fill a "form" (a box or cylindrical can) with snow and invert it onto the snow. Use the smaller shovel to rough in the shape, and then

Some of the tools you will need to aid in snow sculpting.



switch to a serving spoon or metal spatula for finer details. When you are satisfied with your work, spray the sculpture with water to create an icy shell. This will help your masterpiece last a little longer, especially if there's a sudden warm up.

FLAT OR BAS-RELIEF

Simply create a mound of snow and begin to rough in your shape using a smaller shovel. To add details, just follow the instructions above and finish it off with a good spray. (This method is best executed on the knees, so this is when you'll be happy you (or your kids or guests) are wearing snow pants.)

You'll want to take pictures of everyone's creations, so be sure to have a camera or phone so you may post photos or send them to parents, grandparents, and friends. Finish out the day by inviting everyone inside to warm up with hot cocoa and cookies (or, if you wish, turn it into a party with a pot of chili or soup). Being outdoors is invigorating and people tend to work up an appetite, so be prepared! ●

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FEB/MAR 2018

We encourage you to call or check event websites for admission fees, last-minute cancellations, or any other important information. Unless otherwise noted, all times are EST.

Feb. 11, 18, 25 & Mar. 4, 11
Live Music & Wine Tasting

@Dablon Winery & Vineyard
Baroda, MI
Escape to Dablon Winery's tasting room Sunday afternoons for small batch, hand-crafted wines and live music by Whateverly Brothers, Chris Behre, Backsliders, Joe Jason.
Time: 2:30-5:30pm
Cost: 6 samples/\$12 (\$4 off first bottle purchase)
Dablon.com; 269-422-2846

Feb. 13 – Mar. 27
Tuesday Night Spin

@Trek Bicycle Store
Heritage Square, Granger
Want to try riding on a stationary trainer? Looking for some company and slush-free cycling? It's open spin night every Tuesday. You're welcome to bring your own trainer or try out a variety of trainer styles at Trek. You can even take a spin on a Trek bike!
Time: 6pm Cost: free
574-703-3610; Facebook

Feb. 16
For the Love of Art Exclusive Preview

@Century Center, South Bend
Sterling Group presents an evening of fine art from over 50 artists. Hors d'oeuvres,

drinks, live music. "Preview" tickets include parking and admission to Saturday's For the Love of Art Fair (10am-6pm).
Time: 7-9pm Cost: \$50
Purchase tickets on Eventbrite.com. For info, call Shireen Cline, 269-625-1638

Feb. 17
Magic of Jay Owenhouse

@The Lerner, Elkhart
"The Authentic Illusionist" presents "Dare to Believe!" Jay Owenhouse's four children participate in the production making it a true family event. VIP tickets: meet and learn about Owenhouse's tigers seen in the show.
Time: 8pm Cost: \$29.50-\$69.50
thelerner.com; 574-293-4469

Feb. 20, 21, 22
Forever Learning Institute Registration

@St. Therese Little Flower Parish Center
South Bend
Onsite registration for 6-8-week spring semester for anyone 50-years-old and up. 101 courses to choose from! Classes begin March 5.
Time: 10am-1pm
foreverlearninginstitute.org; 574-282-1901

Feb. 24
Passport to Play: Maple Madness!

@Bendix Woods County Park
New Carlisle
See maple syrup being made (weather permitting). Try tapping a tree, make a maple craft, snack on a maple treat from Martin's. Snowshoes available, snow conditions permitting.
Time: 2-4pm Cost: free
sjcparks.org; 574-654-3155

Feb. 24
Polar Plunge

@Four Winds Field, Coveleski Stadium
South Bend
Take a dive for Special Olympics Indiana. Must be 12-years-old+ to plunge. Under 18 need parent signature. Participants must raise a "bear" minimum of \$75 (\$50 for students). Warm up at the After-Splash Bash in the South Bend Cubs Field Stadium Club with family and friends. Teams of 10 or more plungers eligible for team awards.
Time: registration 10am; plunge at noon
Cost: \$5 Bash admission fee for fans/spectators
soindiana.org/polar-plunge; 800-742-0612

Feb. 25
Sláinte: Exclusive Wedding Event!

@Downes Club Ballroom, Corbett Family Hall
University of Notre Dame
Students and brides/grooms (plus two guests) are invited to meet with VenueND's culinary and wedding teams and tour Notre Dame's event facilities. Sample menus and specialty

cocktails. Visit with entertainment vendors.
Time: 11am-1pm (brides);
1:30-3pm (students)
RSVP by Feb. 19 at venue.nd.edu

Feb. 25
Purim Carnival

@Kurt & Tessye Simon Community Building, 3202 Shalom Way, South Bend
Celebrate Purim at this annual community event hosted by the Jewish Federation of St. Joseph Valley. Games, arts and crafts for kids, snacks including Purim cookies (Hamantashen). Everyone welcome!
Time: 12:30-3:30pm
Cost: 2 for \$1 or 12 for \$5
thejewishfed.org

Feb. 27
Yoga in the Galleries

@Snite Museum of Art
University of Notre Dame
Yoga in museum galleries. Free and open to all experience levels. Co-sponsor RecSports provides mats or bring your own. No water bottles, please. Space is limited so best to arrive early.
Time: 4-5pm
Cost: free
sniteartmuseum.nd.edu; 574-631-5466

Feb. 27
Mom & Son Dance

@Century Center
South Bend
Superheroes theme. Boys ages 3-12 are invited to bring a female superhero from their own lives for dance, crafts, snacks and refreshments plus photo ops. Hosted by South Bend Venues, Parks & Arts and United Federal Credit Union.
Time: 6-8pm Cost: \$20/person
sbvpa.org/msdance, 574-299-4765

March 3
"Peter and the Wolf"

@Debartolo Performing Arts Center
University of Notre Dame
South Bend Symphony performs classic family friendly classic with guest actors Scott Jackson and Christy Burgess of Shakespeare at Notre Dame. All ages welcome to this symphonic fairytale of boy vs. wolf.
Time: 11am
Cost: \$10-\$15
Performingarts.nd.edu; 574-631-2995

Mar. 7
Granger Garden Club

@St. Pius X Catholic Church, Granger
Jerome Vite from Vite's Greenhouse discusses new plants coming this spring. Everyone is welcome to attend this monthly gathering of local gardeners.
Time: 9-10:30am

Mar. 9-11
Michiana Home Show

@Century Center, South Bend
Over 170 local companies showcase their latest products for inside and outside your home.
Time: 5-9pm (Fri.), 10am-8pm (Sat.), 12-5 (Sun.)
Michianahomeshow.net; 574-271-8488

Mar. 10
Sarah Strong Run

@Bicentennial Park, Downtown Elkhart
10k Run, 5K Run/Walk, and 1-mile kids fun run. Proceeds support "Passionately Purple, the Sarah Crane Foundation" assisting local families whose children have cancer. Registration ends March 7.
Time: 8:30am Cost: \$10-\$25
runsignup.com

Mar. 24
Pet Refuge Gala and Auction

@Hilton Garden Inn, South Bend
Cheers to 40 years! Opening music by Backsliders followed by two Notre Dame acapella groups. Cat's Pajamas vocal group (seen on America's Got Talent) performs at 8pm. Online bidding silent auction all evening and raffle tickets. Win 12-bottle wine cooler or a smart TV.
Time: 7pm dinner (5pm cocktails)
Cost: \$50 advance sale
Visit Pet Refuge events on Facebook

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PetsConnect!

By Shannan Miller

PetsConnect! Inc. is a not-for-profit, all volunteer, community-based organization that has been working with local shelters and animal control agencies in the region since 2001 to help pets transition from shelters into forever homes.

Services: Rescue animals from shelters. Provide initial veterinary care. Ensure pets are spayed/neutered, microchipped, wormed and brought up-to-date on shots. All PetsConnect! animals live with a foster family for a minimum of two weeks for lots of love, socialization, basic training and observation of temperament and abilities.

Adoption: View pets available for adoption at petsconnect.org and complete an adoption application. Once your application has been approved, you may learn about pets directly from volunteers that have been caring for the animals in their homes. Visit PetsConnect! Inc. on Facebook to find upcoming adoption events. Interested in cats? Visit the Cat Adoption Center at PetSmart on Grape Rd., Mishawaka, Feb. 26-Mar. 4 and Mar. 26-Apr. 1.

Volunteer: Be a hero to an animal in need – become a foster! Or lend a hand at an adoption event by filling in for foster families and giving dogs bathroom breaks. Drivers who are free during the day to transport animals from shelter to foster home, often at short notice, are greatly appreciated. Visit petsconnect.org for a volunteer application or to view Wish List.

Email: petsconnect@petsconnect.org.



Ronnie, 6-year-old male Chihuahua ready for adoption!

resident pet



Abbey and Lambchop

Photo provided by owner

Downton Abbey, Good Girl

Contributed by Jane Ralser

After their sweet dog Hummer passed away at age 14, Paul and Jane Ralser of Knollwood considered the ease of not having a dog, but decided that their house just didn't feel like home. They welcomed Abbey into their lives when she was 5-weeks-old. Now, the 3-year-old English Cream Labrador follows Paul everywhere like his little shadow. She is truly a daddy's girl!

Official name: Downton Abbey Ralser. When we give her the "down" command, we say Downton Abbey instead of Down Abbey. (cute!)

Favorite treat: For special occasions, peanut butter flavored Frosty Paws. Daily, baby carrots and skinny minis.

Favorite toy: Her big Lambchop. Wherever Abbey is, Lambchop is usually there too.

Best trick: Abbey waits for us at the top of the stairs until we come back up from the basement. We always told her there were gremlins down there, and that seems to have done the trick. She doesn't question why our cats Pearl and Pinot go down there all the time and seem to return without incident. Hmmm!

Favorite activity: Daily 2-mile neighborhood walk. She is so popular that we have become known as "Abbey's mom and dad."

Biggest fear: Apparently basement gremlins! Otherwise, she's pretty fearless.

New skill: This winter she has learned to "help" us shovel snow by pulling the shovel along with us. Not sure how "helpful" it is, but she thinks she's nailing it.

Playtime: Abbey loves playing with her best buddies Bennet, Diggery and Winston. And she loves being outside with us while we're working in the yard.

People are surprised to learn: Labradors come in a few variations that include different head shapes, coloration and tails.

What do you love best about your pet? Abbey has brought utter joy into our lives. Our house only feels like a home with our pets.

We want to feature your pet. All types of pets welcome. Please email photo(s) of your pet to smiller@bestversionmedia.com.

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Is Myopolis™ Changing the Face of Social Media?

In the wake of frustration that many people have with social media, Myopolis™ could be changing the face of social media. A well-publicized study released last April (Harvard Business Review April 10, 2017) concluded that depression may be linked to social media usage. According to a recent article from CNBC, Facebook admitted usage could be bad for you. The harm stems from reading posts versus interacting with others, which can positively impact your mood.

Anyone who used social media during the last election can attest to the tiring intensity of the political posts. It becomes very uncomfortable when you face the choice of either "unfriending" your relatives and co-workers or building frustration by reading their divisive opinions.

Myopolis™ cracked that code by adding filters to each topic. This allows you to keep your family and co-workers while dumping their politics (or cat videos for that matter). There are twenty-some filters, including topics such as sports, news, fashion, real estate, and so forth. Additionally, Myopolis™ gives local influencers a powerful platform by ranking the top leaders in each of the categories. The category leaders can increase their influence beyond their own towns and into the state and national levels.

The map view allows users to see Pings (posts) from their own Private Citizens (friends) and the people who they have Citizenships with (people they follow). If you've ever wanted to be known as the leader in sports, fashion, real estate or news, now's your chance.

Myopolis™ is a unique and useful social media platform that restores the peace and creates an environment where you're in control of what you see and read.



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