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Moody on The Market



Moody

The little Benton Harbor diner with the iconic soaring "Food" sign appears to be on the road to resurrection once again. Realtor **Judy Bibbings** who had listed the **Main Street** diner on the open market shortly before **Thanksgiving** confirmed recently that the building has been sold. When the oversized "For Sale" sign disappeared, I reached out to Bibbings who is with the **Bibbings Property Group at Keller-Williams Realty of Southwest Michigan**, and she confirmed that the property at **325 W. Main Street** has been sold. The selling price on the **MLS system** site is listed as \$268,000. What's next for the 2,200 square foot diner has not been revealed, however sources indicate that it will be "another casual restaurant," much the same as it has been off and on over the eight decades or so that it has been in existence. The most recent tenant, **Flagship True North Fish Market**, closed up shop in early November of last year, just six months after dropping anchor at that location as a satellite to their original location in **Harbor Country, Flagship Specialty Foods & Fish Market in Lakeside**, which continues to operate from that site on **Red Arrow Highway**. A number of food service entities have held court at the high visibility location over the years including the **Mosaic on Main** diner which operated there for one year, the former **King Kong Xpress**, the popular **Harbor Dogs & Sliders**, the short-lived run of **Rio's Mexican**, the **All American Diner**, **Bonnie's Breakfast Nook**, and **Bob's Snappy Service**. In recent years, the building has undergone substantial updates and upgrades with quality kitchen gear, building renovations, fresh paint jobs, and lots of care poured into the property. The building was pitched as a veritable turnkey operation for the right buyer, and indications are that the next operator hopes to be in business there by early to mid-Spring. The building was built in 1940 on a plot of just over a third of an acre along Main Street with 125 of frontage on what is also **Business Loop 94**, just blocks away from **Whirlpool's Riverview Campus**. It features parking for some 17 vehicles on site. As for exactly what's on the menu next...stay tuned.

If you have captured special moments at **Four Winds Field** with family and friends and are willing to share the photographic evidence of that fun, the **South Bend Cubs** would like to see what you have with the pledge that they might use your images in marketing and on the **Jumbotron** at future games. **South Bend Cubs President Joe Hart** has issued a call for favorite fan photos ahead of the upcoming season, inviting you and your fellow fans to be part of the baseball season by

Continued on page 8



Arthur Havlicek,
President,
SMR Chamber

Your Chamber Update

The Southwest Michigan Regional Chamber of Commerce, as a registered 501(c)(6) non-profit organization, possesses the ability to engage in political lobbying on behalf of our members. We are proud to be the *Voice for Business* in our area and we work diligently to promote the common economic interests of all commercial enterpris-

es in our community. This week, I'd like to share just a few of the ways we advocate and engage with elected officials on your behalf.

To start, we have a dedicated *Government Affairs Committee* that helps set the advocacy priorities for the chamber by identifying important regulatory and legisla-

Continued on page 2

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Arthur Continued from cover

tive issues affecting our community. We hold *Chief Elected Official (CEO) Meetings* on a monthly basis where local, state, and federal officials from across Berrien County convene to discuss policies and practices that strengthen our area's economy. We also hold regular *Eye Opener Breakfasts* to keep our members informed about emerging policy issues that may affect the outlook of their companies or the community-at-large.

Speaking of outlook, I recently attended Governor Whitmer's annual State of the State Address at the Capitol. It was encouraging to hear her commitment to tackling important issues such as workforce development. We hope this means, among other things, the restoration of her \$37.3 million line-item veto of Michigan's Going PRO workforce development program.

The number one issue by far for our members is winning the war for talent. That's why continued funding for the Going Pro initiative in the State of Michigan is so vital. The Kinexus Group spearheads these efforts locally and has helped our region receive over \$4.6 million to train 2,842 existing workers and 1,202 new hires over the last three years. It is estimated that 22,000 Michigan workers will be denied critical training and potential salary gains if the Talent Fund monies are not restored. Our Chamber believes we need critical initiatives like Going Pro to ensure Southwest Michigan remains place where business thrives and talent resides.

Similarly, we hope to see the immediate restoration of the \$37.5 million in funding for the critically acclaimed *Pure Michigan* advertisement campaign. Not only has it done well to promote our state as a vacation destination, it has delivered economic benefits too! Estimates predict it generated \$2.5 billion in spending for local communities and businesses in 2018. This amounts to a return on investment of \$9.28 in state tax revenue for every \$1 spent! If the state is unable to make ad buys in certain markets soon, we will lose the momentum built up from years of a consistent message. Should it remain cut, our tourism-driven area will be among those most affected by the loss.

While the success of those programs should speak for themselves, they need voices like ours to speak on their behalf. Look for us to advocate for these priorities and more as we strive to advance the business interests of Southwest Michigan.

If you would like more information on how your business or organization can benefit from the Chamber's advocacy efforts, please call 269-932-4042. You can also email me directly at ahavlicek@smrchamber.com. It would be an honor to advocate on *your* behalf.

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Photo of the Week



Iced Tears

Photo by Kirsten Gaishin

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Dr. Jerret



Hammons

How to Bounce Back

I'm beat. I just played a game of pickup basketball for the first time since I played for the Watervliet Panthers in 7th grade. It was brutal, but it brought back some great memories. And also dry heaves. I remember when my dad had our basketball hoop first put in. I waited anxiously all day to start practicing my free throws. That evening after the concrete settled, he warned me, "Do not leave the ball outside when you come in." But just before heading in for the night I aired out a three pointer and it rolled farther than I cared to walk, so I turned and headed inside the house. The next morning, I woke up early to get back out and shoot around. Fresh dew-covered grass and a bit of a chill in the air felt great, but apparently not for the ball. I headed out to where the ball rolled (after the embarrassing miss from the night before) and walked on to the court and began to dribble. Or I should say, I attempted to dribble. What happened? The cold morning caused a change in the ball's air pressure. As I dribbled, I noticed the ball had lost its bounce. To dribble the ball I really had to push. My shot was off because the ball had some dead weight to it. In fact, it made it tough to even aim for the goal. The change in pressure caused the ball to lose its bounce. I don't know about you, but there have been times in my life where the pressure has gotten to me. Every effort was a push. Every day I felt off. Every task felt as if the weight of the world was on my shoulders. But I didn't stay there, and should you find yourself in a similar situation, neither should you. Here's Three Steps to Bounce Back.

"Attitude is a little thing that makes a big difference." -Winston Churchill

1) Check your ATTITUDE. Unfortunately, we approach our attitudes as something that happens to us. Meaning, our good or bad attitude is a byproduct

of outside forces. Attitude is a subconscious tool that can actually be harnessed. It's your responsibility to make the switch when you feel yourself going negative. No one can do that for you. The answer is actually your words. Attitude comes from our words. That means the only way to replace the bad, is to speak good to it and the only way to maintain the good is to speak more good to it. Speak how? In your head, out loud, whatever. I'm preemptive. I speak well TO myself and OF myself every opportunity I get.

"No battle plan survives contact with the enemy." -Colin Powell

2) Assess your plan of ATTACK. Mike Tyson says everyone has a plan until they get punched in the face. If you're grinding and the results aren't working, change your approach. Bring in a coach, consult a mentor, however you need to, but refine your plan of attack. You can't keep doing the same things and expect different results. Tweak it a bit and see where you end up.

"Most people underestimate the amount of effort, energy and resources that are required to ever succeed." -Grant Cardone

3. Increase ACTION. After determining we have the right battle plan, we need to increase our level of action. If you believe you need to make contact with five people a day to reach your goals, just go ahead and make it 50. You will not only increase your chances of success, you'll get there much faster. Results are the ultimate way to get your bounce back, so why wait? Go out and get it!

If you want to hear more content like this, join us at Rockwater Church March 1st at 11am. We will be meeting at The Ghostlight Theater in Benton Harbor, MI. Connect with us on Facebook.com/My-RockwaterChurch or RockwaterChurch.com.

Dr. Jerret Hammons is a filmmaker and founder of Rockwater Church in Michigan's great Southwest. He earned his PhD from Destiny College in Spring Hill, FL.

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STUDENT ATHLETE

of the week

Name: Bryce Schiff
School: St. Joseph High School

Bryce Schiff of LSJ Warriors Hockey is the WSJM Sports Berrien County Student Athlete of the Week for the week of January 19, 2020.

In the Warriors' games against South Bend St. Joe, Valparaiso, and Munster, Bryce turned in one goal and two assists. He also played key roles in LSJ sealing wins against Valparaiso and Munster.

Bryce is a senior at St. Joe High School and hopes to pursue a conservancy degree after graduation. In the classroom, he carries a 3.5 grade point average.

Bryce is the son of Bethany and Jon Schiff of St. Joe. Another finalist for the week was Elizabeth Gousetis of St. Joe Competitive Cheer.

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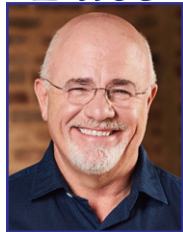
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Dave



Ramsey

Tighten up!

Dear Dave,

I'm beginning to think we got in over our heads with our house. My wife and I make about \$125,000 a year combined, but we've never been able to put anything aside for an emergency fund. Our mortgage payment is 35 percent of our take home pay each month. We have two young children, so we eat out a lot, but we have no debt other than our house. Do you think we should refinance our home?

Jeff

Dear Jeff,

You two are making good money, and you're debt-free except for your home. You can't tighten up your budget enough to save up an emergency fund? Stay out of restaurants, dude! There's no law stating you have to eat out a lot just because there are kids in the house. I mean, you've got no emergency fund. That's a pretty basic thing.

You guys need to get on a written, detailed plan, and start hitting your goals. I'm talking about a strict, monthly budget. Now, I'll admit your mortgage payment isn't exactly what I would've signed you up for. Your house payments, or rent, should be no more than 25 percent of your monthly take home pay. But your house payment isn't what's holding you two back. What's holding you two back is the fact that you haven't been willing to tighten up the finances in other areas of your life to offset biting off more than you could chew in terms of a home.

No, I wouldn't refinance. You're fairly close where the mortgage payments are concerned, so I think you can make it through this by looking at ways to increase your income and selling stuff you don't need to build an emergency fund. You two have been smarter than some, but you're really going to have to buckle down and rearrange your priorities to make this happen!

-Dave

Cash out my Roth IRA?

Dear Dave,

I have around \$15,000 in a Roth IRA. I just recently started studying your advice, and I was wondering if it would be a good idea to cash it out and put the money toward debt.

Sarah

Dave Says

Dear Sarah,

I teach people to stop investing temporarily while they attack their debt. So, I wouldn't add anything to it at this point, but the worst thing you could do is cash it out. If you do, taxes and penalties will steal a huge chunk of that cash. The only time I take money out of a retirement account to pay off debt is to avoid bankruptcy or foreclosure.

Start working the Baby Steps from the beginning. Baby Step 1 is saving up \$1,000 for a starter emergency fund. Baby Step 2 is paying off all debts from smallest to largest, except for your home, using the debt snowball method. This will free up a ton of money! Then you're ready for Baby Step 3, which is increasing your beginner emergency fund to a fully-loaded emergency fund of three to six months of expenses.

Now you're ready for Baby Step 4, which is 15 percent of your income going into retirement!

-Dave

*Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 16 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

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What's up with sore muscles?

Librarians and booksellers will tell you not to judge a book by its cover. Fitness professionals will tell you not to judge a workout by your level of soreness. Muscle soreness happens for a variety of reasons, and is not always the first indication of a great workout. Here's why: If you are exercising correctly and effectively, you may not always experience muscle soreness. Or, you may not experience it in the hours immediately following your workout. Furthermore, muscle soreness can also be a good indication that you've taken it too far.

Let's take a look at this. There are two types of muscle soreness: Immediate and delayed.

Immediate muscle soreness is what you feel during or right after your workout. Basically, it's the way your muscles respond to the work you've asked them to do.

Delayed onset muscle soreness (DOMS) is what happens a day or two after your workout, and it can linger for an additional day or two after that. When you exercise, you create microscopic tears in your muscles that ultimately heal to create greater strength. And that healing process is what you feel when you experience DOMS.

Unfortunately, it can happen to anyone. Conditioned exercisers who change the weights, repetitions, frequency or duration of their workout can experience it. Trying a new group fitness class for the first time, or coming back to exercise after a significant break? Don't be surprised if DOMS creeps up on you.

...but don't let it discourage you. It's a natural part of the process, and here's the good news: Once you experience DOMS, you likely won't experience it again until you take your workout up a notch or switch things up again. Studies show that DOMS produces a rapid adaptation to exercise, which means you'll need to switch, change or rearrange the intensity of your workouts again to experience it.

Friendly reminder: DOMS is not the goal. Gradual progression is, which will effectively ward off the most uncomfortable form of muscle soreness. In fact, gradual

progression is the best approach to any fitness routine. When is DOMS a bad thing? If it lasts longer than it should. If it leads to a decrease in activities of daily living, bruising, immobility in certain areas of the body, extensive pain...you get the idea. Be careful with your workouts. Intense muscle soreness should not, once again, be the goal. Successful completion of the workout. That's what you want out of every session. Because if you get hurt, or can't move for days on end, you're really not progressing yourself.

So what do you do when the DOMS hits? Rest. Stretch. Avoid that particular muscle group at the gym until the DOMS disappears. Or drop the intensity of your workout and move through the soreness to "flush out" the pain a bit. So if leg day leaves you unable to squat two days later, take it to the treadmill for a light walk, then hit the foam roller. Or focus on upper body and core exercises.

Some medications like Advil and Ibuprofen or Icy Hot and arnica gel can help, but you should always speak with your physician first. Medications can be tricky like that. Epsom salt baths may give you some relief, too. The salts break down into magnesium and sulfate, which your body can absorb. The verdict is out whether or not this actually leads to relaxed muscles and joints, but many swear by the effects (and you can't deny the effects of a nice hot bath, let's be honest).

Bottom line: Be diligent about the intensity levels of your workout. Progress safely and efficiently, and you'll avoid DOMS. Which means, of course, that your workouts don't have to leave you sore to the point of immobility to be successful.

And if they do, there's always your best friend the heating pad, right?

Got questions about this and/or how to progress your workouts safely? Reach out: tara@southshorehrc.com

By: Tara Sabo (Fitness Director, ACE-CPT and Group Fit Instructor at South Shore Health & Racquet Club)

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(Demorow to right on Ravine Way)

New Lowered Price! Wooded ravine privacy in your backyard with this wonderful 4 BR, 3.5 bath home on a cul-de-sac. Spacious main floor master suite and another suite on the upper level. Great room w/10 ft ceiling, fireplace & large windows, kitchen w/island & eat-in area, main floor laundry, partially finished basement & more! Shelle Dragomer will greet you. Now \$399,999. (19053735)

OPEN SUN. 1:00-3:00 PM

1362 STONE CREEK COURT, ST. JOSEPH

(Washington Ave to Stone Creek)

Gracelut elegance resonates inside & out this 5 BR, 4.5 bath, stunner featuring an open concept, with refined Chef's kitchen, inviting 3-sided gas fireplace that warms the informal eating area, kitchen & great room. Finished basement with a field-stone fireplace in the open family room with a kitchenette, snack bar & so much more! Pat Smedley will greet you \$550,000. (19051068)

OPEN SUN. 1:00-3:00 PM

683 MEADOW DRIVE, SOUTH HAVEN

(Baseline Rd to Meadow Dr)

Exquisite, contemporary 4 BR, 2.5 bath home in Harbor Club, tucked among 40 acres of preserved wetlands, within blocks of Lake Michigan. Assoc. amenities include a private marina, clubhouse & pool. Fabulous design w/open floor plan, patio overlooking the Meadow and pond. Great vacation get-a-way or year-round home! Gretchen Volkenstein will greet you. \$419,000. (19050673)

JUST LISTED!

- 3 BRs, 2 full baths, 1 car garage
- Open floor plan w/large kitchen, fireplace
- New sewer drain pipe, electrical update
- Newer furnace, A/C and new roof
- Benton Twp., \$119,000. H - (20003543)

JUST LISTED!

- On 5 acres w/ 2 outbuildings
- 1 mile from Paw Paw Lake
- 2 BRs, 1 full bath
- Needs TLC w/great opportunity
- Coloma \$99,000. C - (20003428)

JUST LISTED!

- On 23 Acres
- Paw Paw River meanders thru-it
- Solid oak floors and trim
- Soft close cabinet drawers
- Hartford \$289,000. F - (20003720)

PRICE REDUCED!

- Beautiful home on 11 acres
- 3 BRs, 3 full baths
- Geothermal heat and air
- Open floor plan with vaulted ceilings
- Eau Claire. Now \$325,000. H - (19044778)

RENTAL OPPORTUNITY!

- Downtown apartment, open floor plan
- 3 bedrooms, 1 full bath
- Enjoy Lake Michigan sunsets from the bluff
- Plenty of parking
- St. Joseph \$1,450./month M - (20003976)

PRIDE OF OWNERSHIP!

- Move-in ready ranch w/3 BRs, 2 full baths
- Freshly painted in calming coastal colors,
- Open living room, double doors lead to the deck
- New roof & many other updates
- St. Joseph \$210,000. H - (19042393)

CLOSE TO ANDREWS UNIVERSITY!

- Extra large corner lot
- New sunroom 2013
- Tons of storage under garage
- Very Large kitchen area
- Berrien Springs \$149,000. M - (19049300)

BRAND NEW!

- New construction 3 BR, 2.5 bath home
- "Iris" floor plan or select many others
- Check out this new neighborhood
- Base pricing depending on plan
- Benton Twp., \$194,590. M - (19055516)

LAKE MICHIGAN LUXURY!

- Exquisite home just steps from Lake MI
- 4 BR, 4.5 baths, 5191 +/- finished sq. ft. living
- Pond, waterfall, landscaped private yard.
- Top of the line Chef's kitchen, fireplace
- St Joseph \$855,000. A - (19008825)

CITY LIVING!

- 3 BR, 3 full bath, charmer
- New roof, siding, windows, flooring
- New covered front & back porch
- Close to downtown, Silver Beach & more
- St. Joseph \$185,000. C - (19054890)

14+ ACRES!

- Very secluded building site
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- Deer abound on this 14.3 acres
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- Benton Twp., Now \$68,500. R - (19017816)

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\$192,000

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2390 PERRY Drive, Stevensville

Open House Sun, February 9, 2-4PM

NEW PRICE \$375,000

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- 4 bdrms, 4 baths.
- Maple floors, eat-in kitchen, quartz tops, SS appliances.
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OPEN HOUSE SUN 2/9 1-2PM

PRICE REDUCED \$309,900

Beautiful newer home offered in Trumpeter Bay, a private waterfront community on the St. Joseph River close to Lake Michigan. Main level offers foyer with den and powder room, opening to the great room and spacious kitchen with sliding door to the 14' x 44' deck! Fantastic open-concept kitchen with large pantry and center island. Lots of windows provide natural light and water-views. Upper level offers 3 bedrooms, 2-full bathrooms, bonus "game-room," and laundry with on-demand hot water! Master bedroom features large walk-in closet and en-suite with double vanity and satin marble counters. Garage is fully insulated and has a wireless "smart" door! Exterior includes extra-wide stamped driveway, custom landscaping, and sprinkler system. All that is left to do it move in and unpack!

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NEW LISTING 842 W John Beers, Stevensville
This one level home offers 1800+ sq ft. of living area. Larger living and recreation rooms. Spacious bedrooms with lots of closet space. Open and updated kitchen with rich newer flooring. Updated full bath. Large 3 season room with walls of windows and views of the neighboring vineyards.
\$189,000
Michelle Alger 269-876-2713

NEW LISTING 1010 Broad Street, St. Joseph
LOCATION!! Blocks to downtown St. Joe, restaurants, entertainment and beaches. Close to Box Factory and Kiwanis Dog Park. Completely updated home! Kitchen features maple cabinetry with custom glaze, stainless steel appliances, granite counters, and additional seating at counter. Engineered hardwoods and crown moulding throughout.
\$199,900
Kelly Arellano 921-6683
Amy Neal 708-577-3778

Welcome!

KAREN SYDER, CRS, ASSOCIATE BROKER

Karen has been a realtor for almost 20 years and has had experience in California, Colorado, Nebraska and Michigan. Karen and her husband Rick have returned to SW Michigan and reside in Berrien Springs. Karen is the Vice President of the Eau Claire Rotary, active member and instructor with the Board of Realtors and a trained coach with Buffini and Company.

COLDWELL BANKER ANCHOR

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www.cbanchor.com **cbanchor@hotmail.com**

CONDO LIFE

ONE OF A KIND condo in Island Pointe Marina St. Joseph. Offers 2 BD, 1.5 BA, many updates that include added 1/2 bath, kitchen upgrades, waterproof vinyl flooring and fresh paint throughout. This beautiful gated waterfront community comes with 30 ft. deeded boat slip, clubhouse and pool. Close to downtown, Silver Beach and all the waterfront fun. \$274,900 (19053742)

LOCATION

Nice 3 BD, 1 BA home with full basement and 2 garages for extra storage along with one having a loft for additional space. 3 season room off main bedroom. Full Basement that could be finished off or used as it is. Refrigerator, Stove Top, Washer and Dryer included. Close to Spectrum-Lakeland Hospital, Plaza Dr/ M-139 area that includes Meijers, Walmart and Apple Bees. \$104,900 (20003154)

PRICE REDUCED

5 BD, 4.5 BA brick home on cul-de-sac w/ private Lk MI beach access. Marble & hardwood floors, foyer w/ sweeping staircase, formal dining room, vaulted living room, gourmet kitchen w/ eat-in area leading to brick paved patio. Detailed w/ crown molding, roman columns, marble & granite amenities, crystal chandeliers & built-ins. Basement w/ 2 BD, kitchenette, full bath & separate entrance from 3-car heated garage. \$605,000 (19037728)

RAVINE LOT

Charming home situated on wooded ravine lot in St. Joe Twp. Centrally located to shopping, banking and to the beautiful sunsets on Lake Michigan. Back yard is quiet and private and offers serene views of Hickory Creek. Offers newer windows, furnace, water heater, appliances. 1 car attached garage. \$115,000 (19040911)

CONDO

This 3 BD, 2 BA condo has an open kitchen-living room concept with fireplace, nice wide hallways for moving furniture, & an extra-large 2 car attached garage. This condo features no steps into it, has walking paths around association & has ponds. If you're looking for a condo, make this one yours! \$229,900 (19057178)

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PRIVATE POND

Beautiful 2 BD, 1 BA brick ranch home in Sodus Twp. Three seasons room connecting 2 car garage to house. 2.94 acres with private pond. Quick and easy access to shopping and restaurants. \$159,900 (19041433)

MULTI-FAMILY

Beautiful 3-unit MULTI-FAMILY home. Many possibilities - owner lives in 1 unit and rents other 2, could be converted back to single family or continue as rental. Just minutes from downtown, beach, and marina in gorgeous South Haven! \$247,000 (19044498)

NEW CONSTRUCTION

Coming Soon! Brand New Fabulous contemporary ranch on Paw Paw Lake with 4 BD, 2 BA, main floor laundry & 2 car Garage. Hardwood floors in the kitchen and living room, ceramic in Bathrooms and carpet in Bedrooms. Kitchen is equipped with full appliance package. This is a rare opportunity for Brand New Construction with 60 feet of water frontage on Paw Paw Lake. \$599,999 (19014840)

PAW PAW LAKE

Great views and private lakefront in a serene setting of Paw Paw Lake. Property boasts 150 ft. water frontage and 212 ft. waterfront alongside of property leading into the Paw Paw Lake River leading to Lake Stella. Enjoy fabulous sunsets. Home offers 3 BD, 2.5 BA, 2 car detached garage, permanent extra wide dock, steel/cement break wall. \$825,000 (19030724)

NEW LISTING

4 BD, 6.5 BA - 4,000 sq ft on 40 acres. High end luxury finishes. Great room w/ stone fireplace w/ wood stove, cathedral wood ceilings & dining looking out to pond. Chef kitchen has granite counters, huge island w/ bar sink, 6 gas burner stove & farm sink. Solid wood doors and reclaimed rustic wood floors. Bdrms have own bath & master has 2 private baths. Upstairs sleeps 5 w/ 2 BA! Back deck w/ hot tub & screen porch in front w/ fenced yard. Generator & 3.5 car heated, insulated garage. \$899,000 (20003663)

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MOODY *Continued from Cover*

submitting photos taken at Four Winds Field for their consideration. Hart says a select number of fan photos will be used in promotional materials like television commercials and print advertising, while others will be displayed throughout the season on the jumbo video-scoreboard. If you have pics you'd like to submit, you can click the link below and get started in the process of uploading your favorite photos. Here is the direct link: <http://MySouthBendCubs.com>. Needless to say, your submitted materials should include fan gear, or have been taken at Four Winds Field. Fans can continue to upload their photos to the website or via Facebook, Instagram and Twitter using the hashtag #mysouthbendcubs throughout the course of the new baseball season. Hart says, "Last year, fans welcomed this opportunity with so much enthusiasm. We were blown away by the number of photos that were submitted," and adds, "Our fans are what make this ballpark a success. We absolutely want to do this again because

we're proud to be part of their lives—they are a part of our lives." The South Bend Cubs open the 2020 season with a 3-game home-stand on Thursday, April 9th, Friday, April 10th and Saturday, April 11th vs. **Lake County**. All games include special promotions and post-game fireworks. The South Bend Cubs are the **Class A minor league affiliate** of the 2016 **World Series Champion Chicago Cubs**. Over the past 32 seasons, the team has won four **Midwest League** titles, most recently in 2019, and has captured eight division titles. In 2019, the South Bend Cubs hosted the **Midwest League All-Star Game**. In June 2017, Four Winds Field, home of the South Bend Cubs, was voted Best Class A ballpark in the country by **Ballpark Digest**. In 2015 the team was named **Ballpark Digest's Team of the Year** and received the **John H. Johnson President's Award**, the highest award in minor league baseball. The team is owned and operated by **Swing-Batter-Swing, LLC** whose principal shareholder is **Andrew T. Berlin of Chicago**.

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Always setting a whirlwind pace and one of the hardest working professionals in the realm of the promotional products industry, **Competitive Edge President Paula Wygonik** in Stevensville has earned the certification of **Master Advertising Specialist** administered by **Promotional Products Association International**. That's the largest international not-for-profit association for more than 16,000 members of the promotional products industry — a \$24-plus-billion industry across the globe. Wygonik, is not only the President at Competitive Edge, she has been with the company for 15 years, having joined the company in August of 2004. She recognizes the importance of industry certifications – not only for her own professional growth, but also for the added value they bring to her clients, co-workers and the promotional products industry as a whole. The **Certified Advertising Specialist (CAS)**, **Master Advertising Specialist (MAS)** and **Master Advertising Specialist Plus (MAS+)** Certifications are the promotional products

industry's premier professional designations. Individuals with a PPAI Certification are industry leaders—those who have attained a higher standard of professional competence, knowledge and experience. PPAI industry certification is acquired through a combination of: Required certification classes...Demonstrated years of employment in the industry...Education...Industry contributions...and a successful demonstration of expertise. Certification is maintained through continuing education to ensure current knowledge and leading-edge professional skills. The Master Advertising Specialist Certification requires completion of and current CAS Certification, a minimum of five years of experience in the promotional products industry, additional MAS level course curriculum, industry service and passing a comprehensive exam. Through industry certification, promotional products professionals can earn the certification designations in their career. PPAI Certification demonstrates a commitment to both business excellence and continual professional growth. A

relatively small percentage of professionals hold these certifications and are known as the industry's innovators and leaders. The PPAI Certification Program has been recognized as a reliable indicator of professionalism and excellence in the promotional products industry. For more information on the CAS, MAS, MAS+ Certifications, you can visit online at www.ppai.org/

Continued on page 10

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MOODY *Continued from page 9*

certification or e-mail Certification@ppai.org. PPAI professionals call the promotional products medium an essential element in the marketing communications mix, saying that a "branded" tangible product turns an ordinary message into a marketing experience an audience can see, touch, hear, smell and even taste. Wygonik's team at Competitive Edge is one of the largest full-service promotional product distributors in

the United States. It was started in a basement by Wygonik's sister, **Mary Jo Tomasini**. Today, Competitive Edge employs 26 people. Tomasini and Competitive Edge have been the recipient of many awards locally, regionally and nationally, including the **Outstanding Women Business Enterprise of the Year**.

You are invited to join the **Lakeshore Schools Jazz Bands** for an evening of live jazz music on February 22nd at **Lakeshore Middle School**. "Treasures," the **2020 Lakeshore Band Auction**, is a not-to-be missed event with featured performances from the jazz bands. The evening begins with a spaghetti dinner at 5pm. The silent auction tables open at 5:30pm and the night concludes with a live auction beginning at 7:30pm. The **All-You-Can-Eat Spaghetti Dinner** runs throughout the silent auction and includes a salad, a drink, a dessert and unlimited pasta and sauce for \$8. Meat sauce and vegetarian options are available. "Treasures" is open to the community and admission to the auction is free. All proceeds will benefit the Lakeshore Band program, which consists of students from 5th through 12th grades. For additional information, feel free to contact the Lakeshore Band Parents at Lakeshorebandparents@gmail.com.

The **Region IV Area Agency on Aging** will offer **PATH (Personal Action Toward Health) Volunteer Leader Training in Paw Paw**, beginning on March 3. The Leader Training is an opportunity for you to become a volunteer workshop leader. PATH is a six-week program that teaches practical skills for living a healthy life with **Chronic Conditions**. The workshop focuses on self-care, learning new coping strategies and

5th ANNIVERSARY

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<p>\$1.50 OFF W/ 2 Adult Dinner Buffets Coupon Cannot Be Combined With Other Offers. Expires 2/22/20 Dine In Only</p>	<p>\$4.00 OFF W/ 5 Adult Dinner Buffets Coupon Cannot Be Combined With Other Offers. Expires 2/22/20 Dine In Only</p>	

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sharing personal experiences with other group members. As a PATH workshop leader, you will provide participants with the beliefs and skills they need to manage their long-term health conditions and live a healthier life. Volunteer PATH Leaders experience the satisfaction of changing lives with a proven effective program. You will receive specialized training and easy-to-use instructional materials, learn new skills, gain valuable experience in health self-management program delivery, and make a difference in the lives of people in the community. The four-day training is a one-time commitment. After the training, the Leaders are asked to facilitate at least one, six-week workshop a year. This free 4-day training will be offered on Tuesdays and Thursdays, March 3rd, 5th, 10th, and 12th. For more information or to register for the training, call Julie at (269) 982-7759 or julieschwarz@areaaagencyonaging.org. Region IV Area Agency on Aging is a non-profit organization offering comprehensive and coordinated services to assist older persons and other vulnerable adults in maintaining independence in their homes and communities.

There is new leadership at the helm for Berrien County's Gateway Services. She is Tamera (Tami) Gould, and she is the Interim Executive Director for the non-profit agency headquartered along Empire Avenue in Benton Harbor. Gateway Services, a local non-profit agency operating since 1972 made the announcement, noting that Tami has been an integral part of the leadership team at Gateway for the past twelve years. Additionally, with more than 20 years of

experience in human services, Gould is prepared and excited to take on her new role as Interim Executive Director. Tami is a life-long resident of Berrien County, who holds a degree in business and is a graduate of the MARO Leadership Academy. One of her first jobs was in a group home where she provided direct services to individuals with disabilities and life-impacting barriers.

Continued on page 12



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MOODY *Continued from page 11*

ers. Tami held a supervisory position with **Hope Network** when they operated residential and other support services in the Niles area, and when Hope Network ended services in Berrien County in 2008, Tami began her career with Gateway as a **Program Manager**. Since 2010 she has held the **Director of Services** position. Her advancement to Interim Executive Director can be seen as a natural progression for Tami who has spent her career serving others. Gateway is headquartered in Benton Harbor, with a satellite office in Niles, and employs over 60 staff members. The mission of Gateway is "Inclusion and independence for everyone, every day, everywhere." Annually over 200 residents of Berrien County receive individualized services through the variety of programs available through Gateway. Services are provided ranging from in-home Respite care to children with Autism all the way to pre-employment – job development – and job coaching supports to participants hired and

employed at local businesses. **Community Living Support** services are also provided to assist individuals with access in their local communities while promoting their independence and inclusion. The current staff at Gateway and the organization's Board of Directors are all in agreement that Tami Gould is the best choice for the future of Gateway, saying, "She is capable and ready to take on the role of Interim Executive Director with her dedication and vision."

That's it for this week, folks. Have a great weekend, and we'll see you Saturday right here in **MailMax**, or online 24/7 at www.MoodyOnTheMarket.com

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Pastor

Jesus Came to Save Sinners



Rosenbaum

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" ~ John 1:29

Don't you hate the devil's lies? First, he convinces us that sin is the best way to go. He convinces us that pride is better than humility before God. He convinces us that the solution to our worries is food or drugs or alcohol or exercise or sex. He convinces us that the sins we do in secret are no big deal because they don't hurt anyone.

Then, after we believe his lies, he plays the guilt card. He says, "How could you? God says you should be humble. God says you should bring your worries to him. And God sees the shameful things you do and think in secret. How could you? There's no way God can forgive you!"

God sent a prophet named John to point out people's sins. But John didn't leave his listeners in hopeless shame. Instead, he pointed to Jesus and said, "Look, the Lamb of God, who takes away the sin of the world!"

Jesus, the Lamb of God, is the world's Savior, who takes away the sin of the world. Not just our individual sins and offenses but sin itself. He takes away our sinful condition and the guilt and shame that always come

with it. He even takes away the death and damnation that we deserve for our sins. Jesus takes it all away. Jesus says to us, "You are no longer a sinner. I am. The sins that you once carried now rest on me." Jesus, the Lamb of God, bore your guilt, suffered your shame, died your death, and faced the hell you deserve.

So, when the devil says God can't forgive you, look at the Lamb of God. The Lamb takes away the sin of the world. If you breathe the world's air, eat the world's food, sleep and wake up in the world, then you are part of the world. And if you are part of the world, then Jesus took away your sins, no matter who you are or what you've done.

May that truth calm your conscience and move you to serve God daily in peace and joy.

Prayer: Lamb of God, you take away the sin of the world. Have mercy on me. Amen.

Submitted by: Pastor Glenn T. Rosenbaum
Administrative Pastor
Grace Evangelical Lutheran Church, St. Joseph
Originated by: www.WhatAboutJesus.com

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Millicent



Huminsky

Executive Director,
Southwestern Michigan
Tourist Council

Fun & Interesting Things to Do in Michigan's Great Southwest

This year is off to a great start with plenty of fun things to do in February! We start with the *Valentine's Chef's Table for Two*, February 14 and 15 at Froehlich's in Three Oaks. The event includes a four-course meal and bubbly. Reservations are required for the Chef's Table Menu, and can be made by calling 269-756-6002. Froehlich's will also be offering their regular menu which requires no reservation.

Our next event is offering two performances on February 15, *Erth's Prehistoric Aquarium Adventure*. Part of the Discovery Series - the creators of Erth's Dinosaur Zoo Live want to take your family on an all new adventure - this time to the bottom of the ocean. Erth's Prehistoric Aquarium Adventure is an immersive experience that invites you to jump in and explore unknown ocean depths where prehistoric marine reptiles lived eons ago - and maybe live still today! Erth shows are at the forefront of family entertainment, using actors, technology, puppets, science, and imagination to create an amazing visual experience that connects young audiences to the real science of paleontology.

Audiences young and old alike will all enjoy the *2020 Krasl Art Fair Jury Day*, February 19. Experience Krasl Art Fair on the Bluff's jury process as five (5) independent art experts review each application submitted by artists from around the country. The top 200 then are invited to participate in the 2020 Krasl Art Fair. This year's jury process will be projected on the large screen in the Mendel Center Mainstage auditorium. Guests may come and go, but the jury stays all day. Visit krasl.org for the day's schedule. Admission is free and the event is open to the public and sure to be a fun learning experience.

We have another experience for you to enjoy. The Purple Xperience is a five-piece group hailing from Prince's birthplace, Minneapolis, MN. They have been touring around the country since it's inception in 2011 by Dr. Fink and front-man Marshall Charloff - bringing the greatest and most authentic production of Prince and The Revolution in the world to audiences of all generations. Since 2011 Purple Xperience has entertained well over 300 thousand fans and has shared the bill with The Time, Cameo, Fetty Wap, Gin Blossoms, Atlanta Rhythm section, and Cheap Trick. Lead singer, Marshall Charloff, not only styles the magic of Prince's talent in an uncannily unmatched fashion with his appearance, vocal imitation, and multi-instrumental capacity on guitar and piano, but Marshall has performed nationwide fronting world-class symphonies in most major cities in the US and Canada.

We end this column with a super fun way to celebrate leap year. Join the folks at the Mendel Center for *Winter Delights*. It's not the Winter Delights from year's past, but a fun and entertaining day filled with all of my favorites! Leap year may serve up an extra day of winter, but don't despair, EMBRACE IT! Make the most of your once-every-four-years bonus day with non-stop live music on two stages, craft beers, crisp ciders, local wines, tasty food, and a bit of shopping in a carefully curated pop-up artisan market...all under one roof during Winter Delights at The Mendel Center, February 29.

For all the details on these and other events visit www.swmichigan.org. We'll be back in a couple of weeks with more fun and interesting things to do in Michigan's Great Southwest!

[Read more at www.MailMaxOnline.com](http://www.MailMaxOnline.com)

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Don



Stuart

So how ya doing on your New Year's Resolutions? I've already gotten a decent start on one of mine! Ok, it's a resolution from 1997, but still.

I'm finally wading through some junk - whoa, I mean, research material - in the basement. And one of the things I found was the January 21, 2002 issue of Sports Illustrated magazine.

Why did I save this? For one thing, I believe it's the only issue of Sports Illustrated, or ANY magazine devoted to covering sports, that featured a cat on the cover. Why? Because the cover story is an analysis of whether there is any truth to the widely held belief that athletes or teams featured on the cover of SI get "jinxed" by this experience. (It's a black cat.)

Flipping through, I found myself bouncing between two opposing mindsets: First, there's the "Wow, Remember That Athlete From 18 Years Ago?" response. Countered by, "Wow, 18 Years Later, And Nothing's Changed!" reaction.

From the "Wow, Remember That Athlete From 18 Years Ago?" category: Cyclist Lance Armstrong is pictured and mentioned in the "Letters" section. See, SI had just published its annual "Sportsperson of the Year" edition. And a reader - well lots of readers - wrote to kvetch about the choice (Arizona Diamondbacks pitchers Randy Johnson and Curt Schilling). Unnnnnfortunately, this guy wrote, and I quote, "Lance Armstrong wins the world's most grueling sports event for the third year in a row. . . makes sure his main competitor can get back in the race after a horrific spill, and is an inspiration to cancer patients, and he's still not Sportsperson of the Year?"

Say! See What I Saw in SI!

I realize no one knew then what we learned later about Armstrong, but still, that guy must occasionally rue how bad a kvetch that was.

From the "Wow, 18 Years Later, And Nothing's Changed!" category: Elvis - who's 85th birthday was in the news just a couple weeks ago, was a newsmaker in January 2002! Okay, this is a little bit of a stretch . . . the Elvis featured was the immortal Elvis Grbac, then quarterback of the Super Bowl-contending Baltimore Ravens. You remember Grbac, right? - three-time NFL leader in Surname With The Fewest Vowels. But still, the headline read "Elvis Rocks!," so you can't tell me Elvis - THE Elvis - wasn't featured, at least referentially!

From the "Wow, Remember?" category: These guys were all doing something newsworthy enough to get their names and photos in print: NBA star Michael Jordan (in his forgettable Washington Wizards phase); NFL star Brett Favre (vying with Elvis for "top billing" in the playoffs); major league

pitcher David Wells (The subject of a bit about team physicals, with this illuminating factoid: "They're more than a routine turn-your-head-and-cough exam.")

From the "Wow, Nothing's Changed!" category: Tennis champion Serena Williams got some ink. She's still getting ink nowadays. The day I'm writing this, she just won the title at the Auckland Open. And so it goes for the Greatest of All Time.

From the "Wow, Remember?" category: Not an athlete, actually, but an ad, for a company called e-file, showing a guy hugging his computer monitor . . . which would astound anyone born in January 2002, because it's the size of a daggone cruise ship anchor!!

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2017 CHEVY EQUINOX LT \$285/mo \$264/mo	2019 DODGE GRAND CARAVAN SXT CHOOSE FROM 3! POWER DOORS, BACK UP CAMERA, POWER SEAT, FACTORY WARRANTY STARTING AT \$292/mo \$269/mo	2012 FORD F-150 XLT \$299/mo \$269/mo	2012 GMC SIERRA 1500 SLE \$299/mo \$269/mo
2016 CHEVY MALIBU PREMIER LEATHER, LOADED. \$311/mo \$291/mo	2010 DODGE RAM 1500 SLT SPORT \$312/mo \$292/mo		
2016 FORD ESCAPE TITANIUM \$326/mo \$296/mo	2016 NISSAN ROGUE SL \$319/mo \$299/mo	2014 FORD F150 XLT \$319/mo \$299/mo	2015 CADILLAC ATS AWD, LEATHER, SUNROOF, NAV, 67K MILES \$324/mo \$299/mo
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*\$2,499 Total due at signing. **PER MONTH FOR 36 MONTHS**

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\$189

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\$7,991



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\$9,991



2009 Toyota Venza

3.5L V6 SMPI DOHC, 6-Speed Automatic Electronic with Overdrive, 94945 mi., 19/26 MPG

\$11,491



2015 Kia Soul

1.6L I4 DGI Gamma, 6-Speed Automatic, 34038 mi., 24/30 MPG

\$11,491



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3.5L V6 Ti-VCT, 6-Speed Automatic with Select-Shift, 98640 mi., 18/25 MPG

\$12,991



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Vortec 5.3L V8 SFI VVT Flex Fuel, 128535 mi., 15/21 MPG

\$12,991



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2.5L I4 SMPI DOHC, 6-Speed Automatic, 62967 mi., 25/35 MPG

\$12,991



2016 Chevrolet Cruze LT

1.4L 4-Cylinder Turbo DOHC CVT, 6-Speed Automatic, 31042 mi., 30/42 MPG

\$13,491



2017 Ford Fusion SE

2.5L iVCT, 6-Speed Automatic, 30335 mi., 21/32 MPG

\$14,991



2018 Nissan Sentra SV

1.8L 4-Cylinder DOHC 16V, CVT with Xtronic, 33836 mi., 29/37 MPG

\$14,991



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\$14,991



2017 Nissan Altima 2.5 S

2.5L 4-Cylinder DOHC 16V, CVT with Xtronic, 20745 mi., 27/39 MPG

\$15,991



2011 Ford Ranger XLT

4.0L V6 SOHC, 5-Speed Automatic with Overdrive, 54316 mi., 14/18 MPG

\$15,991



2017 Honda Accord LX

2.4L I4 DOHC i-VTEC 16V, CVT, 13802 mi., 27/36 MPG

\$16,991



2018 Toyota Camry L

Stock # H12348, 2.5L I4 DOHC 16V, 8-Speed Automatic, 32800 mi., 29/41 MPG

\$17,991



2016 Honda HR-V EX

1.8L I4 SOHC 16V i-VTEC, CVT, 34965 mi., 27/32 MPG

\$18,491



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2.0L 4-Cylinder DGI DOHC VVT Turbocharged, 8-Speed Automatic, 42631 mi.

\$18,991



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2018 Subaru Legacy 2.5i

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\$19,991



2017 Dodge Journey GT

3.6L V6 24V VVT, 6-Speed Automatic, 10167 mi., 16/24 MPG

\$20,991



2015 Toyota Tacoma

4.0L V6 EFI DOHC 24V, 5-Speed Automatic, 48658 mi., 16/21 MPG

\$25,491



2018 Ford Explorer XLT

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\$29,991



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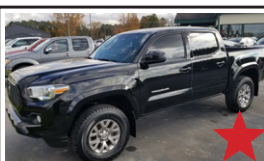
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\$239 36 Mos.
Per Mo. **\$2999**
Due at Signing

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