

TIME SENSITIVE INFORMATION **POSTMASTER:** Please deliver on

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Moody on The Market

Pat Moody

Coloma Man's Book on **Overcoming Depression**, Absent Father soon to be available on Amazon

By Ryan Yuenger Growing up without a father figure in his life, Coloma resident Robert Lawson fell into

a deep depression. From suicidal thoughts to being told he would grow up just like his father, Lawson fought silent battles with himself as he struggled to figure out his life's purpose.

"For so many years it felt like I was trapped in a basement trying to unlock myself but just couldn't," Lawson said. "So many times where I wanted to give up, but I kept my faith. So many times where I did try to give up but it didn't work."

Now, after an inspirational, yet cryptic, message from his dying grandmother, Lawson said he found his purpose - and is on a mission to help others overcome their own obstacles.

Lawson will release his first book, Trial and Error: Life of Depression on Amazon. In the book, he recounts how he tried to fill the void his father left with things that only made his depression worse, as well as the story of how he got back on track to become the person his children that his father never was to him. Inspiration from Grandma

Lawson said he's always had a gift for helping other people by working in nursing homes and caring for the elderly.

"I knew my gift was helping others, but I didn't know how I can reach my true calling," he said. "Until the day my grandma told me, and until the day God led me to what my grandma knew I should do."

Two weeks before Lawson's grandmother died on Feb. 27, 2021, she told him he had a higher purpose in life.

"I asked her what it was, but told me she can't tell me," Lawson said. "I was confused and asked her what was the point of telling me. But then, like two weeks later, I started to see the same sign on social media about what I've been through, and I just took it as she wanted to tell my story."

Continued on page 16



Sarah *Spoonholtz*

Regional Director. SMR Chamber

On Thursday, February 16th we had the pleasure of celebrating a grand opening and ribbon cutting with the team from Mighty Dog Roofing. The company itself is a long-established name in the roofing industry with their new office located at 500 Renaissance Dr. Suite 104B St. Joseph.

Mighty Dog Roofing is a family-owned and operated business led by Tom Burrell

February Ribbon Cuttings

(President), and Katie Burrell (General Manager). As President of Mighty Dog Roofing, Tom brings a wealth of experience to the table. With an MBA from Indiana University and a BS in Operations Management from Ball State University, Tom has spent the last 30 years honing his skills in global and domestic sourcing and supply Continued on page 2

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The new name for 🎿 Lakeland

Spectrum Health

Page 2 February 18, 2023 MailMax **Spoonholtz** Continued from cover

chain leadership. He is also a certified Purchasing & Supply Chain Manager (CPSM) and a 2-time Ironman finisher. As General Manager of Mighty Dog Roofing, Katie brings a strong background in history and education to the team. She holds a Bachelor's of Arts & Sciences in Public History from Western Michigan University, where she graduated Summa Cum Laude and Phi Kappa Phi.

Locally, Mighty Dog Roofing will cover all Southwest Michigan from the Indiana border to Wayland and everything in between. Its staff is trained to work on residential and commercial roofs, with a corporate pledge to provide integrity, on-time service, cleanliness, and top dog communication. Mighty Dog Roofing prides itself on the use of innovative technology such as drone sky views, a customer vault with maintenance records, curb appeal visualizer so you can see the roof on your home before you buy it, and 24/7 emergency services.

"Working with my father was always a dream for him and me. After learning about Mighty Dog Roofing and confirming that their values align with ours as a business, we knew this was the right fit," says Katie. "The Mighty Dog Nation is an industry leader for roofing across the nation, one that we are incredibly proud to be part of," adds Tom.

Community is one of the key components of Mighty Dog Roofing as a national franchise and brand; Katie adds, "With every roof, we will be making donations back to the community, to start, we will be donating through the Lions Club to help provide services dogs for people, and also Habitat for Humanity."

"We can't wait for the community to experience the Mighty Dog Nation and the difference in how our company approaches roofing, insurance claims, and overall topnotch customer service and integrity," says Tom

Another new business that isn't new but not new to the area will be celebrating their grand opening and ribbon cutting on Thursday February 23rd from 4:30 - 6:30 p.m. The much anticipated opening of **Shala 606** brings together Boxing House International, Yoga House on Moon Acres, and Salsa Suelta dance classes to one space in downtown St. Joseph. Featuring a multitude of class options from boxing, hot pilates or yoga, meditation, and Salsa lessons, Shala 606 provides a workout guaranteed to get your blood flowing no matter the intensity or experience level.

Owned by husband and wife duo Clare & Dayan Ramirez, the company has changed lives all over the world through yoga, astrology, boxing, salsa and community. They've made it their mission to help the world build strength, character and spirit through focused fitness, meditation, conscious travel and mindful living. New or a master of the craft, Shala 606 can help dissolve stresses and shape a stronger, better you.

Shala 606's event will feature food catered by Dad's Farm, beverages from Lazy Ballerina Winery, live Salsa music and everyone that attends will get one free pass to return and experience one of their classes for boxing, yoga or Salsa at a later date. You can find them at 606 Ship Street in downtown St. Joseph - the former Waterfront House of Fashion & Framing and Boutique space.

For more information on these and other upcoming 2023 events and how the Chamber can benefit your business, visit smrchamber.com or email me at sspoonholtz@smrchamber.com Looking forward to seeing you around Southwest Michigan!



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Ultimate Relief

They will eat and lie down, and no one will make them afraid. Zephaniah 3:13

The health magazine, *Elemental*, published a compelling article about the human experience of relief. The article begins with a simple example that goes something like this: there is an itch on your back you are unable to reach. The discomfort is terrible. Finally, a trusted friend is able to reach the spot and scratch. The relief you feel is so great that your brain lights up in the same area that responds to addictive substances.

But then the article goes on to speak of bigger things. Beyond relief of physical irritations like an itch, there is relief from another kind of pain that's far more significant. It quotes a neuroscience professor from Dartmouth College. In part, the professor says, "Every time you think about something that makes you feel dread or concern or shame, your [deep emotional] pain is refreshed. And so relief from those negative experiences-for example, relief from...years of intermittent sadness, anger, dread, and embarrassment—can be profound."

Which brings us to the kind of relief **Rosenbaum** that God describes in the Bible. In the Old Testament book of Zephaniah, God is speaking to souls who are facing dark, difficult days. As he does, however, he gives them an assurance. He assures them that a great relief is on the way. All the things that vex them, all the things that haunt, discourage, and weigh them down-all those things are temporary. As God describes it, one day his people "will eat and lie down and no one will make them afraid." In other words-relief that is lasting and true.

This Ultimate Relief has arrived. His name is Jesus Christ. On our behalf, he has lived a life of perfect goodness—the life you and I have failed to live. In our place, he has suffered and died to wash away our every wrong. Now, through faith in him, his full forgiveness gives us a peace that surpasses understanding. And one day, when we enter life eternal, we will experience full release from the presence and effects of sin. Relief that is lasting and true.

Prayer: Heavenly Father, through your gospel remind me of the true relief I possess in your Son, Jesus. Amen.

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



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Saturday, Feb. 25, 8 p.m.

Winter Delights is back and it's going to be a Boogie Wonderland on the Mainstage!

Winter Delights is back with music, wine, chocolates, beer, and fun! On the Mainstage, Shining Star: A Tribute to Earth, Wind & Fire will celebrate the music catalog of EARTH, WIND and FIRE with a playlist of chart-toppers including "After the Love is Gone," "September," "Shining Star," "Boogie Wonderland," "Let's Groove Tonight," and more!

Before the music begins, you can add guided wine and chocolate tasting sessions to your concert experience (tasting & concert tickets sold separately).

And all Winter Delights attendees 21 and older can enjoy cash bars with a variety of craft beer and wine selections in the Mainstage lobby beginning at 6 $\rm p.m.$



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Don **Stuart**

Humorist

Time to "Party Mardi" (Gras, That Is)

The wild bacchanal of Mardi Gras is almost here, so how about a few "Did You Know?" factoids about this holiday? I promise, my factoids are waaaaay less boring than those from mardigrasguide.com, run by Arthur Hardy, "The World's Foremost Authority on Mardi Gras."

Now I greatly respect anyone who's "The World's Foremost Authority" on just about anything. And Arthur Hardy has a website full of Mardi Gras info and minutiae, but honestly, can he really be the World's Foremost Authority if he doesn't even have his own Wikipedia page?!

And how's come his website doesn't share any of these Mardi Gras tidbits?

• E-Bay, the online auction site, is chockfull o' Mardi Gras stuff. My eye was especially caught by all the different ladies' underpants, including a pair that was tossed to revelers in 1983 from the parade float of the Krewe of Ponchartrain. The seller describes these as "collectible." She/he also reveals up-front that there's some "very pale yellowing." I know, kinda Mardi Gross, right? But the seller swears they're "new," and "never-worn!" – the yellowing is just "from age."

• Maybe I'm just not searching the Internet properly, but there is apparently not a single town or geographical feature anywhere on earth named "Mardi Gras." Arthur Hardy says some www.MailMaxOnline.com

French explorer named a spot 60 miles south of New Orleans "Pointe du Mardi Gras" in 1699, but as we've already established, Hardy may not be as smarty as he claims to be. (Although there's a town in Belgium with a street named "Rue Arthur Hardy.")

• A cherished tradition of Carnival and Mardi Gras is the consumption of mass quantities of a sweet called King Cake. And one of the traditions within the King Cake tradition is that baked within each one is a little plastic figurine, usually a baby. Whoever finds the toy in their piece of cake is named "King" for the day, then they must host the next party, AND make a King Cake for it. Lastly, they're also named "World's Foremost Authority" for the day.

• So that last factoid was kind of Arthur-Hardy-boring, sorry, but I had to mention it in order to serve up this one. There used to be a AAA minor league baseball team in New Orleans (since relocated to Wichita, KS), which, in 2017, adopted a new nickname: *The Baby Cakes*. I recall that I called my high school girlfriend "Babycakes," which I thought was a term of endearment, and which thankfully the internet verifies is so. Except for someone at urbandictionary.com who says it's "A nickname to call your kids that – when they get to a certain age – will REALLY annoy them." Hmmmm. Maybe that "certain age" is 19, because that's when my Babycakes dumped me.

• But if you really want to be annoyed by Baby Cakes, take a look at that old New Orleans baseball team's logo and mascot! – YIKES! It – you can only call it an "It" – was waaaaay creepy: A steroid-ripped infant popping out of a king cake with a maniacal grimace on its face. Honestly, it's Mardi Grisly!

But New Orleans baseball fans stuck with it while it lasted, thanks in part to the overwhelming support it got from the team's General Manager. No surprise there – his first name was Cookie. TakeFiveT5@yahoo.com



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Dave Says Roll With It

Dear Dave,

The other day, my wife and I discovered a Thrift Savings Plan (TSP) we'd forgotten about for over 10 years from my time in the Army. There's a little over \$3,200 in there. We're both in our thirties, and we're trying to save up our starter emergency fund in Baby Step One of your plan. We were wondering if we should withdraw the money and use it toward Baby Steps One and Two, or just leave it in there.

> Todd Dear Todd.

The best thing to do is roll the money over into an IRA. Otherwise you're going to be hit with a 10% penalty-plus your tax rate—and end up paying 30% to 40% of it to the government. That's kind of like asking, "Would it be a good idea to borrow \$3,200 at 30% interest to pay off debt?" Of course not! That would be a really dumb idea. And in a sense, that's what you'd be doing by just taking the money out of the TSP.

www.MailMaxOnline.com It's not a ton of money, but conceptually, I hate the idea of giving the government 30% to 40% of my money just to get my money out. So yeah, do some research, find a good investment professional near youone with the heart of a teacher-and roll it into an IRA

Congratulations to you and your wife for deciding to take control of your money. And thank you for your service to our country. Todd. I hope this helped.

Dave

* Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people regain control of their money, build wealth, and enhance their lives. He also serves as CEO of Ramsey Solutions.





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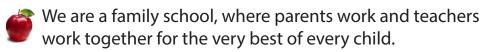
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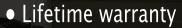
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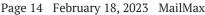
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Moody *Continued from cover*

Several months after his grandmother's death, the Coloma High School graduate earned his bachelor's degree in Healthcare Administration from the University of Phoenix.

"I kept my promise," said Lawson, in a Facebook post. "I wish I [could] call your phone, or run in your house to show you just to see that smile and get one of those big hugs. I know you looking down, so proud of me!'

When Lawson started writing his book, he wrote with conviction.

"I knew it was going to be telling my story," Lawson said. "Telling what I've been through and how I overcame this to inspire others and let them know they're not the only one in this world, and that if they're fatherless or going through anything, any type of trauma in this world, they can get over it with God on their side."

Being a Better Father

In the book, Lawson said he goes into detail about his life without a father figure and how lacking a role model fueled his depression. Ultimately, though, he realized he needed to let go of the resentment he felt.

"I finally realized I had been hindering my own growth," he said. "I had to stop blaming my father and everyone else and start

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Whether you're observing Lent or just love seafood, choose the freshness and and quality of

blaming myself for my own mistakes and actions and go after the life I deserve. ... At some point you have to say enough is enough' and be there for yourself. And that's what I did."

Lawson and his wife, Danielle, have three young children – Jay'Dion, Josiah and Jaliyah.

"Having children opened my eyes because it made me want to be everything my father wasn't," Lawson said. "It made me want to teach them things about life, not let them face the same trauma that I've been through and to break generational curses. I just want to be there because that's all I wanted, was for my father to be there. No matter what it took, no matter how hard it was, just be there and set a good example, be a good role model because I never had that. I want them to have someone to be proud of."

Lawson said the process of writing the book also helped him find closure.

"As I'm writing, I'm letting tears out," he said. "But it's not tears of pain and sorrow anymore - it's tears of gratitude. I finally made it through this and like, if God can get me through this time, then I know he can get me through things that may be even harder. Writing this and getting closer to God was what really helped me. It made me express my feelings in a way that I could never express before."



What's Next

Lawson said his number one priority career-wise is to get his book off the ground, but he also has a YouTube Channel with his wife called Rob & Danni. Right now, the channel is mostly fun stuff and videos about their life together, but Lawson said he plans to eventually have some more inspirational content on there.

He also wants to focus on the message of his book and instill it in others:

"I just want to help people be the author of their own story," Lawson said. "I want them to know that pain is temporary, and it's not the end of the world. Even though it may be raining today or tomorrow, it doesn't rain forever."

Both digital and hard copies of the book will soon be available. Follow Lawson on Facebook or Instagram for more details.

Stifel Investment Services Moving into New Office

A St. Joseph investment firm is relocating. Stifel Investment Services Branch Manager Craig Herrington tells us the company is moving its office next door to the former Edgewater and United Federal Credit Union building at the corner of Hollywood Road and Glenlord Road in St. Joseph. That's not far from its current location at 4035 Hollywood Road.

FT. MAKERS TRAIL BEER, WINE, CIDER & SPIRITS

"It's literally moving across a very small, mowed field," Herrington told us with a chuckle.

Herrington says the new building will suit Stifel's needs after some remodeling.

"It's right next door to our current Stifel office, and our current lease situation has run its course here. That corner building is in a great location, high exposure, right there on the four-way stop. It's just, I feel, a better location"

Herrington says the new building is slightly smaller than what Stifel needs, and so the company is going to expand the facility. The plan is to construct about 600 additional square feet of space where the old drive-thru is located. That work is expected to start around the summer.

Stifel's official move date is April 3. Herrington notes this move will include the Kinney Group, the Bettich Group, and the Herrington Group with all employees and clients. Stifel opened its southwest Michigan

office 12 years ago.

Pat Moody Publisher, MoodyOnTheMarket.com moody@wsjm.com (269) 925-1111



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LEGALS

2023 MARCH BOARD OF REVIEW MEETING SCHEDULE City of Bridgman, Berrien County

The City of Bridgman Board of Review for March 2023 will be heldin person at the City of Bridgman City Hall, 9765

Maple Street, Bridgman, MI 49106. The City of Bridgman March Board of Review will

meet on the following dates: • Tuesday, March 7, 2023, 2:30 p.m. = Organiza-

tional Meeting • Tuesday, March 14, 2023, 9:00 a.m. to 12:00 p.m. and 1:00p.m. to 4:00 p.m. = Appeal Hearing • Thursday, March 16, 2023, 2:00 p.m. to 5:00 p.m. and 6:00p.m. to 9:00 p.m. = Appeal Hearing

The Board of Review will meet as many more days as deemed necessary to hear questions, protests, and to equalize the

2023 assessments. By board resolution, taxpayers are able to protest by letter sent to the City of Bridgman Assessor,

9765 Maple St, Bridgman, MI 49106, provided protest is received prior to March 10, 2023. The tentative ratios and the estimated multipliers

for each class of real property and personal property for 2023 are as

	follows:	
Commercial	44.32%	1.1282
Residential	46.45%	1.0764
Industrial	42.17%	1.1857
Personal Property	y50.00%	1.0000
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The City will provide necessary reasonable services to individuals with disabilities at the Board of Review meetings upon

three days' notice.

Contact: Sheila Reitz, City Clerk, 269-465-5144 x102

Board of Review Members: Dorothea Crocker; Kay Roehl; James Kole; Karin Chappell.

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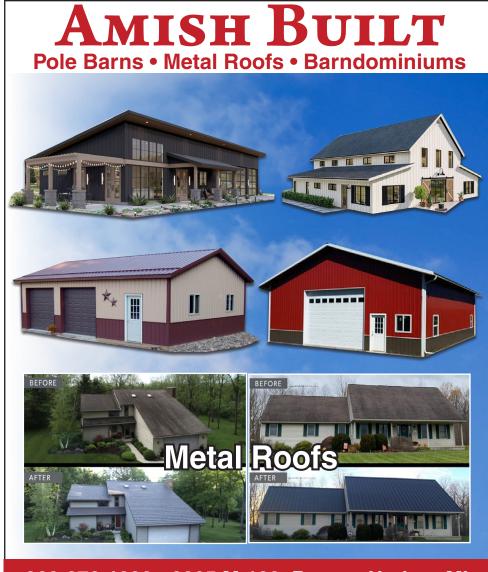
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The Pet Tips and Tricks for Traveling with Dogs

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The Pet Corner

You know how kids are. You give them each a toy or a treat that is pretty much, or even exactly, the same and sooner or later they pull the old switcheroo. Because whatever the other guy has looks better than what you have. That is what's been going on at our house this winter. In an effort to keep two dogs happy on the days the weather has been too inhospitable for much outdoor time. we've given them chew toys to help while away the hours. This keeps them happy ... until one decides his chewie is not good enough anymore. Then it's sneak in and steal time and the switcheroo game gets played. Sometimes things get a little dicey when this happens, and a human has to intervene, but for the most part we let the canines work it out, figuring if it makes them happy, who are we to question?

On Sunday, February 26, the Eau Claire Fire Dept. will host a vaccine clinic at 6265 W. Main St., Eau Claire, from 10 am to 3 pm. Rabies and distemper one- and three-year shots will be available at a low cost. Dog licenses will also be available for purchase. Please keep all dogs on a leash and cats must be in carriers. By law, all dogs in the county must be vaccinated for rabies, but remember, these lifesaving vaccines protect your pet's health and the rabies vaccine helps protect humans as well.

Seven Star Rescue has ceased operating here in southwest Michigan, but Michiana 4 Paws Rescue has taken in the fostered animals they were caring for. You can check them out on Facebook and at their website michiana4pawsrescue.org. Our dog Ace came to us from Seven Star, and we thank them for all the rescued pets they took in and their service in the community over the years.

With the unseasonably warm weather we're having, we've been watching for our

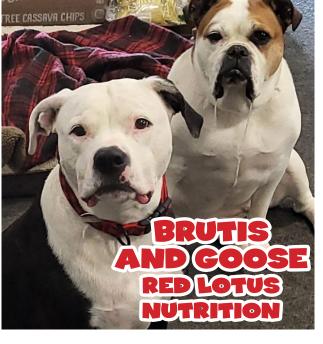
hibernating woodland creatures to venture out. You know when they do, they'll be hungry and looking for whatever is handy to eat. We are especially not looking forward to the return of the neighborhood skunks. There seemed to be a crazy number of them last summer, and they were not a bit afraid to stroll across yards in broad daylight. I don't think many of the dogs in the neighborhood escaped unscathed, including Ace when one brave skunk ventured into our fenced- in backyard. He was having a great time digging for bugs when I opened the back door and Ace ran out. I'm not sure who was more startled, us or the skunk, but I know who was then bathing their dog at 9 o'clock that night. It certainly helps to not purposely feed wild critters, although bird feeders often attract an assortment of them, often everybody except the birds lust be mindful of those wildlife visitors. They're just trying to go about their business, but if we can prevent our pets from unwanted encounters, we'll all be happier.

This column is dedicated to the memory of Rupert, a faithful friend who left his family much too soon and will be forever missed by them.



YOUR PETS DAY









NATIONAL LOVE YOUR PETS DAY

Tips and tricks for traveling with dogs

LOCAL OFFICE PETS

ARRIETA AND LOKI EVERGREEN LAWN CARE

After years living under the cloud of a pandemic that limited where they could travel, many people have a strong desire to head off for parts unknown. As individuals and families ponder business trips or vacations, they may think about bringing a beloved pet along.

According to a AAA/Best Western survey, 85 percent of dog owners travel with their dogs. The most popular vacations to let pooches tag along include going to the beach, camping and hiking. As a greater number of people are engaging in more activities with their pets, businesses in the travel and hospitality sector are taking notice and have become more accommodating to four-legged guests. However, there's still plenty to learn when taking a dog along as a travel companion. Explore these dog travel tips.

• Invest in a crate. Even if the dog does not need a crate at home, it's best to have one for travel. Crates often are required for airline travel and can keep dogs safer in cars. Many hotels also require that dogs be crated in the rooms to keep them out of trouble and prevent damage. A crate should be large enough that the dog can stand, turn and lie down, according to the American Kennel Club.

• Carry copies of pet-related documents. It's important to prove that the dog is healthy and current on vaccinations. Officials may ask to see documentation when traveling abroad. Some travelers also may want to investigate pet passports. The USA does not require a pet passport, but the European Union pioneered pet passports to enable animals to move more freely throughout its member nations.

• Plan a short excursion first. If you have never traveled with a dog before, make the

first trip a short one, such as an overnight or two-day stay. This way, if the trip turns into a fiasco, checkout isn't a week away. Shorter trips also help people figure out what works and what will need to change the next time.

• Expect some fees. Most hotels charge a fee for doggy clients. A fee of \$25 to \$50 is pretty standard. There also may be a designated pet floor to minimize the chances that guests without pets will be forced to interact with animals.

• Normal behavior may go out the window. A dog who is calm at home may be out of sorts while traveling. It's not uncommon for a dog unphased by people at home to suddenly be anxious and bark at sounds in a hotel hallway.

• Look into pet-friendly restaurants. Smarter Travel says that some hotels won't allow a guest to keep the dog alone in the room. That means meal time can be tricky. Find restaurants nearby that allow pets. Many that have outdoor seating may enable a leashed pet to stay near the seating perimeter.

• Bring water from home. When packing food, pack a few gallons of water as well, even though it can be cumbersome. Some dogs with delicate digestive systems may be upset by drinking the local water. A case of diarrhea is compounded further by having to make it into an elevator and outside the hotel in time.

• Tire the dog out. Exercised dogs tend to be well-behaved dogs. Make time to go on long walks, visit a dog park or engage in other activities that will make the pup tired so it's less likely to cause problems at the hotel. Learn the ropes of traveling with a dog to increase the opportunities for having lots of fun with Fido in tow.

How to choose pets based on your lifestyle

Getting a pet can seem like a fabulous idea in the heat of the moment when puppy dog eyes are blinking back from behind the bars of a cage or when a cuddly hamster peeks out from his hiding spot and makes kids swoon. Even though pets can make wonderful companions, approximately 6.3 million pets enter United States shelters nationwide every year, according to the ASPCA. In addition, around 80,000 cats and dogs entered shelters in Canada in 2021, according to Humane Canada. Such figures suggest companion animals are not suitable to every animal lover's lifestyle.

Though many shelter pets find new homes, one of the ways to reduce the number of surrendered pets is to avoid impulse decisions. A careful consideration of lifestyle can ensure potential pet owners find an animal they're fully capable of caring for.

• Consider time constraints. People can be honest about their schedules and how pets can fit in. A busy executive who works 12-hour days and travels often may not be able to have a high-maintenance pet. Animals that do not require much interaction, such as aquarium fish or reptiles, may be better fits. • Consider your interests. It can be

beneficial to find a pet who aligns with one's

interests and hobbies, as this can make the connection even stronger. A person who likes to hike may benefit from a pet that can handle long periods traversing the great outdoors.

• Factor in budget. Pets can be expensive. The American Kennel Club says the lifetime costs of dog ownership can range from \$14,480 to \$15,051 depending on the size of the dog (which relates to life expectancy). Exotic pets, such as macaws, may have large expenses for specialty vet care and cages. If money is tight, a pet that has minimal expenses might be a smarter move.

• Assess your personal health. Someone with allergies may have to avoid furry pets because dander and fur may trigger allergic reactions. Mobility issues can make it challenging for someone to walk a dog every day, making a cat who is relatively independent a more practical choice.

Lifestyle should be a major consideration when deciding if the time is right to introduce a pet into a home. A pet who aligns with the household dynamic can increase the likelihood of a successful pet-owner relationship.





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