

Our Fifth Issue • May 15 2021

Welcome to Our Fifth Issue!

Thank you so much for reading with us about
Buchanan's latest!

THE BUCHANAN CHRONICLE

The Clark Barker – Issue 05

What a crazy spring this has been, hasn't it? It didn't start off bad with some warmer temps, but then Mother Nature took a turn and made me feel colder...

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May 15, 2021

A Note from the Publisher – Issue 05

by Jen Garry, Publisher NEW to The Buchanan Chronicle
– Advertising If you or your business would like to
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May 15, 2021

Community Press Release – Friends of Berrien County Trails

Friends of Berrien County Trails Launches new website
Berrien County, MI – May 11, 2021 Friends of Berrien
County Trails, a group that was formed to create,
promote, and maintain...

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May 15, 2021

Community Press Release – Honor Credit Union

Honor launches Chatbot to Enhance the Digital Member Experience Berrien Springs, MI – May 4, 2021 Honor Credit Union is proud to welcome Macy, the Virtual Team Member, into the...

[Keep reading](#)

May 15, 2021

Remembering – Issue 05

Buchanan Losses • 5/1-5/15 Name Age Born Died Marcus Kurt Florey 32 October 7, 1988 May 1, 2021 Martha Mary Vitek 86 November 29, 1934 May 1, 2021 ZsuZsanna “Susie”...

[Keep reading](#)

May 15, 2021

BCS Superintendent’s Note – May 2021

A Note from BCS Superintendent by Patricia Robinson, Buchanan Community Schools Superintendent As this school year is coming to a close, there have been examples of resilience, determination, compassion, grit,...

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May 15, 2021

City Commission Meeting Agenda • April 12 2021

Write-Up by Editor Rebecka Hoyt, Agenda by City Clerk Barbara A. Pitcher Please note that only the City Commission Meeting Agenda is posted below. At the end of the agenda,...

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May 15, 2021

Police Points – Call Log Issue 05

Police Call Log : 4/23 – 5/5 Buchanan City Police
Department Description Total Calls of Type Sex Offenses
1 Larceny 3 Larceny – Theft from Motor Vehicle 0 Non-
Aggravated/Domestic Violence...

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May 15, 2021

Community Press Release – Buchanan Area Chamber of Commerce

Building 324 Debuts in Buchanan Buchanan, MI – April 30, 2021 A building with a rich history in Buchanan is about to create a new chapter. In the early 1900s,...

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May 15, 2021

Board of Education Meeting Agenda • April 19 2021

Write-Up by Editor Rebecka Hoyt, Agenda from Board of Education Please note that only the Board of Education Meeting Agenda is posted below. At the end of the agenda, click...

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May 15, 2021

Health Huddle – Vaccine Follow-Up

My Second Shot of COVID-19 Vaccine Experience by Kelly Brown On Wednesday, May 5, 2021 I arrived at my appointment to get the second dose of the Moderna coronavirus vaccine....

[Keep reading](#)

May 15, 2021

National Day of Prayer 2021 – Follow-Up

National Day of Prayer was Thursday, May 6, 2021 by Stephanie Fain April showers in early May scattered beautiful red petals all over my truck again. Oh Buchanan, you shouldn't...

[Keep reading](#)

May 15, 2021

Buchanan Farmers' Market – Follow-Up

Welcome to the Buchanan Farmers' Market 2021 by Rebecka Hoyt, Editor At 7:30am, Saturday, May 1st, 2021 The Buchanan Chronicle team arrived at the very chilly, 39 degrees Farmers' Market...

[Keep reading](#)

May 15, 2021

OPINION – Buchanan Vision Follow-Up

Submitted Public Opinion My name is Shane Turay and I wanted to follow-up and thank you for your involvement in the Buchanan Vision event. I was very encouraged by the...

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May 15, 2021

Local Family – Mother's Day

Becoming a New Mom by Rebecka Hoyt, Editor/ Photographer When I became a new mom, I was concerned about our baby's health, safety and happiness. Our daughter was born 9 days...

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May 15, 2021

Now That's Funny! – Issue 05

by Thomas Hoyt As a kid growing up you hear about peer pressure and how you shouldn't allow it to affect your decisions that would get you in trouble, doing...

[Keep reading](#)

May 15, 2021

Police Points – Officer Brie’s Tips

After School Safety Tips Officer Brie – Buchanan City Police Department Good morning Buchanan! With the school year coming to a close, I would like to talk about after school...

[Keep reading](#)

May 15, 2021

Local Clubs – Buchanan Scarecrow Charities – Remembering

Buchanan Scarecrow Charities Remembers Terry Martin Flint (1946-2021) by Jean Rose Terry Martin Flint (1946 – 2021) was and is an important part of our Buchanan Scarecrow Charities family. She...

[Keep reading](#)

May 15, 2021

Local Business – River Saint Joe

Video Tour of River Saint Joe by Stephanie Fain
Restaurant Spotlight: River Saint Joe by Stephanie Fain
Let's face it, the word COVID is everywhere, it's in the newsfeed, it's...

[Keep reading](#)

May 15, 2021

BCS School Spotlight – Ottawa Elementary May 2021

Ottawa's All Kids Bike Program by Editor Rebecka Hoyt & Ottawa Principal Stacy Denison Our school spotlight for this 2nd issue of May 2021, is from Principal Stacey Denison at...

[Keep reading](#)

May 15, 2021

Mayor's Memo – The Senior Center

The Senior Center by Mayor Sean Denison This morning I had the honor and privilege of being invited to the Buchanan Area Senior Center for a coffee chat. When I...

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May 15, 2021

Health Huddle – Spotlight

Veterans and PTSD – Bring Our Soldiers Home(ostasis) by Stephanie Fain Vivid nightmares, flashbacks, panic attacks, anxiety, depression, irritability, angry outbursts, feeling emotionally numb, loss of interest in hobbies, trouble...

[Keep reading](#)

May 15, 2021

Buchanan Sports – Athlete Spotlight

Mr. Comeback – Athlete Levi Zelmer by Nik Sanchez For many this year it was a tough year for sports. Many activities and games cancelled, seasons shortened but for one...

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May 15, 2021

Past Event – Redevelopment Meeting Follow-Up

Community Redevelopment Meeting in Buchanan
Common – Follow-Up by The Buchanan Chronicle Team
The Buchanan Chronicle team took in the Community Redevelopment Meeting on Wednesday, April 28, 2021 in downtown...

[Keep reading](#)

May 15, 2021

Movie Showtimes – Issue 05

Wonderland Cinema • 5/14-5/20 Movie Rating Times
Finding You PG 12:20, 5:15, 7:45 Here Today PG13 1:00, 3:40, 6:30, 9:15 The Lego Movie PG 12:30, 3:00 Mortal Kombat R 7:45...

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May 14, 2021



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Thanks for Reading Our *Fifth* Issue!

*

Look for Our *Sixth* Issue:

June 05, 2021

Links to Past Issues:

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Issue 03 – April 17, 2021

Issue 02 – April 03, 2021

Issue 01 – March 20, 2021

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Police Points – Call Log Issue 05



Police Chief Tim Ganus

Police Call Log : 4/23 – 5/5

Buchanan City Police Department

Description	Total Calls of Type
Sex Offenses	1
Larceny	3
Larceny – Theft from Motor Vehicle	0
Non-Aggravated/Domestic Violence	1
Intimidation/Stalking	1
Fraud Complaint	0
Damage to Property	3
Liquor Violations	0
Obstruction	1
Disorderly Conduct	0
Public Peace / Other	13
OUIL	0
Driving Law Violations	0
Health and Safety	3
Trespass	1
Juvenile Complaints	3
Private Property Damage/PI Accidents	3
Abandoned Vehicle	2
Property Checks	2
Alarms	3
Civil	6
Suspicious Situations	8
Lost/Found Property	2
Natural Death	0
Suicide	0
Medical Assist	12
General Assist	23
Ordinance Violations	10

Total Calls 4/23 – 5/5 : 104



Police Points

**Community Press Release – Buchanan Area Chamber of
Commerce**



Building 324 Debuts in Buchanan

Buchanan, MI – April 30, 2021

A building with a rich history in Buchanan is about to create a new chapter.



Jess & Randy Hendrixson at Building 324, Photo provided by BACC

In the early 1900s, 324 E. Dewey Street was the headquarters for the Clark Equipment Company, one of the largest manufacturers in Berrien County. In 2003, Kevin Barker purchased the building and created a home for a mix of small businesses from various industries – manufacturing, professional services, and non-profit organizations (including the Buchanan Area Chamber of Commerce). Many of the tenants remain today.



Clark Equipment Co., Archive photo provided by BACC

On April 1, 2021, local entrepreneurs Randy and Jessica Hendrixson purchased the building from Barker and renamed it Building 324. The Hendrixsons are no strangers to the building having rented space for their own businesses – Berrien County Record and DPM Events — for many years. And Randy is no stranger to what it takes to attract and retain businesses in Buchanan. He is a Buchanan resident and a former Executive Director of the

Chamber of Commerce.

"I'm thrilled that Randy & Jess are taking over," said Barker. "It will make for a seamless transition for current tenants and an exciting opportunity for new businesses to move in."

According to Randy, the building has over 60,000 square feet of space with plenty of parking and a prime location at the head of Buchanan's downtown historic district and adjacent to the popular Duck Pond. "I would love to attract additional businesses that complement the character of our town and provide goods and services for both residents and tourists." Some possibilities include: a restaurant (there is a full kitchen), wine bar, dog grooming business, bakery, and event space.

For more information on Building 324, contact Randy Hendrixson at 269-217-8550 or randy@dpmevents.com.

The Buchanan Area Chamber of Commerce provides leadership in promoting the spirit of community through increased communication and cooperation within businesses, organizations, and individuals, in order to enhance growth, prosperity and the quality of life in the Buchanan area.

Buchanan Area Chamber of Commerce

269-695-3291

www.buchanan.mi.us

324 Dewey St, Ste 202

P.O. Box 127

Buchanan, MI 49107

USA

Board of Education Meeting Agenda • April 19 2021

Write-Up by Editor Rebecka Hoyt, Agenda from Board of Education

Please note that only the Board of Education Meeting Agenda is posted below. At the end of the agenda, click on the link to take you to more detailed minutes of the meeting. Also, the meeting minutes will not be published in each issue of The Buchanan Chronicle, but instead as they are available.

Begin Agenda:

A. Opening of Meeting by President

B. Roll Call

C. Adoption of Agenda

D. Recognition of Visitors

E. Superintendent/Department Reports

E. I. Buck Staff Appreciation April Winner:

- Christine Ewell, Moccasin Elementary Special Education Teacher

E. II. Buck Staff Appreciation April Nominees:

- Derek Tefft, BMS Teacher
- Hayley Sater, Moccasin Teacher
- Heidi Holloway, Moccasin Teacher
- Kelly Smith, Ottawa Teacher
- Michelle Munyon, Administrative Assistant
- Nichole Clemons, BMS Paraprofessional

- Sandra Miller, BHS Art Teacher
- Shelby Beasley, BMS Principal
- Tammie Herrman, BMS Paraprofessional

E. III. Board Updates:

- BHS, BMS, Moccasin, Ottawa, Athletics/BVA/CTE, Special Education, Operations, Food Service, Information Technology and Assistant Superintendent

F. Presentations

F. I. School Highlight – Mrs. Stacey Denison, Ottawa Elementary Principal

F. II. Executive Team Updates

- Phil Place, Director of Technology
- Al Berget, Director of Operations
- Mark Kurland, Assistant Superintendent

G. Community Dialogue / Citizen's Concerns

H. Adoption of Consent Agenda Items

I. Recommended Action – Other

I. I. BVA Graduation Certification

I. II. School of Choice

I. III. Certified Staff Maternity Leave

I. IV. Certified Staff Leave Request

I. V. Procedures Regarding the Open Meetings Act

J. Information/Reports & New Business

J. I. Curriculum & Planning Committee – March 23rd Meeting

J. II. Board Policy Committee – March 23rd Meeting

J. III. Human Resources Committee – March 30th Meeting

K. Questions & Comments From Board Members

L. Next Board Meeting:

- Monday, May 17th at 6:00pm

M. Adjournment

You may view the completed April 19, 2021 Board of Education Meeting Minutes on [the Buchanan Community Schools website here](#).



- **Our Seventy-First Issue • March 09, 2024**
- **Welcome to The Buchanan Chronicle**
 - **About The Buchanan Chronicle**
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 - [Our Sixty-Seventh Issue • January 13 2024](#)
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The Clark Barker – Issue 05



What a crazy spring this has been, hasn't it? It didn't start off bad with some warmer temps, but then Mother Nature took a turn and made me feel colder outside on my walks and playing in the backyard. My owner tells me that the state of Michigan has some crazy springs. And sometimes the weather just can't make up its mind!

With the recent rain, my human and their neighbors have been mowing their yards. I just love it after they get done mowing, and I can roll in the freshly, mowed grass. There's just something about it. Hmmm, maybe it's the smell of the fresh-cut grass!

Anyways, as we have been on walks, some sidewalks have grass clippings on them. If you can, try to remember to have your grass clippings stay in the grass and not on the sidewalk, or not in the street as the City of Buchanan has reminded the public on their Facebook page from years past as I glanced at my human's computer

while they were on Facebook. The grass clippings can get into the sewer and also be a hazard for others while on bicycles, motorcycles or walkers. I have seen people take their leaf blowers/rakes to move the grass clippings away from the sidewalk and/or street. I also heard that they can get slippery too. And it just looks nicer when a sidewalk/street is cleaner.

So just a few tips from the Candid Canid. Enjoy the fresh, bright colors of spring that line our yards and streets!



A Note from the Publisher – Issue 05



by Jen Garry, Publisher

NEW to The Buchanan Chronicle – Advertising

If you or your business would like to advertise with us, we're ready to show off your ad!

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Tell your friends and neighbors who want to spread the word about something to buy an ad in our online paper The Buchanan Chronicle, a growing way to reach your community.



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buchananchronicle@att.net P.O. Box 143
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Advertising Placement Form

Revised April 23, 2021.

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Mailing Address: _____

City: _____ State: _____ Zip: _____

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Business Contact's Name: _____

Signature: _____ Date: _____

The Buchanan Chronicle Signature: _____ Date: _____

Sizes ☐ Regular Size \$50/issue (roughly 2"x2")

☐ Super Size \$75/issue (roughly 4"x2")

(note: as we are a digital publication, the sizes are not exact, and change depending on the viewing device.)

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☐ #05.	May 15	May 3	May 5
☐ #06.	June 5	May 24	May 26
☐ #07.	June 19	May 31	June 2
☐ #08.	July 3	June 14	June 16
☐ #09.	July 17	June 28	June 30
☐ #10.	Aug 7	July 19	July 21
☐ #11.	Aug 21	Aug 4	Aug 6
☐ #12.	Sept 4	Aug 16	Aug 18
☐ #13.	Sept 18	Aug 30	Sept 1
☐ #14.	Oct 2	Sept 13	Sept 15
☐ #15.	Oct 16	Sept 27	Sept 29
☐ #16.	Nov 6	Oct 18	Oct 20
☐ #17.	Nov 20	Nov 1	Nov 3
☐ #18.	Dec 4	Nov 15	Nov 17
☐ #19.	Dec 18	Nov 29	Dec 1

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- Buy any 8 at 25% off!
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an additional \$25 per issue.

Thanks again for reading and engaging in our Buchanan Community with us!

The Buchanan Chronicle

Community Press Release – Friends of Berrien County Trails



Friends of Berrien County Trails Launches new website

Berrien County, MI – May 11, 2021

Friends of Berrien County Trails, a group that was formed to create, promote, and maintain non-motorized trails across the county, is proud to announce the launch of its new website www.berrientrails.org.

The new website has been designed to provide information on existing trails in the county, planned trails and projects, coming events and more. It also offers ways to get involved and/or donate to trails development.

"We are thrilled to debut our new website to our community," said Gary Wood, Friends of Berrien County Trails, President. "The website allows our community to become aware of up-to-date information on the different trail opportunities in Berrien County."

Friends of Berrien County Trails mission is to support the construction and maintenance of trails

(pedestrian, bicycle and waterway) within Berrien County and connecting to adjacent counties, while encouraging trail use.

Visitors are encouraged to explore the website and share with others who might be interested. For any suggestions, questions, comments please contact us at berrientrails@gmail.com or 269-339-0797.

About the Friends of Berrien County Trails

The Friends of Berrien County Trails is a Michigan registered 501(c)(3) non-profit focused on trail development. The organization was formerly The Friends of Harbor Country Trails, but in December of 2019 we changed our name and expanded our reach county-wide to become The Friends of Berrien County Trails. The goals of the FoBCT are to identify trail needs, help with funding development, advocating for trails, and educating the public about how trails benefit our community. For more information, visit www.berrientrails.org.

Friends of Berrien County Trails

269-339-0797

Contact: Gary Wood, President

www.berrientrails.org

berrientrails@gmail.com

Berrien County, MI

USA

Community Press Release – Honor Credit Union



Honor launches Chatbot to Enhance the Digital Member Experience

Berrien Springs, MI – May 4, 2021



Introducing Macy, Honor Credit Union's new Virtual Team Member

Honor Credit Union is proud to welcome Macy, the Virtual Team Member, into the Honor family! Using artificial intelligence, Macy's role at Honor is to enhance the member experience by assisting members with their questions 24/7. This added channel of communication aligns with Honor's mission to serve members when, where, and how they want to be served. Members can begin chatting with Macy online by clicking on the chat icon near the bottom right-hand corner of HonorCU.com and within the Honor mobile app.

As part of Honor's ongoing commitment to the improvement of technology and innovation, Macy offers a new avenue for members to receive virtual and digital assistance. Honor team members created Macy's responses to help her provide real-life answers that members expect. While she does live inside a computer, her answers will sound just like an Honor team member, complete with Honor's fun, upbeat, and helpful personality.

Macy is ready to answer commonly asked questions about products, services, and digital solutions. She can also connect a member to chat with an Account Specialist when questions are out of her depth. Macy makes the connection between a member and a virtual assistant personal and remembers a member's name each time they come back to chat. Like any new team member, Macy is still learning the answers to questions and will continue learning as members interact with her. At this time, Macy does not have access to member account information.

Intentionally named, Macy is inspired by two long-time Honor team members, Mary and Tracy, which combined created the name "Macy." Together, Mary and Tracy comprise 70 years of knowledge and experience at Honor Credit Union. Their expertise illustrates the wealth of knowledge a member can expect when seeking answers – a go-to person with a solution to every question.

"At Honor, we are committed to continuously working to make our member's experience even better than before, and that starts with listening to the needs of our members and finding ways to fill them," commented Angie Trowbridge, Honor's Assistant VP of the Virtual Member Center. "It's our priority to answer our member's questions as quickly as possible, and Macy does just that. She provides a much-needed digital option for members to chat with a virtual assistant and receive quick answers and solutions around the clock."

Honor Credit Union is proud to serve more than 91,000 members across the state of Michigan. Providing solutions for financial success and giving back to the communities it serves remains the driving forces behind Honor Credit Union. For more information, call 800.442.2800, or visit <http://www.honorcu.com>.

Remembering – Issue 05



Buchanan Losses • 5/1-5/15

Name	Age	Born	Died
Marcus Kurt Florey	32	October 7, 1988	May 1, 2021
Martha Mary Vitek	86	November 29, 1934	May 1, 2021
ZsuZsanna "Susie" Marazita	64	May 11, 1956	May 4, 2021
Maurice M. May	101	December 31, 1919	May 13, 2021

We wish to respectfully honor the memory of anyone we lose in the Buchanan community. Please do let us know any corrections or additions to the list.

Hoven Funeral Home <http://www.hovenfunerals.com> info@hovenfunerals.com
[269-695-2363](tel:269-695-2363)
[414 E Front St](#)
[Buchanan, MI 49107](#)
[USA](#)

Starks Family Funeral Homes – Swem Chapel <http://www.starksfamilyfh.com/swem-chapel>
[269-695-6881](tel:269-695-6881)
[301 W Front St](#)
[Buchanan, MI 49107](#)
[USA](#)

Local Family – Mother's Day



Becoming a New Mom

by Rebecka Hoyt, Editor/Photographer

When I became a new mom, I was concerned about our baby's health, safety and happiness. Our daughter was born 9 days late, admitted to the best NICU down at Memorial Children's Hospital in South Bend, Indiana (now known as Beacon Children's Hospital) for 7&1/2 days, then transferred to University of Chicago Comer Children's hospital for 13 days for a swallowing issue and high liver enzymes. While at the other hospital, we learned that she inherited a genetic disease called Alpha-1Anti-Trypsin Deficiency (reason for high liver enzymes). So, to take that all in and learning that there is no cure for it, was emotionally. You need to have a support system in place no matter what each mother goes through, whether it's her first born or not.

While at the University of Chicago Comer Children's hospital, I was able to stay with her. My family and friends would call me to see how things were going, but after each phone call I would have tears because I just wanted someone to be there with me. Yes, I had lots of time bonding with her and I learned so much! This was my first child, and I wasn't expecting to go through so much. Meanwhile, my husband was at home because of his work. But he would come to the hospital in South Bend after work, and then on the weekends to Chicago. Both of our families came on the same Sunday to Chicago, so that helped too. The Ronald McDonald House was available for my husband and I to use at both hospitals. We were grateful for them as they provided us a place to sleep, a place to get away from the beeps on the machines, and a place for snacks/meals – normalcy.

When we finally came home with her, I did not realize how the night time feedings would be. I then had to make the newborn baby appointment with the pediatrician as she was like 4 weeks-old at that time (compared to a 1 week-old baby), then to get a referral for a pediatric gastroenterologist to be seen within the next month. Also, with a 3 month-old at Christmas time, I think that our Christmas tree was put up like one week before Christmas and that was a lot later compared to past Christmas'. So some things you had planned on doing wouldn't happen right away or almost till it was time for it. But as each year has come and gone, you learn to hopefully better plan things out. And sometimes, things don't go as always planned. I have learned that you need to be very flexible, have patience, ask for help & pray, but also to have some persistence in getting things done!

Motherhood Questions

by Kelly Brown

In honor of Mother's Day (5/9/2021) I asked The Buchanan Chronicle team four questions about moms. All of our hard-working women teammates also happen to be mothers and our hard-working men teammates have mothers, so sit back, relax, and enjoy getting to know more about our team as you read through their answers.

1. What is your favorite thing about being a mom? (Guys, What is your favorite thing about your mom?)
 - *Kelly*: My favorite part of being a mom is being able to watch my kids grow and getting to see them transform into the people they are going to be.
 - *Stephanie*: I love watching my son learn new things, it is fun to remember how excited we once were over the same things.
 - *Tom*: Her laugh. My mom always has a nice laugh.
 - *Jill*: I love witnessing all the joys of each stage of life as my son grows and sharing travel adventures with him.
 - *Rebecka*: My favorite part of being a mom is watching how my daughter grows and learns, whether it's physically, spiritually, and emotionally.
 - *Nik*: I love that my mom is my own personal warrior and she has never lost faith in me.
 - *Jen*: Seeing the best of both me and my husband shine out of my son is a super rewarding part of being a mom.
2. What are some things you wish someone had told you before becoming a mom? (any specific advice you wish someone would have shared?) [Guys, skip this question and we'll ask you a similar question for Father's day.]
 - *Kelly*: I wish someone had told me how fast it all goes. It felt like only a pause between breaths from diapers to handing over the keys to my newly licenced driver.
 - *Stephanie*: Sleep can wait, breathing exercises is where it's at.
 - *Jill*: Things may seem challenging at times, but it too shall pass...so breathe a little easier. I've learned all the blessings far outweigh the challenges.
 - *Rebecka*: I did not realize how the night time feedings would be. And sometimes, things don't go as always planned. So, I have learned that you need to be very flexible and have patience, but also to have some persistence in getting things done!
 - *Jen*: To not focus on what to worry about but to focus on each celebration no matter how tiny. Counting joys is a much better use of energy than stressing.
3. Are there things you have discovered that you do that your mom did? Good or bad? (Doesn't have to be related to how you parent.) [Guys, answer the same question.]
 - *Kelly*: There are many ways I am like my mother. Yes, I say all of the annoying cliché things that all of our mothers have said for generations and that as kids we swore we would never say to our own children. It's the way of the world. One of the things that are most similar between my mom and I is our handwriting. My handwriting is eerily similar to hers. Now that she's gone it's a comforting thing but when I was a teenager it annoyed me to no end!
 - *Stephanie*: I am way too involved. I am overly opinionated and I have no plans on changing that. The more I grow, the more I realize how important she was to me and my siblings and how much I miss her.
 - *Tom*: Uuuuuuuuuuuuuuh...the way I do laundry.
 - *Jill*: I definitely make constant lists, just like my mom, various ones and organized.
 - *Rebecka*: My Mom always used to say, "Because I said so." And in the past I have used that phrase. She was a Girl Scout Leader, and I was a Girl Scout leader for a couple of years. Also, my Mom went back to school when she was 40 and so did I, however we majored in different things. We both like the color white in our kitchens! Also, we like to do chores/folding laundry a certain way and it drives my husband nuts! But that's how I am.
 - *Nik*: If I'm involved in any project that I am passionate about, I always give 100%. This is something I learned from my mom.
 - *Jen*: We both love our crossword puzzles, and as much as I'd like to think otherwise, I do think I parent as a bit of a softie like she did with me.

4. Are there ways that you wish you were like your mom? (Guys, answer the same question)

- *Kelly*: My mom had the most incredible green thumb! She could take in plants (and often did) that others had all but killed and bring them back to life to the point that they ended up growing bigger than they were even intended to. It was kind of a magical thing to watch. I, on the other hand, cannot keep a houseplant alive to save my own life! I have even killed the unkillable succulent plant. It's disgraceful lol!
- *Stephanie*: My mother was gangster. She feared nothing and cared very little about what people thought. She would blast mexican cumbia music and prison rap from her Dodge charger. I wish I could have learned more from her. Mother's day sometimes falls on my birthday and this year it did, I wish I could spend it with my mother so I hope if others can, they are.
- *Tom*: Nothing really jumps out at me. I find myself more like my dad.
- *Jill*: I wish I'd develop my mom's great skill of remembering names and titles of things.
- *Rebecka*: My Mom is very talented in the world of sewing. She has made tons of clothes for my sisters and I when we were little & doll clothes, wedding/Christmas dance/bridesmaid dresses, hems pants & dresses, napkins, sews on Girl Scout badges, makes baby blankets/quilts, and the latest: she has sewn over 200 face masks during the pandemic! I have a sewing machine to where I have sewn on Girl Scout/AHG badges, and made some napkins all along with her help. I don't give myself enough time to get my sewing machine out and use it. Maybe this will be a new goal of mine.
- *Nik*: I just wished I would have listened to her more instead of making the choices I made. I think she is a great person who needs to win mom of the year in least once.
- *Jen*: My mom doesn't hold back and goes toward whatever she's interested in, I aim to embrace a boldness like she has.

From all of us at The Buchanan Chronicle to all of our readers out there, we hope you had the most relaxing and memorable Mother's Day this year!

Now That's Funny! – Issue 05



by Thomas Hoyt

As a kid growing up you hear about peer pressure and how you shouldn't allow it to affect your decisions that would get you in trouble, doing something you ought not do. We have all heard this kind of statement before, "Well, if everyone else jumps off a bridge, that doesn't mean you have to." Now as an adult, I don't think about peer pressure. I do what I do because that is my decision and not because everyone else is doing it. Now if you really stop and think about it, as adults we do indeed experience peer pressure.

The other day I went outside to mow the yard. I noticed my next-door neighbor had mowed his yard and that reminded me that I needed to mow my yard. So, as I was mowing, and I use the bag on the mower, I had to stop to empty the bag. My neighbor, Cody, saw me and said, "Is this adult peer pressure? You saw me mow my yard and figured you had to mow yours?" HA! I responded with, "No, my wife told me to get out here and mow the yard." 😊 So, was it the peer pressure that influenced me to mow the yard, or just me obeying the wife's commands? Hmmmm, I suppose we even have peer pressure within our own households. Peer pressure from our family, from neighbors, and yes even from friends. I suppose though as adults, the peer pressure we experience doesn't necessarily get us to do something bad, but to get us to do something we ought to do (mow the yard, plant flowers, do the laundry or dishes, even buy your wife some flowers or a treat). Keep laughing folks! 😊



Police Points – Officer Brie’s Tips



Officer Brie, Buchanan City Police Department, Photo still from video on BCPD Facebook

After School Safety Tips

Officer Brie – Buchanan City Police Department

Good morning Buchanan! With the school year coming to a close, I would like to talk about after school safety! Below I will talk about safety for parents and kids when it comes to children walking home, what to do if they encounter a stranger, and what they can do to stay safe at home.

WALKING HOME

Parents – Make sure you know your child's route when they walk to and from school or the bus stop. Walk the route with them several times and point out areas where they can cross the road safely. Make sure that your

child knows their address and a phone number to get a hold of you in case of an emergency. Also make sure they know to call 911 if there is ever an emergency and they carry a cell phone.

Kids – ALWAYS look both ways before crossing a street! NEVER take short cuts from the route you walk just in case your parent needs to find you in an emergency. If you decide to go to a friend's house after school, call your parent or guardian and make sure they know where you are!

****Please remember to slow down in school zones and areas where we have crossing guards. Be alert and watch for children crossing the street. ****

ENCOUNTERING A STRANGER

Parents – Create a safety password that you share between you, your child, and the trusted adult who may be picking them up from school or the bus stop. Teach your child where they can run to for help if they are approached by a stranger. Avoid putting your child's name on items. Strangers may use your child's name to build trust and rapport with your child.

Kids – Avoid strangers and do not talk to them, even if they offer you a gift or a ride home! If you are being followed by a stranger and you are close to a store or gas station, run inside and tell an employee to call 911. If a stranger were to forcibly try to take you somewhere, make a scene! Throw your backpack down, throw items in your back pack, yell and scream saying "this person is not my parent/family!" NEVER tell a stranger that you are going home alone!

SAFE AT HOME

Parents – Provide your child with a house key, but do not label it with identifiable information such as "house key". Teach your child to keep all doors and windows locked and to not answer the door for anyone while they are home alone. Keep an emergency contact list for your child if they needed to get in touch with you, your spouse, or a trusted third party. Teach your children what to do when there is an emergency at home. Designate a "safe room" if there were ever an intruder, and practice the safety plan with them in a fun way.

Kids – NEVER answer the door if your parents are not home! If someone is trying to get into the house, lock yourself inside of a room or closet and call 911 right away! Stay quiet and listen to the instructions from the 911 operator, they will send help as quickly as they can.

****If you have an older child watching younger children, consider enrolling them in a babysitting course****

CAN MY CHILD BE HOME ALONE?

When deciding whether to leave a child home alone, you will want to consider your child's physical, mental, and emotional well-being. This may be considered around the age of 11 or 12, but not 10 and under. When in doubt, hire a babysitter!

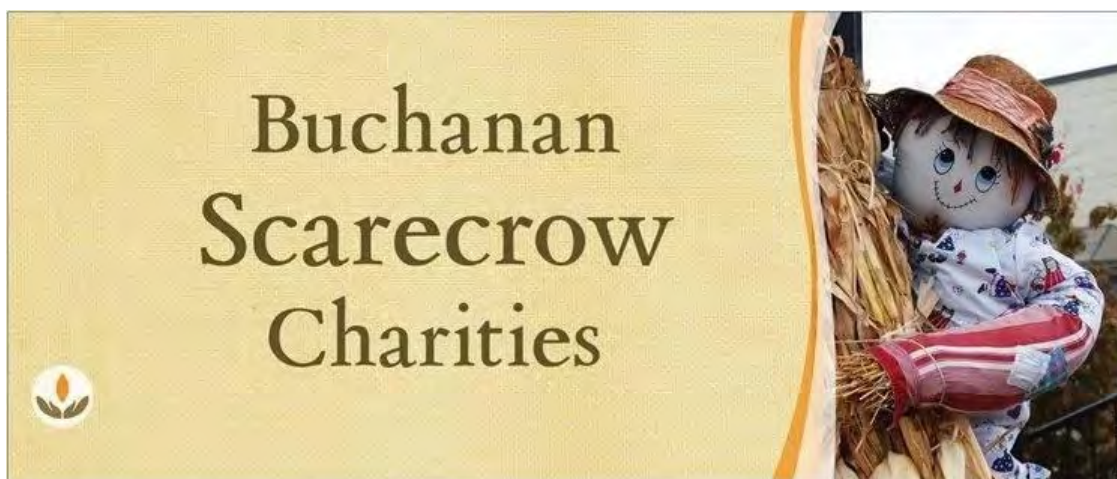
I hope these tips help! We had a 10 year old request that I talk about safety! I will continue to do a safety series the next few months, so keep a look out! If you have a subject that you would like me to cover, please email me at bschmitz@cityofbuchanan.com! Please contact Buchanan City Police Department if you have any questions or concerns, our number is 269-695-5120. The Berrien County Dispatch number for non emergencies is 866-630-7679. If you have an emergency, please call or text 911!

Stay safe, stay awesome!

~ Officer Brie



Local Clubs – Buchanan Scarecrow Charities – Remembering



Buchanan Scarecrow Charities Remembers Terry Martin Flint (1946-2021)

by Jean Rose



Terry Martin Flint, Photo provided by Ashley Hanson

Terry Martin Flint (1946 – 2021) was and is an important part of our Buchanan Scarecrow Charities family. She served as President of the organization for several years and always pushed us to achieve more so that we could help our community. Terry also served on the BSC Scholarship Committee until this year. She will be greatly missed by her Scarecrow sisters and all of the partners who volunteer with us.

Terry created beautiful scarecrows over the years and added her own sense of beauty and humor to each one. She not only gave of her time and talent, she was also generous with her money. Each year Terry donated to our scholarship fund which enabled us to increase the number of scholarships we awarded. We have decided to name a scholarship in her honor beginning this year. This will be known as the Terry Martin Flint Memorial Scholarship and will be awarded to a Buchanan High School graduate who meets the criteria set forth on our application. Applications are available each spring in the High School Guidance Office. This year's recipient has been chosen and will be announced by Buchanan High School at the Convocation Ceremony.

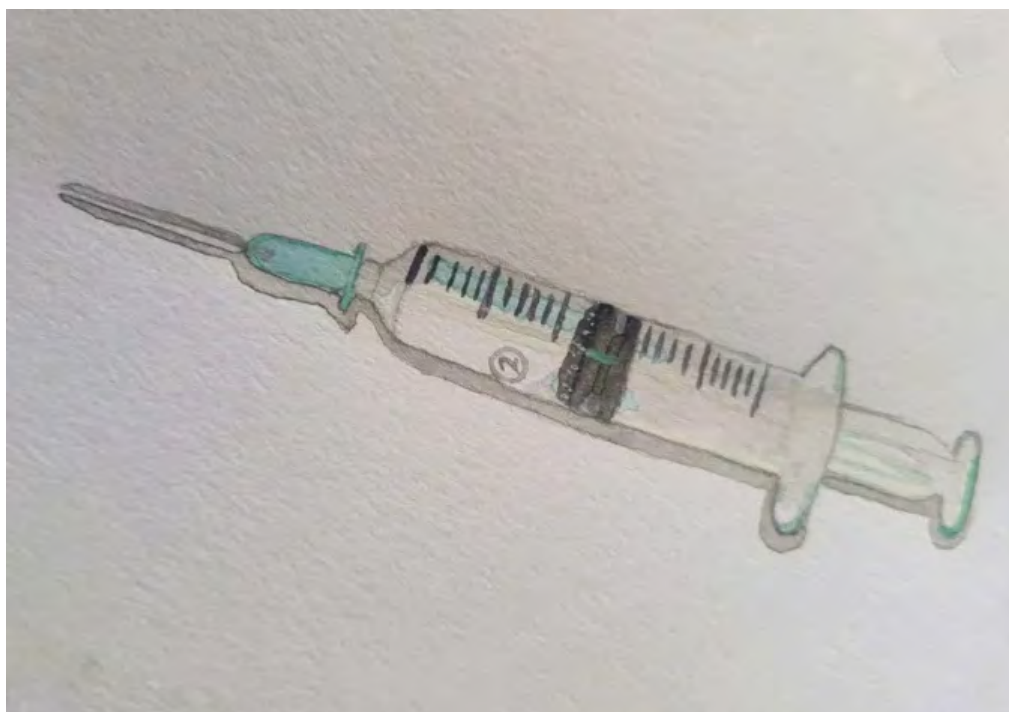
Terry had a favorite saying at Scarecrows — if someone was struggling with the final detail of a scarecrow, she always said, "It's just a Scarecrow". Terry also liked Notre Dame sports — in honor of this, we have created our own version of the Play Like a Champion sign from the ND Football Locker room.

When you enter our Factory, above the light switch, please tap the yellow sign that reads, "It's just a Scarecrow" and remember the joy and passion Terry brought to BSC. Terry loved life, music, sports, art, friends and

most of all her family and we are all better, stronger and more giving for having her in our circle. Rest in Paradise Terry.

Jean Rose, President
Buchanan Scarecrow Charities
scarecrows2013@yahoo.com
[324 Dewey St, Suite 108](#)
[Buchanan, MI 49107](#)
[USA](#)

Health Huddle – Vaccine Follow-Up



Artwork by Kelly Brown

My Second Shot of COVID-19 Vaccine Experience

by Kelly Brown

On Wednesday, May 5, 2021 I arrived at my appointment to get the second dose of the Moderna coronavirus vaccine. I'm not going to lie, I was pretty nervous! I had been dreading getting that second shot since I had made the appointment for it, immediately after having been given the first dose. All those potential "side effects"!

You'll notice that I put the words "side effects" in quotations, this is because the symptoms that many people develop after receiving the second dose of the Moderna and often the Pfizer vaccine are actually immune system reactions to the mRNA in the vaccine. What this means is that your immune system was taught by the first dose of the vaccine what it should be on the lookout for if it encounters the covid19 virus, so that when you receive your second dose your immune system recognizes what is going on and gets to work raising your body temperature and sending out signals to cause inflammation within your body to fight off what it thinks is a second sneak attack attempt from the novel coronavirus. It works wonders to prevent people from ever becoming infected with it in the first place or in a worst case scenario, lessening your chances of having severe symptoms if you are unlucky enough to catch it anyway.

That being said, I can tell you, straight from the horse's mouth that dealing with these symptoms after the

second shot is not fun! For me, it started with a very painful arm, not just at the injection site but my whole arm. Then, sometime in the wee hours of Thursday morning I began to run a fever. The body aches came not long after that. And all of these symptoms remained for a little less than 24 hours. It was a pretty miserable day.

The good news is there were a few things that I did that helped a lot. I kept the fever and body aches in check. I made sure to rest a lot, ok so truthfully I spent the entire day on the couch switching between reading a book I hadn't gotten around to reading yet and watching movies on Netflix but hey, as a mom of four, I rarely get that opportunity! In the afternoon I took a warm epsom salts bath that did wonders for the pain in my arm and the body aches. By bedtime I was beginning to feel somewhat normal again but I was exhausted and went to sleep early. The next morning I was as good as new aside from a little residual arm soreness, this time located only around the injection site.

All in all, I wouldn't exactly say it was the most pleasant thing that I have ever been through but, it doesn't even come close to the worst things I've ever been through either. If, for some reason my doctor recommended that I get a booster shot once a year for COVID19, knowing that I would feel crummy afterwards, I'd still do it. It is worth the piece of mind knowing that there is much less chance that I will contract it and potentially spread it. Isn't science wonderful?

National Day of Prayer 2021 – Follow-Up



National Day of Prayer was Thursday, May 6, 2021

by Stephanie Fain



Meeting at Buchanan Common May 6 2021, Photo by Stephanie Fain

April showers in early May scattered beautiful red petals all over my truck again. Oh Buchanan, you shouldn't have! Birds everywhere, dancing and singing. I am not sure what held the sun up from joining us, but the looks on my fellow Buchanan and Niles believer's faces were bright and full of hope, love and prayer for our great nation this day, May 6th 2021, the National Day of Prayer. One can quickly reference my previous article here on the origins of the National Day of Prayer. The Buchanan Area Ministerial Association, also known as BAMA (the collection of local prayer ninjas not the state), lovingly organized this event. We met at the heart of Buchanan, the downtown Buchanan commons, surrounded by the flowering redbud trees and other God-made plants that humans

named things I can't rhyme things with, therefore cannot remember. We trickled in with our umbrellas, bundled up, mingling, exchanging kind smiles and warm hugs. We formed a halo on the stage of the downtown Buchanan commons stage and we did what we came to do. We conga'd.. NO! Conga-ing isn't going to save our nation, Bobbert! We came to pray, and the pastors brought it. It was like a pray off, mic-drops everywhere! You missed it! I was emotional.

Church heads from all over the area showed up, like Pastor Dan Barz (St. Paul Lutheran Church) along with Pastor Ellen Berlin (Buchanan First United Methodist,) Pastor Dave Mitchell (Faith Victory Fellowship,) Father Leo Cartenga (Priest of St. Anthony Catholic Church.) Among the pastors in the circle, Pastor Nate Babcock of Buchanan Christian Church and Pastor Brendan Shea from the Nazarene Church, from my interview 2 weeks ago on the newest Little Free Pantry, in which the two worked together to create a solution for those who may need a little extra help with food. Jim was also there from the Salvation Army, and Judy Earnst, Director of Worship Arts at BCC. All together 21 people had shown, there were so many great words and very few moments of silence.

This was not only my first National Day of Prayer, but my editor/co-writers, Rebecka and Tom Hoyt's first also. Rebecka states, "Yes, this was the first time for both Tom and I to attend. Tom even said a prayer, which didn't surprise me. He's like our prayer warrior in the family! I wasn't used to that much praying, but when you come to an event like this, you better expect it. I only wished that the weather could have been warmer and sunny. However, we were sheltered from the rain and dressed as warm as we could and I should have brought my gloves!" When asked if she'll attend next year's event, "Yes, I probably will if life/work allows it," stated Rebecka. If you weren't able to attend this event, it was encouraged by our pastor to pray at 12Noon that day as well as any other time that day. Our itinerary guided us through prayer for: racial healing, the Church, leadership in this country on every level, the education system, our children, teachers, parents, local cities, our nation's poverty and law enforcement including military and emergency personnel. We prayed for the healing from religious persecution being felt all over, for those in the medical industry, those with addiction, with mental conditions, we prayed for our veterans, our homeless, those who feel forgotten and my very favorite, we prayed that we would love those who do not love others so that they might experience love. We prayed for more than an hour. Pastors and believers took turns praying to Jesus, both praising him for what we have and reminding him of the weak spots in our chain, apologizing for them and asking for them to be mended. It felt great, It felt really good listening and relating to the hearts and concerns of my fellow man laying down our heavy hearts before the Lord as instructed. Did I mention I got emotional? I was literally surrounded by Pastors and the sweetest bunch of people in the "Nicest Place in America 2020", praying for America!



Day of Prayer meeting, Buchanan Common May 6 2021, Photos by Stephanie Fain

Before I left I was lovingly rushed by some familiar faces from BCC, some I had not seen for better of a year, they reminded me. I felt it. I missed them too. This is my definition of community. These people are my quilt, they keep me warm inside and I am a little ashamed to say that I don't really know them well. I intend to. Square by square, block by block, all the layers. Someday I will know exactly what to say instead of the usual nothing. Today everyone was there to comfort each other and to remind each other exactly who is in charge. I left feeling both charged and excited. Community is important, family is important, church is important and none of that is possible without God, the glue. We go through hardships so that they might bring us nearer to Him. I pray these hardships bring about a permanent change that makes this nation realize it really is spinning out of control without Him. Taking back control is simply bowing our heads and doing things according to His will and not our own. I have to often remind myself that things aren't in my hands in the first place, God has a plan, worrying gets me nowhere but down (basically showing distrust in the lord) and praying is the best and first thing we should be doing, not the last resort when all else fails. It felt like the world wasn't falling apart, and I was reminded that people can heal, God can

part seas. Conserve your energy wisely! So many people need you to be well. My achilles is stress and I have learned to function by "giving it up to God."

Next time, I will not wear mascara, I will learn how to use my camera without voice command, I will remember to record the very beginning of the service for myself. The prayers in the hearts of these locals and leaders were heartfelt and very well-versed. Something that sticks out in my memory about this National Day of prayer, is that brought up in prayer was praise that we were able to freely meet and pray in the beautiful downtown square (public). A sweet yet grim reality I was both hurt and glad to be reminded of. She was right. Let's try to keep it that way. Let's try to keep God not only in our hearts, but in our communities where He belongs, lest we be reminded. Christian persecution in extreme forms is being silenced all around the world, now is the time for prayer, whenever you happen to be reading this.

Never stop growing, Buchanan!

NATIONAL DAY OF PRAYER | MAY 6TH, 2021



LORD POUR OUT YOUR
LOVE, LIFE, AND
Liberty

NATIONAL DAY OF PRAYER
WWW.NATIONALDAYOFPRAYER.ORG

2 CORINTHIANS 3:17

70
Years of Prayer
for America
1952-2021

Hosted by **Kathy Branzell**
and **Andrew Palau** along
with music by **Shane and
Shane**



Join us **Thursday evening, May 6th at 8 pm ET** for this year's **2021 National Broadcast** hosted and sponsored by our generous partners at the **Museum of the Bible** in Washington D.C. and **ONE CRY**. For information on where to watch, check out our website at www.nationaldayofprayer.org!



Guests will include Greg Laurie, Will Ford, Matt Lockett, Tony Evans, Anne Graham Lotz, Jack Graham, Ronnie Floyd, and more!

Buchanan Farmers' Market – Follow-Up



The team trying to stay warm with warm drinks, Photo by Rebecka Hoyt

Welcome to the Buchanan Farmers' Market 2021

by Rebecka Hoyt, Editor

At 7:30am, Saturday, May 1st, 2021 The Buchanan Chronicle team arrived at the very chilly, 39 degrees Farmers' Market down at the Common for their first Farmers' Market vendor booth. We had a great team that quickly put up a green canopy, the table for all of our Buchanan Chronicle swag and chairs for those who needed them. We then felt that it was needed for someone to go back to one of our houses real quick to get more chairs and blankets. Yes, it was that cold! Luckily, it didn't stay cold. As the clouds went away, the sun came out and shined down on us, but the wind still stayed around which made us take down the canopy. This was definitely a lesson learned, for what to bring for our booth next time! We were mostly prepared, but just didn't realize how strong the wind was going to be. We had painted rocks to act as paper weights to hold things down on the table, but it was the canopy that we were mostly concerned about even with the steaks holding it in the ground! So down it came after we realized that we should take it down.

Some of our team members had never been to the Farmers' Market, so this was their first time to experience it. It went well as we met a lot of people from Buchanan and other surrounding areas. We had a drawing for people to fill out a short survey and you would be entered to win some Chronicle swag. The winner of that was a 4th grader from Moccasin Elementary School. We surprised her last Friday at school with a big balloon filled with some Buchanan Chronicle swag and some goodies. We could tell that she was happy behind her face mask! We will have this entry for each time we have a booth there.



May 7, 2021 Rebecka Hoyt and Stephanie Fain presented our drawing winner Emma-lee with her swag-filled balloon prize, Balloon by [Zoe's Gift Balloons](#). Photos taken by Stephanie Fain

Our team had a competition with each other on who could be the closest to guess how many people would stop by our booth and chat. Julie (Tom & Rebecka's daughter) kept a tally of those people, which totaled to be 48 people. Our guesses were 2 digit and 3 digit numbers! Our winner guessed 45 and won a gift card to a local restaurant. We're going to do this competition with our team at the next 2 times that we are there (one in July and one in September). So, come on out and help increase our number of visitors to our booth and fill out a survey to win some Buchanan Chronicle swag. Oh and before I forget, one of our writers, Nik, kept count on the number of dogs that walked by with their humans and that count was 11!

At the Farmers' Market, there were 33 vendors, wow! The vendors ranged from: farmers, handmade soaps, a couple of bake sales, handmade indian-type crafts/purses/etc., homemade doggie treats, Tupperware, Color Street Nails, clubs like DAR & Leo's/Lion's, healthy supplements/Watkins, a coffee vendor that warmed up our hands, crocheted items and the ever popular Wood, Stock & Grill. Also, they had some blue foam-type blocks and noodles for kids to play at the bottom of the Common stage, which was a big hit. If you didn't make it to the Farmers' Market, I did a LIVE Facebook video of the market which is on our Facebook page [Watch Here](#), so take a look at that. Not every vendor will be there every Saturday. So, you should just come on down and see what it's like and come back again. You never know when you might find that one thing you're looking for! We look forward to seeing you again or meeting you for the very first time!





Big Blue Blocks by Have Fun at Buchanan Parks for the kids to play with, Photos by Rebecka Hoyt

OPINION – Buchanan Vision Follow-Up

OPINION

Submitted Public Opinion

My name is Shane Turay and I wanted to follow-up and thank you for your involvement in the Buchanan Vision event. I was very encouraged by the efforts and hard work that everyone has been investing in our community. I want to contribute and share with you in writing some of my basic input regarding the Buchanan Vision. I believe the following thoughts could have a significant, long-term positive impact on our community both recreationally and economically. I would be happy to present these ideas in more depth, and in person.

1. Open (Daylight) McCoy Creek Trail Downtown. As mentioned in the Vision McCoy Creek flows through the City in a northeasterly fashion and is the most significant, ancient, natural and historical feature in the City. The McCoy Creek Trail Project has been a wonderful start to highlighting the creek's natural and historical amenities. I envision building on this success and opening up the creek through the downtown. I understand that this is a complex topic and would have many challenges however I truly believe that the resulting impact would be immediate and long-term and would provide abundant recreational and economic benefits. We have at our very heart one of the most beautiful natural resources known to man and it is imprisoned in a tunnel. It is like keeping a masterpiece of art concealed in a sheet or healing medicine locked in a safe. This feature revealed correctly would be a truly unique treasure that could be the diamond centerpiece for our community and a biannual festival; one for anglers and one

for fun and shopping. This would have a significant impact on the prestige of our community and have a high appeal to tourists. I have attached a crude schematic of the plan (Google Earth Format) and would be happy to make a presentation. I feel that this is the only way to properly convey this idea.

2. Relocation of Buchanan Ducks. It is clear that many people are fond of our webbed friends and it is a nice tradition however I think it needs to be moved. We have large areas of low land north of the new Dog Park and Softball fields. I recommend constructing a modest pond and better-suited surroundings where those who are passionate about this can cultivate this interest in a more suitable setting. This action can also serve to further improve and highlight more areas of the creek and add recreational park space perhaps even ice skating. This will free up the more urban downtown area to be more suitable for use by people and events without the sanitation issues of duck waste.
3. Proposed Moccasin Trail Park. This area is another overlooked gem that could be transformed into a unique park space that could include swimming and waterfall features.
4. Community Farm. Further Expansion of the Middle School Farm for community involvement and social bonding.
5. Continued natural enhancements to the Dog Park. There is so much great opportunity here to create a tall grass area, natural earth mounds, trenches, log obstacles, water holes, and expand the fenced area to include sloped terrain and heavier woods.

I feel that we have many incredibly unique natural features just waiting for us to care for and in return care for us and make us an even more appealing community that people will be desiring even more to be a part of. People are ready to get back to enjoying more nature, time spent together outdoors, and the benefits and comfort of a small town.

Please don't hesitate to contact me with any questions or if you would just like to visit again and talk more about our community.

Best Regards,
Shane Turay

The Buchanan Chronicle wishes to provide a venue for public opinion to be heard. We may edit but only for typos, language, or length; as we desire to present submitted opinions as received.

Buchanan Sports – Athlete Spotlight



Levi Zelmer, Buchanan High School Senior 2021, Photo provided by Levi Zelmer

Mr. Comeback – Athlete Levi Zelmer

by Nik Sanchez

For many this year it was a tough year for sports. Many activities and games cancelled, seasons shortened but for one it was indeed a nightmare being lived first hand. Levi Zelmer the younger of two older siblings is a tri-sport athlete playing Football, Basketball and Baseball.

A senior at Buchanan High School looks toward the future now that he's fully healed. After suffering a horrific injury to his leg (tearing his ACL in three different places) at the beginning of his senior year many doubts and questions started to appear. Would he be able to play football again? Would he be able to play any sport again and continue his dream? After being in a cast, to a boot, to walking crutches, Levi is grateful to be back playing the sports he loves and being around teammates.

Levi recalls having a lot of support from his family, the town, and high school on this difficult road to recovery. He recalls driving to Chicago during Covid-19, one of the more difficult things he's endured during this troubling time. Following strict guidelines, especially being in Chicago tested his fortitude and family character.

One place he wants to thank is Red Bud Fitness, a local health club in Buchanan that has tools to help rehabilitate the body and get the mind revitalized. Levi recalls the Dr. telling him it would take a year or more to recover from an injury like this. He recovered in 4 months, which he greatly thanks everyone for helping him on this tough road. He appreciates all the work they did for him and how they continued to push him through all his exercises to rehabilitate his leg. "They knew what I wanted and where I wanted to go and grow." He said that they pushed him through many tough days.

"The journey is still not over," he adds, and I could agree with him. It takes many years to fully recover from an injury like Levi suffered. Some heal up but never play again due to the high risk of re-injuring it again, or even worse, separation of the limb or being confined to a wheelchair.



April 23 2021 Senior Levi Zelmer signs Letter of Intent with Mount Saint Joseph University, Photo from [Buchanan Athletics](#) Facebook

After this senior year is completed, he plans to continue his education at Mount Saint Joseph University in Cincinnati, Ohio to study criminal justice. Levi hopes one day to become a law enforcement agent and serve and protect his community, giving back to a town that has given so much to him already. He plans on pursuing his football dream by joining their squad as a safety instead of quarterback, which is very difficult to switch from offense to defense. From having the ball in your hands to try and steal the ball is quite the difference. Levi says, "he welcomes all challenges, that's why I train." He plans on joining basketball also once he's fully regimented into the Mount Saint Joseph University system to continue his athletic dream.

While Levi is almost done with high school he has massed a few great accomplishments athletically. All Conference Honorable Mention for Football and All Work Award for Basketball. He also broke two school records in Football with 365 passing yards and 5 passing TD's in a single game. A night he would never forget, he adds. He also holds a 3.2 GPA currently and plans on raising it up more. I can tell he takes his education seriously and looks at it as another opponent he needs to defeat or train harder to achieve his goal.

Some of his likes are the Green Bay Packers and Lonzo Ball (NBA player), he likes to mimic his play to Lonzo's style. "Facilitate the ball and find scoring lanes and get the W," he adds. After having a great conversation with Levi about current sports stories, who got drafted and what not, I can tell he is a great young man who has the world ahead of him, and hope I can have a sports talk with him again soon. I am also very impressed on how he carries himself and the fact that he made a full recovery and continues to play the sports he loves.

From this BHS senior, he leaves one message for all of Buchanan: "Thank you for making me a better person, for pushing me to be the best I can be. Everyone came together this year in this difficult time and I would not want a better community to live in."



Past Event – Redevelopment Meeting Follow-Up



Our Team at the Meeting, Buchanan Common, April 28 2021 5pm, Photo by Julie Hoyt

Community Redevelopment Meeting in Buchanan Common – Follow-Up

by The Buchanan Chronicle Team

The Buchanan Chronicle team took in the Community Redevelopment Meeting on Wednesday, April 28, 2021 in downtown Buchanan, MI at the Common. We believe there were at least 100 people that braved the cooler weather and rain. Thank goodness for that big, white tent! Our team was excited for this event, as we had a feeling that more media outlets would be present, however there were not that many. After the presentation was done, the team was able to chat and get photos with the Andrews University design student team, our local city government officials and some of Buchanan's finest police officers. I asked our team of who attended to write about what stuck out the most to them. So take it all in, along with the many photos from the meeting. Like City Developer, Richard Murphy said at the meeting, "Let's keep on talking about these ideas." We would like to hear your comments on the Facebook post of what you thought about the meeting, or what you have seen in our photos on our [Facebook page](#).



Community Event Flyer

Our Team's Reactions:

Jill: The overall in-person attendance of the meeting seemed great, despite the stormy weather that rolled in shortly after the meeting began. Instead of the nearly 100 attendees leaving as it thundered and poured rain, they simply migrated under the shelter of the tent. The energy of the presenters was high, as they passionately shared their ideas to redevelop and revitalize Buchanan. Under the big tent were nicely printed large photos on easels of each PowerPoint slide they shared, allowing a closeup look at their ideas. Overall I was very impressed with the unique ideas and look forward to seeing Buchanan transform from any of the ideas that are implemented.

Tom: The presentation was very nice and professional. The ideas for redevelopment in Buchanan are

certainly going to take some time to implement, and Rich Murphy is going to have a challenge ahead of him convincing developers to want to invest in Buchanan. I much enjoyed the presentation regarding the development along the St. Joseph River. I for one would love the opportunity to simply take a walk along the river. I also enjoyed the presentation for the redevelopment along Days Ave. in downtown Buchanan. I hope that the ideas presented can come to fruition.

Rebecka: I thought the presentation was done very well. Our publisher and I had seen some of the student's ideas before the meeting as we visited the Andrews University student's work studio. I liked how each student described their ideas for Buchanan. The amount of work they put into this was shown. They based their ideas/vision for Buchanan on the community survey, other meetings held with other neighborhoods, and they toured the city this past winter to look at all the potential that can possibly be in Buchanan, MI. The one thing that really stood out to me was the ice skate rink by the duck pond, as a welcoming into the city. In the summer it would turn into a skate park, which would be a benefit for the kids of our town. They need something more than just a playground at a park. I also liked them pointing out the areas that are open and where more housing could go, as this can help with Buchanan Community School's enrollment with the Promise Scholarship they have, and to experience life in the "Nicest Place in America." One last thing that stood out to me was the benches and outdoor dining on the north side of Front Street where the McCoy Creek goes through. What a neat sound to have the chance to sit there with some company and hear the creek running through.

Nik: Even though the rain had tested many supporters in the town of Buchanan, the redevelopment meeting went lovely. The students have many great ideas to bring attractions to this town. I thought the fire pit sounded really cool, to kind of bring the town together as a meeting point. I also liked how they had facts and stats concerning how much money is made per mile involving restaurants and businesses. The next 5 years should be exciting for this lovely town in America.

Stephanie: To me, my favorite moment was watching Nilda Gregorutti, the proud mother of Ornella Gregorutti, the only female architecture student on the team, lose her marbles like she won at bingo when her daughter's name was called. It explained why she was pacing so much. She told me how proud she was of her beautiful daughter and how her father picked out that name. Natives of Berrien Springs, Ornella in the bold striped pants, will not be lost in a crowd with all of the talent and support of such a God serving team. This brings me to my other favorite moments. The first is that I am such a fan of law enforcement (especially our Buchanan law enforcement) that when I saw them there at the event, Chief Tim Ganus, Officer Brie, and Officer Amy were really soaking in the pictures and talking about the future of the town, and I completely expected as much. I hope to see growth with their station. The other moment I will hold dear is arriving just in time to catch the Andrews University team praying before their celebratory meal at Lehman's. There were so many bright futures in that room that are going to change the way that we see the world. Great job guys and thank you!

Jen: The Andrews University Urban Design students put in tons of hard work this semester to give The City of Buchanan some amazing tools to guide our future growth. Having gone through the same class and degree as these students, I know exactly how much work it was! We are so fortunate as a City to have not only these world-class professional design tools now at our disposal, but also our new Community Development Director Rich Murphy. He has used these very tools in the past (in nearby Michigan City, IN) to grow and develop that community, and he knows exactly how to make these presented community dreams into realities. I'm excitedly looking forward to all the things we can do as a Buchanan Community; from this starting point they gave us, we can grow in the direction we want, toward a common future with this as a shared vision from which to bloom.



Photos by Rebecka Hoyt



[Link to Student Work Website](#)

Local Business – River Saint Joe



Video Tour of River Saint Joe by Stephanie Fain

0:00 / 1:27

Restaurant Spotlight: River Saint Joe

by Stephanie Fain

Let's face it, the word COVID is everywhere, it's in the newsfeed, it's in your colleagues' mouths, it's in this article, it's drinking the last of your creamer and borrowing your car without asking. COVID has been crazy. Know what else it did? Stopped River Saint Joe from having their well-deserved grand opening last year. Despite that, business is not hurting, word has definitely gotten around! If you enjoy family-friendly events, premium organic hops, great food, camp fires, tetherball and you have not been there, you really owe it to yourself to check River Saint Joe out. It really is as laid back and tranquil as the name sounds. Named after a poem written by the famous Ben Franklin Jr., a large piece of artwork floats above it in their sleek, camp-chic open bar area.



Brian Dougherty, CEO; Photo by Stephanie Fain

It's easy to get lost out there in the sun and all that fresh air. I imagine the workers feel the same. I did get the privilege of meeting a few of them on my tour with manager Brian Dougherty, CEO of River Saint Joe. That is one hoppy guy right there and looking around, there is a LOT to be hoppy about. (Sorry, I saw a bunny.) He has an obvious love and passion for the earth. When asked why it was decided to open at this location, Brian promptly responded, "Because Buchanan is beautiful and so are its people. The land in Southwest Michigan can also grow pretty much anything, including the ingredients for delicious local beer and food. It's the perfect place for a plant-to-pint, sprout-to-sip brewery, and farm-to-table restaurant." They even can their own 24 oz. beer can on sight (jaw drop) so you can safely and confidently take it home and enjoy it. (Brian canned my favorite beer, a frosty Celestial Saison, for me to enjoy while writing.) "This saison was brewed with a variety of grains, including rye and wheat from Granor Farms. Chinook hops bring hints of bubblegum with notes of banana and melon," said the can. Delicious! I did have to toss out my first draft... it sounded too Celestial. (Get it?)



Views of River Saint Joe, Photo by Julie Brunkel

Now I know we are one lucky town, but just how lucky are we Buchanan? The average farm grows 1-2 varieties of hops, River Saint Joe not only grows 15 different varieties of hops on its 180 acres, but cleans, processes, brews, serves and cans on site! One can even witness from their eastern-facing bar, the future generations of social lubricants growing out in the golden, rolling hills, undoubtedly enjoying the view as we are. Marc Luff is responsible for the crops as Farm Manager for Flatwater Farms. As a certified-organic farm, River Saint Joe, part of Flatwater Farms, is not allowed to permit smoking on the property. "We are there to share our tasty food and beverages," said Dougherty; I agree. It is after all, family-friendly, you are even encouraged to bring your dog out (as long as you let me pet them).



Marc Luff, Farm Manager, and Brian Dougherty, CEO; Photo by Stephanie Fain

From the soil, to the people, to River Saint Joe as a business, it's all about the details! Dyson hand dryers in the restrooms, purse hooks on the bars, glass sterilizers at the tap, nostalgia everywhere, heated outdoor tables, they even fertilize with their brewery and restaurant compost! River Saint Joe's goal is to have a fully self-sustaining, environmentally-friendly, farm-to-table experience. Soaking up the sun's powerful energy, solar panels coat the roof of their rusty-chic new building, keeping the place running on green energy. There is an electric car hookup in the parking lot. They haven't entered any contests yet but have won a Bicycle Friendly Business Award for the bicycle

lane up the road, which they are very proud of. They will be entering beer and food contests post-pandemic.

Brian and I strolled to check out the compost area, where they compost their spent grain and organic coconut wire among other organic recyclable material to become future soil for the farm. They use locally sourced water from their freshly dug wells and built their own waste water system. They use that purified water from the farm to make the beer. This is the very definition of drinking a beer responsibly. This beer will make you feel good in more than one way. Hoppy beer! (Ok I'll stop.) We may have Josh Dixon to thank for some of this, as Head of Sustainability and Design, he monitors the company's environmental impact. Another tasty detail is their alcohol-free alternatives. River Saint Joe partners with salt of the earth companies in the area to bring you tasty beverages for those it is not quite 5 o'clock yet for and food they haven't gotten around to making yet like Bit of Swiss Bakery for bread, Rare Tea Cellar for their organic teas and Smoking Goose whom I assume, smoke geese.



Food at River Saint Joe, Photo by Stephanie Fain

Executive Chef Carly Bielecki tries to keep their seasonal menu as authentically farm-to-table as one can get. The menu is limited but amazing and for an indecisive eater like me, this place is perfect. They cut out all the riff-raff, I can't go wrong. My hat goes off to Chef Bielecki, I went in and skeptically ordered the organic vegan chili, fully knowing I would never enjoy a chili without protein and I licked that bowl. (I will do it again if you let me, please bring it back.) Flatwater Farms is currently working on getting their own animals to compliment their Detroit-style pizza on focaccia, which I can personally attest is phenomenal. Future plans of cheese making are being dreamt up by Brian, I am told. I'll have you know, Mr. Dougherty, I have that on record. Currently being grown is organic green beans that will be going to Meijer. I can't wait to see what the chef does with them. Speaking of deliciousness, Flatwater Farms has their own bees and makes their own local, organic honey.

This is where Ann comes in also. I say also because Ann is described as the "Jill of all trades" from bee-keeping to book-keeping. It is true, The first time I saw her she was wearing an apron and sanitizing, she brought us our food and double checked the ID checkers, the second time she was helping out behind the bar, and this time she was in her overalls, smiling from ear to ear digging in the dirt, I presume. Brian said that the place couldn't run without her. Come to find out Ann Tuite is a Co-Founder along with her sister, Fran Tuite. What a team! Fran is the farm owner and really the first visionary behind this all. This is really something to be proud of! Thank you Annie,

Fran(nie may I?) and Brian, for managing to pull this together!

Brian showed me the process behind the produce that Farm Manager Marc Luff brilliantly oversees. Marc has 12 years experience raising vegetables and operating a CSA (14 years farming in total.) Brian starts off by showing me the seedlings that Marc keeps happily protected and nourished indoors in their own heated and lighted environment. I talked to them, they said they were hoppy, too. They then go outdoors to the green houses, also heated and naturally lit. They then are transferred to larger outdoor greenhouses where Dougherty pointed out the long beautiful rows of various degrees of greens, some destined for my spoiled tummy. This is the moment that I realized that this man absolutely loves what he does. I hope he looks at his wife the way he looks at those plants.



Brian Dougherty, CEO, inside River Saint Joe, Photo by Stephanie Fain

Let's get back to the beer. Brian showed me around the property and explained the process the hops go through in order to create the 10+ different beers we so very much enjoy today. He showed me the hop yard where the perennial hops grow out of the eastward-facing window in their lobby. He then took me to the barn where he showed me dried whole cone hops that came from the hop yard. They cut the bine (it's called a "bine" not vine) down and then run it through the Wolf harvester, the large intimidating machine in the barn, whereafter a lot of hand-labor is involved in removing the stems and sticks resulting in what you see in Brian's hand. He pulled one in half to reveal the golden substance called "lupulin" which is responsible for the bitterness and the aroma. It smelled exactly like an I.P.A. Then Brandon MacClaren, Head Brewer Extraordinaire uses one or more of those 15 different types of hops, along with lots of grain and yeast, to create the amazing full evolving experience of taste that happens as one of the 8-10 different types of beer they have on tap makes its way down the throat. Lisa Shanahan, Head of House, is responsible for the knowledgeable crew of bartenders serving it to you and doing what is necessary to make you happy.

River Saint Joe has been making lots of friends. They aren't just hooking up other awesome local quality businesses, but they are forming great bonds and friendships with like minded companies. Watermark drops in to exchange beer. "They have been around long enough, they definitely know what they are doing, we are so grateful to have such supportive friends." I have not been there yet but if Dougherty is bragging about them doing it right, they must be good people. He urged me to visit them and I will!



Inside River Saint Joe, Photo by Julie Brunkel

These guys are all fun and games! Cornhole, croquet, badminton, soccer balls, and soon-to-come 3 limestone bocce courts will summon the animated human yard ornaments needed to complete their scenic beer garden, making it the perfect place to have family reunions, celebrate birthdays, anniversaries or just get the crew together on a Friday night. Currently they have 7 outdoor heated tented tables, yes, I said heated. The outdoor tables are now capable of keeping a steady temperature of 70 degrees or more, keeping it comfortable in the winter for outdoor patrons. They balance that out with 7 beautifully constructed fire pits with plenty of seating and tables to set your drink(s) down (some of us were born with 2 hands.) Currently every Monday, this happening new spot is showcasing a different artist, again supporting local talent. River Saint Joe is now open for booking events. They offer multiple tiers with a price point for every type of party. They are also adding a semi-permanent tent structure

that will be up during the non-winter months, that will be big enough to accommodate a very nice sized party. Next to it, a massive outdoor grill (insert happy dance.)

New this year, Flatwater Farms is offering an organic vegetable CSA (Community Supported Agriculture) program, where people invest in a plan and pick up 1-3 times a week of their tailored, fresh organic produce. The program promises flexibility to take what you need and leave what you don't. River Saint Joe is also offering beer shares and plans! Those are cleverly called CSBs (Community Supported Brewing). Monthly scheduled tour dates of the property will soon be available too! River Saint Joe is such a gift, being such a new business, they have already shown such spunk, luring the community out of our dens this past winter with a new twist on a classic game to shake off some depression, River Rock, a game much like a cross between shuffleboard and curling done on a very large patch of ice. I imagine this is where the incredible Claire Luff comes in as Marketing and Events Manager. You can stay up to date with everything they do by following their [Facebook page](#).



Quote inside River Saint Joe, Photo by Julie Brunkel

“And I live once again in the old summer time; for my soul it seems caught in old time’s undertow and I’m floating away, down the River Saint Joe.”

Benjamin Franklin King Jr. 1894

I see a group of hard working people with a passion for quality and authenticity. A quest for a cleaner, healthier tomorrow. I see a company more focused on working with other great companies synergistically rather than competitively for a greater cause. River Saint Joe is looking to make a positive impact on the community and the world, not just by planting trees with their new “Tree Tap” program which they soon will be planting dozens of

trees because of, but by leading by example. Bring the whole family, there is plenty of room in this beautiful weather, let them run around with the dog, spend their energy on tetherball while you sample their hard work. I am not a betting man, but I would throw down some money on this company. I also see a growing company, with a current staff of 16, they are currently accepting apps for front of house including bartenders. One can apply by sending a resume to info@riverstjoe.com. They are going to continue to shake things up, I imagine this is where Tyler Thompson ("Doer of Things," said the e-mail) comes in. He's crafting a landscape that will constantly change to find new ways to draw you. It is going to sound good, it's going to taste good, and it's going to feel amazing. I'll see you out there! Maybe we will see a bunny!

Never stop growing, Buchanan!

River Saint Joe Brewery on Flatwater Farms
[269-409-8015](tel:269-409-8015)
www.facebook.com/riverstjoebrewery/
www.riversaintjoe.com
[15475 Walton Road](https://www.riversaintjoe.com)
[Buchanan, MI 49107](https://www.riversaintjoe.com)
[USA](https://www.riversaintjoe.com)

Nature Notes – Cicadas



Nature Phenomenon Coming Our Way!

by Jill McDonald



Adult periodical cicada and empty shell, Copyright Gene Kritsky

Behold! An amazing natural phenomenon is about to occur! Witnessing the sights and sounds of this unique species happens only once every 17 years! Let's get ready to immerse ourselves in the joys of the periodical cicadas!

These magnificent insects will amaze your senses! As the males seek a mate, they will gloriously sing their best cicada songs by vibrating membranes on their abdomens, filling the air with their musical buzzing from high in the treetops. When the females are intrigued by a male, they will respond with a soft clicking sound by flicking their wings.

Not only will their sound amaze you, but they are definitely a sight to behold as well. Unlike our annual cicadas with their light green bodies, periodical cicadas are easy to distinguish with their dark black body, bright orange wing edges, and beady red eyes.

Otherwise known as Brood X (as in Roman numeral 10), these periodical cicadas are set to emerge en masse in mid-to late May in northern Indiana. The timing of their appearance varies by location, though a major indicator is when ground temperatures reach 64 degrees Fahrenheit and often after a soaking rain. Hotspot predictions indicate three major areas are set to witness this amazing phenomenon, according to periodical cicada expert Dr. Gene Kritsky, who is also the Dean of Behavioral and Natural Sciences at Mount St. Joseph University in Cincinnati.

The three major hotspot areas include at least parts of:

- Indiana – Illinois – Ohio – Kentucky
- Tennessee – North Carolina – Georgia
- Pennsylvania – New York – Maryland – Delaware – New Jersey
- And, though not hotspots, parts of Virginia – West Virginia – Michigan should see some cicada activity.

According to an article on www.atlasobscura.com, “There are several groups of so-called periodical cicadas that emerge en masse at regular intervals. Across the Midwestern, Southern, and Eastern United States, 15 different broods—each assigned a Roman numeral—emerge in 13- or 17-year increments.”

Once emerged, their life cycle lasts about four to six weeks. When cicadas emerge their sole purpose is to mate and lay eggs, and then they die. The eggs are laid in thin tree branches and when they hatch, the young nymphs fall to the ground and burrow in the soil, where they will live until they emerge as adults, 17-years later.



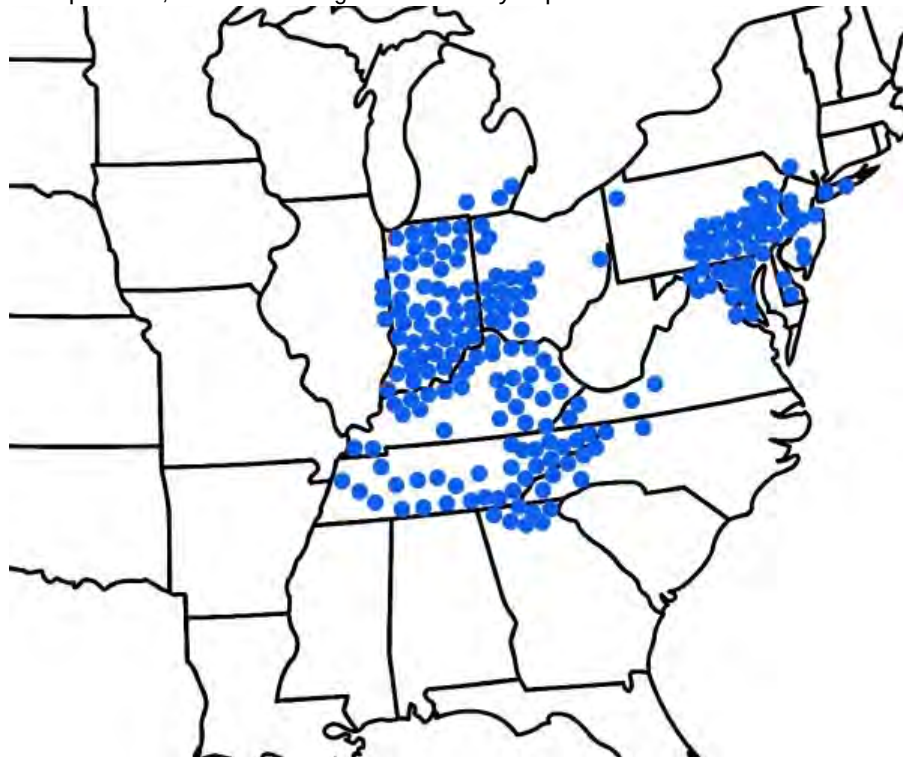
Adult periodical cicada, Copyright Gene Kritsky

Often confused with locusts, cicadas do not eat nor destroy crops. Adult cicadas do not eat solid food, though they will drink fluids to avoid dehydration. Cicadas can harm young trees when they lay their eggs in the new growth. If you are concerned about young trees in your yard, simply cover them with mesh netting or cheesecloth, tied near the base, or loosely cover individual branches. Spraying is not recommended, as they fly between trees.

“Periodical cicadas are actually quite beneficial to the ecology of the region,” according to Dr. Kritsky. They encourage new tree growth in the following year, as the females’ egg laying in tree branches provide natural pruning. These cicadas also naturally aerate the soil with their emergence tunnels, provide food to their many predators with their large numbers, and their decaying bodies provide nitrogen and other nutrients to the soil.

So how will these cicadas affect our local Buchanan, MI and surrounding area you ask? Some predictions

highlight all of Indiana as a hotspot, however other maps highlight southern Indiana. Since Buchanan sits near the Indiana border, we are obviously close to a hotspot state. So we will simply have to wait and see if we are lucky enough to witness this spectacle, without having to make a day trip.



Map of Brood X for 2021, Copyright Gene Kritsky

If you're up for an adventure, you can download an app called Cicada Safari, created by Dr. Kritsky, to help track and map their emergence locations. For a link to the app and loads of great information, check out his site at <https://cicadasafari.org>.

If you're super adventuresome and have a diverse palette, apparently they are edible. However, research more information and consume at your own risk.

Among all this amazing cicada information, I hope you enjoy the uniqueness of the coming cicadas! To me, cicada songs are a sure sign of warming weather, as we inch closer to summer. If you're not a fan of insects, be assured that they do not bite nor sting.

Wishing you the most fun and memorable Brood X season!

Jill K. McDonald is a freelance nature & travel educator, writer, photographer, and speaker. She can be reached by email at jillmcdonaldjkm123@gmail.com or connect with her on Facebook at: www.facebook.com/naturetravelerjillmcdonald.

BCS School Spotlight – Ottawa Elementary May 2021



Ottawa Elementary School, Photo by Rebecka Hoyt

Ottawa's All Kids Bike Program

by Editor Rebecka Hoyt & Ottawa Principal Stacy Denison

Our school spotlight for this 2nd issue of May 2021, is from Principal Stacey Denison at Ottawa Elementary School, which houses the Preschoolers – 1st graders. They just started an all new “All Kids Bike” program. And how appropriate for the season we are in, as school is nearing the end. So, as you’re driving around town, keep an extra eye out for kids on bikes. I believe that I have seen more around, which is a good thing. Also, The Buchanan Chronicle wants to give a HUGE “THANK YOU,” to everyone that was involved in the bike program as this is how our community can help these kids!

Stacey Denison, Principal of Ottawa Elementary School, wrote to us saying, “Jessica Leenhouts, Elementary Physical Education Teacher, worked with All Kids Bike to raise monies to support this program. Community members, local businesses and the Michigan Gateway Foundation contributed funds to support this initiative. A class set of 24 balance bikes and a teacher bike, along with helmets were provided to implement the physical education course. Ottawa Elementary is the first school in Michigan to implement the All Kids Bike Program! Jessica Leenhouts stated, “There are many kids that do not know how to ride a bike. This gives them an opportunity to learn at an early age and develop a hobby they can enjoy for a lifetime.” Thank you to Bike Buchanan for helping to assemble the bikes!”



Mayor's Memo – The Senior Center



The Senior Center

by Mayor Sean Denison

This morning I had the honor and privilege of being invited to the Buchanan Area Senior Center for a coffee chat. When I was told that I would have to speak about myself and my ideas for the City for an hour, I was petrified. I'm not necessarily good at talking about myself, and wondered how I would ever fill an hour's time. I'll cut the story short – I didn't have to. The folks who were in attendance were full of questions. Good, intelligent questions about City operations and infrastructure. Questions about our Police force and City owned properties. The hour flew by. We should have scheduled it for two.

As I left the Senior Center and drove on to work, I realized what a gift the whole experience had been to me. I sincerely love being around folks who are wiser than me, and even though I was attempting to answer their questions – they were teaching me. How to remain being an active citizen, how to be informed, how to be polite and respectful of others -and on, and on. What a great way to start a day!

The moral of this story is: Go spend some time at the Buchanan Area Senior Center. If you really listen....you'll learn something.

Thank you, see you around town,
Sean Denison, Mayor
sdenison@cityofbuchanan.com
Buchanan City Hall
302 N Redbud Trail
Buchanan, MI 49107
USA



Mayor Sean Denison, Spring 2021, Photo submitted by Sean Denison

Health Huddle – Spotlight



Flag flies above Buchanan Memorial, Photo by Rebecka Hoyt

Veterans and PTSD – Bring Our Soldiers Home(ostasis)

by Stephanie Fain

Vivid nightmares, flashbacks, panic attacks, anxiety, depression, irritability, angry outbursts, feeling emotionally numb, loss of interest in hobbies, trouble concentrating, paranoia, loss of sleeping, and feelings of being alone. Can you imagine the effects this daily torture has on the physical and mental well-being of any life form? Apply that to a proud American soldier, who was bred to be tough. Living inside of one's head, afraid to speak out, afraid to appear weak or broken, misunderstood and with no end in sight; this is the life of a soldier suffering from Post Traumatic Stress Disorder (also known as PTSD).

PTSD is a psychological and emotional stress disorder developed when one experiences extreme trauma. PTSD can impact every aspect of a person's life from personal to work relationships, that we use to support our livelihoods and families. For skeptics thinking 'it's just all in their heads' and 'it's purely psychological,' PTSD has a visible physical impact on the autonomic nervous, endocrine and immune systems that can be seen through scans. We have all heard horror stories of the awful things witnessed while defending our country. One of the more common causes that could be hard to confront is Military Sexual Trauma (MST.) "Among the military Veterans using the VA, about 23% of women experienced sexual assault, 55% of women experienced sexual harrassment and 38% of men reported sexual harassment." Stated by the official U.S. Department of Veteran Affairs' website. Also noted, those are just the numbers reported. 11%-20% of Veterans (varying by service era) fight PTSD. A study conducted by the VA in 2014 involving 3,157 US Veterans showed that 87% of Veterans were exposed to at least 1 potentially traumatic event with the average rate of 3.4 traumatic events each. There is an 80% higher chance for suicide among those diagnosed with PTSD. Who knows how many do not come forward out of shame or fear for retaliation. More information on Veteran PTSD statistics can be found [here](#).



Buchanan Memorial, Photo by Rebecka Hoyt

Cannabidiol, or CBD, is a non-psychoactive cannabinoid used for pain and stress and has long been known to help squash symptoms of PTSD with its natural properties of being a strong antioxidant and anti-inflammatory with extremely low side effects. CBD is like the mature "older" brother to THC with its wet-blanket ability to dominate receptors occupied by THC in the brain, bringing down that "high" feeling, and is in studies with a number of other pain and neurological disorders. The biggest side effect? If you take too much, you might fall asleep, which isn't so bad. Your body heals during rest and one of the notorious symptoms of PTSD is the inability to rest. Check with your doctor to make sure that none of your medications have adverse reactions to grapefruit juice. CBD is not to be taken with drugs that may have adverse reactions to grapefruit juice, it can intensify the drug taken.

For our veterans, who sacrifice their all, they have somehow earned an extra hurdle. The VA healthcare system, put in place to keep our soldiers living healthy and long lives. Intended initially to be a blessing, it has strict policies that when adhered to, make it difficult to make important health decisions that should be made by the person who owns the body. It was no different with CBD. Despite the outcry from those with knowledge on and experience with the plant's superior ability to calm the nervous system, the VA held its stance against Cannabis and everything that had to do with it, loosening its grip slowly as each state's Cannabis laws evolved. This can make it somewhat confusing for Veteran's to know exactly where they stand legally when it comes to alternatively medicating with CBD or THC.



Sweet customer shops and learns, Photo by Stephanie Fain

CBD is also a neuroprotectant. Studies have shown CBD to be highly effective in slowing down digression in neurodegenerative disorders including Parkinson's disease, Huntington's Disease, Alzheimer's and Epilepsy. Those are all heavy hitters. Since CBD was finally made federally legal in 2018, stigma has been reduced. However, people are still hesitant because very little official testing has been done on it. Only until it was made federally legal, were people able to start doing research on one of the most helpful plants on earth and it actually be taken seriously. Americans were doing their own research before that.

Hemp is so American, the first flag was made of it. In the 1700's, farmers were legally required to farm hemp as a staple crop. The necessity for farmers to grow hemp back then was fueled by the country's use of hemp for most things that required the very strongest and durable of fibers (ropes for sailboats, masts, paper). Cannabis in general

was used as an effective medication from the 1830's to the 1940's in the United States. The Cannabis plant, when mentioned in the Bible, was not a tool of the devil, rather was used in a holy anointing oil that was held sacred for its divine qualities and used to anoint with the holy spirit. The Bible contains the recipe in Exodus 30:22-25. (By the way Veterans, on May 6th, National Day of Prayer, BAMA organized prayer at the downtown Buchanan Commons and we prayed for you!) More information about America's history with the cannabis plant can be found [in this Newsweek article](#) explaining the outsourcing America did on Cannabis research while demonizing the plant back home.

More interesting, the hopeful conclusions of the studies on the plant that we have and had a patent and why that government funded research did not benefit the people funding it, instead kept from reaching the light of day. Cannabis stays classified as a schedule 1 controlled narcotic federally since 1970, still not being recognized for any medicinal benefits by definition of classification, even though Epidiolex, a pure form of THC has been passed by the FDA to use for treatment of seizures.



Brendan and Amanda patient teaching at CannaVista Wellness, Photo by Stephanie Fain

So much stigma still surrounds both mental illness and alternative forms of medication. One of the major hurdles our veterans are facing while taking back responsibility and control over their mental health, is simply lack of communication with the very system that was set up to protect them. We have a VA system that doesn't exactly make it very easy to talk about these things, it was set up in a way that threatened to take away a Veteran's earned benefits including pension, and access to VA healthcare if traces of CBD or THC were found in one's system, now that CBD is federally legal, THC is left. Though the policies have since changed, fear and hesitation is still present.

To that Brendan from CannaVista says, "One doesn't necessarily need THC to deal with symptoms of PTSD." Brendan explains, "Out of all the cannabinoids, CBD is the most effective out there to decrease anxiety. In some cases, THC might bring on some anxiety in those who are not used to it. CBD is federally legal and is able to be bought and used without a card." Recreational cannabis is also able to be purchased without a medical Marijuana card. "While there are synergistic benefits of CBD and THC working together, if that is a route the patient would like to take, it is up to them, every-body is different. However, we like to recommend our Veterans begin on a low dose of CBD and slowly increase to find the appropriate dose. While we carry flower, it's optimal to be taken sublingually (under the tongue) or in edible form. They have coffee and tea and also offer other routes as well such as creamy topicals for relieving on-site pain. Medicine has changed. There are now edibles in so many delicious flavors with so many different effects. The best part, they work and none are pill flavored.

I witnessed a man threatened in a Georgia VA hospital on his deathbed for using CBD. My close friend, Carl Franklin Jones from Tennessee, brought CBD without THC to the Georgia hospital to help his long time best friend from high school, Richard King, in 2018 with some symptoms from the chemo he had been having. This man had cancer that spread all over. He was dying and in pain. They only prescribed him opiates, which constipate and also suppress appetite. He couldn't eat to gain energy, couldn't void his bowels or urinate to make room to be

comfortable enough to eat the food that provides sustenance for his body to fight disease. He wasn't comfortable enough to sleep, so his body and mind wasn't able to rest. After the first dose of CBD Carl had brought him, I received a video from them. They were so cheerful, Richard was saying "I can finally take a **** again." We all laughed, it didn't matter what was coming out of that man's mouth as long as it was hope! The swelling in his throat had gone away and he wanted to eat finally. The videos serve now as a bittersweet reminder of exactly where we are in this invisible war. It was the last good memory we have. The once 5 foot, 11 inch, 260 lb., proud Native American Veteran who was known to give the shirt off of his back, was backed in the corner. The staff threatened to have Carl arrested. They told our dying friend that if they find he is using it, they will refuse care and he will be on his own. He succumbed to them. Soon, Richard dwindled down to bones before his colon prolapsed and he subsequently died from the infection. Richard passed away on November 4th, 2018.

While we have come leaps and bounds since cannabis reform started, there are many stories out there just like this one. Richard's story is just one example of why the entire VA system needs to be reformed, not just on the subject of cannabis, but the way it treats our most dedicated and deserving citizens that trust and rely on them. Richard is far from the only casualty of a broken healthcare system that doesn't seem to want to admit it has a problem. Nobody will be held accountable for the many cases like Richard's who have simply never been acknowledged. All Richard wanted was a safer alternative.



Marine Michael Cowan at High Profile, Photo by Stephanie Fain

Although cannabis is now legal in Michigan and CBD is now legal federally, that pesky stigma attached before mentioned is still claiming lives. People are going untreated and even taking medications that are harmful out of fear from judgement, fear from repercussion, and lack of knowledge or experience. There are Veterans who want to give interviews but are scared to come forward because of their prior experiences with the VA regarding holistic medicine. I am praying for those people.

One person NOT hiding, couldn't if he wanted to, is Michael Cowan, resident of Buchanan and bud-tender for High Profile. This former Marine (are you ever not a marine after they marine you up?) served 2 tours of Desert Storm and served from '87- '91. I saw him shaking his head as I spoke to the store's manager about veterans being scared to lose their hard earned benefits for using THC which prompted me to ask the terminator if he was a veteran. He explained to me he is not scared, but his brother in-law was. He recently helped his brother in-law find peace with CBD with a tiny bit of THC. He helped find the man his perfect dose, and now the man can sleep well at night, exactly what he needed. There are many success stories just like this out there also! There is hope!

I am going to elaborate a little more about the plant source of CBD. Hemp is stronger and softer than cotton, lasts twice as long and does not mildew. Besides clothing, hemp can also be made into durable plastic, fuel and building materials, like hemp-crete which is very much like concrete. It's tougher and more renewable materials at very little cost to the environment... that is a win-win. Hemp causes way less damage to the earth to produce, hemp plastic can be recycled up to 10 times while paper from trees can only be used up to 4 times.

Pushing for our country to go back to healthier and sustainable hemp farms would be like telling your

government you want to help stop deforestation, that you want clean air, environmentally friendly buildings, meds with no side effects and healthy protein. We have the science, guys, it's time to heal ourselves and the earth with hemp. Nearly everything that can be made with wood, plastic or concrete, can be made with hemp. I feel like people should really be more excited about this! If you are for the earth you should be for hemp!



Enthusiastic group at CannaVista Wellness, Photo by Stephanie Fain

Hemp, part of the Cannabis Sativa family, is known for its strong fibers and high cannabidiol (CBD) production, a non-psychoactive cannabinoid used for its therapeutic qualities. While some have half heartedly written it off as just another supplement, health-fad, or even snake oil, Epidiolex, a purified form of CBD, is approved by the FDA to treat the very serious symptoms of Epilepsy. CBD's God-given traits of being a powerful anti-inflammatory and antioxidant, bring swelling down that cause everything from nervous twitching to seizures, and over time with the right regimen, brings the body back to homeostasis. I still cry when I see a video I have not yet witnessed of a dog, a child, a mother, brother—human, seizing helplessly, but then given a CBD tincture and within seconds you see what this “snake oil” can do. Know who has official hemp staff training? Jacob Exum, the Manager at Zen Leaf. He likes to refer patients to Dr. Green medicinals for PTSD. He recommended me the peanut butter cookies by Noble. I will be back. Follow them on Facebook for their newcomer deals. You don't want to miss those.

For those who are able and willing to use marijuana for treatment of symptoms of PTSD, though THC trials have only recently been accessible, people were more than prepared to get trials underway and the science is definitely here now. Nabilone, a concentrated form of THC on its first viable clinical trial on PTSD, showed undeniable proof that THC is more helpful than harmful. According to a study documented by the National Center for Biotechnology Information (or NCBI), “The majority of study participants (72%) reported total cessations or lessening of severity of recurrent nightmares, a hallmark symptom of PTSD. Additionally, some study participants noted reduction in PTSD-related flashbacks, and improved sleep time with mild to moderate side effects.”... and on their daily well being check ups 9/10 taking Nabilone, reported higher numbers meaning that overall they felt better and benefited from the treatment. When THC was stopped, only 1% of the trials reported that their night terrors had stayed at bay, leading one to believe the administration should be ongoing. Trials on Nabilone have also been done on Alzheimers, Fibromyalgia and pain management. The drop out rate for these clinical trials is unusually low... also insinuating the participants weren't feeling discomfort or were getting something out of it.

Other incredible medical uses for cannabis can be seen in patients recovering from addiction. Many veterans, having tried pills and lost hope, have substituted alcohol and other deadly drugs to medicate their pain away, creating a whole other hell for themselves and those around them. Addiction is destructive and no one wants to be an addict. People remain addicts because they are scared of the detox process. Detoxing is both painful and scary.

It's not just a physical process, but a very emotional, personal and even a religious one. Cannabis has helped many leave these dark situations by making it possible, safe and bearable with THC. It's continued therapeutic effects are notorious for thwarting off the pesky trigger-some negative thoughts that encourage a person to continue using a dangerous drug instead of stopping. Cannabis is not so much an entrance drug as it is an exit drug. You can find more information on the nabilone trials [here](#).

What IS the VA's official current stance on cannabis use? As far as CBD, that is federally legal, meaning it's no longer classified with THC as a controlled substance. As far as THC, the VA's official website states that "Veteran participation in state marijuana programs does not affect eligibility for VA care and services. VA providers can and do discuss marijuana use with Veterans as part of comprehensive care planning, and adjust treatment plans as necessary." This means that a Veteran that is retired or separated can participate freely in accordance with their state's laws. In Michigan cannabis is legal. However, active-duty members, including members in the guard and the reserve, are still tested for THC and not held by the VA's rules but by DoD policy. I want to know why veterans are still so hesitant to be identified? I will be looking into this and invite my readers to chime in also. Do you think the VA is accommodating for Michigan's newish laws on Cannabis on more than just paper? Where are my veterans at? Do you feel comfortable talking to your doctor about cannabis or CBD, and why or why not?



At 7Engines Sage Dixon and customer Nik Sanchez discuss strain options, Photo by Stephanie Fain

While your VA doctor is not legally allowed to promote the use of, or write a prescription for either CBD or THC currently, it is important to disclose all health related information to your doctor so they can help plan future health decisions around it. Lydia, the general manager from 7Engines, has a way around that. "I suggest to any patients worried about THC showing up in the system that would need the same benefits, Delta-8. The compound is notorious for sneaking past pesky THC testing. There are trace amounts but they quickly leave the system." For those who would like to pursue a card, 7Engines will personally help patients sign up for cards in their lobby. All that is needed is an ID, a credit card for the 3rd party fee, and yourself with what ails you and either Joy or Vinay will help you every step of the way and tell you when to expect your card. They are very passionate about helping people connect with the plant. Most local dispensaries will be offering Veteran discounts so watch their pages.

If you or someone you know suffers from PTSD and needs help, reach out to me. I am on Facebook and I would be happy to point you in the right direction. There is always hope, there is always a way out and please remember that you are never alone. Some have lost the battle, lost a home, a family, a job, grasp on life and hope. Then some have lost their wars. According to the Til Valhalla Project, an average of 18-22 U.S. soldiers take their lives every day. The percentage of homeless veterans, no doubt stems from issues from coming back from war. Do you think anyone will be held accountable for these casualties? The wars are over, let's bring our troops home. Let's help to reduce the stigma, distraction, and confusion and bring them peace finally. Our Veterans deserve the ability to make their own health decisions over their bodies in this free country they fought/fight so hard to protect. Give them back the liberty that they gave us.

Never Stop Growing, Buchanan!

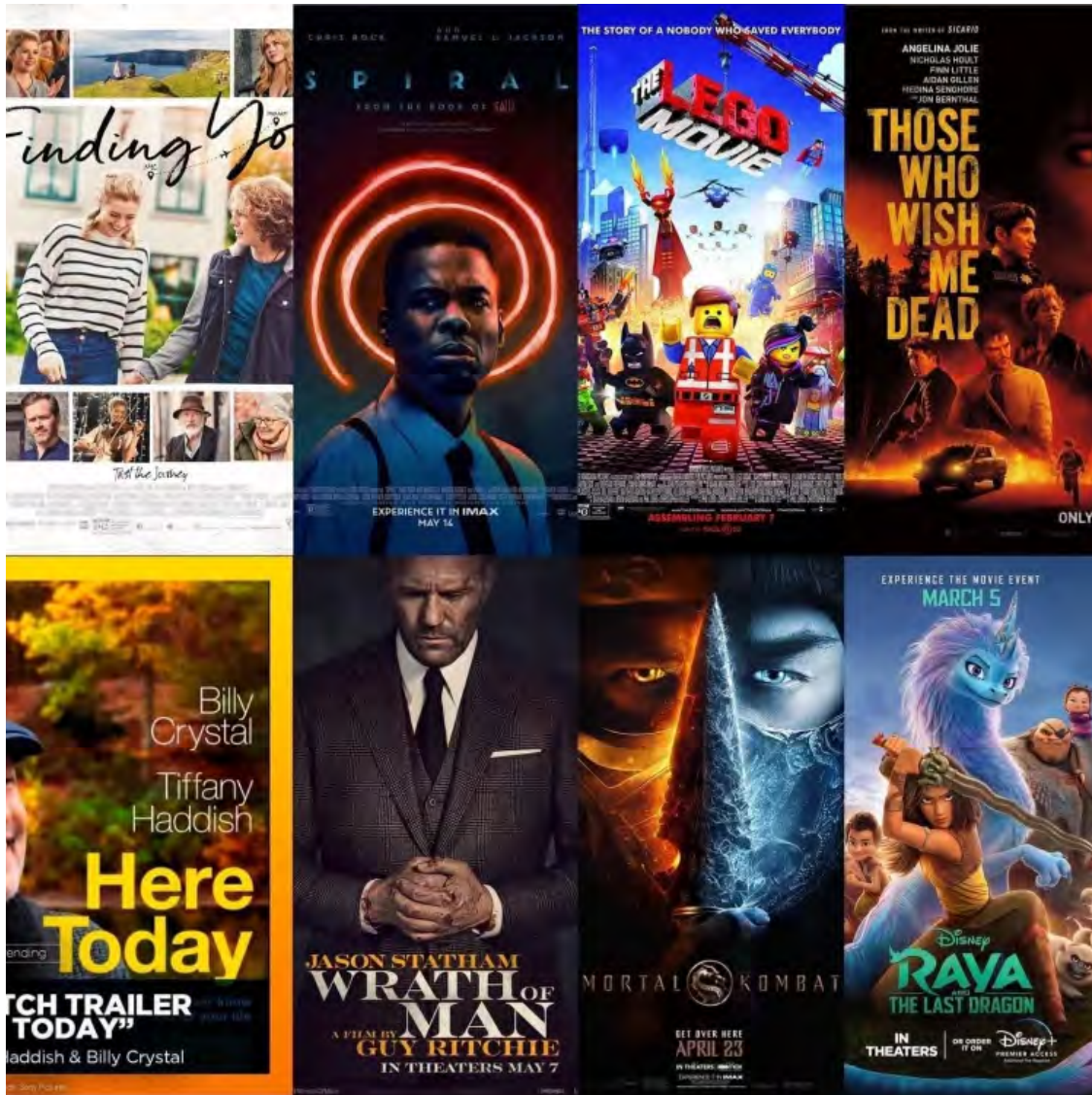
Movie Showtimes – Issue 05

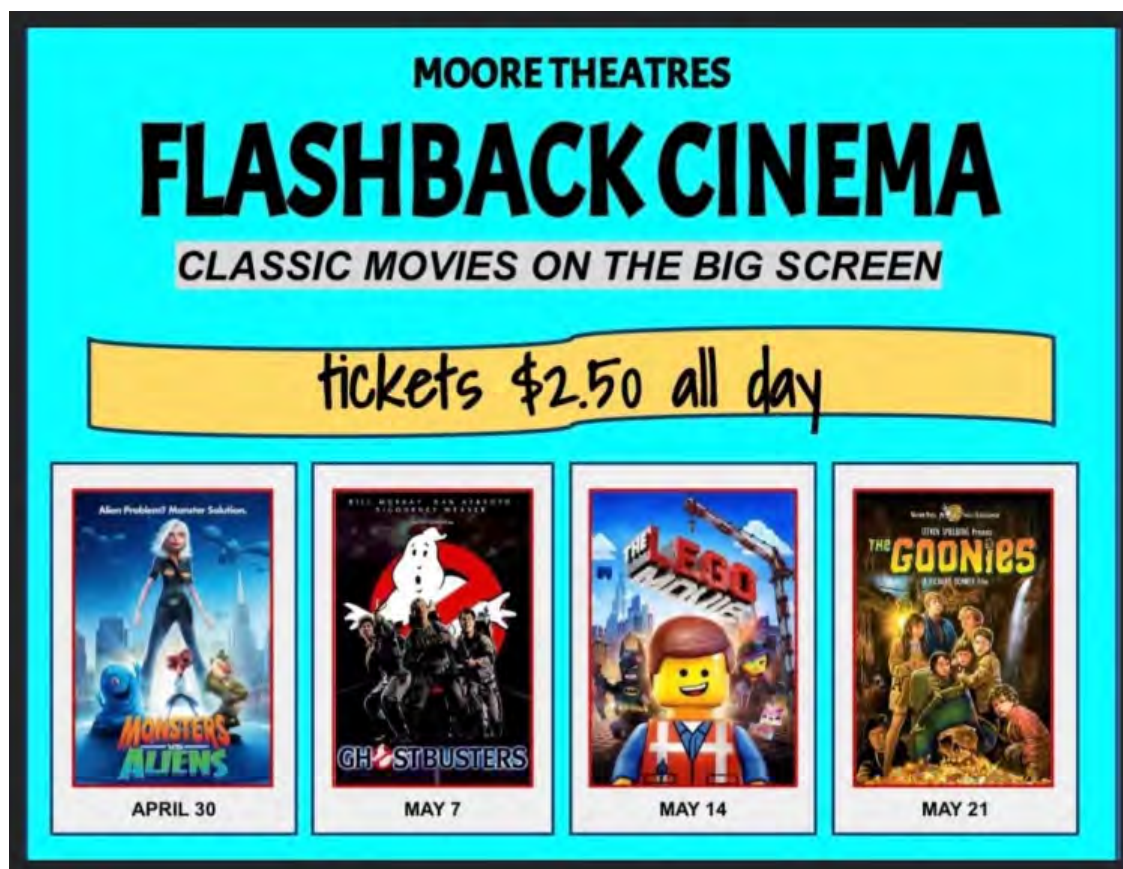


Wonderland Cinema • 5/14-5/20

Movie	Rating	Times
Finding You	PG	12:20, 5:15, 7:45
Here Today	PG13	1:00, 3:40, 6:30, 9:15
The Lego Movie	PG	12:30, 3:00
Mortal Kombat	R	7:45
Raya and the Last Dragon	PG	12:45, 3:15
Spiral: Saw	R	12:00, 2:50, 5:10, 5:40, 7:30, 9:40
Those Who Wish Me Dead	R	2:10, 4:30, 7:00, 9:30
Wrath of Man	R	1:15, 4:00, 6:40, 9:10

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- Please Note: Each Flashback movie will play for 1 week from the date listed below it (Friday-Thursday).
- The \$2.50 ticket price is for these movies only.

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USA

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- Monday-Wednesday each bucket fill is \$0.75
- Thursday is FREE popcorn with bucket and ticket purchase
- Buckets are NOT allowed Friday-Sunday
- Refillable plastic Bucket costs \$3.00

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A promotional poster for Moore Theatres. The background is a diagonal split of red and yellow. A film strip with the Moore Theatres logo runs diagonally across the middle. In the foreground, a large white bucket of popcorn is shown, with the Moore Theatres logo and the word 'The' visible on it.

Ticket Pricing:

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Afternoon: \$4.00 (12pm to 5:00pm)

Evening – All shows 5:00 PM and after

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Monday Special 2 Tickets for: \$8.00

* Showtimes subject to change without notice, please click [here](#) to check the Wonderland website for latest showtimes and ticket pricing. *



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