

Our Third Issue • April 17 2021

Welcome to Our Third Issue!

Thank you so much for your continued support,
and continuing to read with us!

THE BUCHANAN CHRONICLE

A Note from the Publisher – Issue 03

by Jen Garry, Publisher Our purpose as Buchanan's Online Newspaper is to serve our community with the best information and the most community interaction we can muster. To do this...

[Keep reading](#)

April 17, 2021

Movie Showtimes – 05/06/21

Wonderland Cinema • 4/30-5/6 Movie Rating Times
Demon Slayer The Movie: Mugen Train – Dubbed R 3:45
Demon Slayer The Movie: Mugen Train – Subtitled R
12:45, 6:30, 9:10 The...

[Keep reading](#)

April 30, 2021

Health Huddle – Hints

The Sun and Vitamin Absorption by Stephanie Fain Oh,
how I have missed you, sun! We have, literally, needed
you so much! You are very important to our bodies!
How...

[Keep reading](#)

April 17, 2021

Health Huddle – Parkinson's Spotlight

April is National Parkinson's Awareness Month by

Stephanie Fain “Hang on, Marty, we are workin’ on it...”
“I have no choice about whether or not I have
Parkinson’s. I have...”

[Keep reading](#)

April 17, 2021

Health Huddle – COVID

COVID-19 Response : Keeping You Informed from
Spectrum Health Lakeland Visitor guidelines to change
Friday, April 9 As a result of increasing numbers of
patients admitted with COVID-19 and the...

[Keep reading](#)

April 17, 2021

Nature Notes – Issue 03

April Celebrations : 4/22 Earth Day & 4/30 Arbor Day by
Jill McDonald Happy Earth Month! The month of April is
full of celebrations to pause and appreciate the earth,...

[Keep reading](#)

April 17, 2021

Nature Notes – McCoy’s Creek Trail

McCoy’s Creek Trail by Jill McDonald As the weather is
warming and you’re getting the itch to get out and enjoy
the great outdoors, you need not go far to...

[Keep reading](#)

April 17, 2021

Buchanan Faith Bulletin – Spring 2021

In this section we’ve included as many area churches and
their information as we could find. Please let us know
anything we can add or update. Church Address Phone
Officiant...

[Keep reading](#)

April 17, 2021

Now That's Funny! – Issue 03

2021 April Fools!!! by Thomas Hoyt So recently we've all had the experience of a little known holiday that we call April Fools Day, which is on April 1st. Typically...

[Keep reading](#)

April 17, 2021

City Commission Meeting Agenda • March 22 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,...

[Keep reading](#)

April 17, 2021

Tech Tips – Scams Alerts

Scam Alert By Kelly Brown Scams are everywhere these days. They are in our email inboxes, on social media, scam artists are calling our landlines, and also our cell lines....

[Keep reading](#)

April 17, 2021

Health Huddle – Vaccine

My First Dose of COVID-19 Vaccine by Kelly Brown (I booked an appointment for a covid vaccine on the Berrien County Health Department's website and had it administered at River...

[Keep reading](#)

April 17, 2021

Police Points – Call Log Issue 03

Police Call Log : 3/24 – 4/6 Buchanan City Police
Department Description Total Calls of Type Sex Offenses
1 Larceny 1 Larceny – Theft from Motor Vehicle 1 Non-
Aggravated/Domestic Violence...

[Keep reading](#)

April 17, 2021

Local Business – Restaurant Week

Restaurant Week 2021 Follow-Up by Nik Sanchez Many
have flocked to the nicest place in America to experience
the town goodies of Buchanan. From the scenery to the
restaurants, it...

[Keep reading](#)

April 17, 2021

Buchanan District Library – April 2021

Hello from the Buchanan District Library By Meg
Paulette, Director, Buchanan District Library Looking for
something new to read? Check out what your friends are
reading with this short list...

[Keep reading](#)

April 17, 2021

Remembering – Issue 03

Buchanan Losses • 4/3-4/17 On behalf of our Buchanan
Community, we wish to extend special condolences to
Her Majesty Queen Elizabeth II and The Royal Family as
they mourn with...

[Keep reading](#)

April 17, 2021

Celebrating – Marie Kangas 102nd

Buchanan Birthday • 4/9 We want to wish Marie Kangas

a very Happy 102nd Birthday on Friday, April 9, 2021.
She resides at the lovely Buchanan Meadows (809 Carrol
St,...

[Keep reading](#)

April 17, 2021

The Clark Barker – Issue 03

Pups at Play! by The Candid Canid It is finally warm out
and I have been at the dog park, woof-woof! Please tell
me that you have heard of the...

[Keep reading](#)

April 17, 2021

Local Business – 7Engines

Full-Steam Ahead for 7Engines by Stephanie Fain Who
loves local history, symbolism, nostalgia and... well,
cannabis? ME! Yep! I LOVE a good story, too, and I adore
when a company...

[Keep reading](#)

April 17, 2021

Mayor's Memo – Imagine the Possibilities

Imagine the Possibilities! by Mayor Sean Denison The
Andrews University Buchanan Project Open House on
April 28 at 5:00 PM is a go! Let's make this a celebration
of imagining...

[Keep reading](#)

April 17, 2021

Upcoming Event – 420 Celebration 2021

Buchanan's 4/20 Happenings by Stephanie Fain *You
must be at least 21 years old to view this content. Medical
cannabis use is for certified patients only. The Buchanan
Chronicle does...

[Keep reading](#)

April 17, 2021

BCS School Spotlight – BMS April 2021

Buchanan Middle School Spotlight by Editor Rebecka Hoyt, and BMS Principal Shelby Beasley * To spotlight our local students and their amazing work, this section is going to focus on...

[Keep reading](#)

April 17, 2021

Buchanan Clean-Up – Spring 2021

Annual Clean-Up : April 23 & 24, 2021 April 23rd & 24th, 8am – 5pm River Street Parking Lot – 405 River Street Multiple dumpsters (including some for recycling items) will...

[Keep reading](#)

April 17, 2021

Local Clubs – BHS Leo Club

Buchanan High School Leo Club – Community Easter Egg Drive Thru by Rebecka Hoyt Blue skies, plentiful sunshine, and winds gave the Buchanan High School Leo Club a great day...

[Keep reading](#)

April 17, 2021

Local Faith – Gratitude Reminder

I Remember to Thank God by Stephanie Fain No matter where I'm at in life, I do find it hard sometimes to remind myself to stay faithful and that everything...

[Keep reading](#)

April 17, 2021

Local Places – BASC

Buchanan Area Senior Center – Seniors Embracing Life
by Stephanie Fain There is no doubt that COVID has
made life a little more complicated for all. People are
reporting feeling...

[Keep reading](#)

April 17, 2021

Movie Showtimes – 04/23/21

Wonderland Cinema • 4/16-4/23 Movie Rating 4/16-4/23
Times The Girl Who Believes in Miracles PG 1:00, 6:30
Godzilla vs Kong PG-13 1:15, 3:45, 4:00, 6:45, 9:00, 9:20
Nobody R 1:30,...

[Keep reading](#)

April 16, 2021

Movie Showtimes – 04/17/21

Wonderland Cinema • 4/13-4/15-4/17 Movie Rating
4/12-4/15 Times The Girl Who Believes in Miracles PG
1:00, 3:30, 6:15 Godzilla vs Kong PG-13 1:15, 1:45, 4:00,
4:30, 6:45, 7:15 Nobody R...

[Keep reading](#)

April 13, 2021

Thanks for Reading Our *Third* Issue!

*

Look for Our *Fourth* Issue:

May 1, 2021

Links to Past Issues:

Issue 02 – April 03, 2021

Issue 01 – March 20, 2021

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Movie Showtimes – 04/30/21



Wonderland Cinema • 4/23-4/30

Movie	Rating	Times
The Girl Who Believes in Miracles	PG	1:20, 3:45, 7:00, 9:10
Godzilla vs Kong	PG-13	1:00, 3:45, 6:30, 9:20
Mortal Kombat	R	1:10, 4:00, 6:45, 9:15
Nobody	R	1:30, 7:15
Raya and the Last Dragon	PG	12:45, 3:30, 6:15, 9:00
Together Together	R	1:30, 4:10, 7:15, 9:30
Vanquish	R	4:10, 9:30



Wonderland Cinema
269-683-1112
402 N Front St
Niles, MI 49120
USA

Moore Movie Bucket Policy:

- Moore Movie Bucket Policy
- 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

Monday - Wednesday

75¢ REFILLS

**FREE POPCORN
Thursday**
If you bring the
current bucket
with your ticket
purchase.

**Sorry,
No Buckets
Friday - Sunday**

The

**MOORE
THEATRES**

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. A large white bucket of popcorn is in the foreground. The text is in various sizes and colors (white, black, red, yellow) to match the background.

Ticket Pricing:

Matinees – All shows before 5:00 PM

Forenoon: \$2.50 (before 12pm)

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

Evening – All shows 5:00 PM and after

All tickets: \$5.00

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. *



**PRIVATE
WATCH
PARTY**

\$60.00 - 2 HOURS
**Bring your own DVD, BLU RAY,
XBOX or PLAYSTATION**

\$100.00 - 2 HOURS
CURRENT MOVIE

INFORMATION
SCOTT 269.207.3732

**15
PEOPLE
OR LESS**

CINEMA
Good Only Date Sold
ADMIT ONE

PROD. NO.
SCENE

**fresh
POP
CORN**
DELICIOUS
NUTRITIOUS



Health Huddle – Parkinson’s Spotlight



Still of Christopher Lloyd in the “Back to the Future” Movie Franchise circa 1985-1990

April is National Parkinson’s Awareness Month

by Stephanie Fain

“Hang on, Marty, we are workin’ on it...”

“I have no choice about whether or not I have Parkinson's. I have nothing but choices about how I react to it. In those choices, there's freedom to do a lot of things in areas that I wouldn't have otherwise found myself in.” –

Michael J. Fox



The Michael J. Fox Foundation for Parkinson's Research, www.michaeljfox.org & Their Facebook Page

April is National Parkinson's Awareness Month. The symbol for that is Tulip Red and its ribbon is silver. Parkinson's Disease (PD) occurs when brain cells that make dopamine (a chemical that coordinates movement) stop working or die. PD is a long-term degenerative disorder of the central nervous system that mainly affects motor skills (walking, talking, jumping). The symptoms usually appear slowly. As the disease worsens, non-motor symptoms become more common (language, planning, memory, dementia).

"I am careful not to confuse excellence with perfection. Excellence I can reach for; perfection is God's business." – Michael J. Fox

"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it." – Michael J. Fox

The most obvious early symptoms are tremors, rigidity, slow movement, and difficulty with everyday movement such as walking. Cognitive and behavioral problems may also occur with depression, anxiety, and apathy, occurring in many people with PD. Parkinson's disease dementia becomes common in the advanced stages of the disease.

"I see possibilities in everything. For everything that's taken away, something of greater value has been given." – Michael J. Fox

"I often say now I don't have any choice whether or not I have Parkinson's, but surrounding that non-choice is a million other choices that I can make." – Michael J. Fox

Those with Parkinson's can also have problems with their sleep and sensory systems. The motor symptoms of the disease result from the death of cells in the substantia nigra (a region of the midbrain) leading to a dopamine deficit. The cause of this cell death is poorly understood, but involves the plaque build up in brain cells. This often leads to the Parkinson's related dementia mentioned earlier.

WHERE ARE WE NOW? Hope is everywhere. I simply walked across the street to Cannavista where Brendon Brownlee, and his coordinator Amanda Freeze, were showing a group of local seniors around and doing some patient teaching. I had the privilege of talking to a man who has a passion for and keeps up with alternative medicine and the studies that are showing so much promise! His name is Brendon and he said "CBD, THC, CBC and CBG along with a slew of other cannabinoids are all neuroprotectants."



Cannavista Patient Teaching Event, April 8, 2021, Photo by Stephanie Fain

In a neurodegenerative disease, such as Parkinson's, it is very important that we protect our nerve cells from being destroyed further. "In a study funded by the NIH (National Institute of Health), more than half of the patients reported significant pain reduction, slowing of the degeneration, better sleep, coordination and overall mood." That clinical study of 22 patients Brendon is referring to with PD and smoking marijuana, resulted in improvement of motor symptoms such as bradykinesia, resting tremor, rigidity, and posture, along with non-motor symptoms such as sleep and pain, according to the [NIH website](#).

In another Delta-9 (THC) study, cited below, it was showing that the mitochondrial dysfunction causing the degeneration of neural cells was altered to function correctly. The study was halted, "however side effects have limited its clinical use." <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5216821/>

"Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur." – Michael J. Fox

Since marijuana has started being destigmatized and decriminalized, our seniors are really getting smart about their pain and taking it into their own hands. *Tears* Proud grand-daughter here, myself, of two grandparents who laid down the stigma and the pain pills and began to feel better, laugh more, eat more foods, and sleep like babies.

Never Stop Growing, Buchanan!

“What other people think about me is not my business.” – Michael J. Fox

To learn more or donate to The Michael J. Fox Foundation to help keep good folks like Michael J. Fox's voices from fading away, go to <https://www.michaeljfox.org/>.

This content contains some information for those at least 21 years old. Medical cannabis use is for certified patients only. The Buchanan Chronicle does not intend to promote cannabis use except as advised by your health professional.

Health Huddle – COVID



Spectrum Health

COVID-19 Response : Keeping You Informed

from Spectrum Health Lakeland

Visitor guidelines to change Friday, April 9

As a result of increasing numbers of patients admitted with COVID-19 and the increase in community positivity rate, Spectrum Health Lakeland will revise our visitor policy effective Friday, April 9 to allow for one adult visitor for the duration of a patient's stay on all hospital inpatient units. Two visitors are allowed for labor and delivery/OB, pediatric patients, and end of life care. No visitors are currently allowed on COVID-19 units. Learn more about the updated visitor policy [here](#).

Traveling during a pandemic

While a getaway sounds delightful, and many of us could certainly use a break from our usual routine, there is still significant risk associated with travel. Our medical experts urge caution for future travel plans, and offer tips to consider before embarking on a vacation.

“We have to remember that we are still in a pandemic,” said Rosemary Olivero, MD, a pediatric infectious disease specialist at Spectrum Health Helen DeVos Children's Hospital.

Dr. Olivero urges anyone planning to hit the road or jump on a plane to carefully consider the risks associated with travel and to consult recommendations from the Centers for Disease Control and Prevention. Please continue to encourage family, friends and other community members to remain vigilant in taking the precautions to prevent continued spread of COVID-19. Frequent handwashing, wearing masks, and social distancing help protect you and those you love.

Fighting against rising COVID-19 numbers

The COVID-19 vaccine is making a big impact on our community and the lives of our friends and neighbors. As of this week, in Berrien County, 45,957 residents have received at least one dose of the COVID-19 vaccine which represents 37% of the total population age 16 and older.

All individuals 16 years and older are eligible to receive a COVID-19 vaccination in the State of Michigan. However, because of the current vaccine supply available at Spectrum Health Lakeland we are only scheduling for

those 18 years and older at this time. Schedule your vaccination appointment at spectrumhealthlakeland.org/vaccine. Check back often as new appointments continue to be added as they become available.

Online vaccine health series

Connecting with one another requires building trust and breaking down barriers. Help us keep our communities healthy by sharing discussions related to vaccination with your colleagues, friends, and family. This topic has already been touched on with a wide range of groups, including Asian Americans, black and brown communities, those in rural and agricultural areas, the LatinX population (conversations in Spanish), seniors, and those with disabilities.

Join the live virtual discussion on Fridays at 9 a.m. on the Spectrum Health Lakeland Facebook page, or catch up on previous conversations.

Continue to stay up to date with the latest community news and information by following [Berrien County Health Department](#) and [Spectrum Health Lakeland](#) on Facebook.

Spectrum Health Lakeland
[269-983-8300](tel:269-983-8300)
[1234 Napier Ave](#)
[St. Joseph, MI 49085](#)
[USA](#)

Nature Notes – Issue 03



April Celebrations : 4/22 Earth Day & 4/30 Arbor Day

by Jill McDonald

Happy Earth Month! The month of April is full of celebrations to pause and appreciate the earth, as it seems to come alive with warming weather! Let's explore two well-noted holidays, Earth Day and Arbor Day!

Next week on April 22 is Earth Day! Every year on that date many people in the United States and around the globe celebrate the Earth. This annual celebration is intended to raise awareness of environmental issues and inspire personal action towards a sustainable environment.

The history of Earth Day goes back to September 1969 at a conference in Seattle, WA. Senator Gaylord Nelson announced that in the spring of 1970 there would be a nationwide grassroots demonstration on the environment. He wanted to show other U.S. politicians that there was widespread public support for a political agenda centered on environmental issues. According to www.earthday.org, "the first Earth Day was a success

with over 20 million demonstrators participating that year, along with thousands of schools and communities.”

Continuing celebrations in Earth Month, this year on April 30 is National Arbor Day! This national holiday encourages individuals and groups to plant trees. It is typically observed on the last Friday of April every year. However, many states also celebrate their own Arbor Day, to coincide with the best tree planting weather in their regions.

The history of Arbor Day dates back to 1872 to the state of Nebraska. Newspaper Editor J. Sterling Morton had a love for trees and advocated strongly for individuals and civic groups to plant them. Later he became secretary of the Nebraska Territory and proposed a tree planting holiday to be called “Arbor Day.” The celebration was set for April 10, 1872 and prizes were offered for the largest number of properly planted trees on that day. According to the Arbor Day Foundation, “It was estimated that more than 1 million trees were planted in Nebraska on the first Arbor Day.”

So as we remember the holidays that celebrate the earth, let’s also not forget the words from The Lorax, “Unless someone like you cares a whole awful lot, nothing is going to get better, it’s not.”

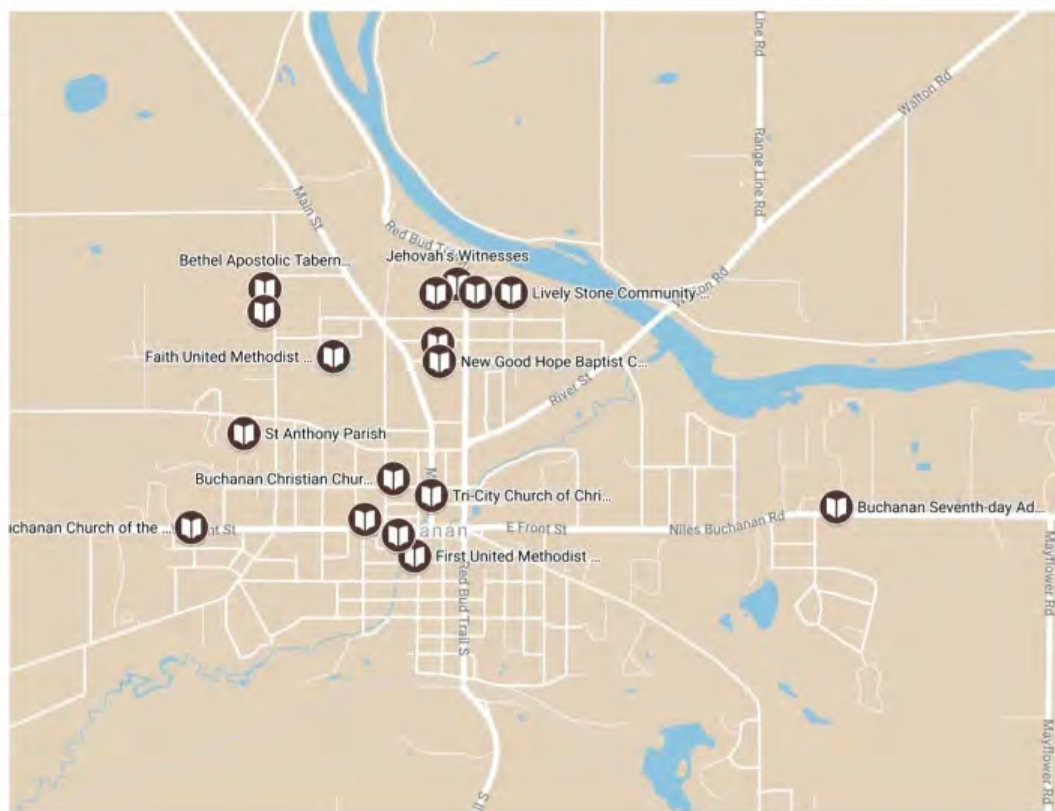
We each can have a positive impact on the earth through our daily actions. Locally, check out and perhaps support The Buchanan Tree Friends, whose mission includes, “improving the beauty of the city’s streets...which will provide shade, environmental and health benefits to all inhabitants of Buchanan.” For further information, check out their page www.facebook.com/BuchananTreeFriends.

Furthermore, did you know that Buchanan was recognized by The Arbor Day Foundation and the Michigan Department of Natural Resources with a Tree City USA diabetic for 2020?! Congrats Buchanan!

For further inspiration, check out www.earthday.org and www.miarbordayalliance.org.

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.

Buchanan Faith Bulletin – Spring 2021

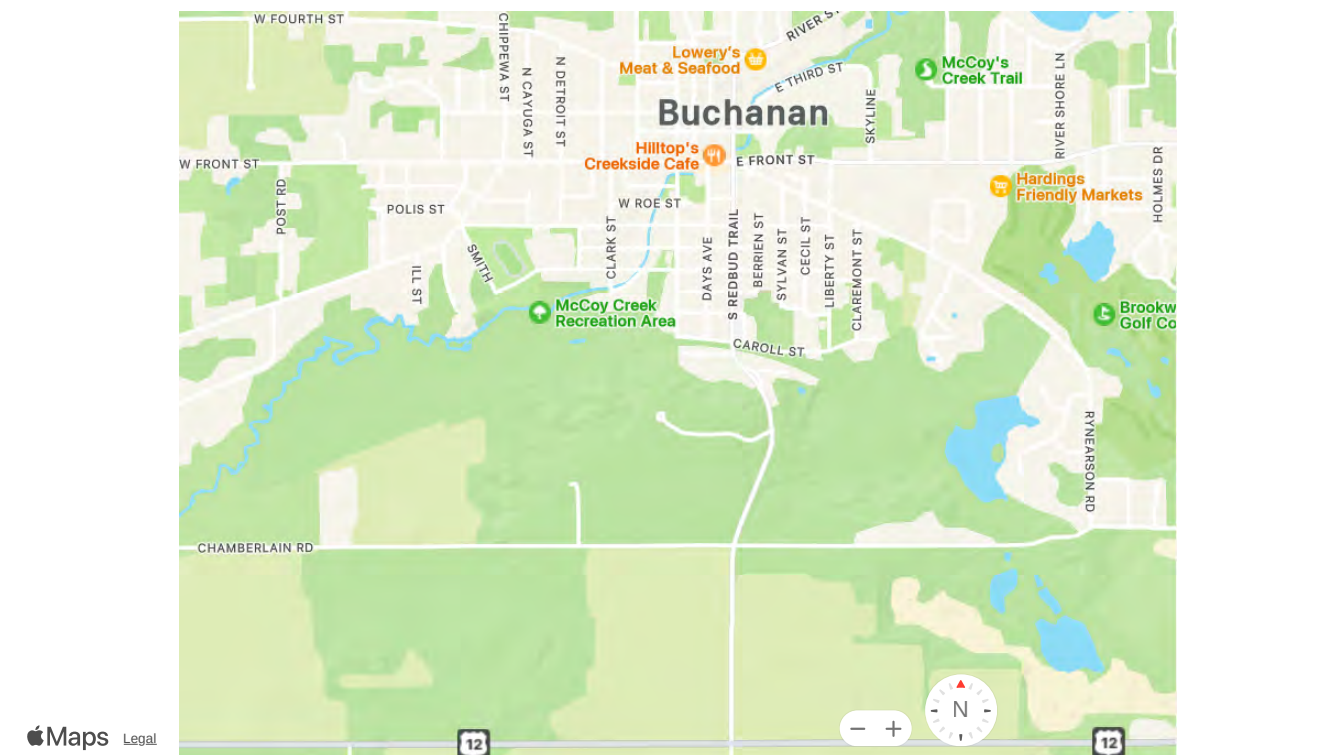


(image links to the Google Map shown)

In this section we've included as many area churches and their information as we could find. Please let us know anything we can add or update.

Church	Address	Phone	Officiant	Link
Bethel Apostolic Tabernacle	945 Chippewa	695-3356	Pastor Paul Deeds	https://www.facebook.com/pages/Bethel-Apostolic-Tabernacle/113727461982163
Buchanan Christian Church	112 W 3rd St	695-6621	Pastor Nathan Babcock	https://www.facebook.com/BuchananCC/
Buchanan Church of the Nazarene	704 W Front St	695-9567	Pastors Brendan & Arica Shea	https://www.facebook.com/BuchananNaz/
Buchanan First Presbyterian	115 W Front St	695-6151	Pastor David Habicht	https://www.facebook.com/First-Presbyterian-Church-of-Buchanan-186459901364201/
Buchanan Seventh-Day Adventist Church	3115 Niles-Buchanan Rd	695-6922	Pastor Aron Crews	https://www.facebook.com/buchanansdachurch/
Christian Life Center Church	808 Victory St	697-4440	Reverend Joe Avance	https://www.facebook.com/pages/Christian-Life-Center/1749806871960357
Connect Church Michiana	4720 Niles-Buchanan Rd	269-449-4183	Pastors Greg & Lori Nasstrom	https://m.facebook.com/connectchurchmichiana/
Faith United Methodist Church	728 N Detroit St	695-3261	Reverend Ed Slate	https://www.facebook.com/buchananfirstumc/
Faith Victory Fellowship	13369 N Main St	695-1091	Pastors Dave & Jan Mitchell	https://www.facebook.com/FaithVictoryFellowshipChurch/
First Missionary Baptist	925 Chippewa	695-9615	Pastor Wayman Bond	https://www.facebook.com/fmbcbuchanan/
First United Methodist Church	132 Oak St	695-3282	Pastor Ellen Bierline	https://www.facebook.com/buchananfirstumc/
Hills Corner Bible Baptist	862 Glendora Rd	695-3759	Pastor Nathan Dobson	https://www.facebook.com/tlcglendora/
Lively Stone Community Church	1103 Victory St	695-3422	Pastor H. Quincy Watts	https://www.facebook.com/Lively-Stone-Ministries-118486868202148/
Mt. Zion Church of God in Christ	1102 N Red Bud Trail	695-6940	Pastor Hayes Taylor	https://www.facebook.com/Mt-Zion-Cathedral-Of-Praise-COGIC-105493487802637/
New Good Hope Missionary	112 Fulton St	695-2608	Pastor Bryan Watkins	https://www.facebook.com/New-Good-Hope-MB-Church-111108330546429/

Church	Address	Phone	Officiant	Link
Baptist				
Dronoko United Methodist	3174 Little Glendora Rd	697-5936	Pastor Linda Gordon	—
St. Anthony's Catholic Church	509 W 4th St	695-3863	Father Leo Cartagena	https://m.facebook.com/St-Anthony-of-Buchanan-104875621155434/
St. Matthew's Missionary Baptist	123 Bluff St	695-1357	Pastor Rolland Ellis	https://www.facebook.com/pages/Saint-Matthews-Missionary-Baptist-Church/120299931316664
St. Paul's Evangelical Lutheran Church	212 W Front St	695-9061	Pastor Dan Barz	https://www.facebook.com/St-Pauls-Lutheran-Church-120246434654217/
Tri-City Church of Christ	206 Main St			https://www.facebook.com/TRICityCOCBuchanan/
Trinity Evangelical Lutheran Church of Glendora	1733 W Glendora Rd	422-2554	Reverend Johnathan Liebich	https://www.facebook.com/tlcglendora/



Nature Notes – McCoy's Creek Trail



McCoy's Creek Trail

by Jill McDonald

As the weather is warming and you're getting the itch to get out and enjoy the great outdoors, you need not go far to enjoy a wonderful trail system. Buchanan, Michigan is home to McCoy's Creek Trail!

Peacefully winding through forests with babbling streams, graced with the beauty of woodland spring wildflowers and the melodies of many birds, the E.B. Clark Woods section of this trail, off of Schirmer Parkway, meanders into the heart of downtown Buchanan.

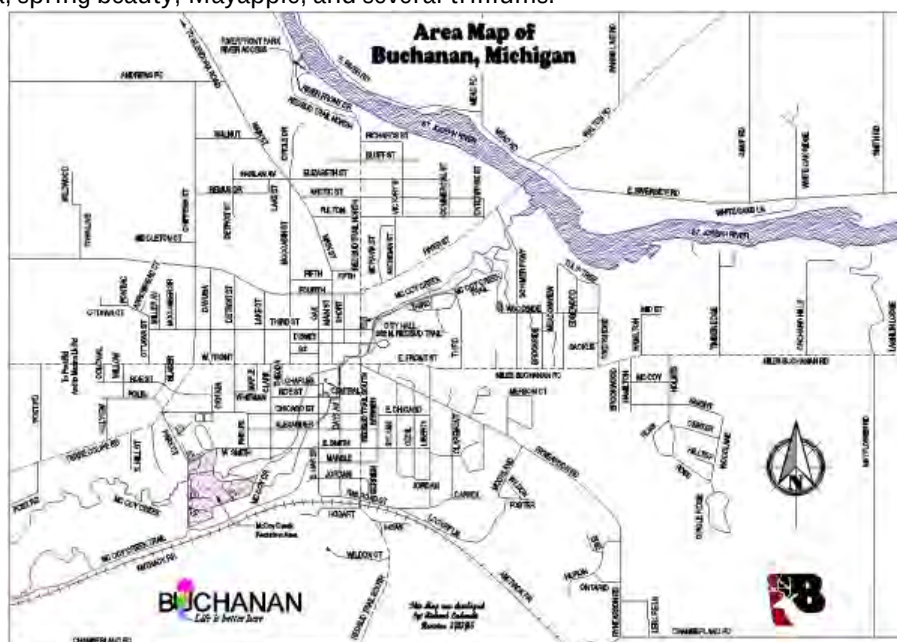
Stop by a local restaurant or coffeehouse on your way if you like and then continue on the trail past the historical Pears Mill, seasonal Farmers Market, The Common amphitheater, Tin Shop Theatre, a mural near Oak and Smith Streets, and then continue southwest of town just behind the McCoy Creek Recreation Area near the Dog Park. The southwest loop is marked as the Elliott Property Entrance. At the end of that section, the pavement turns to a smooth dirt loop trail.



The beautiful McCoy Creek begins in wetlands near the Michigan-Indiana border. It flows northeasterly for 8 miles where it joins with the St. Joseph River in Buchanan. According to the Michigan Department of Natural Resources, the McCoy Creek watershed encompasses 22 square miles.

The Creek is named after Rev. Isaac McCoy who, in the 1820's, fished in the little creek. By the late 1800's, 13 mills had been located on the creek within the city of Buchanan, providing the city with its lifeblood.

All seasons offer unique sights along the trail. Springtime brings continually changing beautiful wildflowers, including hepatica, spring beauty, Mayapple, and several trilliums.



This unique trail system is thanks to The Friends of McCoy's Creek Trail, established in April 2004. For further information, check out their page at: www.facebook.com/mccoyscreektrailbuchanan. For a trail

map, go to www.buchanan.mi.us/item/about-mccoy-s-creek-trail.html.



Buchanan Scarecrow Charities donated to McCoy Creek Trail, Photo provided by Jean Rose



Honor Credit Union donates to McCoy Creek Trail, photo taken from [Facebook](#) of [Karol Behrle](#) of Honor Credit Union (right)

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.

City Commission Meeting Agenda • March 22 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, 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 (probably once a month) due to rules that minutes are approved at the next City Commission meeting.

Begin Agenda:

AGENDA FOR REGULAR MEETING OF THE BUCHANAN CITY COMMISSION HELD ELECTRONICALLY

ON:

MONDAY, MARCH 22, 2021 – 7:00 PM

I. Call to Order

II. Recognition

- City of Buchanan Fire Department

III. Pledge of Allegiance

IV. Roll Call

V. Agenda

- Additions to the Agenda
- Approval of the Agenda

VI. Public Comment

- Agenda Items Only (3-minute limit)

VII. Consent Agenda

(can be approved all in one motion, for general housekeeping items)

- Approve Minutes:
 - Regular City Commission Meeting, March 8, 2021
 - City Commission Work Session, March 13, 2021.*
- Approve Invoices/Expenditures:
 - for March 22, 2021 in the amount of: \$345,621.31
- Approve Oak Ridge Cemetery Fee Schedule:
 - to include disinterment fees (set at 1.5X the cost of an opening and closing).*

VIII. Scheduled Matters from the Floor (if any)

- NONE

IX. Reports by: Departments, Committees, Boards

- Community Development Department

X. Unfinished Business

- Proposal to Amend Personnel Policies Manual

XI. New Business

- Indiana Michigan Power: Electric Franchise
- Spring Clean-Up
- Thrill on the Hill
- Cannavista 2021Marihuana Permit Renewals

XII. Communications

(informational only, formal board action is not necessary for these items, unless so desired)

- Chamber Board Update
- American Rescue Plan (ARP) Funding
- American Legion: Memorial Day Parade
- Berrien County Commission Press Release RE Virtual Meetings (3/17/21)
- Edgewater Bank Correspondence
- West Wind Apartment Fire

XIII. Public Comment

- Non-Agenda Items Only (3-minute limit)

XIV. Executive Comments

- City Manager Comments
- Commissioner Comments
- Mayor Comments

XV. Adjourn

Click on this link to read complete [meeting minutes](#).

You may view the completed March 22, 2021 City Commissioner Meeting Minutes on [the City of Buchanan Website](#).



- **Our Seventy-First Issue • March 09, 2024**
- **Welcome to The Buchanan Chronicle**
 - **About The Buchanan Chronicle**
 - **Contact The Buchanan Chronicle**
 - **2024 Issues Archive**
 - **Our Sixty-Seventh Issue • January 13 2024**
 - **Our Sixty-Eighth Issue • January 27 2024**
 - **Our Sixty-Ninth Issue • February 10 2024**
 - **Our Seventieth Issue • February 24 2024**
 - **Our Seventy-Second Issue • March 23, 2024**

- **2021 Issues Archive**

- [Our First Issue • March 20 2021](#)
- [Our Second Issue • April 03 2021](#)
- [Our Third Issue • April 17 2021](#)
- [Our Fourth Issue • May 01 2021](#)
- [Our Fifth Issue • May 15 2021](#)
- [Our Sixth Issue • June 05 2021](#)
- [Our Seventh Issue • June 19 2021](#)
- [Our Eighth Issue • July 17 2021](#)
- [Our Ninth Issue • August 07 2021](#)
- [Our Tenth Issue • August 21 2021](#)
- [Our Eleventh Issue • September 04 2021](#)
- [Our Twelfth Issue • September 18 2021](#)
- [Our Thirteenth Issue • October 2 2021](#)
- [Our Fourteenth Issue • October 16 2021](#)
- [Our Fifteenth Issue • November 6 2021](#)
- [Our Sixteenth Issue • November 20 2021](#)
- [Our Seventeenth Issue • December 04 2021](#)
- [Our Eighteenth Issue • December 18 2021](#)
- [2021 Highlights Issue](#)

- **2022 Issues Archive**

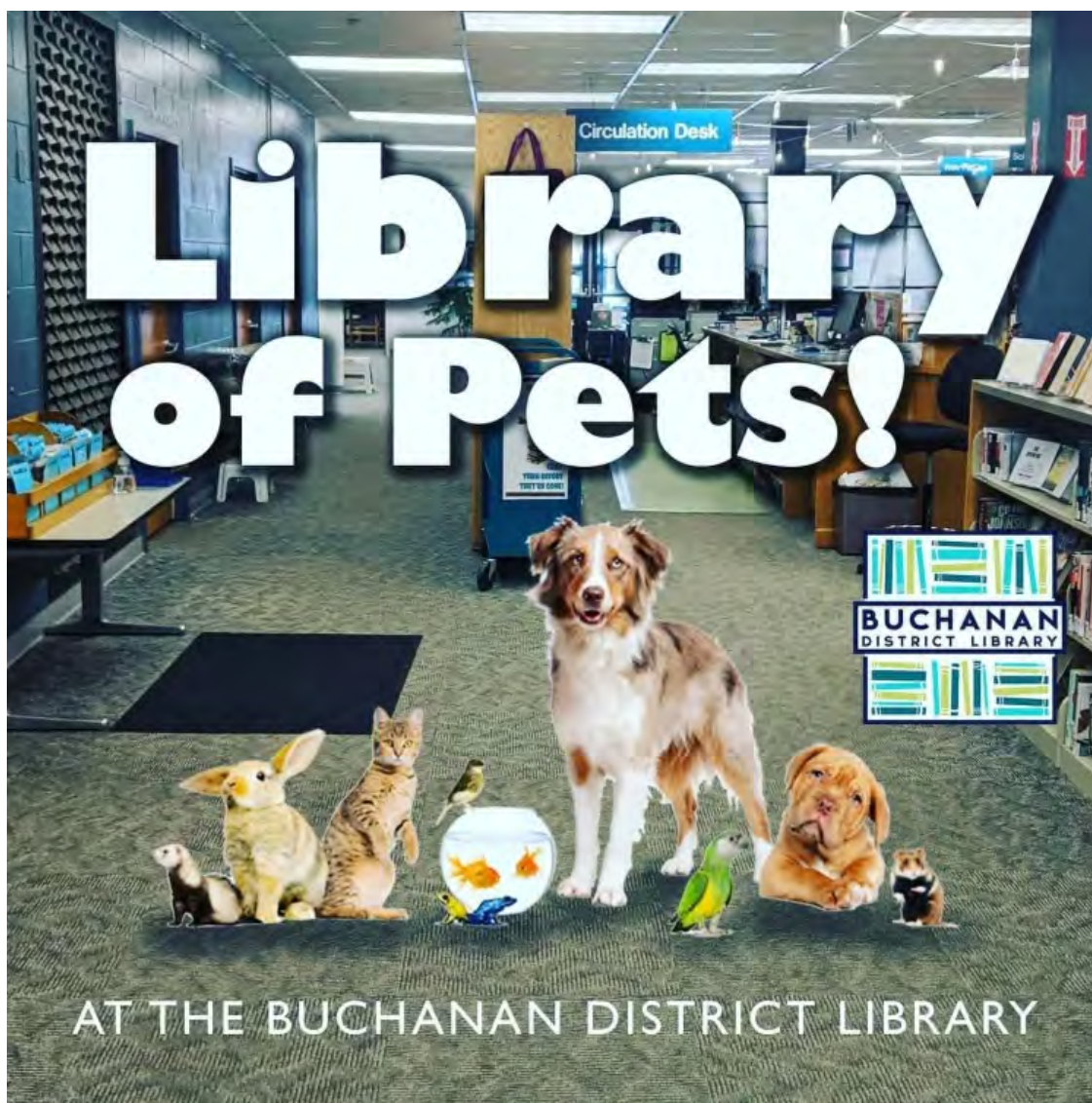
- [Our Nineteenth Issue • January 08 2022](#)
- [Our Twentieth Issue • January 22 2022](#)
- [Our Twenty-First Issue • February 05 2022](#)
- [Our Twenty-Second Issue • February 19 2022](#)
- [Our Twenty-Third Issue • March 05 2022](#)
- [Our Twenty-Fourth Issue • March 19 2022](#)
- [Our Twenty-Fifth Issue • April 02 2022](#)
- [Our Twenty-Sixth Issue • April 16 2022](#)
- [Our Twenty-Seventh Issue • May 07 2022](#)
- [Our Twenty-Eighth Issue • May 21 2022](#)
- [Our Twenty-Ninth Issue • June 04 2022](#)
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- [Our Thirty-Third Issue • August 06 2022](#)
- [Our Thirty-Fourth Issue • August 20 2022](#)
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- [Our Thirty-Ninth Issue • November 05 2022](#)
- [Our Fortieth Issue • November 19 2022](#)
- [Our Forty-First Issue • December 03 2022](#)
- [Our Forty-Second Issue • December 17 2022](#)

- **2023 Issues Archive**

- [Our Forty-Third Issue • January 07 2023](#)
- [Our Forty-Fourth Issue • January 21 2023](#)
- [Our Forty-Fifth Issue • February 04 2023](#)
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 - [Our Sixty-Sixth Issue • December 16 2023](#)
-

Now That's Funny! – Issue 03



Prank Poster from Buchanan District Library social media

2021 April Fools!!!

by Thomas Hoyt

So recently we've all had the experience of a little known holiday that we call April Fools Day, which is on April 1st. Typically on this day the object is to play a prank on someone. I myself have had a particular item of clothing put in the freezer all day. What is really funny is that I didn't even see it in there until it was pointed out to me. This year our wonderful Buchanan District Library even had me fooled!

It was announced by the library that in addition to their Library of Things they were going to have a Library of Pets! Just imagine, being able to check out a pet for a time. This way you could "try it on for size" I suppose before making the total commitment to owning a pet. You could go check out a dog or a cat, or I suppose even a reptile if you really wanted. Say, how about a pet hippopotamus? Oh even better, a giraffe!

Well it was later announced that this Library of Pets was all simply an April Fools Day prank. Even I was fooled. I certainly got a good laugh out of it. If the library ever gets serious about a Library of Pets, I hope they're prepared for a request for a hippo!

Tech Tips – Scams Alerts



Scam Alert

By Kelly Brown

Scams are everywhere these days. They are in our email inboxes, on social media, scam artists are calling our landlines, and also our cell lines. It's enough to drive anyone crazy! I've got some helpful hints and tips to help you avoid falling victim to these criminals.

First things first; your credit card company, utility company, and any other company that you pay monthly for service will NEVER call you up or email you to ask you for payment on an outstanding balance via gift cards. These companies deal with payment through cash, check, money order, credit card, or debit card ONLY.

A few other things to keep in mind; the actual FBI will NOT call your house or cell phone to let you know that they have a warrant out for your arrest, scammers use this as a scare tactic because they know that people would much rather pay a ridiculous amount of money (another thing the FBI would never do, accept money in lieu of your arrest, that is bribery and is illegal) than to be arrested by the federal government for a crime they didn't commit.

Also, the IRS will NOT call you to try to get payment for money that you owe them. ESPECIALLY if you weren't aware that you owed the IRS money in the first place. If you do owe the IRS money, the first thing that would make you aware of the debt is a paper bill that you would receive in the mail.

Alright, so now that you know what to look for, what do you do if you receive a suspicious call?

The best course of action is to simply hang up immediately, as soon as you feel like something isn't right. If you are worried that you might have been too hasty in your decision to end the call you can call the number on the back of your credit card to reach customer service, they should have a record on file if a representative of their company tried to get ahold of you about an issue and also of what that issue was. The same goes for any utility company you use.

You can also contact your local police department using their non-emergency number to let them know what your experience with the scammers was. There will be nothing that the police department can actually do to stop the scammers as their operations are, a lot of times, overseas or at the very least not in their jurisdiction. However, they will be able to let the public know to be aware of the scam and provide them with the scammers specific claims so that they can avoid it as well.

Police Points – Call Log Issue 03



Police Chief Tim Ganus

Police Call Log : 3/24 – 4/6

Buchanan City Police Department

Description	Total Calls of Type
Sex Offenses	1
Larceny	1
Larceny – Theft from Motor Vehicle	1
Non-Aggravated/Domestic Violence	2
Intimidation/Stalking	2
Fraud Complaint	0
Damage to Property	0
Liquor Violations	0
Obstruction	2
Disorderly Conduct	0
Public Peace / Other	7
Driving Law Violations	1
Health and Safety	10
Trespass	2
Juvenile Complaints	3
Private Property Damage/PI Accidents	4
Abandoned Vehicle	0
Property Checks	2
Alarms	3
Civil	1
Suspicious Situations	9
Lost/Found Property	3
Natural Death	2
Suicide	1
Medical Assist	15
General Assist	18
Ordinance Violations	16

Total Calls 3/24 – 4/6 : 106



Health Huddle – Vaccine



Kelly Brown post-shot April 7, 2021, Photo provided by Kelly Brown

My First Dose of COVID-19 Vaccine

by Kelly Brown

(I booked an appointment for a covid vaccine on the Berrien County Health Department's website and had it administered at River Valley Middle/High School as it was the closest location to me on 4/7/2021.)

I'm not going to lie, I was nervous! Not about actually getting the vaccine, I was (and still am) pretty confident about that process. I was anxious about what the appointment process would entail. Would I have to

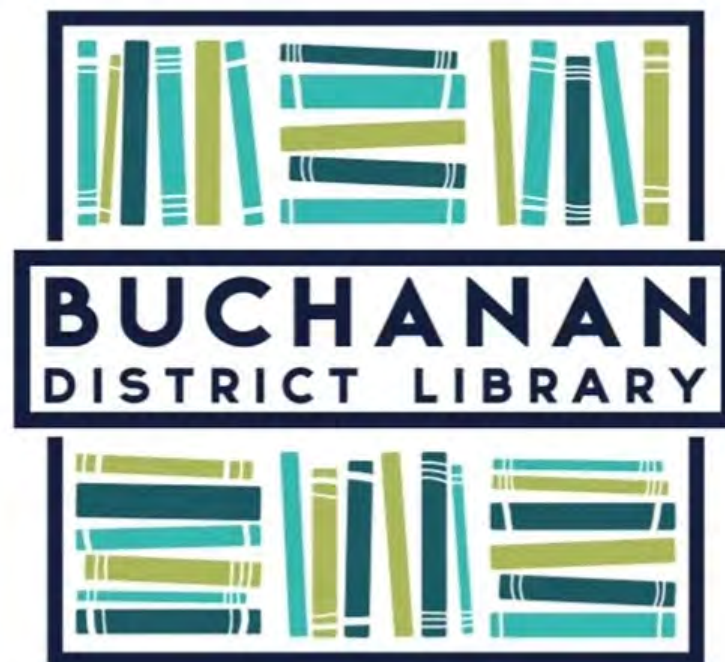
stand in a line for a long time, even though I had scheduled an appointment? Would the high school be really crowded?

The truth is, there was absolutely no reason for my nerves! Everything went smoothly from the time I arrived. There were several stops to make in the parking lot upon arrival, where I was first checked in by a volunteer and my name crossed off of a list, from there I was directed to stop in front of a tent where another volunteer gave me a clipboard with a sheet to fill out and a pen. They then directed me to follow two other volunteers who were directing vehicles into parking spaces. I was given directions to fill out the paper in my car and only when that was completed should I make my way to a specific door to enter. After I entered the building there was a line with 3 or 4 people standing in it but, there were markers on the floor to help us stay 6 feet apart and it took less than 10 minutes to get to the front of the line. Great experience so far!

When I got to the front of the line a volunteer looked over the paper I had filled out just to make sure it was complete and I was whisked away to a station to get my shot. The medical worker asked me all of the questions you'd expect to be asked before getting a vaccine and before I knew it I had been poked, bandaged, and sent over to another station to be scheduled for my next dose (the doses have to be a month apart). After that all I had to do was sit in an area (with appropriately spaced chairs) for 15 minutes to make sure I wasn't going to have a severe allergic reaction to the vaccine. There was a separate door to leave from when my observation time was up.

Ultimately, I don't think I could have gotten a better experience! The whole process was very organized and efficient and the staff were friendly and knew exactly what everyone should be doing and where. The day after I had the vaccine the arm they put it in was very, VERY sore and stayed that way for 2 whole days. On the third day my arm wasn't quite as sore as it had been but still twinged a bit and by the fourth day the soreness had gone away completely. Having admitted that, I would still choose to get the vaccine and deal with a really sore arm for a while rather than take my chances and catch COVID!

Buchanan District Library – April 2021



Hello from the Buchanan District Library

By Meg Paulette, Director, Buchanan District Library



Looking for something new to read? Check out what your friends are reading with this short list of our patron's favorite books:

Adult Fiction:

- [A Minute to Midnight](#) by David Baldacci (*Comes in Large Print*)
- [American Dirt](#) by Jeanine Cummins (*Comes in Large Print*)
- [A Good Neighborhood](#) by Therese Anne Fowler
- [The Tattooist of Auschwitz: A Novel](#) by Heather Morris (*Comes in Large Print*)

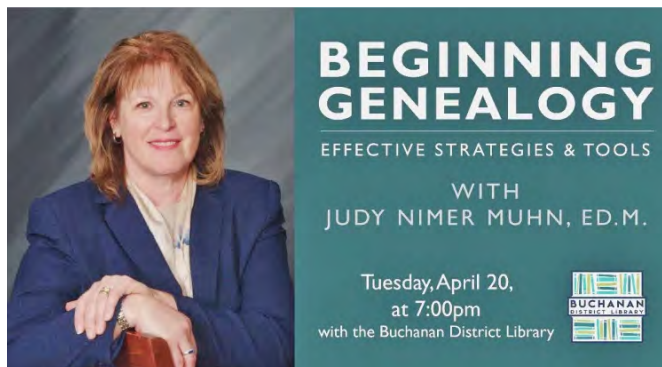
Adult Mystery:

- [Lost](#) by James Patterson (*Comes in Large Print*)
- [Hideaway](#) by Nora Roberts (*Comes in Large Print*)
- [The Night Fire](#) by Michael Connelly

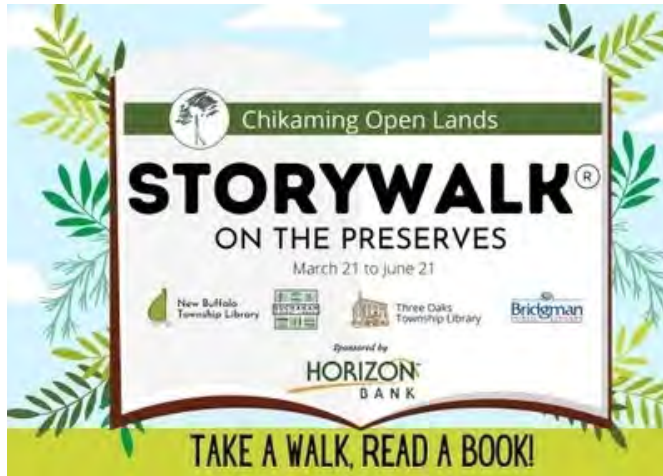
Adult Romance Novels:

- [Spy](#) by Danielle Steele (*Comes in Large Print*)
- [Davey's Daughter](#) by Linda Byler
- [Naomi's Hope](#) by Jan Drexler

New books are plentiful in the Children's Area and Juvenile Fiction and Series section so take some time to visit those areas and pick up a book to your liking!



Have you ever wanted to start researching your family history? On April 20th, Tuesday at 7:00pm, we have the pleasure of hosting Judy Nimer Muhn on a ZOOM presentation on Beginning Genealogy: Effective Strategies & Tools. Judy will show you fundamental tips and effective, time-tested ways to keep you on track and getting results! Sign-up at www.buchananlibrary.org.



StoryWalk on the Preserves: Join Chikaming Open Lands and local libraries for a StoryWalk on the Preserves! We are excited to partner with Bridgman Public Library, Buchanan District Library, New Buffalo Township Library, and Three Oaks Township Library to bring fun-filled family friendly story books at four COL preserves starting Sunday, March 21st to Monday, June 21st!

Go to one (or all!) of the following preserves for a fun family story to enjoy sponsored by a different local library:

- Burns Prairie Preserve
- Jens Jensen Preserve
- Robinson Woods Preserve
- Turtle Creek Preserve

Look for our BDL StoryWalk around the Common to return May 1st, the day the Buchanan Farmer's Market opens!

Be sure to check out our website or Facebook page for more events and news! If you'd like to sign-up for our monthly online newsletter please email Sarah at s.gault@buchananlibrary.com.

Thank you for being part of the Buchanan District Library!

[269.695.3681](tel:269.695.3681)
[Buchanan District Library](#)
[128 E Front St](#)
[Buchanan, MI 49107](#)
[USA](#)

Local Business – Restaurant Week



Buchanan Restaurant Week March 24-31, 2021



March is Restaurant Month in Berrien County.
Buchanan eateries are joining the celebration by offering plates full of specials. Help
support your favorite dining spots and discover new ones.

Unable to dine in or carry out? Consider purchasing a gift card!

Restaurant Week 2021 Follow-Up

by Nik Sanchez

Many have flocked to the nicest place in America to experience the town goodies of Buchanan. From the scenery to the restaurants, it is a very lovely town. The restaurants offer a feel-good home vibe, and makes it feel like you are eating grandma's secret recipe.

Buchanan offers different types of dishes, ranging from all types of all-American food, different types of cheeseburgers to pasta dishes, to a local brewery creating farm-to-table dishes or sprout-to-sip beverages. There are many offering locally grown menu items and beverages to choose from.



Union Coffee House special Black Bean & Avocado Plate, Photo by Stephanie Fain

Union Coffee House, a small coffee shop located in the middle of downtown Buchanan has started opening on Mondays again to ensure the best possible experience they can offer. They have explained that their spring menu drinks were a big hit as it involved many spring and natural remedies. Also, the famous Black Bean and Avocado plate which always hums that springtime tune with the ciabatta toast points or the added fresh tomato and cucumber alfalfa sprouts.

Many also flocked to River St. Joe's to try out their seasonal soup which is farm-to-table style as well as beer flights sold, which is a way to try as many as three different types of beer to figure out your favorite drink pairing to match your dining experience.



Enticing Food and Drink Options at Lehman's Farmhouse, Photo by Stephanie Fain

At Lehman's Farmhouse it was the tender brisket sandwich, a very pleasing comforting food to nestle you, when paired with spirit flights you could enjoy a half ounce pour of four of your favorite spirits to go along with any meal or dining experience.

Buchanan has offered an overly exciting week filled with adventures and new dishes, and drinks that many have experienced. The lovely town of Buchanan is planning on doing this again next year and upcoming seasons as to follow and hopes to continue to grow in this new but exciting time.

[Read Our Original Article on Buchanan's Restaurant Week 2021 Here](#)

Remembering – Issue 03



Buchanan Losses • 4/3-4/17

On behalf of our Buchanan Community, we wish to extend special condolences to Her Majesty Queen Elizabeth II and The Royal Family as they mourn with the globe the passing of His Royal Highness The Prince Philip, the Duke of Edinburgh, Friday, April 9, 2021.

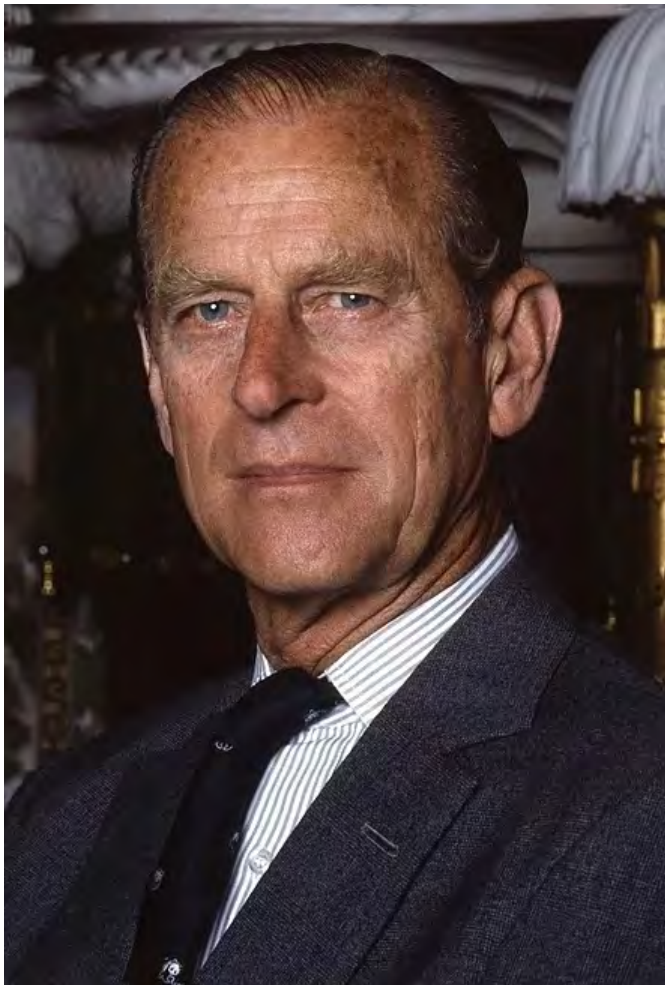


photo from [Wikipedia](#)

Born June 10, 1921, history's longest-serving Consort to the Queen died just two months shy of his 100th birthday. Wed November 20, 1947, The Queen and Prince Philip were married almost 74 years and shared four children: Prince Charles, Princess Anne, Prince Andrews, and Prince Edward.

His funeral ceremony will take place Saturday, April 17, 2021 at 3pm local time (10am EST), and is to be held at St. George's Chapel inside the grounds of Windsor Castle, his home and place of peaceful passing.

Prince Philip, Duke of Edinburgh	99	June 10, 1921	April 9, 2021
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Name	Age	Born	Died
Robert Michael Wreggelsworth	60	November 4, 1960	April 1, 2021
Ammie Lee Francis	89	August 2, 1931	April 2, 2021
Monica Martin	72	1949	April 7, 2021
John Eldon Swisher	92	May 16, 1928	April 16, 2021

We wish to respectfully honor the memory of anyone we lose in the Buchanan community. 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](#)

The Clark Barker – Issue 03



Pups at Play!

by The Candid Canid

It is finally warm out and I have been at the dog park, woof-woof! Please tell me that you have heard of the Buchanan Field of Dreams Dog Park. If not, you need to take a walk with your furry friend, or make the short drive. It's not far from the baseball fields behind the high school football field, and along the McCoy Creek Trail. Here's the [map link](#) for it.



Under human Tom's supervision, my friends Pups AJ & Lucy frolic at Field of Dreams Dog Park, Photo by Rebecka Hoyt

There are two fenced-in parks. One for small dogs, and the other for bigger dogs with plenty of space to run, smell and have lots of fun with my owner and other doggies that show up. Sometimes, I am the only one there, and that's okay. However, I do like it when another dog comes to play and they are excited to see me.

I am told that the dog park is owned by the City of Buchanan and they also have some great volunteers that run it. There are trees that were planted last year ([story link here](#)) to provide shade in the years to come. Some waste removal bags are provided and trash bins to throw away those icky bags. FYI, you should also have your own waste removal bags with you, in case they run out ([Amazon supplies donation list link here](#)) they will stock them back up.

Check out [Buchanan Field of Dreams Dog Park Facebook Page](#) for arranging making play times with other doggies and additional information.



Celebrating – Marie Kangas 102nd



Birthday Girl Marie Kangas, photo from Buchanan Meadows social media.

Buchanan Birthday • 4/9

We want to wish Marie Kangas a very Happy 102nd Birthday on Friday, April 9, 2021. She resides at the lovely Buchanan Meadows (809 Carrol St, Buchanan, MI 49107).

[Buchanan Meadows Facebook Page](#)

[Buchanan Meadows Website](#)

Mayor's Memo – Imagine the Possibilities



Imagine the Possibilities!

by Mayor Sean Denison

The Andrews University Buchanan Project Open House on April 28 at 5:00 PM is a go! Let's make this a celebration of imagining the future of Buchanan together!



YOU ARE INVITED TO
IMAGINE
THE NEXT WAVE
OF REDEVELOPMENT IN
BUCHANAN

The City of Buchanan has been working with the Andrews University School of Architecture & Interior Design to craft a collective vision for redevelopment in and around Downtown and the North Side. A broad diversity of Buchanan voices have been part of this process, and we invite you to engage as we move forward.

Join us at the Common to help shape the vision!




BUCHANAN COMMON
APRIL 28
@ 5PM

Andrews University Buchanan Project Open House Event at The Common on April 28 at 5:00 PM

The students from the Andrews University Urban Design Studio led by Professor Andrew von Maur and the City of Buchanan invite the public to attend a presentation of their work on Wednesday, April 28 at 5:00 PM at The Common in Downtown Buchanan. The students were engaged by the City of Buchanan, Michigan, named the "The Nicest Place in America" in 2020 by Reader's Digest, to reimagine redevelopment opportunities in Buchanan.

This will be a special evening for the City of Buchanan to unveil its collective vision for the future. Since early January, the 5th year architecture students have been having an intense conversation with residents, businesses, local students, community groups, city leadership, and other stakeholders about what they envision for the future of Buchanan.

This event will be the first unveiling to the public of this collective vision for the city of Buchanan. The goal of the project is to provide a roadmap for the next wave of redevelopment and revitalization in Buchanan.

I hope to see you there!

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

Local Business – 7Engines



7Engines Dispensary Building Opening April 12, 2021; Photo by Stephanie Fain

Full-Steam Ahead for 7Engines

by Stephanie Fain

Who loves local history, symbolism, nostalgia and... well, cannabis? ME! Yep! I LOVE a good story, too, and I adore when a company like 7Engines comes around to remind us of our rich history, and to help shape and improve our future. The name is as sentimental as the people you will find in the building. They have a little history to lay on you about the land along with how they came about the name. Buchanan's rich history is intertwined with our sister cities, as we were always connected 7 miles apart. That was how far a steam engine could go without having to refuel. Also, they talk about McCoy Creek's rich history in their bio and what role it played in shaping the land, Buchanan, and of course, their name. These are the things that shape us. You can read more in depth about 7Engines name's rich origins at their website. <https://my7engines.com/uncategorized/about-7engines/>



Outside with Don Chepes; April 12, 2021 Opening; Photo by Stephanie Fain

With four already established dispensaries in the area and one more on its way (Redbud Roots), many are wondering, "What's the big deal? Why did it take so long and who are 7Engines?" They started this project initially in 2017. It has taken them a while to open up, but like any new business, they had to work out some kinks, grow a little and in a way, molt. 7Engines is definitely its own unique kind of flower and they finally bloomed on April 12, 2021 after long-awaited anticipation from the public. The building is new, the product is new, new stock is arriving daily, and the staff... is new!



New Interior Space; April 12, 2021 Opening; Photo by Stephanie Fain

7Engine's management is not the same team it was when it started, "We had and have such a hardworking team, we are so fortunate to have the backing and the roots we do." Said Joy VanDerAa, 7Engine's sunny secretary. She explained it was unfortunate that not everyone who started this was here for this opening. "They would have been proud, this is a lot of good people's baby." This project was given a lot of love and a firm foundation. There were some people hurt, unfortunately, in the process of growing.



All Smiles from Joy VanDerAa (7Engines Secretary) and Vinay Patel (7Engines President and COO) at the April 12, 2021 Opening; Photo by Stephanie Fain

It is now, a whole new animal, they want to assure the public. The team is now headed by Vinay Patel of Granger, IN, President and COO, confident, knowledgeable, and very focused on helping the community. He lit up when he talked about 7Engine's future plans in Buchanan (not a joint, his eyes, guys! C'mon stay focused!) "Medical demand is there but rec is at 10x more demand, creating some shortages for medical plants, so not all of our strands did show up in time for our opening, but you'll be impressed when you see this room filled with over 50 top tested cannabis strains soon." Patel smiled confidently, but I was already happy with the 30+ strains I smelled. It then struck me why they have so much space, it's because there is more to come. Much more!



Room for more to come, Interior Displays; April 12, 2021 Opening; Photo by Stephanie Fain

They are growers in every sense of the word, 7Engines is currently only set up and licensed for medical cannabis patients, but are in the process of attaining their Recreational License for adult use that has already been approved and it's just a waiting game now. Currently under construction on River Street, they are building their massive indoor grow facility, making Buchanan the proud mammy of not one, but 2 VERY talented grow facilities. They promise to give back to the community. How lucky are we? Wow, Buchanan! We have come a long way, baby!



Flower Strain Displays; April 12, 2021 Opening; Photo by Stephanie Fain

So, how did the opening go? I feel like I'm going to walk out onto the beach, and the Don Chepes taco truck blocking the bright yellow downtown signs doesn't hurt. The building is fresh and new, people are poking around and enjoying the beautiful atmosphere, it smells great, there are beautiful multicolored wood backdrops and friendly staff. They had free 7Engines t-shirts, balloon swords and Joy, who got into this business by having a need... actually three.



Swag for sale; April 12, 2021 Opening; Photo by Stephanie Fain

“Out of my four children, three were born with epilepsy of different severities. Because of cannabis, I was able to give my daughters the tools for a life and future filled with endless possibilities that they deserved. I love watching my children succeed.” Boy, did they! With pride, Joy told me of her daughter’s graduating college and pursuing their passions! One of her daughters even decided to go into art therapy so that she can help others heal, another is a Master’s graduate in set design. No more grand mal seizures. Just opportunity and hope and... Joy! We laughed, we cried! “It’s just medicine! But GOOD medicine!” I agree so much.

That is not the only gem found in this little corner of Buchanan. I met so many sweet people while there. Lydia Applewhite, the GM, was busy organizing the team and getting things loaded into the system for opening day. She is pulling in brands like Luxury Loud out of Detroit, Cured, Grass Lakes Nursery and Fello Cannabis out of Galien. The new budtenders are not so new to the game, hopeful and helpful with personal knowledge of the products to give patients a perspective on what to expect from certain strains. Oh and Joseph Sikora (actor known from Ozarks and Power, series on HBO), along with his parents and basketball players, Mitch McGary and E'Twaun Moore, are among some of the financial backers of the 7Engine facilities. Talk about an all-star team!



Interior displays; April 12, 2021 Opening; Photo by Stephanie Fain

So, there are already four dispensaries in Buchanan. What sets 7Engines apart dispensary-wise? Well, they are very much working on getting that much talked about drive-thru pick-up approved. Joy explained, "There is one other drive-thru dispensary in Michigan that I know of. We want to offer our clients the safest, easiest pick up possible during these troubling times. Some of our patients have trouble standing, some have terrible anxiety that keeps them from enjoying an atmosphere with crowds, and, of course, autoimmune diseases are very common and we would like to help protect our most fragile patients from any threats of COVID or any bug that might compromise their health. Sure, we want foot traffic, we want people to come in and see all the different products we have to offer, but for those who simply cannot, we want to keep them safe and comfortable. It would just be like a protected curbside pick-up. All of 7Engines products are listed on Weedmaps. (<https://weedmaps.com/dispensaries/7engines-dispensary>). That is our first point of contact for pick up and it would be the first step in our drive-thru process pending approval. A patient would order their products and when they pull into our drive they would check-in online so that the staff knows the patient has arrived and is in queue, the patient would then drive forward into the safely ventilated open garage doors and they would be greeted by our experts behind a large glass window, receive their product, get answers to any questions and exit." The unique building shape and parking lot was designed to accommodate just this need. They did a very good job.

7Engines will be showcasing the site again on 4/20, be sure to check out their planned specials in [our story](#) showcasing Buchanan's plans for our very first 420 celebration, downtown. Stop by and check it out for yourself, I will be at all the dispensaries throughout the day. Remember to bring your medical card or simply show up for some patient teaching, the staff is friendly and helpful. They even offered to help me sign up for a medical card. I guess that when you live in Buchanan, no one is really a stranger. As a community, we take care of each other and that is just what people like Joy, Vinay, Lydia, the staff and future staff of the facility to-be, are here to be a part of.



New Interior Wall Decor, April 20, 2021; Photo by Stephanie Fain

What's next? We will have the pleasure to witness that for ourselves as their roots are now firmly planted with ours now. Welcome to Buchanan, 7Engines! Never stop growing, Buchanan!

This content contains some information for those at least 21 years old. Medical cannabis use is for certified patients only. The Buchanan Chronicle does not intend to promote cannabis use except as advised by your health professional.

Buchanan Clean-Up – Spring 2021



**Annual
Clean-Up**
April 23rd & 24th
8am – 5pm

Annual Clean-Up : April 23 & 24, 2021

April 23rd & 24th, 8am – 5pm

River Street Parking Lot – 405 River Street

Multiple dumpsters (including some for recycling items) will be set up and ready to accept any household items you need to dispose of, EXCEPT the following items:

- Tires
- Paint
- Refrigerators (freon)
- TVs/Monitors

This service is offered to City residents at NO CHARGE. (ID's will be checked)

For more information call the Police Department at 269-695-5120.

[See City's Facebook Post About It Here](#)

Local Places – BASC



Beautiful Buchanan Area Senior Center building, Photo by Stephanie Fain

Buchanan Area Senior Center – Seniors Embracing Life

by Stephanie Fain

There is no doubt that COVID has made life a little more complicated for all. People are reporting feeling lonelier than ever and it's no surprise that our seniors are feeling the same. What would we do without the Buchanan Area Senior Center? Well, not that I expected anyone to answer but I think it brings up a good question, "What exactly does the Buchanan Area Senior Center do for our area?"



Adam Burck stands in front of the Buchanan Area Senior Center, Photo by Stephanie Fain

I spoke with Adam Burck, the newly appointed Executive Director who has all the answers. The quote on the back of his business card states, "It is the mission of the Buchanan Area Senior Center to promote physical, social and mental well-being of our elderly citizens." The man shows an obvious passion for his job and lit up while verbally confirming my assumptions about the large, very open-armed community my eyes were taking in. As we started walking the property, I noticed spurts of well placed color pulling me to outside the building, telling me stories of confidence and adventure, evidence of sewing circles, healthy meals to come in the raised Community Garden, and my favorite... chit-chat, everywhere! What a gem!

"What is to come is going to shape the Community Center for decades. We have chosen our Annual Appeal for this year to work on a place where our seniors can help maintain physical activity during these hard times." It was clear Adam was thinking ahead. Though COVID seems to be dropping off, the probability that bigger pandemics may be on the way is on many people's minds, but to a man like Adam, in charge of the most vulnerable in our society, it is something he is going to get ahead of. His mission this year is to raise \$50,000 to add large windows that are able to open and air out the future enclosure to the outdoor patio, add lighting, furnishings and HVAC so that it can be used as a large safe space for our seniors to do many of the wonderful programs that BASC

has to offer such as line dancing, a variety of exercising (including yoga and chair exercises), arts and crafts, meetings, book club, enjoying BASC's beautiful views year round, and card games like Euchre, Mah Jongg, Pinochle, Hand & Foot, and Cribbage. We all know how important sunlight can be in developing and maintaining a strong immune system and positive mind!

BASC also offers some impressive ways to get out and stay connected to more than just their buildings. They offer offsite socializations, such as their Lunch Bunch Club, where seniors meet the fourth Friday every month at a different restaurant in the area. No excuses! They have carpool and offer Dial-A-Ride tokens for those who cannot reach the Buchanan Area Senior Center for any of their programs. On the 8th of April, BASC took the first of a series of small groups of seniors to CannaVista to experience some patient teaching on alternative forms of medicine.



Staff Patient Teaching at CannaVista April 8, 2021, Photo by Stephanie Fain

Some events they hold on site, bringing the community to the seniors. They partner with local businesses, such as Honor Credit Union, to offer the Senior Fraud Prevention Class. They have organized events to get glasses checked, adjusted and repaired. Also they've hosted blood-pressure checks and have partnered with a local Doctor of Audiology for hearing aid cleaning and checking. BASC knows they have the responsibility of keeping up with our community's most vulnerable, they take it seriously and are not shy about keeping up with the times. Clearly BASC are growers! Their community raised garden beds both connect our seniors to the earth while preventing unnecessary back pain, and offer nutritious fruits and vegetables to cook healthy, hearty meals to enjoy together. They did not leave out one very important element of life: the ability to give back, offering an opportunity for the

seniors to give back by partnering with ONE Buchanan to be a collection site for RAM helping to replace items the West Wind fire victims still need. Adam told me, "The most needed things are personal items such as shampoo and conditioner." BASC is also a place to find a beautifully hand-made, donated mask. They have made an art out of survival.



Fireside in BASC where Conversations are filmed, Photo by Stephanie Fain

Adam was very excited to tell me about a program they are currently working on to solve an issue we all knew was coming: connecting seniors easily and safely through technology! BASC is currently working on SO much helpful online content for our seniors including the Fireside Chat where Adam Burck, the Executive Director, sits down and has free-flowing conversations with volunteers and seniors about all the topics surrounding Buchanan senior citizens aired on their YouTube channel and on BASC's [Facebook page](#). They address challenges such as depression and isolation and include helpful solutions to solve them. They even have their very own Buchanan Area Senior Chronicle that is chocked full of activities, a Meals-On-Wheels calendar, a delicious recipe (I will absolutely be botching in the near future), activity calendar, health information, area resources and updates on which

programs have unfortunately been canceled due to COVID. (Let's help them change that by supporting their Annual Appeal of enclosing their patio.) Ways to donate to this cause include to call in, drop off, or mail to their address at 810 Rynearson St. Buchanan, MI 49107. (501c3 Tax deductible)

From what I can see, BASC's role is to bring color, update life skills, and instill confidence at a time when humans typically are losing it; to encourage them to take those next steps in life, and to guide and educate our elders at a time when things are increasingly confusing and difficult. Donating to BASC is an investment in ourselves, our families, our foundation and our very own futures! Because honestly, who is thinking about moving away from this beautiful town any time soon?

Never Stop Growing, Buchanan!

Buchanan Area Senior Center - April 2021 Calendar Call prior to any program to register/schedule an appointment, and face mask is required. Bring your own beverages. Bottle water is available to purchase. Exercise / Health / Cards & Games / Educational & Informative & Special Programs / Other Programs				
Monday	Tuesday	Wednesday	Thursday	Friday
Fraud Prevention Class Presented by UFCU Tuesday, April 20, at 10:00 am	Mental Health Forum Part 1 Friday, April 16 at 1:00-3:00 pm	Field Trip to Cannavista Wellness Wednesday, April 7 Meet at the BASC at 1:15 pm	¹ 9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 11:00 Mah Jongg 11:00 Cribbage	² Closed 
⁵ 10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 11:00 Euchre 11:00 Mah Jongg	⁶ 10:00 Fireplace Conversations Ft. Adam Burek 11:00 Blood Pressure Check 11:00 Pinochle	⁷ 10:15 Chair Exercise with Cecil 11:00 Hand & Foot 11:15 Field Trip to Cannavista Wellness 6:00 Pinochle	⁸ 10:00 Chair Yoga with Ulrike 11:00 Mah Jongg 11:00 Cribbage 3:00 Board Meeting	⁹ 8:45 Powerbeats with Missy 10:00 Chair Exercise with Liz 11:00 Fiber Friends 11:00 Movie Matinee: Wine Country
¹² 10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 11:00 Euchre 11:00 Mah Jongg	¹³ 10:00 Fireplace Conversations Ft. Jerry Flenar 11:00 Blood Pressure Check 11:00 Pinochle 2:00 Hearing Aid Clinic	¹⁴ 10:15 Chair Exercise with Cecil 11:00 Hand & Foot 6:00 Pinochle	¹⁵ 9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 10:30 Book Club 11:00 Mah Jongg 11:00 Cribbage 11:00 Monthly Commodities	¹⁶ 8:45 Powerbeats with Missy 10:00 Chair Exercise with Liz 11:00 Fiber Friends 11:00 Mental Health Forum Part 1
¹⁹ 10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 11:00 Euchre 11:00 Mah Jongg	²⁰ 10:00 Fraud Prevention Class with UFCU 11:00 Blood Pressure Check 11:00 Pinochle	²¹ 10:15 Chair Exercise with Cecil 11:00 Hand & Foot 6:00 Pinochle	²² 10:00 Chair Yoga with Ulrike 11:00 Mah Jongg 11:00 Cribbage 	²³ 8:45 Powerbeats with Missy 10:00 Chair Exercise with Liz 11:30 Lunch Bunch 11:00 Fiber Friends 11:00 Movie Matinee: Radium Girls
²⁶ 10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 11:00 Euchre 11:00 Mah Jongg	²⁷ 10:00 Art/Craft 11:00 Blood Pressure Check 11:00 Pinochle	²⁸ 10:15 Chair Exercise with Cecil 11:00 Hand & Foot 6:00 Pinochle	²⁹ 10:00 Chair Yoga with Ulrike 11:00 Mah Jongg 11:00 Cribbage	³⁰ 8:45 Powerbeats with Missy 10:00 Chair Exercise with Liz 11:30 Lunch Bunch 11:00 Fiber Friends

Local Faith – Gratitude Reminder



I Remember to Thank God

by Stephanie Fain

No matter where I'm at in life, I do find it hard sometimes to remind myself to stay faithful and that everything happens for a reason. I find myself in some disappointing circumstances sometimes where I know I am in need of growth. One thing that I have learned since going to BCC, is that no matter where I am in life, whatever I think I messed up, however distanced I feel from my church or God, (my fault) God wants to hear from me. It is not a debate. I find it easier to remember my blessings in the tough times, when I am thankful to God. Everyday, at least once a day, I am finding more and more things to be grateful to God for. I could find new things all day long! I do get depressed, but I remember to put my trust in God and thank Him.

It was hard to do at first, but it gets easier with practice. Being grateful for what one has also makes it easier to give freely to others. Giving to others will always make you feel better. I find new ways to show God I appreciate Him all the time and I am also learning to be quiet about it. The blessings gotta come from somewhere and have to be replaced somehow, right? Realizing that you are satisfied and full, can have an overall impact on everyday mood.

When I am feeling grumpy, I grab a Snickers, park at the duck pond and I bug my Lord and Savior, Jesus Christ. I remind him of all the cool things that are going on. I tell him I am sorry if I have been a pain in the butt. I feel calm, I feel like whatever happens, it's in God's hands now and I am ready to give it my all.

Never stop growing, Buchanan!

Health Huddle – Hints



The Sun and Vitamin Absorption

by Stephanie Fain

Oh, how I have missed you, sun! We have, literally, needed you so much! You are very important to our bodies! How so?

Vitamin D:

- Instructs the cells in your gut to absorb calcium and phosphorus (two minerals that are important for maintaining strong and healthy bones). The very best place to get Vitamin D is from the sun because Vitamin D isn't naturally occurring in too many foods. Lack of Vitamin D has been linked to some very serious health conditions such as osteoporosis, cancer, depression and muscle weakness. When one's skin is exposed to sun, it makes Vitamin D from cholesterol. The sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for Vitamin D synthesis to occur. But watch out! Too much exposure to UVB rays can have its own consequences.
- The best and safest time to absorb Vitamin D is midday. According to a study found on <http://www.pubmed.gov>, cancer causing solar radiation is scattered at times where there are longer wavelengths which are typically in the afternoon and the time when the sun is the highest in the sky is when you will absorb the most UVB in the least amount of time, also making it the most efficient time to absorb UVB rays to create the most Vitamin D. <https://pubmed.ncbi.nlm.nih.gov/18348449/>

Vitamin K:

- Is essential in working with Vitamin D to help your blood clot and your bones grow. Some of the repercussions of being Vitamin K deficient are bleeding, weakness of bones and potentially increase in risk of developing heart disease. One CAN find Vitamin K in some pretty tasty foods! Vitamin K1 is mostly found in leafy greens and have the highest daily value with cooked kale in the lead at a whopping 443% DV of Vitamin K1, followed by all of the different types of cooked greens, swiss chard, broccoli, spinach, and brussel sprouts. K2 is found in meats and fermented greens. A great reference guide to some great ways to get Vitamin K1 and K2 in your daily diet are at

https://www.healthline.com/nutrition/foods-high-in-vitamin-k#TOC_TITLE_HDR_3.

- Just as lack of Vitamin D can cause depression and muscle ache, having enough of this supplement might just affect the mood quite the opposite. Always ask your doctor before replacing medications and supplements.

Do not forget to protect yourself! Your skin is the largest organ on your body. It also absorbs everything, so make sure you know the ingredients in your sunscreen; the more you can pronounce, the better! Don't forget your eyes either, as they need to be protected from the sun too, that way they can continue to store new memories for you.

I am ready, sun! Make me healthy! Never stop growing, Buchanan!



Health Huddle – Parkinson's Spotlight



Still of Christopher Lloyd in the "Back to the Future" Movie Franchise circa 1985-1990

April is National Parkinson's Awareness Month

by Stephanie Fain

"Hang on, Marty, we are workin' on it..."

"I have no choice about whether or not I have Parkinson's. I have nothing but choices about how I react to it. In those choices, there's freedom to do a lot of things in areas that I wouldn't have otherwise found myself in." –

Michael J. Fox



The Michael J. Fox Foundation for Parkinson's Research, www.michaeljfox.org & [Their Facebook Page](#)

April is National Parkinson's Awareness Month. The symbol for that is Tulip Red and its ribbon is silver.

Parkinson's Disease (PD) occurs when brain cells that make dopamine (a chemical that coordinates movement) stop working or die. PD is a long-term degenerative disorder of the central nervous system that mainly affects motor skills (walking, talking, jumping). The symptoms usually appear slowly. As the disease worsens, non-motor symptoms become more common (language, planning, memory, dementia).

"I am careful not to confuse excellence with perfection. Excellence I can reach for; perfection is God's business." –
Michael J. Fox

"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it." – Michael J. Fox

The most obvious early symptoms are tremors, rigidity, slow movement, and difficulty with everyday movement such as walking. Cognitive and behavioral problems may also occur with depression, anxiety, and apathy occurring in many people with PD. Parkinson's disease dementia becomes common in the advanced stages of the disease.

"I see possibilities in everything. For everything that's taken away, something of greater value has been given." –
Michael J. Fox

"I often say now I don't have any choice whether or not I have Parkinson's, but surrounding that non-choice is a million other choices that I can make." – Michael J. Fox

Those with Parkinson's can also have problems with their sleep and sensory systems. The motor symptoms of the disease result from the death of cells in the substantia nigra (a region of the midbrain) leading to a dopamine deficit. The cause of this cell death is poorly understood, but involves the plaque build up in brain cells. This often leads to the Parkinson's related dementia mentioned earlier.

WHERE ARE WE NOW? Hope is everywhere. I simply walked across the street to Cannavista where Brendon Brownlee, and his coordinator Amanda Freeze, were showing a group of local seniors around and doing some patient teaching. I had the privilege of talking to a man who has a passion for and keeps up with alternative medicine and the studies that are showing so much promise! His name is Brendon and he said "CBD, THC, CBC and CBG along with a slew of other cannabinoids are all neuroprotectants."



Cannavista Patient Teaching Event, April 8, 2021, Photo by Stephanie Fain

In a neurodegenerative disease, such as Parkinson's, it is very important that we protect our nerve cells from being destroyed further. "In a study funded by the NIH (National Institute of Health), more than half of the patients reported significant pain reduction, slowing of the degeneration, better sleep, coordination and overall mood." That clinical study of 22 patients Brendon is referring to with PD and smoking marijuana, resulted in improvement of motor symptoms such as bradykinesia, resting tremor, rigidity, and posture, along with non-motor symptoms such as sleep and pain, according to the [NIH website](#).

In another Delta-9 (THC) study, cited below, it was showing that the mitochondrial dysfunction causing the degeneration of neural cells was altered to function correctly. The study was halted, "however side effects have limited its clinical use." <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5216821/>

"Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur." – Michael J. Fox

Since marijuana has started being destigmatized and decriminalized, our seniors are really getting smart about their pain and taking it into their own hands. *Tears* Proud grand-daughter here, myself, of two grandparents who laid down the stigma and the pain pills and began to feel better, laugh more, eat more foods, and sleep like babies.

Never Stop Growing, Buchanan!

“What other people think about me is not my business.” – Michael J. Fox

To learn more or donate to The Michael J. Fox Foundation to help keep good folks like Michael J. Fox's voices from fading away, go to <https://www.michaeljfox.org/>.

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Health Huddle – COVID



Spectrum Health

COVID-19 Response : Keeping You Informed

from Spectrum Health Lakeland

Visitor guidelines to change Friday, April 9

As a result of increasing numbers of patients admitted with COVID-19 and the increase in community positivity rate, Spectrum Health Lakeland will revise our visitor policy effective Friday, April 9 to allow for one adult visitor for the duration of a patient's stay on all hospital inpatient units. Two visitors are allowed for labor and delivery/OB, pediatric patients, and end of life care. No visitors are currently allowed on COVID-19 units. Learn more about the updated visitor policy [here](#).

Traveling during a pandemic

While a getaway sounds delightful, and many of us could certainly use a break from our usual routine, there is still significant risk associated with travel. Our medical experts urge caution for future travel plans, and offer tips to consider before embarking on a vacation.

“We have to remember that we are still in a pandemic,” said Rosemary Olivero, MD, a pediatric infectious disease specialist at Spectrum Health Helen DeVos Children's Hospital.

Dr. Olivero urges anyone planning to hit the road or jump on a plane to carefully consider the risks associated with travel and to consult recommendations from the Centers for Disease Control and Prevention. Please continue to encourage family, friends and other community members to remain vigilant in taking the precautions to prevent continued spread of COVID-19. Frequent handwashing, wearing masks, and social distancing help protect you and those you love.

Fighting against rising COVID-19 numbers

The COVID-19 vaccine is making a big impact on our community and the lives of our friends and neighbors. As of this week, in Berrien County, 45,957 residents have received at least one dose of the COVID-19 vaccine which represents 37% of the total population age 16 and older.

All individuals 16 years and older are eligible to receive a COVID-19 vaccination in the State of Michigan. However, because of the current vaccine supply available at Spectrum Health Lakeland we are only scheduling for

those 18 years and older at this time. Schedule your vaccination appointment at spectrumhealthlakeland.org/vaccine. Check back often as new appointments continue to be added as they become available.

Online vaccine health series

Connecting with one another requires building trust and breaking down barriers. Help us keep our communities healthy by sharing discussions related to vaccination with your colleagues, friends, and family. This topic has already been touched on with a wide range of groups, including Asian Americans, black and brown communities, those in rural and agricultural areas, the LatinX population (conversations in Spanish), seniors, and those with disabilities.

Join the live virtual discussion on Fridays at 9 a.m. on the Spectrum Health Lakeland Facebook page, or catch up on on previous conversations.

Continue to stay up to date with the latest community news and information by following [Berrien County Health Department](#) and [Spectrum Health Lakeland](#) on Facebook.

Spectrum Health Lakeland
[269-983-8300](tel:269-983-8300)
[1234 Napier Ave](#)
[St. Joseph, MI 49085](#)
[USA](#)

Nature Notes – Issue 03



April Celebrations : 4/22 Earth Day & 4/30 Arbor Day

by Jill McDonald

Happy Earth Month! The month of April is full of celebrations to pause and appreciate the earth, as it seems to come alive with warming weather! Let's explore two well-noted holidays, Earth Day and Arbor Day!

Next week on April 22 is Earth Day! Every year on that date many people in the United States and around the globe celebrate the Earth. This annual celebration is intended to raise awareness of environmental issues and inspire personal action towards a sustainable environment.

The history of Earth Day goes back to September 1969 at a conference in Seattle, WA. Senator Gaylord Nelson announced that in the spring of 1970 there would be a nationwide grassroots demonstration on the environment. He wanted to show other U.S. politicians that there was widespread public support for a political agenda centered on environmental issues. According to www.earthday.org, "the first Earth Day was a success

with over 20 million demonstrators participating that year, along with thousands of schools and communities.”

Continuing celebrations in Earth Month, this year on April 30 is National Arbor Day! This national holiday encourages individuals and groups to plant trees. It is typically observed on the last Friday of April every year. However, many states also celebrate their own Arbor Day, to coincide with the best tree planting weather in their regions.

The history of Arbor Day dates back to 1872 to the state of Nebraska. Newspaper Editor J. Sterling Morton had a love for trees and advocated strongly for individuals and civic groups to plant them. Later he became secretary of the Nebraska Territory and proposed a tree planting holiday to be called “Arbor Day.” The celebration was set for April 10, 1872 and prizes were offered for the largest number of properly planted trees on that day. According to the Arbor Day Foundation, “It was estimated that more than 1 million trees were planted in Nebraska on the first Arbor Day.”

So as we remember the holidays that celebrate the earth, let’s also not forget the words from The Lorax, “Unless someone like you cares a whole awful lot, nothing is going to get better, it’s not.”

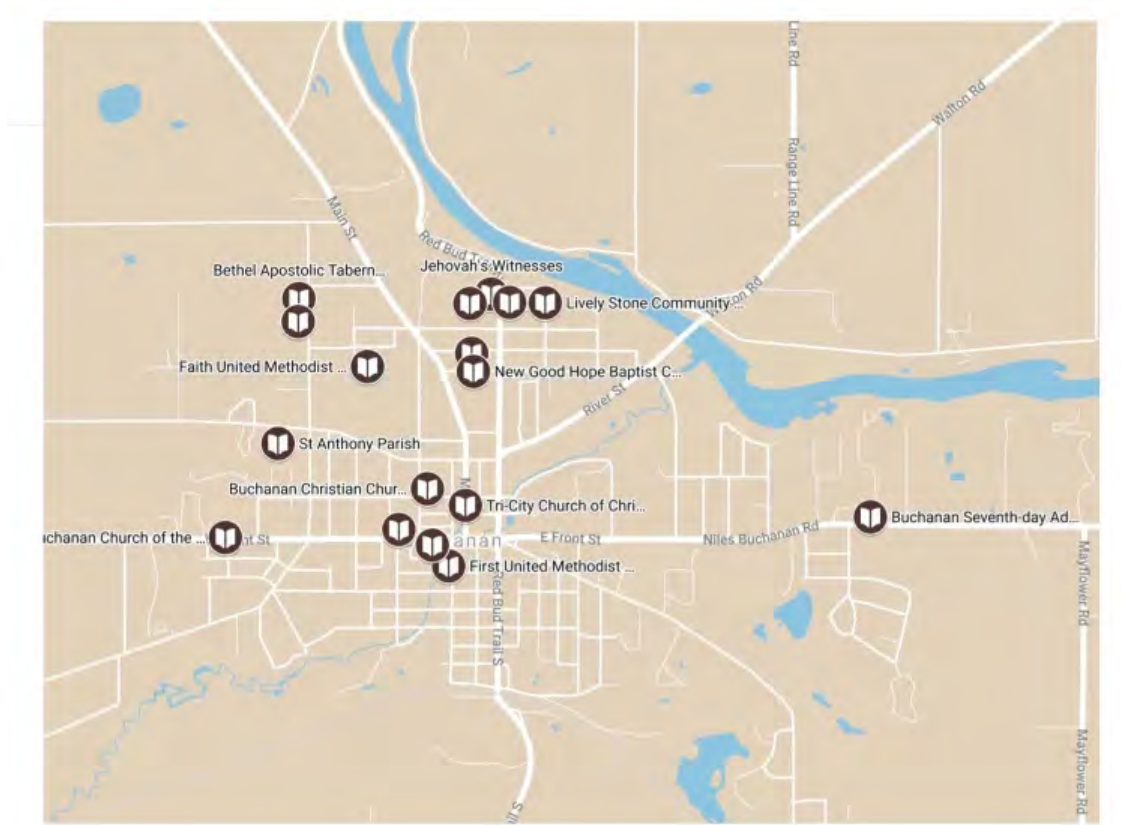
We each can have a positive impact on the earth through our daily actions. Locally, check out and perhaps support The Buchanan Tree Friends, whose mission includes, “improving the beauty of the city’s streets...which will provide shade, environmental and health benefits to all inhabitants of Buchanan.” For further information, check out their page www.facebook.com/BuchananTreeFriends.

Furthermore, did you know that Buchanan was recognized by The Arbor Day Foundation and the Michigan Department of Natural Resources with a Tree City USA diabetic for 2020?! Congrats Buchanan!

For further inspiration, check out www.earthday.org and www.miarbordayalliance.org.

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.

Buchanan Faith Bulletin – Spring 2021

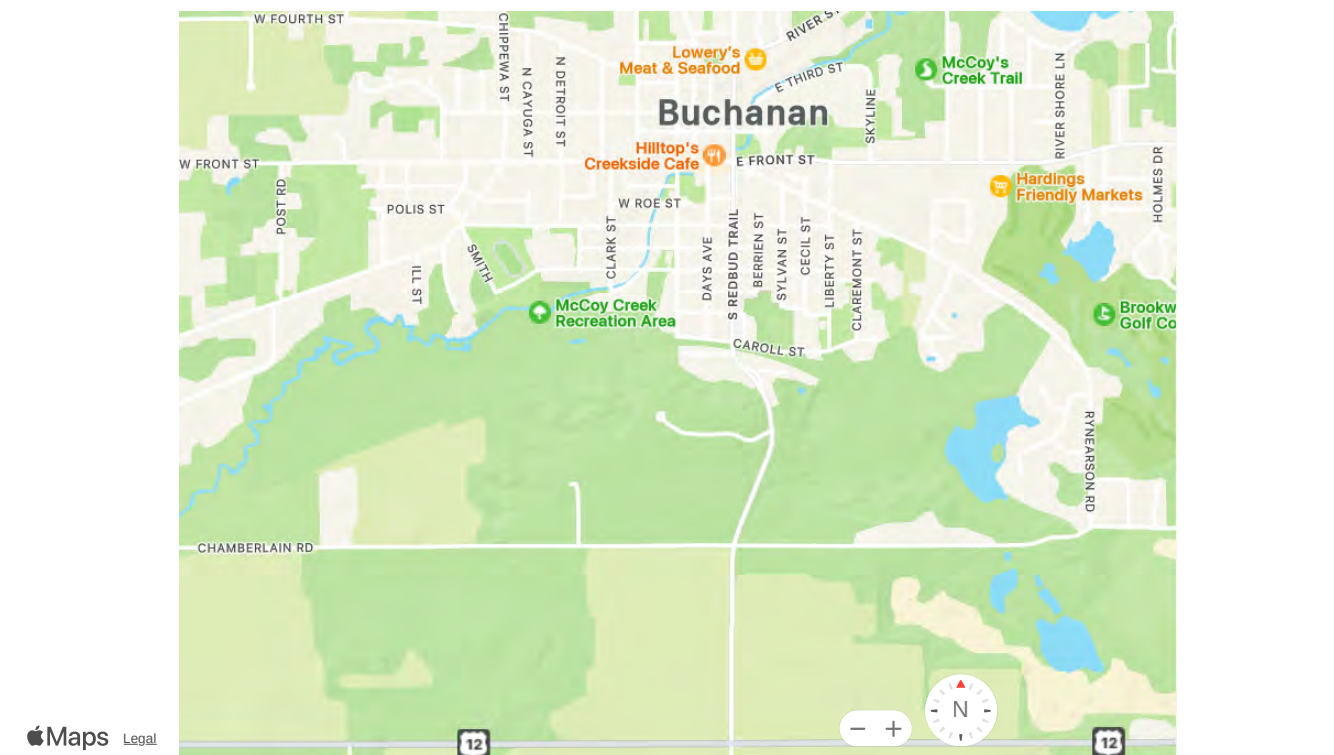


(image links to the Google Map shown)

In this section we've included as many area churches and their information as we could find. Please let us know anything we can add or update.

Church	Address	Phone	Officiant	Link
Bethel Apostolic Tabernacle	945 Chippewa	695-3356	Pastor Paul Deeds	https://www.facebook.com/pages/Bethel-Apostolic-Tabernacle/113727461982163
Buchanan Christian Church	112 W 3rd St	695-6621	Pastor Nathan Babcock	https://www.facebook.com/BuchananCC/
Buchanan Church of the Nazarene	704 W Front St	695-9567	Pastors Brendan & Arica Shea	https://www.facebook.com/BuchananNaz/
Buchanan First Presbyterian	115 W Front St	695-6151	Pastor David Habicht	https://www.facebook.com/First-Presbyterian-Church-of-Buchanan-186459901364201/
Buchanan Seventeenth-Day Adventist Church	3115 Niles-Buchanan Rd	695-6922	Pastor Aron Crews	https://www.facebook.com/buchanansdachurch/
Christian Life Center Church	808 Victory St	697-4440	Reverend Joe Avance	https://www.facebook.com/pages/Christian-Life-Center/1749806871960357
Connect Church Michiana	4720 Niles-Buchanan Rd	269-449-4183	Pastors Greg & Lori Nasstrom	https://m.facebook.com/connectchurchmichiana/
Faith United Methodist Church	728 N Detroit St	695-3261	Reverend Ed Slate	https://www.facebook.com/buchananfirstumc/
Faith Victory Fellowship	13369 N Main St	695-1091	Pastors Dave & Jan Mitchell	https://www.facebook.com/FaithVictoryFellowshipChurch/
First Missionary Baptist	925 Chippewa	695-9615	Pastor Wayman Bond	https://www.facebook.com/fmbcbuchanan/
First United Methodist Church	132 Oak St	695-3282	Pastor Ellen Bierline	https://www.facebook.com/buchananfirstumc/
Hills Corner Bible Baptist	862 Glendora Rd	695-3759	Pastor Nathan Dobson	https://www.facebook.com/tlcglendora/
Lively Stone Community Church	1103 Victory St	695-3422	Pastor H. Quincy Watts	https://www.facebook.com/Lively-Stone-Ministries-118486868202148/
Mt. Zion Church of God in Christ	1102 N Red Bud Trail	695-6940	Pastor Hayes Taylor	https://www.facebook.com/Mt-Zion-Cathedral-Of-Praise-COGIC-105493487802637/
New Good Hope Missionary	112 Fulton St	695-2608	Pastor Bryan Watkins	https://www.facebook.com/New-Good-Hope-MB-Church-111108330546429/

Church	Address	Phone	Officiant	Link
Baptist				
Dronoko United Methodist	3174 Little Glendora Rd	697-5936	Pastor Linda Gordon	—
St. Anthony's Catholic Church	509 W 4th St	695-3863	Father Leo Cartagena	https://m.facebook.com/St-Anthony-of-Buchanan-104875621155434/
St. Matthew's Missionary Baptist	123 Bluff St	695-1357	Pastor Rolland Ellis	https://www.facebook.com/pages/Saint-Matthews-Missionary-Baptist-Church/120299931316664
St. Paul's Evangelical Lutheran Church	212 W Front St	695-9061	Pastor Dan Barz	https://www.facebook.com/St-Pauls-Lutheran-Church-120246434654217/
Tri-City Church of Christ	206 Main St			https://www.facebook.com/TRICityCOCBuchanan/
Trinity Evangelical Lutheran Church of Glendora	1733 W Glendora Rd	422-2554	Reverend Johnathan Liebich	https://www.facebook.com/tlcglendora/



Nature Notes – McCoy's Creek Trail



McCoy's Creek Trail

by Jill McDonald

As the weather is warming and you're getting the itch to get out and enjoy the great outdoors, you need not go far to enjoy a wonderful trail system. Buchanan, Michigan is home to McCoy's Creek Trail!

Peacefully winding through forests with babbling streams, graced with the beauty of woodland spring wildflowers and the melodies of many birds, the E.B. Clark Woods section of this trail, off of Schirmer Parkway, meanders into the heart of downtown Buchanan.

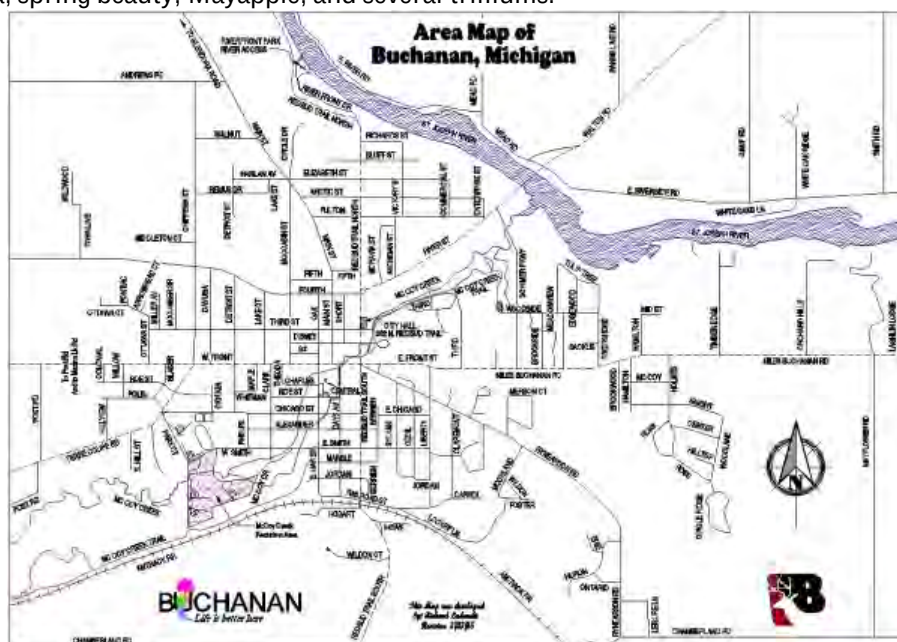
Stop by a local restaurant or coffeehouse on your way if you like and then continue on the trail past the historical Pears Mill, seasonal Farmers Market, The Common amphitheater, Tin Shop Theatre, a mural near Oak and Smith Streets, and then continue southwest of town just behind the McCoy Creek Recreation Area near the Dog Park. The southwest loop is marked as the Elliott Property Entrance. At the end of that section, the pavement turns to a smooth dirt loop trail.



The beautiful McCoy Creek begins in wetlands near the Michigan-Indiana border. It flows northeasterly for 8 miles where it joins with the St. Joseph River in Buchanan. According to the Michigan Department of Natural Resources, the McCoy Creek watershed encompasses 22 square miles.

The Creek is named after Rev. Isaac McCoy who, in the 1820's, fished in the little creek. By the late 1800's, 13 mills had been located on the creek within the city of Buchanan, providing the city with its lifeblood.

All seasons offer unique sights along the trail. Springtime brings continually changing beautiful wildflowers, including hepatica, spring beauty, Mayapple, and several trilliums.



This unique trail system is thanks to The Friends of McCoy's Creek Trail, established in April 2004. For further information, check out their page at: www.facebook.com/mccoyscreektrailbuchanan. For a trail

map, go to www.buchanan.mi.us/item/about-mccoy-s-creek-trail.html.



Buchanan Scarecrow Charities donated to McCoy Creek Trail, Photo provided by Jean Rose



Honor Credit Union donates to McCoy Creek Trail, photo taken from [Facebook](#) of [Karol Behrle](#) of Honor Credit Union (right)

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.

Movie Showtimes – 04/23/21



Wonderland Cinema • 4/16-4/23

Movie	Rating	4/16-4/23 Times
The Girl Who Believes in Miracles	PG	1:00, 6:30
Godzilla vs Kong	PG-13	1:15, 3:45, 4:00, 6:45, 9:00, 9:20
Nobody	R	1:30, 4:15, 7:15, 9:40
Raya and the Last Dragon	PG	12:45, 3:30, 6:15, 9:00
Vanquish	R	1:30, 4:15, 7:15, 9:40
Voyagers	PG-13	1:00, 3:45, 6:45, 9:15



Wonderland Cinema

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Niles, MI 49120

USA

Moore Movie Bucket Policy:

- Moore Movie Bucket Policy
- 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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Forenoon: \$2.50 (before 12pm)

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

Evening – All shows 5:00 PM and after

All tickets: \$5.00

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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