

A



Good Neighbor News

SATURDAY, August 22, 2009

FREE

"Strengthening our local economy"

AGNeighborNews@aol.com

1st Year, No. 5

The Dance

Whispering willows swung their boughs back and forth there on the knoll. I watched as the entire row of about 30 or 40 willows danced in the wind. A child's mind probably could have imagined all types of fantasy and magic that day. My mind, well, my mind was mesmerized by "the dance" as their wispy leaved strands swayed this way and that; bending as if to softly graze the earth beneath them. I could imagine myself doing just that; imitating the dance. It was a

rather windy day that day (winds were probably whipping at around 20 mph or so) and I don't know what possessed me to do it but (let's call it "being caught up in the moment" and leave it at that) without giving it a second thought I just decided to join the willows in their dance and in short order ... POW!!! I found myself getting the beating

of my life! Those willow branches beat me with such abandon that you would have thought it was personal. I got out of there just as quick as I could. Talk about a strong

dose of reality! I can remember my father telling me how little children used to get spanked with willow branches when they misbehaved and it was amazing how quickly that thought returned to me



after I decided to "dance" with the willows and not before. How could something so graceful and so beautiful pack such

a wicked wallop? I hurried down off of that knoll like I was on fire with tiny willow leaves stuck in my hair here and there and little welts rising up all over my arms and legs. The magic of the moment had been "stung" right out of me, I was humbled by my own ignorance and to top it all off I had to wear my little "welt" badges of stupidity for the next few days. I have revisited the "land of the willows" many times since and as can be witnessed by my garden; I love willows even more now than I did then. Why? Because in all of their beauty and grace they remind me that sometimes it is the most



"seemingly" beautiful, desirable things in life that can sting the very most. It was a lesson worthy of learning and I am blessed because of it. (Note to self: no more dancing with willows.)



Superwoman

It's a bird ... it's a plane ... it's ...?

This is my confession of my imperfection. So many times I hear, "wow Bren ... how do you do it? ... You work, you garden, your house is always clean, you bake, you write ..." (Then the dreaded descriptive) "You're like super woman!"

Snap out of it people! Good grief!!! NO ONE CAN DO IT ALL! I hire all my help! (Okay ... not really ... that is my favorite fantasy, though). I wish I could hire all of my help. That would be soooo nice.

I try to get as much done as possible in any given day but it seems I am rushing through my life doing it and believe me, there are no accolades to be given for that! Here is just a small example of what I mean and please don't ask my husband because I am sure (in all fairness) he could share so many more. :)

Flour, sugar, vanilla, sour cream, baking soda ... measuring



... uh oh ... measuring spoons. Good grief, where

are my measuring spoons? The drawer that normally houses the measuring spoons is wide open and there are no spoons of any kind to be seen. The search is on. Cabinets are flung open ... drawers pulled out ... dishwasher opened wide ... no measuring spoons anywhere! Okay, I start thinking that perhaps I can do this without measuring spoons. Maybe I can just "eyeball" those measurements. I mean, really ... how exact do they have to be? As long as I have the measuring cups right here I ought to be able to just breeze through this and serve up a plate of fresh baked cookies in less than 30 minutes. I realize that during my search I am really starting to feel the bristles of anger welling up. Right then Bob walks into the kitchen and I asked (not so softly and perhaps a little accusingly & sarcastically) "Honey ... did you use my measuring spoons and cups?" He looked at me kind of funny and replied "Uh, no ... but ..." I cut him off ... I said "Seriously Bob ... could you please not tease today and just tell me where the spoons and cups are" ... a small smile started at the corners of his mouth (oh no he DOESN'T think this is



funny!) and he starts in, "Uh, honey ..." again I cut him off and suddenly turned away from him while "running" my mouth about how this is NOT funny and then I stopped abruptly ... oh no(!) seriously?! I can't believe my eyes as I managed to pull my focus away from the kitchen and into the adjoining dining room only to see (you guessed it) my baking things all laid out nice and neat on the dining room table. In less than 0.1 seconds I went from 5'9" tall to about 1" tall. I felt deflated. I turned back to my husband just in the nick of time to see him go from a full blown smile to a straight face. In the midst of my humility I realized the worst part of it was that I remembered that one of the first things I did this morning was take everything I would need out of the kitchen so that I would #1 make it a priority to bake the cookies and #2 make it easier on myself in the process. I immediately admonished myself for being so quick to anger as my hubby wrapped me up in one of his big ol' bear hugs and kissed the top of my head. He likes to chalk it all up to



what he refers to as my "Brenda-esque-ness". I am just glad I learned a long time ago how to laugh at myself and I hope one day soon I learn how to slow down a bit. (sigh). Nope ... no super heroes in this house!

Merchants Supporting Our Community:

Look inside for their valuable coupons and Ads.

- A Good Neighbor Heating & Cooling
- Cell Phones Plus, Inc.
- Dutch Country Market
- Healthy Pets
- Homestead Popcorn & Crafts
- Jerry's Standard Service
- Justrite Nails Spa
- Keeping Tabs Tax and Accounting
- LA Enterprises
- R & S Carpet Cleaning
- Rob's Barber Shop
- Rulli's Italian American Restaurant & Catering
- Sundae Best
- Varns & Hoover Hardware Store



Inside The Tea Room

-By Brenda Dwyer

“Daisy loves me more than she does you.”
 “No she doesn’t!” “She gives me kisses!”
 “She gives me kisses too!”
 “No she doesn’t!”
 And so it went ... the beginning of the strains of love.

I was a mere observer. I happened upon two young toddlers as they swung back and forth on a see-saw swing. One of the toddlers is my grandson, Cubby. The other child is the daughter of his mother’s friend. I have no idea what the conversation was prior to my arrival but once I sat down and Cubby

asked me where Daisy (my dog) was the conversation above ensued. Cubby immediately “threw on the brakes” by straightening his little legs and holding them fast and they both came to an abrupt halt. He turned red in the face and was adamant about the fact that Daisy loved him more. What amazed me so much more about this particular conversation is that I couldn’t believe either one of them even remembered Daisy ... let alone fight over her affections in conversation. Soon enough the young lady quietly acquiesced (with a splendid look of “knowing” on her face) and her argument was surrendered. I thought to myself, “oh honey ... this is just the beginning.” Such is the way of love and

relationships between male and female. We learn early on how to stage and wage our battles. Those of us, who are lucky enough, learn to quietly surrender those conversations which really don’t have much bearing on our lives in general and save our arsenal of arguments for those that do. Oh ... as for Cubby and his little friend ... well ... just in that final moment of resignation Cubby’s mom yelled out something about ice cream and what could have been an awkward moment of silence became a jubilant celebration! Love can be so sweet! Visit The Tea Room at www.agoodneighboronline.com - just click on The Tea Room on the Home Page menu.

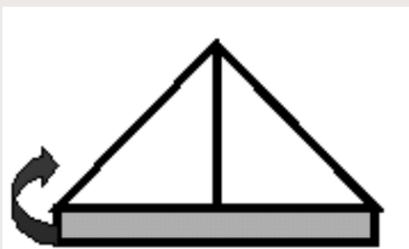
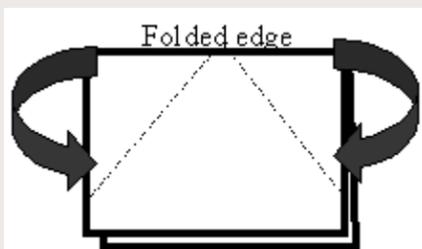
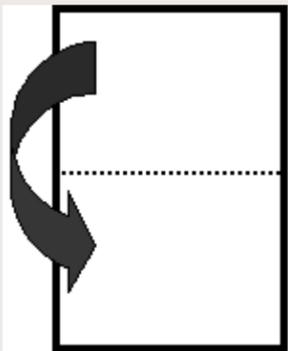


Child's Play

Newspaper Sailors Hats

Materials:

- for small hat: 8 1/2 x 11 piece of paper
- for child sized hat: 1/2 sheet of newspaper
- OPTIONAL: scotch tape



- Fold the paper (or the 1/2 sheet of newspaper) in half
- Fold down each side to make triangles
- Fold one bottom flaps up
- Flip the hat over and fold the other bottom flap up
- add a bit of scotch tape if you like

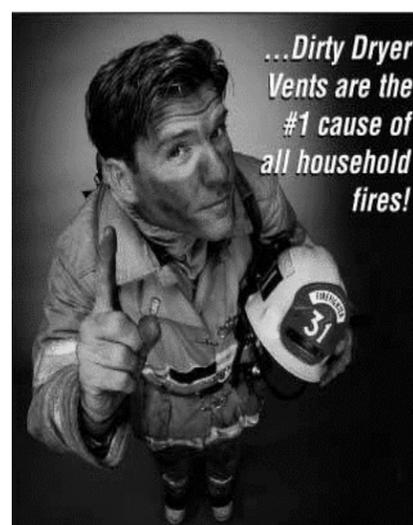
Water Heaters



~Free Estimates~
**A Good Neighbor
 Heating & Cooling**

55320 County Rd 8 Middlebury IN 46540

574 825-1677



**FREE ESTIMATE
 Dryer Vent Cleaning**



**A Good Neighbor
 574 825-1677
 55320 County Rd 8
 Middlebury IN 46540**



**SHHH..
Did You Hear?**

(Don't tell anyone!!!)
A Good Neighbor is giving
away a Free High Efficiency
Gas Furnace



**I WON'T TELL ANYONE!
What's the Scoop???**



It's true! A Good Neighbor is going to give a new furnace to some lucky winner and you'll never believe this ... but they're going to install it for free too! I know you're thinking this is too good to be true but I just got off of the phone with a very close friend (she's a very reliable source) and she told me that Bob just came out to their house and told them about this contest! I'm going to call them myself to find out how to enter! I hope I'm not too late!!!

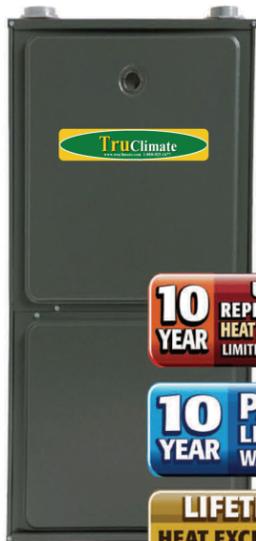
Free Furnace Contest

Win this furnace



**Someone is going
to win this furnace
it could be you!**

**But only if you
enter to WIN!**



Questions and Answers

Why Is Bob Giving away a furnace?

It's a good way to advertise and it's fun. He likes doing different things; he says he can't wait to see the look on the winner's face.

Why is this limited to Middlebury, Shipshewana and Bristol?

He wants this to be something for just the local people; his neighbors and the readers of the Good Neighbor News.

Why does my furnace have to be at least 15 years old to enter?

He wants the furnace to go to someone that really needs a new furnace, and replacing an older furnace will save energy and natural resources. He wants this to make a difference.

Is A Good Neighbor being paid to do this? What's the catch?

No catch - no secrets. Bob is doing this himself ... no one is paying or giving any product to A Good Neighbor. The contest just has some simple rules to keep it fair for everyone.

Contest Rules: No purchase necessary to enter or win

#1 ELIGIBILITY:

The home must be in Middlebury, Shipshewana or Bristol. You must own the home. Contest for single family residential properties only. You must have a working gas forced air furnace at least 15 years old to enter. You must allow us to verify the age of your existing furnace and take a digital photo before your entry is accepted.

#2 GENERAL:

All entries accepted will be placed in a drawing. The drawing will take place on or before 09/15/2009 All entries must be called in before 09/04/2009 we must verify the age of the existing furnace before 09/11/2009 The winner must allow us to take their photo with the new furnace and allow us to advertise the contest results with the picture. The winner must allow us to install the new furnace in what we deem a timely matter. The property owner (winner) will be responsible for any permits or outside fees. A Good neighbor will supply a high efficiency gas furnace and a standard installation. Additional options or services will be at the winner's expense. A Good Neighbor will decide what a standard installation is.

#3 HOW TO ENTER:

You must call to request an entry form before 09/04/2009 Call A Good Neighbor at 574 825-1677 you must arrange to verify existing furnace age.

CALL NOW TO ENTER:

574 825-1677



**A Good Neighbor
Heating & Cooling**



55320 county Rd 8 Middlebury IN 46540
Fax 574 825-1368 toll free 1888 825-1677
Email bob@agoodneighboronline.com

Visit us on the web www.agoodneighboronline.com



Too Booked to Look



Why is it that some of us love (emphasis on l-o-v-e) to organize our lives in such a way that pretty much every moment is predictable and there is hardly any room for spontaneity? Take a certain person I know (who shall remain nameless) that has every day pretty much “pre-programmed” down to menus, events, bedtimes and well, you get the picture. Part of me admires part of that routine, however, there is a much larger part of me that loves (again ... emphasis on l-o-v-e-s) to leave room for events that just happen. I love surprises and at the end of any given day I can go to bed thinking of all

of the wonderful, surprising moments throughout the day. Take today, for instance; already this morning when I came into the office I caught a beautiful smile from a special someone who shares office space with me and it was as welcomed as it was unexpected, then not much later my husband came out of his office and was playful with me; which was very unusual, yet welcomed. That wasn't all ... my dog Daisy came to greet me in the house when I went back in to eat a quick breakfast and as I was on the way inside I noticed that the chicks are starting to sprout “real” feathers. The point is, I am

not so caught up in a schedule that I miss all of the beauty that surrounds me in life. I am not so focused on what is supposed to be taking place “next” that I am missing what is taking place “now”.

It wasn't always this way for me though. I can remember a time less than 10 years ago when my life was full of purpose and power and people depended heavily on me for their livelihoods which had me rushing through my days and nights and before I knew it years had passed and I couldn't really put my finger on where they had gone. *Years had passed.* I can barely recall anything sig-

nificant during those years. No memories that pop out at me ... none that tug at my heart. Oh sure, I can remember business events but in retrospect they are invaluable to me now. I want desperately to remember fun times I shared with my children & my family during those years yet they escape me. Why? Most assuredly it is because with purpose and power comes stress, unbelievable stress which stunts our ability to retain memories of much of anything outside of the arena which we must be focused in. So sad, yet I am so thankful that in hindsight I can now see how vitally important it is to live

in the moment with just a healthy awareness of what comes next. You never know what you're bound to see if you just pause long enough to look. Life is so much sweeter now than ever before! Now where is that playful husband of mine ...



From our Kitchen

Mom's Zucchini Bread

INGREDIENTS:

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

DIRECTIONS:

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Howdy Neighbor! What's wrong? You couldn't find your favorite

merchant here in the coupon clip-n-save portion on the back page of the Good Neighbor

News? Well, let me help you out...

just clip this coupon and hand it to that favorite merchant of yours and have them

call Brenda

at 574-825-1677.

Let's work together to make sure their coupon is in next month's issue!



~A Good Neighbor News~

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Are You Doing All You Can To Protect Your Family From The Swine Flu Pandemic?



If you think the danger from the H1N1 virus (Swine Flu) is over, think again. It's getting worse. Until a vaccine is developed, the only way to prevent infection is to avoid contact with the virus.

So far, the only advice coming from the medical community is to take normal precautions; cover your nose and mouth with a tissue when you cough or sneeze, wash your hands often with soap and water, avoid touching your eyes, nose or mouth. That's sound advice to be sure, but it doesn't go far enough. That should be your **last line of defense**.

While these measures may help reduce the **spread** of the virus, they do nothing to **eliminate** it. That's where we can help. We believe a layered defense that utilizes state-of-the-art Indoor Air Quality technology is your best bet.

Layer 1: Attack the Virus Before it Attacks You

There is nothing you can put in your home that is more effective at killing viruses than a duct-mounted **UV Air Purifier**. This unobtrusive unit stays out of sight and out of mind while helping eliminate contaminated air particles that could be circulating throughout your home. It works continuously to destroy the bacteria and viruses that are cycling through your air conditioning or heating system, 100-150 times per 24 hour period.

This is the same technology that's been proven to reduce infections in operating rooms, and is regularly used in infectious disease clinics and laboratories. Using a UV Air Purifier, the H1N1 virus can be destroyed before it has a chance to infect you or your family. That's proactive protection that will help keep everyone in your home safe and healthy. That's peace of mind.

Layer 2: Build an Invisible Barrier Against Bacteria and Viruses

Your second layer of defense should be your air filter. Regular air filters do nothing to keep you healthy; they're designed to protect your equipment. An **Electronic Air Cleaner** is quite different. This specialized filtering system can prevent up to 98% of pollutants from circulating through your home, including mold spores.

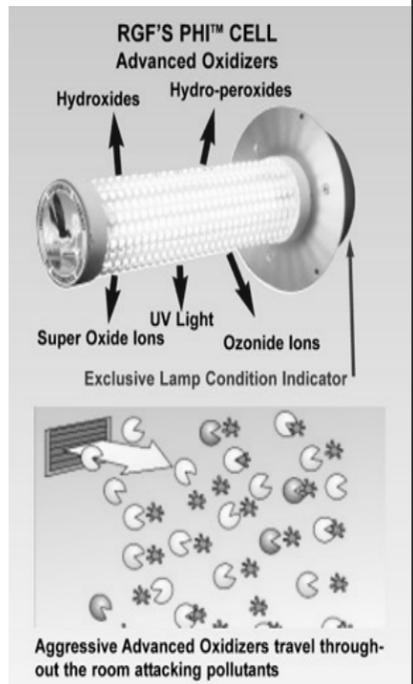
Using an EAC in conjunction with a UV Air Purifier gives you tremendous protection from the harmful particles that make indoor air 5 times more polluted than outdoor air.

Layer 3: Prepare Yourself for the Fight

Finally, one of the most overlooked factors in the spread of viruses is humidity, or lack of it. Your heating system acts as a dehumidifier, and it works really well. In fact, it can lower your humidity to unsafe levels. Low humidity is said to be one of the main reasons the flu is more common in the winter.

The optimum range for indoor humidity is between 40-50%. There's evidence to suggest that as your sinuses dry up due to low humidity levels, you become more susceptible to infection.

Installing a **Whole-House Humidifier** will bring the humidity levels in your home back to normal. That means your family will be more resistant to any bacteria or viruses that may sneak past your filtering system, and you'll be less likely to pick up the virus during the course of your day-to-day activities outside your home.



Our Complete Solution The Best in Protection

This package of products—our Layered Defense against Swine Flu—is a must for any homeowner. Unfortunately, you can't run down to the hardware store and buy them. Each piece requires proper installation by a trained professional.

Our company specializes in this type of work, you can be sure we know what's best for your home. Our certified technicians can help in protection **from SARS, NORWALK VIRUS, AVIAN INFLUENZA (BIRD FLU) and other virus such as (MRSA) and (STREP)** We encourage you to call right away to speak with one of our Indoor Air Quality experts. We'll be happy to tell you more about our products and how you can protect your family as this pandemic continues to spread. We'll even come by for a free evaluation to ensure we provide you with the perfect solution for your home.

A Good Neighbor

Indoor Air Quality Experts

574 825-1677

55320 County Rd 8
Middlebury IN 46540

FREE
Estimates

www.agoodneighboronline.com



CLASSIFIED ADS

ITEMS FOR SALE

AUTOMOBILES



1965 Cadillac Coupe DeVille convertible, white with red leather interior. Road-ready, smooth driver! \$11,500.00 Firm. Serious inquiries only! Call: 574-361-3317.

BUSINESS FOR SALE

BUSINESS FOR SALE Banner Office Etc., Inc. Screen printing & much more! All equipment & customer list. No real estate. Call (574) 202-4476.

BUILDING SUPPLIES

Drywall 50 sheets \$100.00 5/16" or 5/8" thick, 8ft - 2X4's \$2.00 each, Vented Vinyl Soffit \$65.00 per square. Call for appointment (574) 848-1445.

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PROPERTY



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Foxwood Hills Property on three lots. Private well and septic. \$25,000. Call: 574-238-9080 for more information.

FREE

HOME HEATING OIL - FREE - if you remove. For details Call: 574-238-5863.

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**A Good Neighbor
Call: 574-825-1677
for information
Fax 574 825-1368**

www.agoodneighboronline.com

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- You must pass a drug test.
- You must have a driver's license in good standing with a good driving history.

If you're looking for a full time career position with a company that cares; call for a completely confidential interview. Your privacy will be respected. Is this the opportunity you have been waiting for? Call A Good Neighbor Heating & Cooling to find out.

**A Good Neighbor
Heating & Cooling
55320 County Road 8
Middlebury, IN 46540
(574) 825-1677**



Thank you to our participating Merchants!

Community Coupons are available on the back page.

Be sure to clip these coupons and stop in and save at your local businesses!

Place YOUR classified AD here! Sell, trade, seek or give it away!

**.25¢ Per Word,
\$5 minimum.**

Call 574-825-1677
or email:
AGNeighborNews@aol.com.



What our Classified AD Section can do for you:

A picture is worth a thousand words! Add your picture to your classified AD!

The Good Neighbor Newspaper goes out to every business, church, organization and household in Middlebury, Bristol and Shippshewana! It is a full saturation mailing that consists of a circulation of over 11,000 addresses! For a small fee of \$5 or more, you can have your advertisement in the hands of well over 11,000 people, depending on how many individuals are at each address.

**Call now to secure your spot!
574-825-1677**



We now offer the addition of pictures to any classified AD! A one column x up to 1" Photo can be added for only \$10. A two column x up to 2" Photo can be added for only \$20! Call us at 574-825-1677 or email: AGNeighborNews@aol.com.

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Expires Sept.
19, 2009.



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price buffet
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value of
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Buy any brand
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get the 2nd of
equal or lesser
value for
20% off!



Jerry's Standard Service

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101 N. Main St. • Middlebury, IN

FREE TIRE ROTATION w/any service

MUST present coupon. Coupon expires Sept. 19, 2009



**VARNS & HOOVER
HARDWARE**

101 S. Main St. • Middlebury, IN
PH: 574-825-2705

FREE

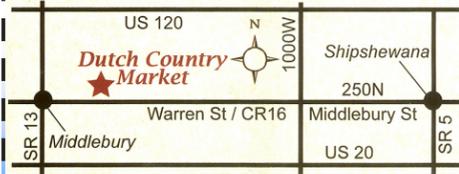
1 Single sided Key or 1 pkg. of Light Bulbs
w/any purchase at V & H Hardware.

MUST present coupon. Coupon expires Sept. 19, 2009

**Dutch
Country Market**

11401 CR 16 Middlebury

574-825-3594 • OPEN: M-F: 8:30-5:30, Sat: 8:30-4



PA Dutch Chow-Chow



**Buy 1 pint
Get 1 FREE!**

MUST present coupon. Coupon expires Sept. 19, 2009



Rob's Barber Shop

Down Town Bristol (Vistula St.) 574-370-1361

\$5.00 CHILDREN'S, 12 yrs. & under
Reg. \$11.50 **Haircut**

Adult's (over 12) \$8, Reg. \$11.50

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Sept. 19, 2009**

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**FIND THIS FURNACE & HOT WATER
HEATER & THEN ENTER TO**

WIN \$100.00!!!

The image of this furnace is hidden somewhere within our website. Just go to www.agoodneighboronline.com and search thru the many pages to find the image. Once you have found it just click on CONTACT US in the menu then click on the EMAIL US option and fill out the information therein. Be sure to include where you found the furnace image! Your entry will be included in the drawing to be held on September 8, 2009. The winner will receive \$100.00 and will be announced in the September 19 issue of the Good Neighbor News. **Happy Hunting!!!**



A Family Restaurant Now Open for lunch and dinner!
Mon - Sat 11AM to 10PM, Sun: 4-10PM
In Spring Valley Plaza on US 20 (across from Northridge)



~Locally raised Angus Beef ~
Grilled burgers & Steak sandwiches
Fried Mushrooms, Cauliflower and French Fries
Shakes, Sodas, Sundaes & so much more!

~Daily Specials~

Carry-out: PH: 825-4444.

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OFF!**

Your total purchase!
Limit one discount
per party, per visit.

**MUST present
coupon. Expires
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