

## OAKWOOD'S HAWAIIAN HOMECOMING PARADE



On the street in the middle of town was a street painting. Every year a painting is done and is dedicated to something special. This year's painting was dedicated to Our Sons and Daughters serving in the military in Paulding County. Picture by: Sandy Dobbleaere

By: Sue Knapp

Labor Day rang in Oakwood's annual parade with a theme this year of "Hawaiian Homecoming". The weather was perfect and people lined the streets in anticipation of the parade.

The parade was announced by Chris Slattery and Mike Maag, sports commentator from WPAU Radio Station.

Ryan Lumpkins from Paulding County High School sang the *Star Spangled Banner* with the Color Guard standing at attention.

There were floats from the town's businesses and churches and businesses from out of town, as well as, dignitaries from town, and contest winners along with the politicians. The impressive equipment

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## NEW SCHOOL RECORDS FOR WAYNE TRACE ATHLETES

Wayne Trace senior wide receiver Jay Priest broke two school records in Friday's win over Waynesfield Goshen.

Receiving Yards - Priest now has 1,562 for his career, breaking the old record of 1,498 set by Jay Bidlack.

Touchdown Receptions - Priest now has 19 for his career, eclipsing the old record of 18 by Chandler Groves.

Both records were broken on the 60 yard touchdown pass from Riley Linder to Priest with :37 seconds left in the first half of the Raiders' 53-15 victory.

## COMING SOON: HEALTH FAIR TO PAULDING COUNTY

I can't believe that a year has gone by since our first Health Fair. It has been a year and preparations are almost completed for the next fair. It will be held the first Saturday in October (10/7/06).

We will again have the lab techs from Paulding Hospital, as well as hearing screening, blood pressure screening, home health (will have ability to check your skin for sun damage), durable medical products, dental hygiene rep, VNA of Paulding County (flu vaccine if available), and Karen Fetter with her true love waits program.

New this year is the fitness center from Paulding Hospital, County Health Department nurses with information of new immunizations and also information about colon cancer, plus hemacult test kits will be available at minimal cost. A representative from our new assisted living facility will be there. A representative with diabetic care information; social security; and senior center. A nutritional specialist will be there to answer your dietary questions. Last but not least, a massage therapist.

A brunch will be available (free will offering) Watch for posters at various businesses.

All these people have committed their morning for your benefit. And if nothing unforeseen happens, they will be there. Hope you will be there too.

## OHIO'S HUNTING TRADITION CONTINUES AS 2006-2007 SEASON GETS UNDERWAY

Weekly column by: State Senator Lynn Wachtmann

This fall, as the leaves begin to change, kids head back to school, and the high school football season gets underway, thousands of Ohio hunters are also preparing for the start of another hunting season. For more than a century, hunting's social foundation in many Ohio families and the tremendous cultural and economic impact it has had on our local communities, has worked to foster a strong hunting tradition in the state. In fact, according to the Ohio Department of Natural Resources (ODNR), Ohioans purchased more than 1.7 million hunting licenses last year.

ODNR has published the new 2006-2007 hunting and trapping regulations, with opening day set to kick off on September 1st. This season, Ohio has a new apprentice license program aimed at promoting hunting and increasing access to the sport. The program, which was created as part of Rep. Steve Buehrer's (R-Delta) House Bill 296, allows a person to

(Continued on Page 6)

## THANK YOU

I would like to thank my family and friends for the beautiful birthday cards, gifts and coming to my party at "The Rock".

—Dolores Wobler

## CURVES COMES TO PAULDING



Jeff & Glenda Ferris along with Clip Clippinger, President of the Paulding Chamber of Commerce, Mark Ferris of First Federal Bank and the Curves staff join to cut the ribbon for Curves Grand Opening.

Curves, the world's largest fitness center, had their Ribbon Cutting on September 5 at 12:00.

Owners Jeff and Glenda Ferris are excited to offer women of the area a place to go where they can feel comfortable while working out, with one on one training and the opportunity to be able to

encourage each other.

The Grand Opening Week is scheduled for September 5 - 8.

The normal hours will be from 7:00 a.m - 7:00 p.m. Monday through Friday, closing for lunch from 1:30 - 2:30 and on Saturday from 8:00 - 11:00 a.m. Hours are subject to change.

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**ELECT KAY LANGHAM**  
FOR  
**PAULDING COUNTY COMMISSIONER**  
★ ★ ★ ★  
In 2004, I had the privilege and honor to serve as interim county commissioner. Because of this opportunity, I have first-hand knowledge, and I know and understand the duties of a county commissioner.  
**THE COUNTY BUDGET**  
The biggest responsibility that every commissioner in the state faces is balancing the county budget. So, you might ask, "What does that mean?" It means that although it is not an easy task, the budget process is critical to the financial well-being of county government.  
First, in preparing a budget, commissioners need to project what the anticipated annual revenue or income will be for the upcoming year so they know what they will have to work with. This becomes complicated as sales tax receipts, interest on investments, local government funding and other revenue items won't necessarily be what they were the previous year. Commissioners rely on many sources and study the trend of previous years to get as accurate a figure as possible for the anticipated revenue.  
The next step is meeting with all elected officials of the county offices and reviewing with them their individual line-item figures and the total of their budget requests for the upcoming year. Looking again at the trend of previous years, if one line item appears out of line, the commissioners want to know the reason. Major increases in expenses can really be a "blow" to balancing the budget as well as unfunded mandates for judicial costs, prisoner costs and Board of Elections.  
Finally, the commissioners compute the total budget requests from all departments and subtract that total from the anticipated revenue figure. Depending upon what the bottom line is, it may be necessary to meet again with county department heads to verify their requests. The final goal is to have a balanced budget, one where the anticipated revenues cover the allocations to all departments. To achieve this, it is important that the commissioners and county officials cooperate with each other to maintain a fiscally sound county government.  
**I have the experience and ability to serve as your commissioner. I am asking for your vote on November 7th.**  
Paid for by Committee to Elect Kay Langham, Terry McClure, Treas. 2684 Road 151, Grover Hill, OH 45849



**OBITUARIES**

**Evelyn M. Allensworth**, 90, of Paulding, died August 31, at Hawthorn Court Nursing Home, Paulding.

She was born January 22, 1916, in Bowling Green, OH, the daughter of Joyce and Erba (Cline) Shuman. In 1935, she married Alden E. "Doc" Allensworth, who preceded her in death on May 2, 1996. She was a member of Paulding United Methodist Church, and the United Methodist Women Club. She was a sales clerk for the former Cassel Jewelry Store, Paulding, member of the former Corona Chapter of the Order of the Eastern Star #95, Paulding, a charter member of the John Paulding Historical Society, and the Friends of the Library, Paulding.

She is survived by a son, John (Diane) Allensworth of Snellville, GA; two granddaughters: Elaine (Steven Meyers) Allensworth of Chicago, IL and Elizabeth (Brian) Winters of Madison, IN; and three great-grandchildren.

She is preceded in death by her parents, husband, and a brother, Arnold Shuman.

Funeral services were held September 5, at the Paulding United Methodist Church, Paulding, and Reverend Ben Lowell officiated. Burial was in Paulding Memorial Cemetery, Paulding.

Donations may be made to Friends of the Library; Hawthorn Court Nursing Home Activity Fund; or Paulding United Methodist Church.

**Robert B. Rice**, 81, of Antwerp, passed away August 31 at his residence.

Born in Corydon, PA on May 26, 1925, he was the son of the late Hiram and Stella (Cargill) Rice. He served in the U.S. Army as a S/SGT in WWII.

On April 6, 1947, Bob married Eileen Shedrow, who survives.

He retired as a Maintenance Welder at Uniroyal Goodrich, Woodburn.

Bob attended the First Baptist Church of Antwerp and was a member of An-

twerp VFW Post 5087 and Hicksville Eagles. Along with his family and friends, Bob enjoyed camping.

He will be sadly missed by his wife, Eileen; daughters: Kathy Payton of Antwerp and Nanci Coil of Paulding; son, William Rice of Antwerp; sister, Phoebe Dundon of Allegheny, NY; five grandchildren; and twelve great-grandchildren.

Bob is preceded in death by two sisters.

Funeral services were at Dooley Funeral Home, Antwerp, on September 4, and Rev. Jim Edwards officiated.

He was laid to rest at Mauder Cemetery, Antwerp with military honors from Antwerp VFW Post 5087.

In his memory contributions may be made to Paulding Hospice or First Baptist Church of Antwerp Building Fund.

Condolences and fond memories may be shared at [www.dooleyfuneralhome.com](http://www.dooleyfuneralhome.com).

**Virgil F. Miller**, 93, of Paulding, died August 31, at the Hawthorn Court Nursing Home, Paulding.

He was born April 9, 1913, in Grover Hill, OH, the son of Morton and Clara (Louth) Miller. On July 10, 1938, he married Wanda G. Uhlenhaker, who survives. He was a farmer and former owner/operator of Miller Brothers Hatchery, Oakwood.

He is survived by his wife, Wanda Miller of Paulding; four daughters: Diana (Robert) Eisel of Findlay, OH, Myrna (Norman) Cook of Paulding, Marlene (Dan) Hartwick of Plano, TX, and Nylice Lawson of Bear, Delaware; a brother, Wilbur (Lila) Miller of Port Charlotte, FL; ten grandchildren; and eleven great-grandchildren. He is preceded in death by his parents; two brothers: Melvern and Howard Miller; three sisters: Treva Smialek, Irma Myers, and Ruby Goodwin; and an infant sister, Katherine Miller.

Funeral services were held September 6 at the Den Herder Funeral Home, Paulding and Reverend Ben Lowell officiated. Burial was in Paulding Memorial Cemetery, Paulding.

Donations may be made to Gideon's International or Paulding United Methodist Church.

**Helen E. Varner Thomas**, 91, of Oakwood, died September 2 at the Country Inn Enhanced Living Center, Latty.

She was born in Oakwood on May 6, 1915 the daughter of Walter C. and Melvia (Wolff) Harmon. On January 11, 1936 she married Fred E. Varner who died July 30, 1942. On February 18, 1946 she married David Thomas who died November 2, 1970.

She was a sales clerk for the former Risley's Drug Store of Oakwood, for 25 years, retiring in 1976. She was a member of the Cornerstone United Methodist Church of Oakwood.

Surviving are one daughter, Barbara Ott of Findlay, Ohio; one son, Fred "Bill" (Linda) Varner of Paulding; one step-son, Donald (Jean) Thomas of Continental, Ohio; and one step-daughter, Thelma Thomas of Fort Wayne, Indiana; eleven grandchildren, four step-grandchildren; 25 grandchildren; 5 step-great-grandchildren; and one great-

great-grandchild.

She is preceded in death by her parents; two husbands, Fred Varner and David Thomas; one son, Roger Varner; one grandson, Ronald Varner; two half-brothers: Floyd Harmon and Bernard Brown.

Funeral services will be conducted at 11:00 a.m. Thursday, September 7, at the Cornerstone United Methodist Church, Oakwood. Pastor C. Michael Brown will officiate. Burial will be in Sherman Cemetery, Oakwood. Calling Thursday morning one hour before services at the church.

Memorials to Paulding County Area Visiting Nurses/Hospice, The Country Inn Enhanced Living Center or The Cornerstone United Methodist Church.

**LIVING LIKE CHRIST**

**By: Pastor Jeff Shadowen, Westwood Fellowship, Woodburn**

Last week I attempted a whirlwind review and a start to our next spiritual discipline - submission. It is the third of three tough "s" word disciplines - sacrifice, surrender and submission. This week, we should be able to complete this topic and move on to some other complementary disciplines.

If you can still remember, I left you with two questions and a Bible reference as we finished up last week. Here are those two questions. 1) Where do you see submission most clearly laid out for us in human relationships? 2) Why?

The answer to that first question is in marriage/family relationships. The reference that I gave you, Ephesians 5:21 is both the climax to the previous verses that deal with Christian living, in general, and the foundational verse for the thoughts which follow related to marriage. Verse 21 says, "Submit to one another, out of reverence for Christ."

Verse 22 states, "Wives, submit to your husbands as to the Lord."

Verse 25, "Husbands, love your wives as Christ loved the church and gave himself up for her."

Ephesians 6:1, "Children, obey your parents in the Lord, for this is right."

Verse 4, "Fathers do not exasperate your children . . ." Then "slaves" in verse five and "masters" in verse nine and all New Testament family relationship except children to children and grandparents were covered.

Why is submission so important in these most intimate of human relationships? Because submission, mutual submission, is absolutely essential here. It is the "glue" that holds intimate relationships together. This holds true for family and it also holds true for the church family. These are the two "institutions" that the Lord gave us as humans.

Here is that definition of the discipline of submission, mutual submission, as taken from the "Spiritual Formation Bible"—subordination to the guidance of God; within the Christian fellowship, a constant mutual subordination out of reverence for Christ, which opens the way for particular subordination to those who are qualified to direct our efforts toward Christ likeness and who then add the weight of their wise

authority on the side of our willing spirit to help us do the things we would like to do and refrain from doing the things we don't want to do."

I realize that this will sound like "a lot of definition" at first reading. But if you will note - mutual subordination. . . out of reverence for Christ . . . to move us towards Christ likeness, and remember that the "leader" is submitting as well - a servant, not a "driver", then you should be able to see the beauty and the necessity of mutual submission.

**OAKWOOD BRANCH LIBRARY UPDATE**

The Oakwood Branch Library of the Paulding County Carnegie Library will be starting an adult book club. The Thursday Night-Owls Book Club will meet the 3rd Thursday of each month starting in September through May 17th at the Cornerstone United Methodist Church at 200 Main Street in Oakwood.

We will be reading one book each month and you may pick up your copy at the Oakwood Branch Library. Our first book will be "Friendship Cake" by Lynne Hinton. Copies will be available at the library.

Do you want to widen your literary horizons? Want to read that book everyone's been talking about? Then come and join us on September 21.

—Sue Thomas, Oakwood Branch Library

**PRIME TIME GROUP WITH PAULDING CHURCH OF THE NAZARENE PLAN TRIP TO HOLMES COUNTY**

If you are fifty and over, the Prime Time group would like you to join them for a day of fun and fellowship. They will be traveling to Holmes County on September 29, to explore and enjoy Amish country life. You will experience a variety of activities such as a tour of the Heinis Cheese factory, a meal at an Amish homestead, and a visit to an Amish owned apple orchard, chocolate factory, and bakery. There will also be time for shopping.

If you are interested in visiting Holmes County or sharing in some of the activities of the Prime Time group, please contact Joyce Nickols at 419-399-2151 or Joan Hoisington at 419-399-2160. The deadline for the Holmes County tour is September 13.

The Prime Timers from the Paulding Church of the Nazarene enjoy breakfast together the first Saturday of every month and many other activities throughout the year. They have attended the Living Christmas Tree in Fort Wayne, traveled to the historic Sauder Village in Archbold, and enjoyed a great time at Bearcreek Farms.

**Jesus said, "I am the way, the truth and the life. No one comes to the Father except through me." John 14:6**

**Beef & Noodle Dinner**  
 Sunday, September 17, 2006  
**Flat Rock Festival**  
 Paulding County Fairgrounds  
 in the Extension Building  
**11:30 to 2:00 P.M.**  
**Menu:** Beef & Noodles, Mashed Potatoes, Green Beans, Roll, ColeSlaw or Applesauce, Fruit Cobbler or Cookies, Drink  
 Price: \$6.50 Adults - \$3.00 kids 5 & Under  
*Proceeds Go Toward the Maintenance and Upkeep of St. Joseph Church's The Journey of Joy Prayer Garden*

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**REVIVAL: September 15, 16, & 17 Starts at 7:00 p.m. in the evenings**

**Kent Steiner Speaking Sunday AM**  
 Listen at [www.antwerpchurchofchrist.com](http://www.antwerpchurchofchrist.com)

**"FUEL" YOUR COLLEGE STUDENT WITH A "CARE PACKAGE" FROM HOME**

Snacks, encouragement, and cash—the three sources of "fuel" for college success. If you are thinking about energizing your favorite college student with a "care package from home," make sure to follow these coaching tips:

Pack your "care package" with care:

Nothing short of a handful of cash says "I love you" better than baked cookies, cakes, and other snacks sent from home. After all, who knows when your college student last ate, and what it was. To keep your culinary contribution in good shape, select a container that is strong enough to protect your contents during handling. Cushion the contents to make sure they don't move around. Place the delivery address inside the box, just in case. Clearly label the outside of the package, writing neatly, and put the label on one side of the box only. Use strong filament or reinforced tape for closing and securing the box flaps and seams. Do not use wrapping paper or string.

Confirm the mailing address with your scholar (or better yet, his or her college or institute). Make sure to use the dorm name, suite number, box number and/or other specific coding and delivery information. Some universities have tens of thousands of students, so help make sure your gift gets where you want it to go.

For more tips on successful packaging, or to get packaging materials, including

envelopes, padded bags, boxes, mailing tubes, cushioning material and more, you can go to your local Post Office™, or go to USPS.com® and click on "Shipping Tools."

Skip the cash – Send money orders instead:

Do not send cash through the mail. Send Postal Money Orders—they're the equivalent of cash, only more secure. Domestic and international money orders are available at any Post Office in amounts up to \$1,000, and can be cashed at banks or at 38,000 postal outlets nationwide. There is no expiration date and if they are lost or stolen, simply present your receipt to apply for a replacement.

If your student's cry for help is urgent ("Mom, the frat party . . . uh, I mean, my rent is due Friday!"), the Postal Service™ can help. Priority Mail® will deliver your generosity in 2-to-3 days, and at a price that won't break the bank.

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"Confirmation" removes all doubt:

"I never got it . . . send more!" If you are tired of hearing this line, or just want to make sure your shipment gets to your favorite student, you have several mailing options for First-Class Mail. You can use Certified Mail™ and get a mailing receipt that also offers delivery information over the Internet. A Return Receipt can be purchased for a small additional fee to provide you with the recipient's signature.

You can get Delivery Confirmation™ for items sent by Priority Mail and for First-Class Mail and Package Services parcels. With Delivery Confirmation, you can verify the date, time and ZIP Code™ of your delivery, or when delivery was attempted, and whether your important package was forwarded or returned. With Signature Confirmation™, there is no more guessing about who received your shipment. You will know exactly who signed for it, along with the date and time of delivery. You can have a copy of the signed delivery record faxed or mailed to you, or receive the information electronically.

Registered Mail™ is the most secure option offered by the Postal Service. It provides added protection for valuable and important items, along with access to delivery information. Registered Mail articles are placed under tight security from the point of mailing to the delivery office. The Hope Diamond once traveled by Registered Mail, as did 500 railroad cars full of gold, worth more than \$15 billion, from New York to Fort Knox, KY. Registered Mail will protect your valuables, too, including anything you wish to bestow on your college student.

Help them say "thank you" – they might do it more often:

Just in case your college student wants to thank you for your "care package," you can include a book of stamps or self-addressed postage-paid postcards. Then he or she has absolutely no excuse for not writing home!

And to make sure they don't forget where home is, use a complete return address on your packages, cards, and letters, including your address suffix (road, street, avenue), directional code (N, E, SW), and ZIP Code.

For more information, ZIP Codes, and more packaging tips, go to USPS.com and click on "Shipping Tools," or call 1-800-ASK-USPS (1-800-275-8777).

—Michele Whetstone, Postmaster, Payne, OH 45880

**ST. JOHN LUTHERAN CHURCH TRAVEL TO WEST VIRGINIA**

Fourteen members of St. John Lutheran Church, Hicksville, recently traveled to Mason and Jackson counties in West Virginia using vans provided by Jim Schmidt, Inc. The group consisted of Pastor Dan and Karen Fugate, Jason and Brent Fugate, Claren and Phyllis Osgun, Pat Peter, Colleen Richter, Roland and Cindy Minnick, Jenny Minnick, Donald and Rebekah Smith, and Suzanne Smith. Previously, Pastor Dan had visited in West Virginia, home to his paternal grandparents. While there he worshiped at St. Luke's Lutheran Church, Beckley, WV and talked with Pastor Wanda Childs. Pastor Wanda suggested, in their conversation, that it would be wonderful if a group of Lutherans could come to support and help the Lutheran churches in West Virginia. Pastor Dan decided to go online and located the Mason Jackson Lutheran Shared Ministry, consisting of five congregations, served by Pastor Sherrie Hofmann.

After many emails and phone calls, the plans were made and the group set off on a Friday morning on their first mission trip adventure. The group stopped at Trinity Seminary in Columbus, OH, Pastor's alma mater, had sack lunches served by fellow Pastor friends and a tour of the campus.

The group stayed at Cedar Lakes Conference Center, Ripley, WV, using the Holt Lodge as home base. St. Paul Lutheran, New Haven, WV, hosted the group for the evening meal on Friday. We met and visited with members from all five congregations and toured St. Paul's facilities.

After a hearty breakfast at Cedar Lakes on Saturday, we split into two groups. The first group went to Zion Lutheran at Letart, WV, to organize and facilitate a day camp for children from all five congregations and the area. The camp had fourteen children attend and concluded with a cook-out for their families in a beautiful wooded setting.

The second group went to Our Saviour Lutheran at Ravenwood, WV, to weed around the front of the church, paint the basement floor, paint the outside handicap ramp, clean and organize several rooms, change light bulbs, candles and help prepare for the Sunday service. After taking a few different "fur pieces down the road" directions from the helpful locals, this group joined the conclusion of the cook-out. The unplanned side-tours, as the group looked for Zion, gave us a glimpse of the beautiful countryside and of the friendliness and helpfulness of the people of West Virginia.

After another breakfast at Cedar Lakes on Sunday, we again divided into two groups. The first group worshiped with St. Mark Lutheran at Letart and the second group with St. Peter Lutheran at Point Pleasant. Following these 9:00 a.m. Services, the whole group met at Our Saviour in Ravenswood for the 11:00 a.m. service. Re-

bekah Smith was pianist, Colleen Richter was organist, Cindy Minnick was the reader and Pastor Dan was presider and preacher for the service. Church members provided a fellowship lunch prior to the group returning to Hicksville.

Members of St. John also went over the border again to Harlan, IN on August 20th for a joint outdoor service with Holy Trinity Lutheran. We shared in their Holy Communion service which included a baptism and a potluck/fellowship lunch.

"Both of these experiences helped to reinforce that we are all brothers and sisters in Christ, no matter where we live," said Pastor Dan. "God calls us to reach out and share the good news with those near and far."

**FESTIRAMA COMES TO ST. JOHN THE BAPTIST CHURCH IN PAYNE**

St. John the Baptist Church located at 203 Townline Street in Payne will be holding its 37th Annual Festirama on Sunday, September 10.

A "home style" Ham & Chicken Dinner will be served from 11:00 a.m. to 4:00 p.m. (hall is air-conditioned). Carry Outs are available. There is a small charge for the dinner.

There will also be a Silent Auction, a Kraft Corner games and raffles for all ages from 11:00 a.m. to 5:00 p.m.

If you want a great meal and a day of fun, bring the family to St. John's.

**The deadline for ads and article submissions is Friday at 5:00 p.m.**

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**The 2nd Annual Pony Parade**

*September 23, 2006 at 4:00 p.m.*  
**pre-register by: September 20, 2006**

**Picnic starting at: 4:40 p.m.**  
**Freewill picnic donation**

**PLUS—Gospel Bluegrass!!**

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I Cor. 10:31 - whatever you do, do it all for the glory of God.

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**LETTER TO THE EDITOR**

While surfing the internet recently, I ran across some definitions for democracy. One of our founding fathers, James Madison, once said: "Democracies have been found incompatible with personal security or the rights of property and have in general been as short in their lives as they have been violent in their deaths". Also, in the 1928 army training manual concerning citizenship, was the following; Democracy: a government of the masses; authority derived thru mass meeting or other form of direct expression; results in mobocracy; attitude towards property is communistic-negating property rights; attitude toward law is that the will of the majority shall regulate-without restraint or regard to consequence; results in demogogism, license, agitation, discontent, anarchy. If the above statements are true, how is it that our federal government and major media seem always to refer to this country as a "democracy"?

—Phillip Piersma

### Tips for Preventing Life-Threatening Dehydration Among Older Adults



**For older adults, it's essential to have consistent fluid intake throughout the day, especially because they should not consume large amounts of fluid at one time.**

trolling their urine or memory problems that cause them to forget to drink.

"If nurses don't ensure older adults have an adequate fluid intake, we have seriously failed them," said Diana Mason, RN, Ph.D., FAAN, editor-in-chief, *American Journal of Nursing*. "For older adults, it's essential to have consistent fluid intake throughout the day, especially because they should not consume large amounts of fluid at one time."

As reported in a study conducted by Janet Mentes, Ph.D., APRN, BC, assistant professor at the University of California Los Angeles School of Nursing, the following tips should be practiced for preventing dehydration:

- Identify and treat correctable causes of dehydration such as vomiting and diarrhea.
- Observe the color of the urine: Dark, concentrated urine can be a sign of dehydration.
- Provide glasses and cups that are not too large or heavy to handle, and have straws available at the bedside.
- During hot weather, be especially attentive to replacing excessive lost fluid.
- If you have an older family member or friend in a hospital, nursing home or other facility, make sure water is within reach.

(NAPSA)—Maintaining adequate fluid balance is an essential component of health at every stage of life, yet can become more challenging as we grow older and more vulnerable to shifts in water balance that can result in dehydration.

**Why does hydration matter?**  
In older adults, adequate fluid consumption has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease.

Dehydration can lead to constipation, falls, adverse effects from medications, urinary tract and respiratory infections, delirium, renal failure, seizure, hypo- and hyperthermia. In older adults with other health problems, it can precipitate emergency or repeated hospitalizations and increased mortality rates among older adults.

**Who's At Risk?**

- Age and ethnicity. From 1990 to 2000, hospitalizations for dehydration in older adults increased by 40 percent. Adults ages 85 years and older were three times more likely to have a diagnosis of dehydration than younger adults.

- Among older adults who maintain hydration, physical or emotional illness, surgery, trauma or higher physiologic demands may still increase the risk. Older black adults have higher prevalence rates of dehydration at the time of hospitalization than do older white adults.

- Certain psychiatric medications can cause dryness of the mouth, constipation, or urinary retention that can aggravate hydration status.

- A person's level of physical dependency and cognitive impairment can cause a person to be unable or forget to drink.
- Nursing homes. According to an article in the June issue of the *American Journal of Nursing*, nursing home residents have habits that might put them at risk, such as those who "will not drink" due to concerns about con-

### ANTWERP HISTORY

By: Stan Jordan

I read, with a lot of interest in last weeks West Bend News, Judy Snook's letter to the editor. It was about the river's edge down from the park and the land we call the "Island". She talked about all the wild-life down there and the many varieties of birds that populate the area, winter and summer. I surely owe Judy a debt of gratitude. As I sit here at the kitchen table, my mind goes back seventy some years as we boys fished, waded and played in that area.

At that time in the early 1930's, the steps from the park down to the Maumee were of slab stone. Someone had done a lot of hard work getting those stones into that hillside as true and level as they did. The WPA made new steps of cement in 1936.

A lot of city boys spent some of their early days in the park and then on down to the river. The very first thing that happened was we probably got into a nettle or two. Boy, those nettles made you itch right now. A semi cure for that was to cover that area of skin with wet blue mud. That helped keep the air off and you couldn't scratch it with the mud on it.

Then at night we three boys would take a coal oil lantern after dark and go and catch night crawlers for fish bait. Along with some Soft Shelled Crawdads, we are ready for any type of "big fish". Some people used "hellgramites" but we didn't. When the depth of the river was normal, fishing along there was pretty good: Catfish, Carp, Bullheads, Red Horse, Suckers and some Rock Bass. At that time about two hundred yards east on the south side was a growth of reeds growing in the water. There was a huge rock out in the reeds and we sat on that and our bamboo fish poles would reach out into the river pretty good. We had a good sized mess of catfish and Carp when brother Jim tied into a "monster". We knew it wasn't anything that we generally caught 'cause he zipped around in the water and jumped up out of the water a couple times. He got him in after a bit, he was green and black with a white belly. He had a huge mouth. Jim, being the oldest of the three, was the leader, the boss and the smarter! He said that Ed McCreery, Sr. had told him that the State of Ohio had released some fish a few years back that was called "Large Mouth Bass". But they came under some rules. They must be over twelve inches in length and after the 15th of June when the season came in. Well, we weren't sure about any of this and since Jim had dad's knee boots on, he put the bass down in his boot and we went home. We didn't want to be caught and arrested and thrown in jail. Well, it turned out he was 17½ inches and three pounds and it was late in July. We three "law breakers" had brought home a good mess of fish and we were in the clear. Later on, a few years on down the Maumee past the curve, where "Lorsey's Restaurant" now is, was a riffle, and bass fishing was good there. I have had yearling bass to jump into the boat, when you "spooked them". The river was clear, clean and fishing was pretty good. Fort Wayne had not dumped any toxic materials

in the water yet. One summer day when the water level was very low you could wade across the river and not get your knees wet. We three boys and the De-Long boys and some others was wading about half way up the Island to the west. We spotted a good sized fish in the shallow water. We formed a half-circle and gradually forced this big fish up on to a sand bar and caught it. It was a six pound Red Horse, and Carl Delong took it home. A Red Horse is like an oversized Sucker and full of bones. I always like Catfish and Carp because you didn't worry about fish bones. Nobody filleted fish at that time.

We were at the Maumee River most of the time in the summer (when we weren't playing ball). But Mom gave us our do's and don'ts and the time to come home. We always obeyed those rules because we knew if we didn't obey them, our fishing trips would be over. After we got older, we bent the rules a little. We got another set of keys for the lock on the boat. We fished for a couple of years from the row boat before she said we could. But we never resorted to horse play. We knew that water is great, but you must respect it.

In the mid 1930's, the city had the land between the Island and the road river bank plowed and the area was doled out to garden spots. We had a good size spot on the east end. That soil in there is very rich as it changes every time the river over flows it's banks. We planted everything that goes in the garden except melons. Dad knew there was too many boys around for that to be feasible. When fall came we had a bountiful harvest. We would haul the vegetables home in a wheel barrow. We even had celery and you could smell it half way up to the park.

At the far western end of the Island is where the people forded the river in the summer time. The far side of the Maumee was a good place to get sand and gravel. But there was also a number of gravel pits in the area. My dad used to fish over there for Rock Bass. I never did because they were small and if you cooked 'em I never liked to eat 'em! On the west side of that ford road was an open ditch that drained all the water from the ravine that started over south of Dr. Gray's office.

In 1936, the WPA moved that ditch and put in about a five foot time ditch. This was buried and straightened and comes out near what is now Dr. Bricker's house. It starts in that ravine there at Woodcox Street. In high water time that whole area is flooded.

I've sat here and rambled on about my childhood days in the river area that Judy also talked about. I don't know if the young folks spend as much time at the river as we did, if they don't, in my mind, they are missing a lot. I don't mean that I was a 'Huck Finn' but I have a lot of good childhood memories. I am saddened very much as I realize that I am the only one left of that bunch of boys who caught the big Red Horse. To my thinking, I've been blessed.

When I started writing this, I didn't know where it was going. But Judy, I am one Antwerpite who roamed that Island. I learned of some of the trees there. I learned what I know about birds there. I picked up a lot of lore about



Ryan Lumpkins from Paulding County High School sang the Star Spangled Banner while the Color Guard stood at attention. With him is Chris Slattery and Mike Maag of WPAU.



Vantage Vocational School - Celebrates 30 years.

(Continued from Page 1) from the Oakwood Fire Department went through plus an array of old tractors. The Paulding High School March-

ice and high water.

I saw a Blue Heron today that I think was there 70 years ago. I just passed through some of the years of my history.

ing Band, a 4-H group rode their horses and much more.

There is a pride in small town America that overflows in events such as these. It's a time to catch up with each other, set back, relax and just be thankful for small town life.

All in all, it was an excellent way to spend Labor Day Morning.

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## Better Diabetes Management HELPFUL HINTS FROM EXPERTS

### Blood Sugar Levels And Their Connection To Food

(NAPSA)—A recent survey<sup>1</sup> found that 63 percent of the 15 million Americans diagnosed with diabetes are missing some valuable insight into their blood sugar levels by not testing those levels after meals. After-meal blood sugar testing can help diabetes patients see the impact of their food and portion choices on their blood sugar levels. With two-thirds of the 13 million Americans with type 2 diabetes having blood sugar averages that are out of control, the need for a better understanding of how to control blood sugar is critical.



**Experts say it's important for many with diabetes to do some of their blood sugar tests after mealtime, not just before. A new meter helps to make this easy.**

The survey also found that nearly three in five respondents (59 percent) reported that they do not regularly use their blood sugar meter's results to help them adjust their food portions, and 48 percent said they don't use their results to help guide their food choices.

According to some physicians, this kind of neglect can be significant. If a person with diabetes doesn't see and address the blood sugar rises—or even spikes—that can occur after meals, it could contribute to poor overall blood sugar control, which can ultimately lead to long-term diabetes complications. In fact, high blood sugar after meals has been shown to be an independent risk factor for cardiovascular disease, which strikes people with diabetes twice as often as those without.

While testing and controlling blood sugar levels before meals has long been recommended for people with diabetes, a number of physicians today are also advising some of their patients to focus on controlling their after-meal blood sugar levels, particularly in light of today's "supersize" culture, where portion control can be a challenge.

"After-meal test results are important because many diabetes patients experience a rise or upward spike in their blood sugar levels after eating, peaking at around the two-hour mark," said Anne Peters, M.D., director of Clinical Diabetes Programs at the University of Southern California and author of the recently published book *Conquering Diabetes*.

Dr. Peters added that "reviewing after-meal blood sugar results can help patients see the link between what they ate and the blood sugar increases that follow."

One company recently introduced a new device to assist people with diabetes in testing and managing their blood sugar before and after meals. The OneTouch<sup>®</sup> Ultra<sup>2</sup> Blood Glucose Monitoring System from LifeScan, Inc. offers a number of features that can help diabetes patients and their health care providers see the connections between their food and their blood sugar results.

For instance, the meter enables the user to flag and label a specific blood sugar result as coming from a "before-meal" or "after-meal" test. It also displays before- and after-meal blood sugar averages from the previous 7-, 14- and 30-day periods, which can help users spot meal-related trends.

"A meter like this can help diabetes patients see which food choices are working and which are not, so they can make changes," stated Dr. Peters.

An illustrated educational booklet and DVD containing information and practical tips are included with the meter to help patients manage their diabetes effectively around meals. In addition, all the meter's information can be viewed in Spanish. Patients should check with their health care professional to find out if after-meal testing is right for them, and should always test as their doctor recommends.

To learn more, visit [www.TestingAroundMeals.com](http://www.TestingAroundMeals.com).

### PAULDING COUNTY COMMISSIONERS

The Paulding County Commissioners met in regular session on Wednesday, August 23, 2006 and Monday, August 28, 2006.

The Wednesday, August 23 session included a meeting with Dave Cline, Paulding County Dog Warden. Cline reported on recent activities. Cline noted that Putnam County officials have requested that he prepare a presentation on the cooperative efforts with local grooming and veterinarians to provide services. Commissioner Ron Lane noted, "In our opinion, Dave Cline is one of the finest dog wardens in Ohio. He is on call 24 hours a day and is often asked to deal with difficult animals."

The routine county business conducted at the Monday meeting included responding to correspondence, reviewing observations on jail progress following a construction meeting on Monday and approving bills for payment.

The Monday, August 28 meeting also included accumulated routine matters and, in the evening, the monthly meeting of the Paulding County Planning Commission. The Paulding County Planning Commission is composed of eleven members including the three County Commissioners. It is the task of the Planning Commission to set regulations for lot size and other property rules. The current lot size minimum outside of incorporated villages is 1.5 acres. This acreage is set to allow just enough room for a septic system. The Planning Commission meetings are held at the OSU Extension building at 7:00 p.m.

The Paulding County Commissioners meet in regular session from 8:00 a.m. to the close of business on Mondays and Wednesdays. The Courthouse and other county offices will be closed on Monday, September 4 in recognition of Labor Day.

### OHIO ANNOUNCES FUNDING FOR 2006 SPECIALIZED TRANSPORTATION PROGRAM

The Ohio Department of Transportation (ODOT) Office of Transit today announced applications for the department's Specialized Transportation Program (STP) are now available. The program provides federal funding for the purchase of vehicles by private, non-profit agencies or state-approved coordination projects to meet the special transportation needs of the elderly and persons with disabilities.

The federal funds provide 80 percent of the cost of capital items with the remaining 20 percent to be provided by the applicant from non-federal sources. Eligible equipment includes vehicles ranging from standard minivans to lift-equipped small buses. Specifics on eligible equipment are listed in the "Vehicle Catalog and Selection Guide," published by ODOT.

"Elderly people and people with disabilities are the primary beneficiaries of the transportation services provided with accessible vehicles purchased through this program," said Marianne Freed, administrator, ODOT Office of Transit. "These vehicles help to promote independent living."

In urban areas, the local Metropolitan Planning Organizations (MPO) will be holding informational meetings on the STP. Dates and times of these meetings may be obtained from ODOT's web site or by contracting the MPO directly. Applications are due to ODOT in October and awards will be made in January.

Additional information regarding the STP is available at [www.dot.state.oh.us/ptrans](http://www.dot.state.oh.us/ptrans).

### ST. JOHN'S CATHOLIC SCHOOL KINDERGARTEN CLASS BECOME "FARMERS"



From l to r: Jennifer Norvaez, Hannah Wilhelm, Johan Van Erk, Emily Dyson, Hayden Williamson, Evan Proxmire, Korbin Slade, Grant Baumle, and Seth Rister

Mrs. Worman's Kindergarten Class at St. John's Catholic School in Payne recently became farmers for the afternoon as they planted seeds in their homemade "farms" during Science class.

The students discussed what changes their seeds might go through, how long it will take, and what is needed for plants to grow. They will be tracking their seeds progress on individual charts in the classroom.

### Photos by Margaret Philpot

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## Total Nutrition

Take A "Magic Carpet" Ride

by Mindy Hermann, R.D.  
(NAPSA)—A few years ago, a magazine editor asked me to write about the 10 "best" foods for families. How could I choose? No one food supplies everything the body needs, and each food brings its own unique combination of important nutrients. Then I came up with the idea of "magic carpet" foods, foods that are important because they "carry" other nutritious foods with them.

Breakfast cereal is one of my favorite magic carpet foods. A fortified cereal such as Whole Grain Total<sup>®</sup> is a terrific food on its own—it supplies fiber and 100 percent of the daily value for 12 different vitamins and minerals. Eat it topped with milk and fresh fruit, or layer it in a parfait with yogurt, berries and nuts, and you have an even more nutrient-packed meal.

Pizza crust is another favorite because it can carry a variety of foods on it. It's easy to make your own, or you can buy dough or ready-baked crust at your market. Spread your dough with tomato sauce and you've added lycopene, a plant compound that gives tomatoes their red color and that may help boost health. "Decorate your crust with plenty of vegetables to add to the goal of eating more fruits and vegetables," suggests Georgia Kostas, M.P.H., R.D., L.D., author of "The Cooper Clinic Solution to the Diet Revolution." "Eating 4½ cups a day provides the antioxidants, fiber and

phytonutrients that may help reduce cholesterol oxidation and hardening of the arteries, which can contribute to a lower risk of heart disease."

Pasta easily makes my list—the variety of toppings and "mix-ins" is virtually endless, such as lycopene-rich tomato sauce; protein-packed lean ground meat or poultry, grilled salmon and other fish; reduced-fat ricotta cheese or grated cheese for protein and calcium; heart-healthy nuts such as walnuts; and, of course, vegetables. Try different types of pasta; for example, fiber-containing whole wheat spaghetti, thin buckwheat soba from Japan, Asian rice noodles, and even pastalike spaghetti squash.

My list has plenty of other foods, including soup, bread made with whole grain, baked potato, and corn tortillas. Which foods would be on your list?

Ask Mindy  
Q: Can you suggest other types of "magic carpet" foods from different food groups?

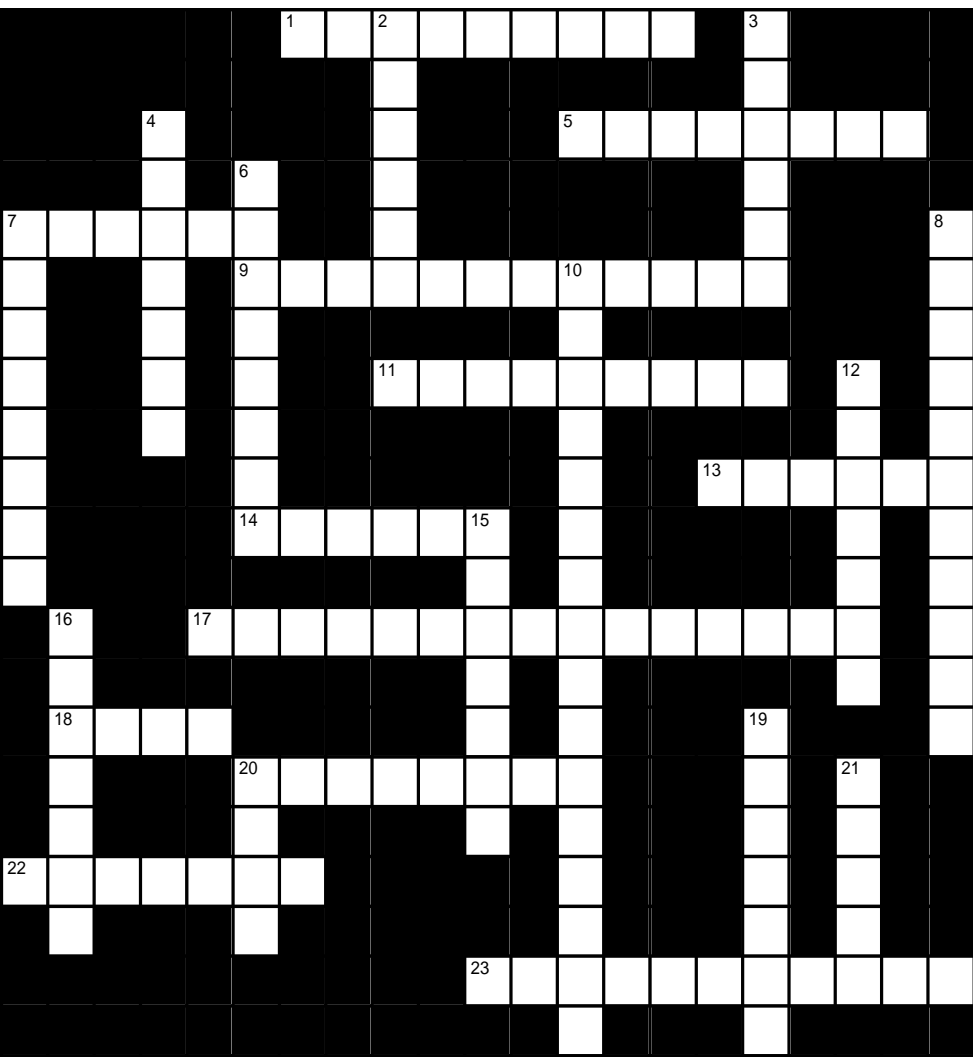
A: How about lettuce and salad greens? Mix in ingredients from as many food groups as possible for a filling and nutrition-packed meal.

"Magic Carpet" Salad

Toss baby lettuce (vegetable) with raisins and chopped apples (fruit), grated Parmesan cheese (dairy), kidney beans (protein) and chopped peanuts (protein). Top with a drizzle of dressing and sprinkle with Whole Grain Total<sup>®</sup> (whole grain) for crunch.

THE WEST BEND NEWS "Are You Ready For Some Football?"

# Crossword Puzzle



**Across**

1. They are the "whistle blowers" of the game.
5. This is the most touchdowns Dan Marino had in a season.
7. Name the position of the player who passes or snaps the ball between his legs to a teammate.
9. This happens when a defensive player catches a forward pass.
11. How many teams are in the NFL?
13. This team claims three Super Bowl titles in four years.
14. He was the first quarterback to win a Superbowl without throwing a touchdown.
17. Who passed for 554 yards?
18. NFL player sets record for five touchdown passes in a game.
20. The 50 yard line is called WHAT?
22. The scoring area of a football field is called WHAT?
23. This player usually receives a pass.

**Down**

2. This is what it is called when an offensive player drops a ball.
3. NFL player who sets all-time rushing touch down record.
4. This term means a pass that is thrown backward or sideways.
6. Outside the U.S., football is known as this.
7. Which was the last team Johnny Unites played for?
8. This player won the MVP award for the 1985 season.
10. These two teams tied for the record of the most Super Bowls won.
12. What team did Brett Faure begin his career with?
15. How many yards are between each goal line?
16. The term in football that means running with the ball.
19. This team won the first Super Bowl.
20. NFL's all time leading receiver.
21. The Winningest coach in NFL history is WHO?

(Continued from Page 1)

obtain an apprentice-hunting license before completing hunter education courses. With an apprentice license, that person may hunt only if they are accompanied by a fully licensed mentor, 21 years of age or older. Not only does this increase access to the sport, it also provides new hunters with supervised, hands-on experience to take with them when they enroll in hunter education classes down the road.

With these new regulations in place, this year Ohio looks to build on its already strong hunting tradition. Below you will find a list of season dates and bag limits that hunters across the region will find very useful.

**DEER:**

Archery season opens September 30th and lasts through February 4th, while gun season begins November 27th and runs through December 3rd, with two additional days on December 16th and 17th. Also, as in past years, there are two muzzleloader seasons—the first (which requires a special permit) runs October 23-28 and the second statewide season runs December 27-30. Hours for deer hunting are 1/2 hour before sunrise to sunset for all gun seasons and 1/2 hour before sunrise to 1/2 hour after sunset throughout archery season. Hunters may bag only one antlered deer per season, and additional bad limits apply for the varying zones throughout the state.

In addition, the state sets aside special dates for Ohio's youth hunters. From November 19-20, all young hunters 17 years old or younger are encouraged to participate in youth deer gun season. To participate, minors must possess a valid hunting license, a special deer permit and be accompanied by an adult.

**WILD TURKEY:**

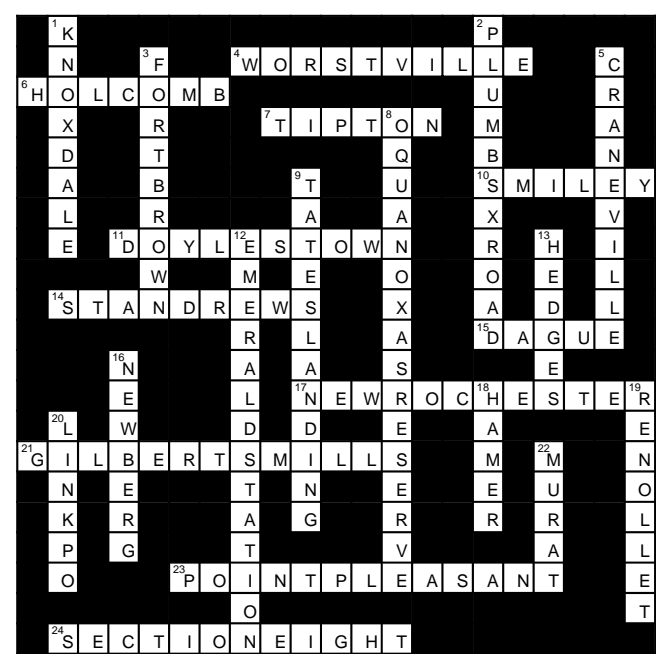
Turkey hunting is one of the fastest growing outdoor sports in the country. Ohio's fall turkey season runs from October 14-29, with special archery only dates from October 30th through November 26th. Keep in mind that turkey hunting is only permitted in designated counties in the eastern and southern portion of the state. Throughout the fall season, only one turkey of either sex may be taken. Hours are 1/2 hour before sunrise to sunset.

**SMALL GAME:**

From rabbits and squirrels to pheasant and quail, small game hunting includes a variety of animals with varying season dates. Squirrel season and mourning dove season both kick off on September 1st. Rabbit, pheasant, and quail may all be hunted beginning November 3rd, and these seasons run through varying dates throughout the winter. Hunters are limited to bagging four rabbits, four quail, and two pheasants per day in restricted counties across the state. In addition, fox, raccoon, skunk, opossum, and weasel seasons runs November 10th through January 31st, with no bag limits. Each small game season has specific hours for hunting.

As a new season gets underway, it is important to remember Ohio's hunting tradition and the positive social, cultural, and economic impact it has had on our state.

Last Week's answers to "P.C. Ghost Towns"



Anyone wishing to obtain a hunting license must apply through the ODNR Division of Wildlife and must show evidence of completing a hunter safety course. Also, I encourage first time hunters to take advantage of Ohio's new apprentice license program. For more information, including this year's regulations as well as license requirements, general safety tips and even recipes for fish and venison, contact the Division of Wildlife at 1-800-WILDLIFE or visit their website at [www.dnr.state.oh.us/wildlife](http://www.dnr.state.oh.us/wildlife).

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**Q&A**  
with  
**Ed Straley**

for Paulding County Commissioner

**Q: What does a Commissioner do? PART II**  
*(continued from last week)*

**A:** This means that County Commissioners must take a broad view when making public policy and budget decisions. Given their impact on the work of many other elected officials and different departments, they must be astute in matters of law enforcement, correction facilities, human services, business development, and other areas. Given their budget-making authority, they must have a good business sense—matching available revenue to service needs.

County Commissioners also have statutory authority for providing water and sewer services as well as solid waste (trash) disposal. They hold hearings and rule on annexations. And, as noted earlier, County Commissioners today are being given responsibilities, such as making public assistance work, that were once held by the state and federal government.

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**NEWS HOURS THIS YEAR!!**  
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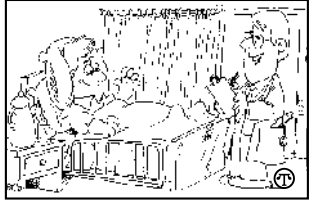
**Black Light Bowling - 9p.m.**

Now signing up for fall leagues - men, women & Youth

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# HEALTHY IDEAS

(NAPSA)—“Using a generic equivalent is the best and safest option for saving money on medications,” said Lindsey Stephens, pharmacist and director of professional services for Medicine Shoppe International, Inc. “Even if a generic equivalent isn’t available, your pharmacist can recommend a similar generic drug in the same therapeutic class as the prescribed drug, and work with your physician to make the change.” For more information on medications, including a comprehensive drug database, or to find the nearest Medicine Shoppe Pharmacy, visit [medicineshoppe.com](http://medicineshoppe.com).



Dr. Michael F. Roizen is a practicing anesthesiologist at the Cleveland Clinic and founder of RealAge.com. Dr. Mehmet C. Oz is a practicing cardiothoracic surgeon at New York Presbyterian/Columbia Medical Center. Together, these doctors have joined with Joint Commission Resources to create “You: The Smart Patient: An Insider’s Handbook for Getting the Best Treatment,” a new book that shows how every patient can take charge of his or her own health care and get the best treatment available. Excerpts are available at [www.jcrinc.com](http://www.jcrinc.com).

For information on topics such as screening for colorectal cancer, or to receive a free weekly health report from Dr. Mike Magee, visit the Web site at [www.HealthPolitics.com](http://www.HealthPolitics.com). Mike Magee, M.D., is a former Senior Fellow in the Humanities at the World Medical Association, director of the Pfizer Medical Humanities Initiative and host of the weekly Web cast “Health Politics with Dr. Mike Magee.”

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## “FROM THE VANTAGE POINT”: TWO FOREIGN EXCHANGE STUDENTS AT VANTAGE



Welcome to America! Vantage is pleased to host two foreign exchange students this year - Andrea Zajacova' from Slovakia and Marcel Buettgenbach from Germany.

“How would you describe Van Wert compared to your home town?” I asked. Marcel Buettgenbach, a 16 year old from Bremen, Germany replied, “Very different - I’m from a city of 670,000 people. I was surprised to see all the corn and soybeans.” Andrea Zajacova’ a 17 year old from Solvakkia said she was from a small village like Van Wert, “but there are many mountains and hills - I love to snowboard and skateboard, but it’s so flat here”. These two foreign exchange students are enrolled in the Interactive Media program at Vantage. Both students are excited to work with all of the technology in that program. Marcel said there are a couple of computer labs at his high school in Germany, but they don’t have computers in every class like at Vantage. Andrea enjoys working on the internet and is eager to learn more about computers.

It was a pleasure to meet with these two young people. Andrea is living with Janet Crummey and Marcel’s host family is the Thad Davis family. They both came to the United States in mid-August and are associated with the Council of International Edu-

cation Exchange (CIEE). When I asked them why they wanted to be foreign exchange students, they both replied that they wanted to try something new and exciting, improve their English and experience what it was like in an American high school. Andrea has a younger brother, who she misses very much and emails as often as possible and Marcel has an older sister.

They both come to Vantage through Van Wert High School, where Marcel is a member of the high school soccer team and Andrea is on the tennis team this fall. They both plan to be active in sports throughout the school year. Andrea is planning on joining the swim team this winter and possibly running track in the spring. Marcel would like to give baseball a try this spring. At Vantage, they will be involved in the Haiti Interact Club and Business Professionals of America.

When Marcel and Andrea finish this school year at Vantage, they will return to their hometown and continue in high school. Welcome to America and Van Wert, Andrea and Marcel!

**JAKE AND EMMA**  
By: Rose Kever  
This is a story about two of the finest people I’ve known. I first met Emma when I was the head cook at Bob’s Restaurant in Woodburn. I had been working there for about six years when Bob’s wife, Leah, had gotten very ill and died on one of their many trips to Atlanta to visit with their daughter and her family.

Leah was the best pie maker and Bob had hung around the restaurant to help when he could. They were the original owners, and Leah still worked there. How in the world she didn’t weigh 400 pounds from the pies, I don’t know. I guess she didn’t get tempted, like I would have, to taste everything she made.

Well, since Leah was gone, Chris, the owner of the restaurant at that time, had to hire someone to make pies, and she went through three or four women before she found Emma.

Emma and her husband, Jake, are Amish. Jake worked the farm and was in construction, as most Amish men are. Emma was an excellent cook and baker, as most Amish women are. She could bake bread to die for, and her desserts were heavenly. She would make something special and bring it in for us to enjoy, every once in a while.

She and Jake were very early risers. By the time I got to their farm, she had cooked breakfast, fed the horses, and helped Jake with the milking. We had to be at work by 5:00 a.m., so I would pick her up around 4:30 a.m. I had to give her time to run to the barn, tell Jake I was there, and change her shoes.

Some of the stories she would tell me about Amish life were truly amazing. And talk about a family and the dinners they would have! They would have get-togethers every week, and not just one time, it would be two or three times a week. They had, birthday dinners, anniversary dinners, wedding dinners, new baby in the family dinners, holiday dinners, and Wednesday night “singing” dinners. And if it was your turn to have Sunday Services, another big dinner had to be prepared.

Each family’s women would bring certain foods and they would go to each others homes to help prepare it the day before. They don’t have the family feuds that we English families seem to have. They don’t distance themselves from family members, like we English do, unless the person has done something extremely bad against the family or their religion. They really are a very close knit community that, I feel, we could learn a few things from. When Emma came to work at Bob’s, it was my first

time of meeting an Amish woman. At first, she was very shy, and I would go back to her area and bug her, until one day she wasn’t in a very good mood and she told me to “buzz off”. It was so out of context for her, I couldn’t help laughing. She smiled, patted me on the back, and from then on, we were dear friends.

Another odd thing—Amish don’t have a middle name, so I dubbed her Emma Lou, she loved it!

Jake was the bishop of their church. He would preach the services every Sunday, and Emma had to behave as a lady at all times. One time I asked her if she knew how to cook kidneys. She said “no” and asked how. I said, “You boiled the p— out of them.” She looked at me, very strangely, and said, “Why would anyone what to eat kidneys anyway?” By this time, Connie, Bonnie and I are about to die from laughing, and Emma just smiled and shook her head. After I explained to her it was a joke, she laughed a little and said she thought she’d tell it to Jake when she got home. The next day we asked her how it went with Jake. She said, “He looked bewildered at fist, then he smiled.” That’s when he said, “That’s pretty funny, but don’t say it to anyone else, a bishop’s wife doesn’t talk like that.” Emma turned into a little “sprite” and began to really enjoy our english jokes. However, she didn’t tell them to Jake anymore!

After awhile, Emma started to take ill and was missing more and more work. Again, we were back to temporary help in the pie-making area.

One day, Jake came in and told us that Emma had breast cancer. The Amish will go to doctors, but they won’t take extreme measures to prevent death. Jake told us, “It’s not God’s will to interfere.” You know, I think I agree with him.

We would go visit Emma, when Jake would say it was alright, and after a few weeks, “our Emma” died. I was so devastated that I couldn’t bring myself to attend her funeral service. I knew in my heart that I would be forever sorry about it, and I am still to this day, but she was my friend (and still is), who showed me a way of life that is simple and fulfilling. . . for, her husband, and the huge family that loved her.

Emma and Jake didn’t have any children, but that didn’t seem to be an issue for them. She always said, “it was God’s will, and not for them to question it.”

Are we English too worldly, and don’t have the sense to slow down and enjoy our lives, whatever they might be? I only wish I could enjoy the contentment that the Amish have in their lives, and the contentment and commitment they have in their beliefs.

## Did You Know?

(NAPSA)—Technology can seem so commonplace sometimes it’s easy to forget how many crucial services depend on it. Virginia Beach, Va.-based LifeNet (<http://www.lifenet.org>), the nation’s largest nonprofit, full-service organ donation agency and tissue banking system, is one example of the necessity of choosing the right IT products and services mix, in its case to support a mission-critical function: saving and improving lives. Each day, LifeNet receives notice via its donor call centers of approximately 12 to 15 newly deceased individuals across the U.S. identified as donors. Given that one person can save seven lives through organ donation and impact more than 50 others with tissue transplants, it is crucial to accurately track data and effectively communicate to ensure the process goes smoothly. All told, the work of LifeNet’s staff affects thousands of lives each year.



the lingerie to tastefully “peek out.” The line, priced from \$8 to \$59, is available through Newport News and Spiegel catalogs, as well as the Web sites [www.newport-news.com](http://www.newport-news.com) and [www.spiegel.com](http://www.spiegel.com).

More than 3.9 million American households own a timeshare. With points-based ownership, through a company such as Club Sunterra, instead of purchasing an interest in a specific resort and unit for a certain time every year, you are purchasing points or “currency” that, when redeemed, allow you access to various resort locations in a variety of accommodations, as well as the flexibility to choose when you want to go and your length of stay. To learn more about points-based vacation ownership and Sunterra, visit [www.sunterra.com](http://www.sunterra.com).

Spiegel Brands Inc. recently launched Cami Intimate—a line that features five collections of sexy, stylish lingerie that’s just “too pretty to hide.” Each collection is paired with a coordinating sweater or cardigan that allows

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# PAULDING COUNTY REPUBLICAN ANNUAL BANQUET

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## CHANGES TO TRAC PUBLIC HEARING SCHEDULE

The Transportation Review Advisory Council (TRAC) today announced that it will consolidate its upcoming public hearings.

The meetings being combined are: Thursday, September 7, Southwest Ohio region will be held with the Central Ohio session on Thursday, October 19 at 10:00 a.m. in the ODOT Auditorium, 1980 West Broad Street, Columbus, Ohio 43223.

Thursday, October 5, Northwest Ohio region will be held with the Northeast Ohio session on Thursday, September 21 at 10:00 a.m. at the Holiday Inn - Independence, 6001 Rockside Road, Independence, OH 44131.

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On a Friday satellite radio program hosted by Pastor Butch Paugh of West Virginia, a woman school bus driver from a small Virginia town (who wished to remain anonymous) reported that she and other drivers were handed a ring binder with procedures outlining what would occur if there was a crisis at the school. A "crisis" could be defined as a power outage or drugs, alcohol, abuse or guns etc. on campus and could result in a "lockdown". No one, including parents, would be allowed in or out of the school area which could be as large as five miles in diameter with access being blocked by the local fire department. Bus drivers contact info had been updated so that they could be contacted at any time to come to the school to transport children to a "safe" place if a crisis was to occur. The "safe" location would be determined by officials and children would be kept there as long as necessary. Parents weren't to know where the "safe" location was wouldn't be allowed to pick up their children. A caller to the radio show reminded the audience that the September 11 anniversary was a few days away. I, for one, am glad not to have children or grandchildren in school these days. If parents tried to get their children, could they be arrested for terrorism?

—Phillip Piersma

**ERWIN J. BANDY FILES PETITION TO RUN FOR PAULDING COUNTY COURT JUDGE**

Erwin J. Bandy has filed his petition to run for Paulding County Court Judge in the November 7 General Election. Bandy was formerly Paulding County Court Judge from 1989 through 2000. Bandy and his wife of 35 years, Sandy, have three children: Melanie, 29, Jason, 27 and Jessica, 23.

Erwin Bandy is an enlisted U.S. Navy Veteran "I lived three years on a destroyer home ported in Newport, RI. My first year on the ship, we were part of the Apollo space capsule recovery fleet in the Atlantic. We got to visit Bermuda, Jamaica and the now famous Guantanamo Bay U.S. Naval Base in Cuba.

"In the second year, Bandy's ship made an around the world cruise with visits to Panama, Hawaii, Taiwan, Hong Kong, Japan, Manila, India, Aden, Crete, Greece, Italy, Spain and the Canary Islands. Included in the cruise were several months of plane guarding duties with the Seventh Fleet USS Enterprise carrier group off the coast of North Vietnam. "One of my destroyer's main jobs was to rescue pilots and planes that missed the carrier or crash landed in the ocean after flying missions over Viet Nam. Once we hooked on to a jet fighter that started filling with water. We got the pilot out, but the plane started to pull the ship down by the stern. It took our captain several tense minutes to decide to let the fighter go rather than sink the ship. All of us were praying S.O.S. — save our ship." Fortunately the captain ordered the cable cut and the plane sunk to the bottom of the ocean, otherwise the other ships would have had to rescue us. We saw Russian made MIG fighters and PT Boats a few times, but the U.S. had air superiority both day and night. One of my biggest memories always will be Easter that year. With a Marine pilot air spotting for us, my ship destroyed a North Vietnamese naval installation by shelling it all night with our six 5" cannons. A few days later, helicopters from Saigon delivered thousands of 5" shells to us, which weighed about 60 pounds a piece, to replenish our ammunition."

"In the third year, my ship was part of the 6th Fleet in the Mediterranean Sea when the Arab-Israeli War broke

out. We were one day out of Beirut, Lebanon when the war started. My destroyer squadron was immediately diverted to the Suez Canal, where we spent the entire summer and fall. We were first on the scene to offer assistance to the spy ship USS Liberty, which was shot up and almost sank by the Israeli Air Force. The Liberty was an undercover American Spy Ship made to look like a merchant ship similar to the USS Pueblo captured a few years later by the North Koreans. The Liberty wouldn't identify itself to the Israelis, so they assumed it was Egyptian and shot it to pieces, killing several Liberty crew members. This was also the long, hot summer of the riots in Watts and Detroit but we were blissfully unaware of the strife back home. The armed forces newspapers didn't mention any of it. By the time we got home in December, it was old news."

Erwin then went to the Ohio State University on the GI Bill. Bandy received his bachelor's degree with a major in history and a minor in geography. He then went to law school at Capital University as a night student while clerking for a law firm in Newark, Ohio. "Law school created a void in my memory of television shows and movies. I just didn't have the time. I never saw My Mother, The Car, but everybody tells me I didn't miss anything."

After passing the bar exam, Bandy became a law partner with Patrick H. Young. "The six years I spent with Pat were very valuable. He had a very strong practice and he really knew how to relate to people. I was primarily real estate attorney and I learned a great deal of criminal and civil law in those years working with Pat Young." Erwin then had his own practice and has been an attorney in Paulding for 29 years. He was also the Paulding County Court Assistant Prosecutor before becoming Judge. "In those days, there was only one Assistant Prosecutor. In addition to all the county court cases, I did some of the juvenile cases and all the tax foreclosures. It was a very busy time, but I found it very rewarding to represent the State of Ohio. My experience makes me the only candidate this year who has been judge, prosecutor and attorney in the Paulding County Court. If elected, I promise to try every case before me impartially and fairly."

**PAULDING COUNTY FLAT ROCK CREEK**



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**FRIDAY:** Flat Rock Creek activities continue all day.  
7-11 a.m.: PANCAKE & SAUSAGE BREAKFAST by the Paulding Co. Firefighters Ass'n.  
10 a.m.: OPENING CEREMONIES - Flag Raising  
Appearing all three days; Brown Co. Indiana's "MR. BOJANGLES" on the Mandolin, and "HARMONICA JOHN & NANCY", and "SPITTIN' IMAGE"  
10 a.m.-6p.m.: HURDY GURDY BAND, Radio Live Broadcasts  
4-6 p.m.: PORK CHOP SUPPER by the K of C  
6 p.m.: Antique, open class & MOD TRACTOR PULL (1959 & Older) weigh-in 4 p.m.  
7-11 p.m.: POLKA & SQUARE DANCE featuring Ohio's finest "PARTY TIME BAND"  
8:30-10p.m.: "SPIKE AND THE BULLDOGS" Bring your chairs. Don't miss it!

**SATURDAY:**  
9 a.m.: Gates open to the public, and activities continue all day  
7-11 a.m.: County Firefighters Ass'n. PANCAKE & SAUSAGE BREAKFAST  
10 a.m.-6 p.m.: WESLEY LINENKUGAL BAND providing the finest dulcimer entertainment in the Midwest! Outdoor, live performance.  
10 a.m.: "LONGABERGER" BASKET AUCTION—Extension Building  
10 a.m.: ANTIQUE TRACTOR PULL (weigh-in 8 a.m.)  
12 p.m.-5 p.m.: K of C CHICKEN BAR-B-QUE  
5 p.m.: FIRST CHRISTIAN CHURCH HOG ROAST  
6 p.m. and 8 p.m.: THE PRENGERS on Center Stage  
7-11 p.m.: AUTUMN BARN DANCE with the "ROLLIE 'S BOYS", toe-tappin' tunes 'till midnight.

**SUNDAY:**  
9 a.m.: Gates open to the public, and activities continue all day at Flat Rock Creek  
7-11 a.m.: PANCAKE & SAUSAGE BREAKFAST  
9 a.m.: VINTAGE & CLASSIC TRUCK SHOW (419) 399-5462 or (419)594-2287  
10 a.m.: NON-DENOMINATIONAL CHURCH SERVICES Extension building  
11:30-2:00 p.m.: BEEF & NOODLE DINNER by ST. JOSEPH'S CATHOLIC CHURCH  
12 noon: Flat Rock Creek presents WORLD CHAMPIONSHIP 3300 LB. LIGHTWEIGHT HORSEPULL SPECTACULAR. HEAVYWEIGHT FOLLOWS. Some of the top draft horses in the world will appear. Michigan Dynamometer Ass'n's largest purse.  
1-5 p.m.: KETTERING BANJO SOCIETY - Ragtime Music with the largest Banjo Band east of the Mississippi

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**REP. GILLMOR HONORED WITH GUARDIAN OF SENIORS RIGHTS AWARD**

“Senior citizens know they can depend on Representative Paul Gillmor (R-OH) to always protect their monthly Social Security benefits. Rep. Gillmor can also be counted on to work hard to lower the costs of their Medicare benefits.”

That assertion was made at a ceremony by Jim Martin, President of the 60 Plus Association, as he presented Rep. Gillmor with a Guardian of Seniors’ Rights plaque in honor of the Representative’s efforts on behalf of the elderly.

60 Plus is a non-partisan group that depends upon support from nearly 5 million senior citizens. Martin said “seniors have no finer friend in Congress than Rep. Gillmor.”

Congressman Gillmor said he was grateful to receive this award for his efforts on behalf of seniors. Upon receiving his award Gillmor said that, “Congress has shown a great commitment to American seniors over the past decade and that commitment is only

getting stronger.” Gillmor continued, “Most recently, the creation and implementation of the Medicare Prescription Drug Program, which is saving hundreds of dollars for the average senior, is a great example of how Congress responds to the needs of our citizens. That is why I am honored to have been recognized by the 60 Plus Association for my work.”

Martin cited support by Gillmor to:

—Repeal the 1993 tax on monthly Social Security benefits;

—Abolish the Social Security earnings limit for younger seniors 62-64;

—Abolish the 90-year-old death tax which hurts small businesses and farmers;

—Repeal the 108-year-old excise tax on telephones which was imposed to help finance the Spanish-American War.

“These are but a few key ‘senior friendly’ initiatives that Rep. Gillmor supports. There are others. Seniors are grateful to Rep. Gillmor for his leadership.”

For more information on the 60 Plus Association, visit [www.60plus.org](http://www.60plus.org).

**RAISE THE BARRÉ DANCE STUDIO LAUNCHES SCHOLARSHIP PROGRAM**



Jacquelyn LeMieux

Raise The Barré Dance Studio is proud to announce the launch of a new one-year scholarship program for Paulding County children ages 5-18 who demonstrate a financial need. The applicants will answer the question “Why I Want to Dance” in 50-100 words. If the applicant cannot write he or she may submit a drawing or dictate to an adult.

The number of scholarships to be awarded will depend on the number of entries received. Please send your entry to: Scholarship Program C/O Raise The Barré Dance Studio, 103 S. Main St. Paulding, Ohio 45879. Don’t forget to include your name, age, phone number and address. Hurry, deadline is September 18th!

**Skin Sense**  
facts from the experts

**As Summer Fades, Your Tan Doesn’t Have To**

(NAPSA)—Enjoying the sun has been a favorite pastime for people of all ages for many years. Today, it is still one of life’s free pleasures.

In the early 1920s, “Sun Therapy” became very popular and was prescribed as a cure for everything from simple fatigue to tuberculosis. Around the same time, French fashion designer Gabrielle “Coco” Chanel popularized the tan as a status symbol when she appeared at the fashion shows with a golden tan obtained while vacationing on the French Riviera.

In the mid-1940s, home tanning lamps gained popularity with health enthusiasts. And in the 1970s, the carefree youth culture demanded a year-round tan so they could appear to have just returned from vacation. This spawned the development of the indoor tanning bed (1975) and the growing popularity of sunless tanning lotions.

Today, with superior application methods and advanced ingredients, the use of sunless tanning products is at an all-time high and anyone can enjoy the appearance of a beautiful, healthy-looking tan—year-round.

**Keep On Glowing**

As summer fades, your tan doesn’t have to. One of the simplest and most effective ways to keep a beautiful tan looking fresh and radiant through the sunning season and beyond is to use products specifically designed to create and maintain a sun-kissed glow. Following are some simple sunless tanning tips from the experts at California Tan.

- Always Prepare Your Skin—For best results, prime skin with a gentle, oil-free exfoliating product to do away with rough, flaky, dry skin to create a smooth surface that will more evenly absorb sunless tanning ingredients. Exfoliating will also help color last longer and help the sunless tan fade away more evenly and naturally.
- Apply Self-Tanner Once a Week—To develop or maintain a healthy-looking glow, apply self-



New face and body self-tanning products help prolong your tan on areas prone to fading.

tanner over entire body in even, circular motions and always wash hands after application. Never apply self-tanner to palms of hands or soles of feet. Choose a product format that is best for your skin type—lotion for dryer skin, spray for oilier skin, or foam for combination skin. A product with a subtle tint allows for easy application as it “shows where it goes.”

- Keep Color Fresh and Skin Hydrated—To extend color and protect a tan from fading away, use a moisturizer containing subtle self-tanning, skin-enhancing bronzers. The combination of hydrating the skin and supplying it with the added bronzers will keep color going strong and skin smooth and radiant.
- Pay Extra Attention to Fast-Fading Zones—Certain body parts, like the face and legs, lose color due to excessive cleansing and/or shaving. Keep color longer by paying special attention to these areas with products designed to extend color longer with bronzing, anti-aging, sun care protection and moisturizing ingredients. California Tan Face Perfector SPF 15 and Leg Perfector were designed to prolong color on your face and legs.

For more tips about maintaining a beautiful tan or to learn about California Tan’s complete line of self-tanning products, visit [www.californiatansunless.com](http://www.californiatansunless.com).

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**HEALTHY IDEAS**

(NAPSA)—From roasted and seasoned almonds in creative, portable packaging to almond granola bars, energy bars and breakfast bars to entrees and vegetable dishes, almonds are found in a variety of new food products. One reason for their popularity may be their health benefits. Studies have shown that almonds as part of a balanced eating plan can lower LDL, or “bad,” cholesterol and can help promote a healthy weight. In addition, almonds are packed with the antioxidant vita-

min E, magnesium, protein and fiber. For almond recipes, visit [www.AlmondsAreIn.com](http://www.AlmondsAreIn.com).

\*\*\*  
“If nurses don’t ensure older adults have an adequate fluid intake, we have seriously failed them,” said Diana Mason, RN, Ph.D., FAAN, editor-in-chief, *American Journal of Nursing*. “For older adults, it’s essential to have consistent fluid intake throughout the day, especially because they should not consume large amounts of fluid at one time.”

**Young Teens Need Calcium At Back-to-School Time**

(NAPSA)—Young people, especially those in the critical bone-building time between the ages of 11 and 15, need 1,300 mg of calcium every day—at least three cups of low-fat or fat-free milk, in addition to other calcium-rich foods, advises the National Institutes of Health (NIH). The start of the school year is the perfect time to help tweens (ages 9-12) and teens (ages 13-19) start this healthy eating habit.



Tweens and teens need at least 1,300 mg of calcium a day.

“Tweens and teens need almost twice as much calcium as younger children because this is when bones are growing their fastest,” advises Dr. Duane Alexander, Director of the National Institute of Child Health and Human Development (NICHD) at the NIH.

The NICHD suggests:  
1. Keep calcium-rich snacks on hand, such as low-fat or fat-free string cheese.

2. If your kids don’t or can’t drink milk, serve calcium-fortified soy beverages or orange juice with added calcium. Flavored low-fat or fat-free milk also has as much calcium as plain.

3. Fresh or cooked broccoli is calcium-rich.

4. Try low-fat or fat-free milk or yogurt smoothies for breakfast or as an after-school snack.

The NICHD has developed some helpful resources for parents, available at <http://www.nichd.nih.gov/milk/> or by calling 1-800-370-2943.

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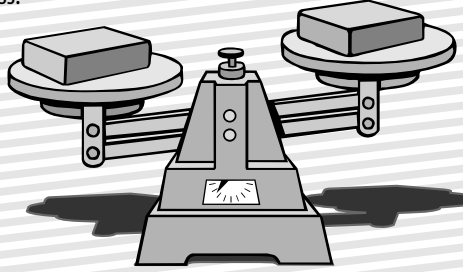
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RE-ELECT JUDGE

**Timothy R. Pieper**

GENERAL INFORMATION  
**PAULDING COUNTY COURT**

3200-4300 \* Number of Cases Each Year  
85% Criminal and/or Traffic Cases  
1000+ Sentencings presided over by Judge Pieper

**Types of Cases:** OVI (Operating a Vehicle Impaired, formerly DUI), Negligent Vehicular Homicide, Domestic Violence, Assault, Criminal Damaging, Driving under Suspension, Speeding and others

**Felonies:** The County Court sees many of the felony cases in the County first on a limited Jurisdiction basis.

**150-170\*** OVI Cases on the Docket each year.

Per Ohio’s Sentencing Guidelines, OVI convictions carry mandatory minimum Jail time, (DIP option - 1st Time Offenders), Fines, License Suspensions, and other Penalties.

*The Paulding County Court is an Open Court with Courtroom proceedings open to the public. Arraignments are generally held Monday, Thursday and Friday mornings. I am very honored to be your Paulding County Court Judge and would appreciate your Vote for my Re-Election in November.*

—Judge Timothy R. Pieper.

Small text at bottom: Paid for by Re-Elect Judge Timothy R. Pieper Paulding County Court Ray E. Keck, Treasurer 12415 Maple Ave. Paulding, Ohio. \*approximate

**HIGH SCHOOL FOOTBALL: WAYNE TRACE VS. WAYNESFIELD GOSHEN**

By: Kevin Wannemacher  
 The Friday night football game of Wayne Trace vs. Waynesfield Goshen had a final score of 53-15 with the Raiders coming out the victors.

Score by Quarters:  
 Waynesfield Goshen—0, 0, 0, 15 = 15.  
 Wayne Trace—6, 34, 7, 6 = 53.

Scoring Summary:  
 WT - Lance Sinn 7 yd. run (pass failed), 5:06 1st.  
 WT - Lance Sinn 18 yd. run (Lance Sinn run), 11:14 2nd.

WT - Lance Sinn 1 yd. run (pass failed), 8:17 2nd.  
 WT - Lance Sinn 1 yd. run (run failed), 5:04 2nd.  
 WT - Riley Linder 18 yd. run (Riley Linder pass to Jay Priest), 1:34 2nd.

WT - Riley Linder 60 yd. pass to Jay Priest (kick blocked), :37 2nd.  
 WT - Tevin Hale 7 yd. run (Jay Priest kick), 3:49 3rd.

WT - Tevin Hale 7 yd. run (kick failed), 11:23 4th.  
 WG - Cody Sackinger 32 yd. pass to Gray Horn (B.J. Lane kick), 6:57 4th.

WG - Jake Spencer 16 yd. fumble recovery (Keaton Fetter pass to Jake Spencer), 1:04 4th.  
 Records - Wayne Trace 2-0, Waynesfield Goshen 1-1.

**GIRLS VOLLEYBALL: WAYNE TRACE VS. SPENCERVILLE**

The Wayne Trace Girls' Volleyball team hosted the Spencerville girls on August 31.

Final scores were as follows: Spencerville over Wayne Trace, 25-20, 25-18, 25-21.

Records - Spencerville 1-1, Wayne Trace 0-1.

Junior Varsity final results were: Wayne Trace over Spencerville 25-15, 25-10.

Wayne Trace Team Statistics:

Serving 53-59, Setting 72-94, Serve Reception 38-68, Passing 116-156, Hitting 56-100.

Wayne Trace Individual Statistics:

Dayna Keirns - 15-16 serving, 1 ace, 3 digs, 61-83 setting, 14 assists.

Kara Benschneider - 11-13 serving, 3 aces, 23-32 passing, 11-19 serve reception, 3 digs.

Becky Ruble - 11-12 serving, 19-23 passing, 15-20 hitting, 1 kill.

Krista Germann - 9-12 serve reception, 21-26 passing, 3 digs, 3 blocks.

Kerry Habern - 12-20 hitting, 3 kills.

Kelly Janka - 3 blocks.

**WAYNE TRACE CROSS COUNTRY INVITATIONAL RESULTS**

These are the results of the Wayne Trace High School Cross Country Invitational on August 29.

**Varsity Girls:**

Team results: Liberty Benton 54, Van Wert 68, Ayersville 76, Lincolnview 90, Wapakaneta 101, Wayne Trace 198, Stryker 224, Delphos St Johns 230, Antwerp 247, Hicksville 263, Edgerton 275, Fairview 298

**Top 10 Individuals:**

- 1. Keshia Brooks, LB 19:40
- 2. Caitlin Rohn, AY
- 3. Lauren Taylor, VW
- 4. Erin Calvelage, DSJ
- 5. Lindsey Kentner, WP
- 6. Audra Brown, AY
- 7. Katie Honigford, LV
- 8. Brynn Chaskel, LB
- 9. Anna Farmer, LB
- 10. Kimber Brown, AY

**WT and Antwerp finishers:**

- 32. Michele Hill, WT 22:34
- 35. Alexis Godeke, AN 22:43
- 43. Kelsey Hinchcliff, WT 23:45
- 45. Katie Reinhart, AN 23:48
- 52. Samantha Davis, WT 24:13
- 59. Mindy DeLong, AN 24:44
- 60. Cassie McDougale, WT 24:49
- 62. Jenna Gordon, WT 24:55
- 85. Chelsea Klewer, WT 27:33
- 87. Alyssa Hughes, AN 27:45
- 93. Brittany Black, AN 28:39
- 98. Gina White, WT 30:12

**Varsity Boys:**

Team results: Van Wert 47, Wayne Trace 71, Lincolnview 90, Ottoville 130, Wapakaneta 131, Fairview 157, Ayersville 165, Stryker 168, Edgerton 202, Antwerp 256, Hicksville 287

**Top 10 Individuals:**

- 1. Brady Prater, WP 17:04
- 2. Jordan Karnes, EG
- 3. Steve Sanderson, VW
- 4. Kenton Holliday, VW
- 5. Jacob Bagley, VW
- 6. Rodney Miller, WT 17:33
- 7. Seth Wisener, LV
- 8. Ryan Kerns, OV
- 9. Kenny Graber, ST
- 10. Brady Ruffer, ST

**WT and Antwerp finishers:**

- 14. Zach Hamrick, WT 18:07
- 15. Karl Klopfenstein, WT 18:08
- 16. Zach Wannemacher, WT 18:12
- 20. Logan Myers, WT 18:21
- 26. Hayden Krick, AN 18:27
- 43. Jake Reinhart, AN 19:34
- 50. Spencer Timbrook, AN 19:53
- 62. Tyler Dunham, WT 20:50
- 70. Steve Carlisle, AN 22:30
- 73. Dusty Woodcox, AN 24:15

**Boys JV Race:**

- Top 5 Individuals:
- 1. Zack Johnson, LB 19:02
  - 2. Tedd Roberts, LB
  - 3. Brad Allmandinger, VW
  - 4. Nick Kallas, VW
  - 5. Matt Evans, LV
- WT Finishers:
- 15. Angelo Harris, WT 20:59

32. Jeremy Zartman, WT 22:47

**JH Girls:**

Team results: Van Wert 36, Liberty Benton 38, Lincolnview 69, Ayersville 119, Antwerp 134, Crestview 134

**Top 5 Individuals:**

- 1. Shayla Siefker, OV 13:28
- 2. Natalie Graber, ST
- 3. Erika Smith, VW
- 4. Audra Schroeder, LB
- 5. Taylor Leaser, VW

**WT and Antwerp finishers:**

- 13. Vanessa Gordon, AN 15:02
- 26. Jessica Wenninger, WT 15:53
- 32. Amanda Hill, WT 16:18
- 58. Jessie Marlin, AN 18:41
- 59. Lauren Cline, AN 18:49
- 60. Harlee Hudson, AN 18:55
- 61. Nicole Hughes, AN 18:56

**JH Boys:**

Team results: Stryker 30, Van Wert 56, Lincolnview 101, Crestview 111, Ottoville 114, Liberty Benton 144, Fairview 152

**Top 5 Individuals:**

- 1. Jay Planson, ST 12:19
- 2. Tyson Rohrs, ST 12:29
- 3. Brandt Taylor, VW 12:36
- 4. Taylor Gasser, OV 13:00
- 5. Garret Glecker, CR 13:03

**WT and Antwerp finishers:**

- 6. Colin Klopfenstein, WT 13:05
- 8. Josh Hilton, AN 13:08
- 9. Nick Berry, AN 13:12
- 62. Eli Cook, WT 19:09

**BOYS GOLF AT WINDWOOD HOLLOW GOLF COURSE, EDON**

On August 31, Wayne Trace, Fayette, and Edgerton's golf teams teed off at Windwood Hollow Golf Course in Edon.

Final scores were: Wayne Trace 172, Fayette 195, Edgerton 209.

Records - Wayne Trace 4-1, Fayette 1-6, Edgerton 4-18.

Individual scores: Wayne Trace (172) - Scott Kipfer 42, Elliott Temple 43, Dane Treece 43, Aaron Hockenberry 44, Matt Shugars 51.

Fayette (195) - Caleb Breisinger 41, Elliott Richardson 45, Colin Barnheiser 54, Boston Highlander 55, Ryan Demland 78.

Edgerton (209) - Trent Beltz 40, Cory Jenkins 50, Lance Smith 53, Tyler Clark 66, Matt Brown 68.

**AHS Angle**



**By: Chelsea Vail**

As Charlotte, the only spider that I have ever managed to not mind the presence of, once said, "Salutations!"

Can you believe school has been in session for three weeks now?! The days are just flying by! And since it has been that long, I thought it was time to get to know our new choir teacher, Andrea Robertson, a little better.

After school last Wednesday, I met with her in her classroom to get the dirt on her. OK, not so much the dirt as background information and such, but I liked the way 'dirt' sounded. She hails from Livonia, MI, a suburb of Detroit, graduating in a class of 500. No, 500 is not a typo. She went on to graduate from Miami University with a degree in Music Education, and is very excited to be with us here at Antwerp. When I asked her about her goals for the music program, she noted that she would "like to develop musicianship in all the students so they gain knowledge and skills for the coming years."

Then, our High School principal, Mr. Arnold, dropped in for a quick game of "Name That Tune", playing both "Silver Bells" and a rousing rendition of the fifties tune, "Running Bear". He did stump us with the latter, but who's keeping score, right?

Getting back to the interview, we talked hobbies. She takes ballroom dancing lessons at the Stardust Ballroom Dance Studio, and has lately discovered another style of music she enjoys, Indie Pop. She got a taste of it through a choir she was a member of at Miami, and says, "It's colorful, upbeat, and a great way to get an audience excited about music." With our time coming to an end, she noted that school has been good thus far, and hopes to have a great school year here at Antwerp.

I hope that gives you a feel for just how genuine and amiable Miss Robertson is, and that you can see what a fabulous addition she is to the Antwerp teaching staff!

Hey, all you Archer fans, these sporting events are opportunities to stand up and clap your hands!

JH Volleyball: September 7th, 4:30, @ Paulding; September 11th, 4:30, @ Tinora; September 12th, 4:30, @ Hilltop.

JH Football: September 12th, 5:00, Holgate.

JV Football: September 11th, 4:30, Hicksville.

Varsity Golf: September 9th, 8:30, Antwerp Invitational; September 11th, 4:30, @ Archbold; September 12th, 4:30, @ Fairview/Edgerton.

Varsity Cross Country: September 9th, 9:00, @ Archbold Invitational; September 12th, 4:30, Paulding.

Varsity Volleyball: September 9th, 10:00, Wayne Trace @ Paulding; September 11th, 6:00, @ Delphos Jefferson; September 12th, 6:00, @ Fairview.

Varsity Football: September 8th, 7:30, @ Ottawa Hills.

**Word of the Week:**

Habitué \huh-BICH-oo-ay\ noun: One who habitually frequents a place; a regular.

An example of a habitué would be Norm from "Cheers", as in the late 80s/early 90s TV series. Try it in a sentence this week!

That's all for now, but be sure to check back next week to get filled in on all the upcoming Spirit Week festivities!

**Have Something to sell?**  
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**For Your Information Paulding County and You!**  
**What is the "assessed value" of property?**  
 The assessed value of property is the value placed on land and buildings by a government unit for use in levying real property tax. In Ohio, the assessed (taxable) rate is set at 35% of the estimated market value and is set by the Tax Commissioner of the State of Ohio. Assessed value is the value of taxable property to which the tax rate is applied in order to compute the amount of taxes. Annually, the County Auditor prepares the General Tax List upon which the tax bills are derived. Your tax bill is based on the tax rate in effect for the local government where your property is located, multiplied by the assessed value.  
 information courtesy of  
**Susan Simpson**  
 for  
**Paulding County AUDITOR**  
 Paid for by Susan Simpson for Paulding County Auditor, 12147 Rd. 216 Cecil 45821  
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 Next Week: What is "market value"?

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# Pointers For Parents

Turn Viewing into a Teachable Moment by Watching Together

by Dr. Rosemarie Truglio (NAPSA)—A new national study shows how television has become a central focus of many very young children's lives. Is that a good thing or a bad thing? That depends on how parents approach it. The following questions and answers may help you decide:

**Q: How much television do children watch?**

**A:** According to the study released by the Kaiser Family Foundation, in a typical day more than eight in 10 children under the age of 6 use screen media, with those children averaging about two hours a day.

**Q: How is TV used in most homes?**

**A:** In many homes, electronic media are used to help manage busy schedules, keep the peace and facilitate family routines such as eating, relaxing and falling asleep. TV can also be used to educate. Thirty-seven years ago, Sesame Workshop changed the history of television with "Sesame Street," proving educational television can be a positive learning tool for preschoolers.

Now, the nonprofit educational organization behind the show has developed a new line of DVDs called Sesame Beginnings. It's designed to encourage interaction between caregivers and children, as well as to provide ideas, songs and activities that caregivers can use to promote "teachable moments."

**Q: Why focus on infants and their caregivers?**

**A:** As the recent study found, millions of children under the age of 2 are watching TV and videos. Sesame Workshop's own research has found that "Sesame Street" videos were among those frequently viewed by children under



**DVDs FOR THE UNDER 2 SET—In a typical day, studies show that more than eight in 10 children under the age of 6 watch television.**

2. However, the content and curriculum of "Sesame Street" is designed for ages 2-5. Therefore, the DVDs were created to provide video content for families with younger children—with the goal to model and foster parent-child interaction during viewing and, most importantly, when the video is over.

**Q: Are the DVDs designed to promote infant TV/video viewing?**

**A:** No. The purpose of developing these DVDs is to offer parents—who do choose to allow their children to watch TV/video—content that is developmentally appropriate for children under 2 and that reinforces important research-based principles that young children learn best through adult-child interaction. *Dr. Truglio is Vice President of Education & Research at Sesame Workshop.*

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**GARAGE SALE: ONE DAY ONLY!** Sat., Sept. 9 from 9am – 3pm. Kids have moved out and left these empty nesters with extra EVERYTHING! Dishes, bedding, curtains, beer signs, computer, clothes (women 4-8 and 12-16; boys extra large), pictures, round kitchen table, books, lots of miscellaneous! Something for everyone! Bob Herber 8038 Rd. 180. Three miles east of Antwerp on Co. Rd 180; from Paulding take 127 north to Co. Rd. 180, 5.1 miles west.

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## PANTHERS FALL IN DEFENSIVE BATTLE

By Aaron Gross

County rivals Paulding and Wayne Trace played a hard-nosed, physical contest August 25th, in which the Raiders won, 14-0. Fans from both schools packed Raider Field to cheer their teams on, and there was a lot to cheer for. The game was exciting the whole way through with no sure winner until the final whistle blew. There were not many offensive fireworks in the game with both teams combining for only 58 passing yards. Leading the way for Wayne Trace was senior running back Lance Sinn, who racked up 182 yards on 26 attempts. Paulding never really got any momentum going against the Raiders' stifling defense with the only big play

being Lucas Tracy's 44-yard scamper in the third quarter. Tracy, a senior at PHS, ended up with 61 yards on 9 carries. Scoring for Wayne Trace was Riley Linder with a 6 yard TD run and Zach Gerber with a 10 yard run. Each team lost a fumble and WT had 2 INT's comparing with 1 for Paulding. The red-white-and-blue Raiders dominated the Maroon and White in the first down category, 16-3. Alex Phlipot, the Paulding senior QB and last year's leading receiver, struggled during the game going 2-7 for only 16 yards and an interception and 50 yards rushing on 16 carries. Paulding will make the trek to Delphos to play the Jefferson Wildcats while the Raiders host Waynesfield Goshen as the season continues. JV Score—Paulding 20 Wayne Trace 12.

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34-37p

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34-37p

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# GOLL – HOPEWELL



Emily Goll and Mark Hopewell II were married at 2:00 p.m. Saturday, July 15 in St. Mary's Catholic Church, Antwerp by Deacon Robert Nighswander.

Parents of the couple are Louise Goll and Austin White of Antwerp and John and Tracy Goll, Bellevue, MI, and Mark and Martha Hopewell, Antwerp.

Nuptial music was performed by Sharon and Dale Hicov.

The bride selected an elegant Basque waist A-line gown with white organza overlay embroidered with multi-colored rosettes and vines encircling the natural waist and entire hem edge of the chapel-length train. She wore a simple shoulder length tulle veil fashioned by the groom's grandmother Mildred Orman. Emily and her attendants carried bouquets created by her step-mother Tracy Goll.

Attending the bride as maid of honor was her sister, Alice Fox, Westerville. Bridesmaids were Amy Zuber, Antwerp, friend of the bride; Alexis Ozden, Sterling, VA, friend of the bride; and Maggie and Katie Goll, both of Bellevue, MI, sisters

of the bride.

Serving the groom as best man was his brother Cameron Hopewell of Cincinnati. Groomsmen were Mark Hopewell I, father of the groom and John Miller, friend of the groom, both of Antwerp; and Nick Richley, friend of the groom from San Diego, CA.

Ushers were John Goll III of Bellevue, MI and Kevin Benbow of Maumee, OH. The bride holds a bachelor's degree in both microbiology and clinical lab science. She is a graduate student in the cancer biology program at University of South Florida, Tampa. The groom holds a bachelor's degree in management information systems. He is a senior analyst employed by Software Architects, Inc., Tampa, FL.

Following the ceremony there was a reception for guests at Grant's Hall, Antwerp. The newly wed enjoyed a few days in Saugatuck, MI for their honeymoon before returning to their residence in Tampa.

## GIRLS VARSITY GOLF AT AUGLAIZE GOLF COURSE

On Monday, August 28 the Defiance and Wayne Trace Girls Varsity Golf teams faced off at the Auglaize Golf Course.

Final scores were as follows: Defiance 188, Wayne Trace 230. Records - Defiance 3-0, Wayne Trace 0-2.

Individual scores: Defiance (188) - Kayla Haynes 48, Allie Lorenz 48, Angela Blott 44, Cat Morissey 48, Kristin Michael 53, Jane Butler 60.

Wayne Trace (230) - Gabrielle Hook 63, Brandi Bradtmueller 50, Shelby Critten 61, Courtney Hicks 56, Lynn Bidlack 65, Kaitlyn Hughes 75, Jordin Jackson 78, Britney Wilcox 81.

# HINTS FOR HOMEOWNERS

## Go Bright, Go Vivid: A Facelift For Your Vinyl Siding

(NAPSA)—Since its introduction in the 1960s, vinyl siding has grown in popularity to become the number one choice of exterior cladding across the United States. In fact, according to the Vinyl Siding Institute, U.S. Census figures show twice as many homeowners choose to side their homes with vinyl than any other material.



With the advanced color technology available in today's paints, it's much easier to freshen and update your vinyl siding.

matching, you can have virtually any custom color you choose.

If you're a do-it-yourselfer, you can feel confident tackling your vinyl-painting project yourself because the VinylSafe Color Technology is available in Sherwin-Williams' popular Super Paint Exterior Latex and Duration Exterior Coating products. What's more, the experts at any neighborhood Sherwin-Williams store can provide personalized assistance.

If you'd rather call in the pros, Sherwin-Williams can connect you with professional painters in your area. Just log on to swserviceconnection.com to get the names of painters in your neighborhood who use high-quality Sherwin-Williams paints.

Sherwin-Williams is the nation's largest specialty retailer of paint, stains, coatings, wall coverings and associated supplies. With more than 3,000 stores in North America, the company is dedicated to supporting the do-it-yourself consumer with specialized products, superior technical knowledge and one-on-one, personalized service that's focused on the do-it-yourselfer's unique project needs. Sherwin-Williams brand-name products can only be found at Sherwin-Williams stores; call 1-800-4-SHERWIN (1-800-474-3794) for the nearest location. And visit sherwin-williams.com.

Thanks to new VinylSafe Color Technology from Sherwin-Williams, changing the color of a vinyl-sided home is as easy as painting it. And, luckily, paint is the most cost-effective approach to changing the appearance of a home.

With color, homeowners are able to enhance the curb appeal of their homes, make a statement and even increase their value. Traditionally, white, same color or lighter-than-the-siding colors were "safe choices" for painting vinyl siding. That's because these shades reflect the sun's rays, which keeps the siding from warping or buckling. But today's homeowners are more interested in color than ever before—including vivid, bright and deep hues. Evidence of that can be found at the house next door and in home-decorating magazines and television programs, where a broader spectrum of exterior colors is used to complement various architectural styles or regional influences.

VinylSafe Color Technology makes it possible for even the vivid, darker exterior colors to be easily applied over light-colored vinyl without the fear of the siding warping or buckling. And with Sherwin-Williams' SherColor advanced color

# Healthy Living

## Indoor Plants: How They Help Us At Home And Work

(NAPSA)—An idea that's being planted in more and more offices, senior centers and homes is one that may surprise many people: namely, the benefits of indoor plants. Simply put, being close to plants reduces stress.

Research has shown that heart rate, blood pressure and skin conductivity all benefit from the presence of plants and that people in planted offices recover from stress more quickly than those in unplanted offices.

The effect is likely to be most significant in situations where the tasks being performed are repetitive or not requiring high levels of concentration.

Studies in the U.S. also show that by reducing stress and improving attentiveness, plants can improve workplace productivity.

A number of studies also show that plants can reduce the incidence of minor health complaints in the working environment. For example, in one Norwegian study, after plants were installed in the trial offices, staff complaints about:

- Fatigue were reduced by 30 percent
- Headaches were reduced by 25 percent
- Dry throats were reduced by 30 percent
- Coughing were reduced by 40 percent
- Skin irritation were reduced by 25 percent.

Plants are also believed to have such a dramatic effect because they both improve indoor air quality and people's perception of the building.

Today, horticultural therapy blooms as a profession and a practice. The American Horticultural Therapy Association reports that "horticultural therapy is not only



Popularity of horticultural therapy is growing among seniors.

an emerging profession; it is a time-proven practice." Nurturing and caring for plants is a highly interactive and satisfying experience for people of any age, particularly for seniors.

As a way of giving back to the senior community while shining a spotlight on the healing benefits of taking care of plants, Initial Tropical Plants, the largest provider of interior landscaping and design installation to businesses in the nation, created the Grassroots Senior Healing program. The company donates plants, containers and talented horticultural employees to volunteer at low-income senior citizen centers and demonstrate the healing benefits of tending to interior plants.

Interestingly, planted buildings also have less airborne dust than unplanted ones. The effect is mainly due to increased humidity and static electricity. That's because plants are slightly negatively charged compared with their surroundings and so will attract positively charged dust particles, reducing the number in the air and on surrounding surfaces.

To learn more about the benefits of indoor plants, visit [www.initialplants.com](http://www.initialplants.com).

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# PUBLIC AUCTION

SATURDAY, SEPTEMBER 16th, 2006 9:30am

## ALLIS CHALMER TRACTOR - FISHING EQUIP. FURNITURE - RIDING MOWER

LOCATION: 12318 Rosedale Rd., Hicksville, OH. Take Rt. 49 south of Hicksville approx. 1 mi. to Jericho Rd. Go east 5 miles to Rosedale, then south 1/4 mi.

RASCAL 600 motorized wheel chair; TRACTOR & LAWN MOWER: Model CA Allis Chalmer, narrow, w/2 bottom plow, 2 row cultivator & 6" snow blade; Wheel-horse 10HP lawn mower, 36" deck; ANTIQUES & COLLECTIBLES: Ultraphonic upright record player w/lots of Victor #78 records; wood crates; 5g crock; Roseville & USA pottery; lots of old books & encyclopedias & Bibles from late 1800's & early 1900's; army cots; wooden & metal wash stands; lard press; wooden high chair; old 33 1/3 record albums; painted serpentine chest of drawers & dresser; desk; pink & white Kenmore wringer washer; milk cans; Tonka metal toys; FURNITURE: recliners; twin size beds; swivel rocker; console color TV; lamps; stools; shelves; metal kitchen table & chairs; elec. washer & dryer; TOOLS, ETC.: nails; gas cans; tree trimming pole; port. table saws; Sears 10" bandsaw; 2 wheeled trailer;

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