

The WEST BEND NEWS

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VOLUME 2 - ISSUE 9

Serving All of Paulding County and Surrounding Areas - (419) 258-2000

WEDNESDAY, MARCH 1, 2006

PAULDING COUNTY AWARDED FEDERAL FUNDS UNDER THE EMERGENCY FOOD AND SHELTER NATIONAL BOARD PROGRAM

Paulding County has been awarded \$8,036 to supplement emergency food and shelter programs in the county.

The selection was made by a National Board that is chaired by the Federal Emergency Management Agency and consists of representatives from the Salvation Army; American Red Cross; United Jewish Communities; Catholic Charities, USA; National Council of the Churches of Christ in the USA; and, United Way of America. The Local Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

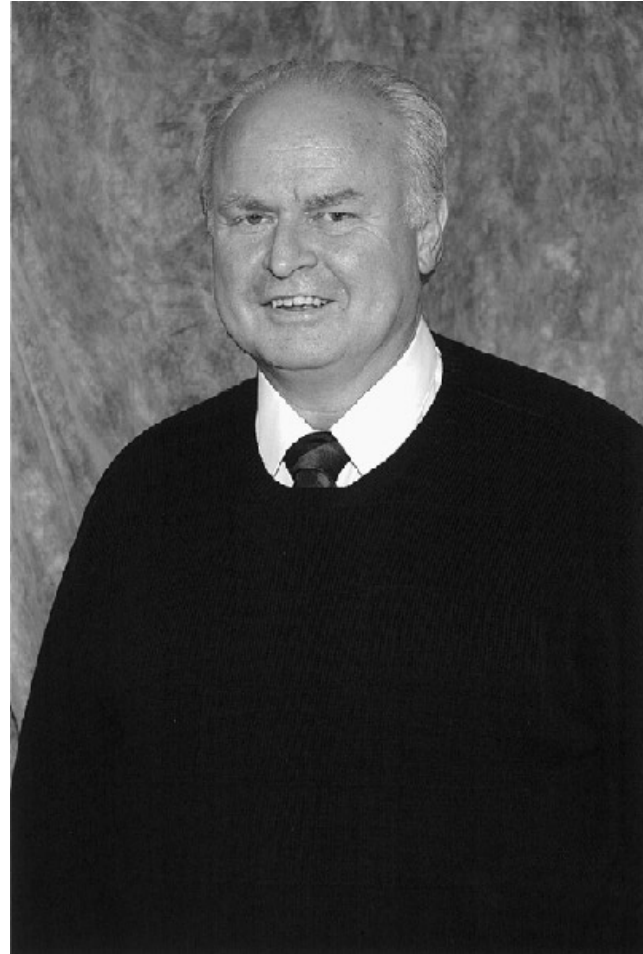
A Local Board made up of Paulding County representatives will determine how funds to Paulding County are to be distributed among the emergency food and shelter agencies in the area. The Local Board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program. The Local Board will meet Tuesday, March 14 at the United Way of Paulding County office.

Under the terms of the grant from the National Board, local agencies chosen to receive funds must; 1) be private voluntary non-profits or units of government; 2) have an accounting system, 3) practice nondiscrimination, 4) have demonstrated the capability to deliver emergency food and/or shelter programs, and 5) if they are a private voluntary organization, they must have a voluntary board. Qualifying agencies are urged to participate and must request an application by Friday March 10, 2006.

Paulding County has distributed Emergency Food and Shelter funds previously with Center for Child and Family Advocacy, YWCA of Van Wert, and Northwestern Ohio Community Action Commission participating.

Public or private voluntary agencies interested in applying for Emergency Food and Shelter Program funds must contact Nancy Hessler at United Way of Paulding County at 419-399-5300 or email director@unitedway-ofpauldingcounty.org for an application. The deadline for applications to be submitted is Monday March 13, 2006.

ROLLAND CLEM SEEKING PAULDING COUNTY TREASURER



Rolland Clem is seeking the Republican nomination for Paulding County Treasurer.

Clem is currently self-employed at Clem's Collectibles and operates an income tax preparation service. He currently holds an insurance license with the state of Ohio, and offers life insurance, annuities and financial services.

He has been in business most of his life and believes his business background and past work experiences will be assets as county treasurer.

Rolland is a graduate of Antwerp High School, attended Indiana University majoring in Business Education, has a degree in Biblical Studies from Liberty University, and administra-

tion courses from Pensacola Christian College.

Clem is a member of the Antwerp Community Church, serving on its board as a trustee, a member of the Lansing Principal Shopping District, the Comics Professional Retailers Association, NFIB, served twelve years on the Antwerp School Board, and has held offices with the Antwerp Baseball Association and Antwerp Chamber of Commerce.

Rolland has been married to his wife Ruth for 37 years. They have two sons, Reggie (wife, Brandi) and Regan (wife, Lindsay), two grandchildren, Isaac and Eli, with two more grandchildren expected this year.

CHOCOLATE EXTRAVAGANZA HUGE SUCCESS

The Oakwood Library Association is becoming more and more creative in their endeavor to raise funds for renovations of their new library space in the former Cooper Furniture stores. The recent Chocolate Extravaganza exceeded all expectations, both in public response and overall satisfaction of the evening's events. Guests entering the dimly lit hall of the Cornerstone Methodist Church might have imagined they were at an elegant midnight buffet on a cruise ship. They were treated to more than forty different chocolate delicacies, all elegantly displayed, along with their favorite beverages. The candlelit tables included favors of minted hot chocolate packets at each place sitting, and booklets were distributed to everyone containing favorite chocolate recipes as well as other facts and quotes pertaining to chocolate. Seven lucky attendees also went home with door prizes.

After being welcomed by Association President, Anada Cooper, guests were intro-

duced to Susan Hill, Paulding County Carnegie Library director, who congratulated the group on their efforts to create a new facility. But the highlight of the evening was the announcement that Cooper Family Foundation had made another donation to the cause in the amount of \$50,000. Adding to the excitement, a \$1000 donation was presented by former Oakwood high school teacher Bill Rohrs and his wife Irm, and it was announced that \$1000 was received from Linda Hodges in memory of her parents T. Frank and Gladys Kohart, and \$500 from someone wishing to remain anonymous.

Taylor Brothers Construction has recently finished siding and roofing the new location of the Paulding County Library. But due to the acquisition of an additional building, the group had to change the floor plans and return to the architect for revised blueprints. Renovations to the building will continue when the blueprints have been state certified and bids are accepted.

The added room, which (Continued on Page 3)

PAULDING LIBRARY UPCOMING EVENT

Join us for a special presentation of "Harry Potter & the Goblet of Fire". It is rated PG-13.

Come to the Paulding branch library Thursday, March 9 from 5:00-8:00 p.m. for popcorn, pop, prizes & fun!

Anissa Williamson

SOFTBALL CLINIC CANCELLED

The Payne Ball Association would like to announce that the fast pitch softball pitching/hitting clinic scheduled for March 4-5 has been cancelled.

Information on future clinics and/or camps will be sent out at a later date.

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'98 Saturn SC2 - 4 cyl, auto, 90k.....	\$3,800
'97 Sunfire - 4 cyl, auto, 83k.....	\$3,600
'96 Saturn SC - 4 cyl, auto, 79k.....	\$3,200
'00 Montana - V6, auto, 81k.....	\$6,500
'00 Durango - V8, 4x4, 71k.....	\$8,000
'00 Dakota SLT - V6 - 71k.....	\$6,800
'99 Astro LS - V6, auto, 95k.....	\$4,900
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'97 Astro - V6, auto, 93k.....	\$3,800
'96 Dodge Van - 1500, V6, 76k.....	\$3,800
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Beef.. \$50 • Pork\$35
Beef, Pork & Chicken\$50

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NEW ITEM
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1 lb. packages \$7.95 • 3 lb. packages \$12.75
Great for Grilling!

OBITUARIES

Samuel Barkman, Jr., 75, of Hicksville, died at Community Memorial Hospital, Hicksville on February 23.

He was born in Mark Center, OH on November 29, 1930 the son of Samuel Barkman Sr. and Magdalena (Plank). He married Joan Brinker on March 24, 1956.

He was a truck driver for Hulbert & Tomlinson, Hicksville for 41 years and for Ruan Trucking.

He was a member of Coburn Corners Church of Christ, St. Joe IN; he enjoyed the Hardee's Rif Raf Club, Bingo, bowling, and softball.

He is survived by his wife; three sons, Glenn and Paul (Linda) of St. Joe, IN and John (Deb) of Hicksville; three daughters, Sue (Steve) Sanders of Anniston, AL; Vera (John) Ball of Ft. Wayne; Rita (David) Virt of Noblesville, IN; 18 grandchildren; 4 great-grandchildren; three brothers and three sisters.

He was preceded in death by a daughter, Jane West; a son, James; a grandson and three siblings.

The funeral service was on February 27 at Smith & Brown Funeral Home, Hicksville. Pastor Dave Turpen officiated. Burial will be at Forest Home Cemetery, Hicksville.

Margaret Louise Gary, 90, of Paulding, died on February 23 at Hawthorn Court Nursing Home, Paulding.

She was born in Fisk, MO on January 25, 1916 the daughter of Henry and Isola (Brown) Wininger. In 1969 she married Eugene W. Gary who died in 2003.

She retired 1989 as Matron from the former Paulding County Home. She was also active in the Paulding County Democratic Party, Paulding Grange, Ohio County Home Association and a member of the Paulding First Christian Church.

Surviving are one son, Alan Wood of Orlando, FL; one step-son Kirk Gary of Montgomery, TX; two step-daughters, Jane Volk of Jackson, MI, and Bette Lindman

of Holland MI. Three grandchildren; 10 step-grandchildren; 4 great-grandchildren; and 12 step-great-grandchildren.

She is preceded in death by her parents; her husband, Eugene; her daughter, Lyndle Bea Smith in 1999; two sisters, her twin, Lorene, and Lois; seven brothers, Roscoe, Austin, Raymond, Edward, Harold, Dale, and Pete.

Funeral services will be conducted at 1:00 p.m. Wednesday, March 1, at the First Christian Church, Paulding. Pastor Ted Lindman will officiate. Burial will be in Sherman Cemetery.

Memorials to First Christian Church of Paulding, OH or the donor's choice.

George "Butch" Garman, 56, of Hicksville, died at Parkview Hospital, Ft. Wayne, IN on February 24.

He was born on August 6, 1949 in Leo, IN the son of John and Lois (Hoover) Garman. He married Linda Burley on February 22, 1970. She survives.

He retired from General Motors, Defiance, OH. He was a member of Eagles Aerie 2556, Hicksville; American Legion Post 223, Hicksville; VFW Post in Bryan, OH; Antwerp AmVets. He was affiliated with West Milford Church of Christ, Hicksville.

He is survived by his wife, Linda; a daughter, Lisa Eicher (fiance, Dennis Tucker) of Hicksville; two sons, Ed (Sandy) of Bryan, OH and John (Whitney Baker) of Hicksville; 12 grandchildren, Ian, Nicole, Skyler, Devon, Madison, Mikey, Skyla, Taylor, Owen, Morgan, Breanna, Alexis; a brother, Randy (Denise) of St. Joe, IN; two sisters, Betty (Dave) Miller of Butler, IN and Rosemary Mabee of Ft. Wayne, IN; a step-mother, Phyllis Garman of Skull Valley, AZ.

He was preceded in death by his father, John and his mother, Lois Murphy; and two brothers, Kenny and Steve.

The funeral service was on February 28 at Smith & Brown Funeral Home, Hicksville.

Lloyd Mealer, West Milford Church of Christ, officiated. Burial was at Forest Home Cemetery, Hicksville.

Preferred memorials to American Cancer Society and American Heart Association.

CARD CLUB BAXTER

By: Rose Kever

In December, it was my turn to be hostess for my euchre club. There are eight of us ladies, and we meet once a month. A delicious dinner is served and enjoyed after our first round of games is done.

I had put Duncan in the bedroom, to protect the ladies, because he gets pretty rambunctious around people. If he decides to attack Baxter, they sound like they are killing each other as they play fight and I didn't want the ladies to get upset and think they were really fighting ... it's all play!

Anyway, I let Baxter be out with us, because he's much more sedate and the most he does is watch what's going on.

Except for this time! One of our ladies, Deb, wasn't able to come to club so we had an empty chair each time we moved to a different table and if she was supposed to be at that table. It just so happened that Baxter decided to occupy the empty chair at my table, with Susie and Karen.

Baxter jumped up onto the seat, sat there and watched us play for awhile. Then, we thought, he must have gotten bored with us and laid down. He seemed to fit right in with the girls and me.

Now, Baxter is a long-haired cat with the fuzziest belly I've ever seen. All of a sudden, he flips over onto his back and bared his belly. I thought, "Oh my ---, He's being an exhibitionist in front of these ladies!" Susie and Karen were practically rolling on the floor with laughter, and Karen said, "He's only trying to get our attention and show us what he's got." We were all roaring with laughter by this time, and I had to tell her and Susie, "Actually, he's showing us what he 'doesn't' have anymore!"

GOD'S WATCHMAN

By: Jerry Bush, The Living WORD Church

Enter, you are at the gate, "for wide is the gate, and broad is the way that leads to destruction, and many there be which go in thereat. Because straight is the gate, and narrow is the way, which leads to life, and few there be that find it."

The voice of one crying in the wilderness, Prepare you the way of the Lord, make his paths straight. Behold, I send my messenger before they face, which shall prepare thy way before you. Thomas said, "unto Him, Lord, we know not whither you go, and how can we know they way? Jesus said unto him, "I am the way, the truth, and the life, no man comes unto the Father, but by

WORSHIP ANYONE?

By: Pastor Jeff Shadowen, Westwood Fellowship, Woodburn

This is our fourth week to think together about worship—What is it? ... What is essential? ... How do we prepare for it? ... etc.

Worship is all about "worship", this is, recognizing and rehearsing the value or worth of God.

We generally equate worship with "activity" (i.e. a worship service, for example), but "recognizing" comes before "rehearsing" and attitude or "heart impressions" are everything in worship. Right attitude pretty much guarantees right activity—regardless of the style of worship service that you attend. Jesus tells us to worship "in spirit and in truth." It is, above all, a matter of the heart.

Preparations in worship is essential because part of recognizing God's worth is the realization that one needs to prepare before entering into His presence.

My question for you this week is the following—How can I know if I have worshiped well? How do you evaluate the quality of your worship experience?

Again, I fear that we focus far too much on the externals, the activity of worship when we need to be concentrating on our attitudes.

(1) Did you prepare yourself for worship or simply rush into God's presence?

(2) Did you discover some aspect of God's character in a new way ... or at least a fresh way? For example, most people would easily agree that God is merciful. If that was one of the themes of your worship time, did you come to see and appreciate that in a new way, a fresh way, or a deeper way?

(3) Are you more sensitive to sin's encroachment in your own life? Blackaby's maxim is correct—"An exalted view of God brings a clear view of sin and a realistic view of self."

(4) Finally, what is God asking you to work at this week, based on your listening to His voice in worship. Are you willing—and eager—to obey his direction for you in this week? Part of that "realistic view of self" is the realization that God is still working to transform your life. Are you cooperating in that process as He directs you to changes that need to be made in your life. To love God is to obey God. Be eager to obey! Be eager to worship!

me."

As it is written, "There is none righteous, no not one; there is none that understands, there is none that seeks after God. They are gone out of the way, they are together become unprofitable; there is none that doeth good, no not one. Destruction and misery are in their way, and the way of peace have they not known. There is no fear of God before their eyes.

"Verily, verily I say unto you, He that enters not by the door into the sheepfold, but climbs up some other way, the same is a thief and a robber. But he that enters in by the doorway is the shepherd of the sheep." Then Jesus said unto them again, "Verily, verily I say unto you, I am the door of the sheep. I am the door, only by Me if any man enter in, he

shall be saved, and shall go in and out and find pasture, (that is feeding)." To give light to them that sits in darkness and in the shadow of death, to guide our feet unto the way of peace.

"They took him by the hand, and expounded unto him the way of God more perfectly." How many of you out there want to learn the way of God more perfectly?

Wherefore lift up the hands which hang down, and the feeble knees, "And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed."

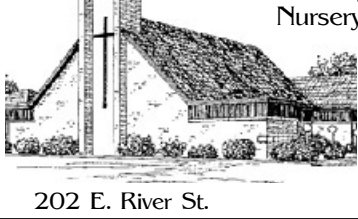
Have Something to sell?

Classified ads are \$4.00 for 25 words or less and only \$.10 for each additional word.

"I will praise you, O Lord, among the nations, I will sing of you among the peoples. For great is your love, reaching to the heavens, your faithfulness reaches to the skies." —Psalm 33:20-21

Antwerp United Methodist Church

9:00am Sunday School
10:00am Worship/Children's Church
Nursery Available



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Wed PM J.A.M. & Bible Study 7:00

Sam Steiner speaking AM; John Barkman Speaking PM - Feb. 26th

Christ is who we follow. Come & be a part of our family.

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(All you can eat)




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March 31, 2006 **April 7, 2006**

Serving from 5:00 pm to 7:00 pm
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Limited seating

Wednesday March 8, 2006
10:00-11:30 a.m.

Please call 260-657-5147
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Early registration incentive.

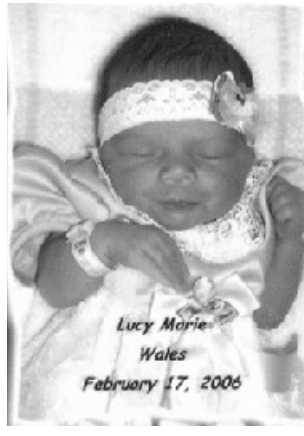
Also, grade openings in first grade-high school

Harlan Christian School is a ministry of
Harlan Church of Christ

(Continued from Page 1)

is the north building of the former furniture store, will accommodate a much larger community room and kitchen area. Excitement is growing over the endless possibilities for utilizing this facility. Since it is the responsibility of the Library Association to provide and maintain the building for the library, this space can accommodate numerous fund raisers in the future, as well as being rented for private use.

The Fund Raising Committee will continue to work towards their goal by appealing to different sectors of the population for their activities. Next on their agenda is a Soup and Sandwich Supper at the Oakwood PTO Carnival Saturday, March 4 beginning at 4:30. There are some exciting plans in the works for a Luncheon and Tea, and hopefully a Style Show on April 29. Anticipation is running high on whether the Tea can top the recent Chocolate gala! Tickets will be on sale soon at the Oakwood Branch Library. Come and judge for yourself!



BIRTH ANNOUNCEMENT

Natashia, Bobby, and Jack Wales are pleased to announce the birth of their little sister, Lucy Marie. Lucy was born at Dupont Hospital on Friday, February 17 at 4:56 a.m. She was 7 lbs. 2 oz. and 20 1/2 inches long.

Parents are Barbie and Pete Wales of Antwerp. Grandparents are Jerry and Marilyn Overmyer of Antwerp, Joann Leddy of Appleton, WI, and the late Jack Leddy and George Wales of Appleton, WI.

DINING WITH DIABETES

Paulding County Hospital is partnering with Ohio State University Extension in offering Dining with Diabetes. This program is open to anyone with diabetes, their family members or caretakers. Classes will include demonstrations on how to prepare meals that are healthy, use less fat, salt and sugar without cutting taste. There will be an opportunity to taste a variety of main dishes, side dishes and desserts.

This 3 part series will be held at the Paulding County Hospital, Multipurpose Room, April 12, 19, and 26 from 5:30 p.m. to 6:30 p.m. The cost for all 3 sessions is \$30. This cost will cover food supplies and educational supplies. You may register by calling the Paulding County Hospital at 419-399-1146 and ask for Joyce Svoboda. Call now to register, space is limited. For additional information, call OSU Extension, 419-399-8225 and ask for Sylvia Altenburger.

Dining with Diabetes is a research project that teaches individuals with diabetes and their families about better ways to prepare food that may improve their diabetes management.

PAULDING HIGH SCHOOL PRESENTS "THE SOUND OF MUSIC"

"The Sound of Music" will be presented by the Paulding High School Drama Department at 8:00 p.m. Friday, March 10 and Saturday, March 11 in the auditoria. Come and enjoy this inspirational musical based on the true story of Maria Rainer and the Von Trapp family.

When the young postulant, Maria, arrives at their new governess the family grows to love her. This classic by Rodgers and Hammerstein tells of this family's love, patriotism, and courage as they cope with the German invasion of their homeland, Austria, during World War II.

Members of the cast: Christy Fowler as Maria, David Griffiths as Captain Von Trapp, Brittni Bechtol as Liesl, Isaac Porter as Friedrich, A.J. Wolford as Louisa, Austin Miller as Kurt, Taylor Abbott as Brigitta, Ashlyn Strahley as Marta, and Kathryn Clapsaddle as Gretl. Marilyn Wilhelm as Mother Abbess, Kaleigh Stoller as Sister Berthe, Kim Cline as Sister Margaretta, Audrey Smiley as Sister Sophia. Other nuns include Chelsea Belcher, Tiffany Westendorf, Ashley Koenn, Ling Kaeosunthorn, and Whitney Morhart. Jace Crossland as Max Detweiler, Megan Clark as Baroness Elsa Schraeder, Spencer Wilhelm as Rolf, Andy White as Franz, Jacy Carter as Frau Schmidt, Andy Manz as Herr Zeller, Jim Manz as Herr Elberfeld, and Kody Kadesch as Admiral Von Schreiber.

"FROM THE VANTAGE POINT": BPA STUDENTS QUALIFY FOR STATE COMPETITION



Vantage Business Professional of America (BPA) state qualifiers are Row 1: Sarah Richardson (Lincolnview), Jessica Valle (Paulding) and Lucas Jewett (Crestview). Row 2: Carlette Coppes (Wayne Trace), Amber Thatcher (Van Wert), Gerorg Yeghiazaryan (Van Wert), Deidra Basinger (Continental), Kendra Deel (Paulding), and Alan Bendele (Kalida). Row 3: Chelsea Belcher (Paulding), Mike Pollock (Ft. Jennings), Cody Thompson (Paulding), Ashley Huizenga (Continental), Kevin Klinger (Crestview), Joshua Brueckner (Crestview) and Craig Smith (Kalida). Row 4: John DeMuth (Paulding), Jon Anderson (Parkway), Dustin Younker (Parkway), Stacie Stahl (Van Wert), Kyle Fore (Van Wert), and Kurt Fuerst (Kalida). Unavailable for the picture were Anthony Bradtmueller (Antwerp), Ozzy Finnegan (Paulding) and Heather Bird (Paulding).

Business students from Vantage Career Center participated in the first round of the Business Professionals of America (BPA) regional skills contest, which was recently held at Ohio Hi-Point Career Center in Bellefontaine. Students from Interactive Media, Business Information Technology, Medical/Legal Specialist and Network Systems competed in a variety of different contests including Novell Network Administration, Programming, Network Design, Medical/Legal Office Concepts, and Graphic Design, along with occupational, specialized and general competitive events. In all, twenty-five students earned the right to advance to the state competition held in Columbus in the spring!

Junior Anthony Bradtmueller from Antwerp qualified for state competition by placing second in VB.NET Programming. Jennifer Schroeder, also from Antwerp, competed in Administrative Support Concepts. From Continental, Diedra Basinger, Jessica Bennett, Amanda Foor, Ashley Huizenga, and Kaylee Shisler competed, with Deidra advancing to state for her first place finish in Medical Office Procedures and Ashley qualifying in Legal Office Concepts.

Crestview's Josh Brueckner, Lucas Jewett and Kevin Klinger return to state for the second time in as many years. Josh placed first in Graph-

ics Design Promotion, while Lucas took top honors in VB.NET Programming and Kevin took first place in Microsoft Network Administration. Dan Rusk, Andrew Williamson, Nathan Adams and Alex Brant also competed.

Nicole Sargent from Delphos Jefferson placed second in Administrative Support Concepts. Mike Pollock from Fort Jennings earned his way to state by placing first in C++ Programming. Erica Pavel competed in Legal Office Concepts. Taking first place in the Software Engineering Team competition were Alan Bendele, Kurt Fuerst and Craig Smith, all from Kalida. They too advance to the state competition in Columbus.

Returning to state contest for the second year will be Sarah Richardson from Lincolnview, who placed first in Legal Office Concepts. Hannah Ayers competed in Legal Office Concepts.

Parkway also has a group of returning state contest veterans. Jonathan Anderson returns to state with his third place finish in VB.NET Programming. He will be joined by classmate Dustin Younker, who placed first in JAVA Programming. Josh Wenneman placed third in PC Servicing and Troubleshooting.

Paulding students competing in the day's activities and advancing to the state competition include John DeMuth, who placed first in Novell Network Administration and

who was also a member of the first place Network Design Team. Classmates Chelsea Belcher and Cody Thompson, are also members of the first place Network Design Team and will be advancing to state. Ozzy Finnegan moves on to state competition in the Interview Skills contest. Kendra Deel heads to state with her third place finish in Medical Office Concepts. Jessica Valle also moves on to state contest with her third place finish in Fundamental Accounting. Shawn Kipp and Coty Moore, also participated in the competition.

Van Wert's Kyle Fore captured first place in Digital Media Production and will move on to state. Joining him at state will be Amber Thatcher, who placed first in Integrated Office Applications, Stacie Stahl, a member of the first place Economic Research Project Team and Gerorg Yeghiazaryan, who placed second in Presentation Management. Other competitors from Van Wert were Phil Gear, Chazz Roger, Khrystyn Somerton and Jenna Wilson.

Heather Bird and Carlette Coppes from Wayne Trace advance to state competition this year. Heather placed second in Advanced Interview Skills and Carlette was a member of the first place Economic Research Project Team. Congratulations and Good Luck to all student competitors!

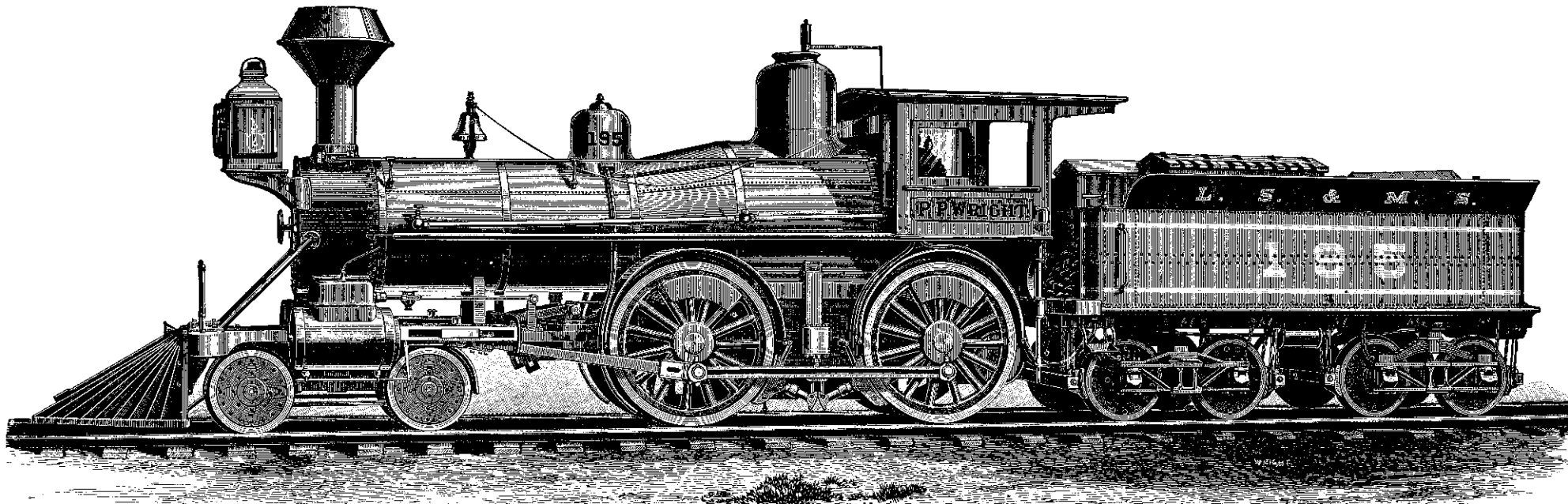
Meyer Excavating
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WOMEN'S HEALTH
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Board Certified in Obstetrics & Gynecology
DRINKING AND PREGNANCY DON'T MIX
Alcohol consumption produces more severe abnormalities in a developing fetus than heroin, cocaine, or marijuana. Also, it is the most common preventable cause of birth defects in the United States.
When a pregnant woman drinks alcohol, she risks having a baby that will have mental and physical deficiencies for the rest of his or her life.
It is estimated that annually, 1 in every 750 infants born in the U.S. has full-blown Fetal Alcohol Syndrome.
These children suffer from low birth weight, small head circumference, failure to thrive, developmental delay, organ dysfunction, facial abnormalities, epilepsy, poor coordination/fine motor skills, poor socialization skills, lack of imagination, learning difficulties, and behavior problems.
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Another Lake Shore flyer was the 195 built in 1886 by Schenectady. It made a fast run with a seven-car train between Buffalo and Chicago in fourteen hours and five minutes (including stops). This

machine and the 220 previously described were designed by George W. Stevens (1847-190?), the road's master mechanic from 1883 to 1899. (*Railroad Gazette*, March 11, 1887, opp. p. 162)

OUR RAILROAD IN ANTWERP

Today, the railroad tracks through Antwerp are unusually busy if a train shows up more than a few times a week. It's hard to imagine, looking at the rusty crooked old rails, that those tracks were once part of a vital railroad corridor that stretched from Toledo to Kansas City.

The Wabash Railroad through Antwerp was chartered by a group of businessmen in Toledo, Ohio in 1853. The rail line, initially named The Toledo and Illinois Rail-

road, closely followed the path of the Wabash and Erie Canal, dooming that earlier pathway. It would pass through many small towns on its way to Danville, Illinois. The largest town on the line was Ft. Wayne, Indiana. At the Indiana - Ohio State line, the new railroad would change names, and became The Lake Erie, Wabash, and St. Louis Railroad, although control rested in the same hands as the eastern portion.

Construction began in 1854, and the first train on the new rail line entered New Haven in early 1855. In 1856, the two railroads were for-

mally merged to become The Toledo, Wabash, and Western, which promptly declared bankruptcy and was reorganized as The Toledo and Wabash Railway in October of 1858. In May of 1889 all of the various railroad lines east of St. Louis were finally folded into the umbrella of the Wabash Railroad Company. This company lasted until 1964, when the Norfolk and Western Railroad purchased it. The N&W merged with The Southern Railroad in 1990 and became known as Norfolk Southern. NS still owns the tracks through Antwerp.

Our line through Antwerp weathered many financial storms, including the takeover of the Wabash system by the infamous robber baron Jay Gould. It continued to be a vital part of the Wabash system until 1902, when the Wabash completed a track connecting New Haven and Butler, Indiana. This allowed Wabash trains direct access to Detroit via a Wabash line built in 1880 that operated - and continues to operate - from Butler through Montpelier, Ohio and Adrian, Michigan to the Delray yards near Detroit. It was no longer necessary to route trains bound for Detroit through Toledo.

Further dooming our line was the 1901 construction of a railroad from Toledo to Montpelier (now abandoned) that allowed direct train operations from Toledo to St. Louis and Kansas City. Our line became a secondary branch line, serving Napoleon, Defiance, and small towns like Liberty Center, Jewell, Okalona, Cecil, Antwerp, and Woodburn.

In 1989 NS ceased operating the line and leased it

to an independent operator. Under them, the old Wabash line has struggled to maintain any level of operations. Indiana Hi-Rail operated the line from 1989 to 1997. In 1997 Indiana High Rail reorganized, and the Antwerp line became the Maumee and Western.

Maumee and Western is the railroad's current operator.

Currently, track from Toledo to Liberty Center has been torn up. The tracks from Liberty Center to Napoleon are out of service because the I&O removed the crossing with its tracks east of Napoleon. Trains still operate between Napoleon and Defiance occasionally. The MAW is unable to cross the CSX tracks in Defiance because that crossing has also been removed. The removal had little practical effect on the railroad, as the section from Defiance to Cecil was closed due to poor track conditions in the 1990's.

The tracks west of Cecil are open to Woodburn, where NS takes over operations into New Haven. The only major shippers on the line through Antwerp are Systech, who supplies fuel to the Hanson Cement plant south of Cecil, and the Antwerp grain elevator.

Next month: The Wabash/Nickel Plate wreck in New Haven, "The Wabash Cannonball", and being "Wabashed".

Note: The engine above more than likely did not travel through Antwerp, but many similar would have.

Keep the news coming. News is always free. Let your friends, neighbors and community know what's going on!

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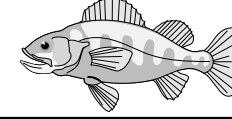
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- The class taught by PCH maternity-OB staff
- Classes held at the hospital
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For more information or to register call the hospital's OB nurses station at 419-399-1116 or 800-741-1743, extension 116.



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HEALTHY IDEAS

(NAPSA)—Welcoming a new baby into the world brings feelings of elation for the whole family, but for new moms it can also bring less desirable feelings—such as chafing and itching. To help, women's health care experts at Monistat® created Soothing Care® Intimate Care Products. The line offers products that prevent and treat a range of discomforts such as skin chafing, which can occur between thighs and underarms or anywhere that delicate, sensitive skin may experience rubbing.



Academy of Craniofacial Pain Web site at www.aacfp.org. Together, olive oil and orange blossom offer luxurious skin conditioning with the added benefit of soothing stress-reduction. Described as a delicacy for the skin, combinations of these oils, such as those found in the Olive Oil and Orange Blossom Collection by Caswell-Massey, can be used in aromatherapy. For more information on aromatherapy, visit the Web site at www.caswellmassey.com or call (800) 326-0500.

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It's Always Time For Romance

(NAPSA)—Increasingly busy schedules make finding time to escape for a romantic getaway with your better half nearly impossible. When we do make time for romance, it's usually limited to Valentine's Day. But according to Danielle Hanscom, owner and innkeeper of the Brampton Inn in Chestertown, MD—recently named to the American Historic Inn Association's "Top 10 Most Romantic Inns" list—jump-starting romance doesn't have to be limited to Valentine's Day.

"When people come to the Brampton Inn, our goal is to provide a beautiful, relaxing atmosphere, where they can escape from their daily lives and truly focus on each other. However, if you can't get away, you can re-create the same romantic ambience we have here at home—any time of year," says Danielle.

Creating an atmosphere of romance at home can be easily accomplished by simply breaking the routine and getting creative with what you've already got on hand. Danielle offers a few tips to help you get cozy with your better half and turn your home into a B&B-style hideaway:

- Eliminate all distractions. If you have kids, let the grandparents or friends take them for a night. Turn off the TV, shut down the computer and unplug the phone.
- Invite your better half to spend an evening alone with you. A simple note on fancy paper will do the trick.
- Have your favorite treat prepared and presented by candlelight. Short on time? Have dinner delivered or pick it up from your favorite "date night" bistro.
- Set the mood—light scented candles, have champagne chilling on ice, and "your song" or favorite romantic album playing in the background.
- Sleep in and instead of slav-



ing away to prepare a gourmet breakfast, take time to savor a rich romantic coffee creation that will keep the romance going all day.

The Brampton Inn's smooth and creamy signature coffee recipe includes chocolate—known to invoke feelings of being in love—cinnamon and a dash of cayenne pepper to spice up special moments with your better half.

Hearts Afire

- 2 cups strong hot coffee
- ¼ cup chocolate syrup
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- Dash cayenne pepper
- ½ cup LAND O LAKES™ Half & Half
- LAND O LAKES™ Aerosol Whipped Light Cream, if desired
- Chocolate shavings, if desired

Instructions:

Pour coffee into 1-quart saucepan. Stir in chocolate syrup, vanilla and spices; add LAND O LAKES™ Half & Half. Cook over medium heat, stirring occasionally, until heated through (3 to 4 minutes). Garnish each serving with LAND O LAKES™ Aerosol Whipped Light Cream whipped cream; sprinkle with chocolate shavings, if desired.

You could win a romantic getaway to an historic bed and breakfast. The "Getaway With Your Better Half" sweepstakes, which runs from Jan. 30 to Feb. 26, offers the chance to win a three-night stay at one of America's most romantic inns as judged by the American Historic Inns Association, and a year's supply of LAND O LAKES™ Half & Half or cash equivalent where required. Go to www.landoakes.com for more details.

GIRL SCOUT NEWS

This is a list of the upcoming events that the area Girl Scouts will be participating in.

On March 4 and 5, Troop # 522 will be at the Lima Gun Show Allen County Fairgrounds.

On March 11, Troop # 520 will be at the Payne Bank and Payne Marathon Gas Station.

On March 18, Troop # 536 will be at the Payne Bank in A.M. and Payne Super Value in P.M.

Cindy Freshour,
Communication Manager
Girl Scouts of,
Applesed Ridge

RAFFLE WINNERS FROM FLOYD BROWN BENEFIT

These are the winners of the raffle that was held for the Lloyd Brown Benefit.

- Bowling Ball—Dale Sensabaugh.
- Quilt—Marsha Farnsworth—Franklin.
- Quilt Rack—Becky Zartman.
- Bench—Laural Hopkins.

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Women's Health

Clinical Researchers Seeking Volunteers

(NAPSA)—Women who suffer from heavy, long-lasting, or frequent monthly menstrual cycles may be eligible to participate in a



Women are volunteering for a study that may help treat a common condition.

nationwide research study in their area. The study will evaluate the efficacy of a medication for the relief of heavy, long-lasting, or frequent menstruation that may be associated with your monthly cycle. The study medication used contains similar ingredients as currently marketed birth control products.

Many women suffer from the interference of heavy, long-lasting, or frequent menstruation and have to plan their lives around it, sometimes missing days at work or canceling activities with friends and family. This new study will involve taking a medication that may help treat this problem in women who desire oral contraception.

Researchers from over 35 medical facilities across the country are now enrolling and screening volunteers who are 18 years of age or over to participate in this research study sponsored by Berlex Inc.

Qualified participants will be asked to collect used sanitary products in order for blood loss to be measured. Participants will also keep diaries to record information about their menstrual bleeding and number of sanitary products used and to study medication intake.

Women who are eligible for the study will be compensated for their time and travel and receive study-related medical care by a licensed physician. Study participants will also receive monthly sanitary supplies at no cost.

Women interested in this clinical trial can call 1-866-650-2863 or go to our Web site, www.womenshealthstudies.com, for more information, to find out if they qualify to participate and to see if there is a research facility nearby.



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Train up a child in the way he should go; and when he is old, he will not depart from it.
Proverbs 22:6

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- * Indiana Core 40 Diploma
- * Bible Classes and Chapel Services
- * Low tuition costs due to financial assistance from our local congregation and Christian brethren.

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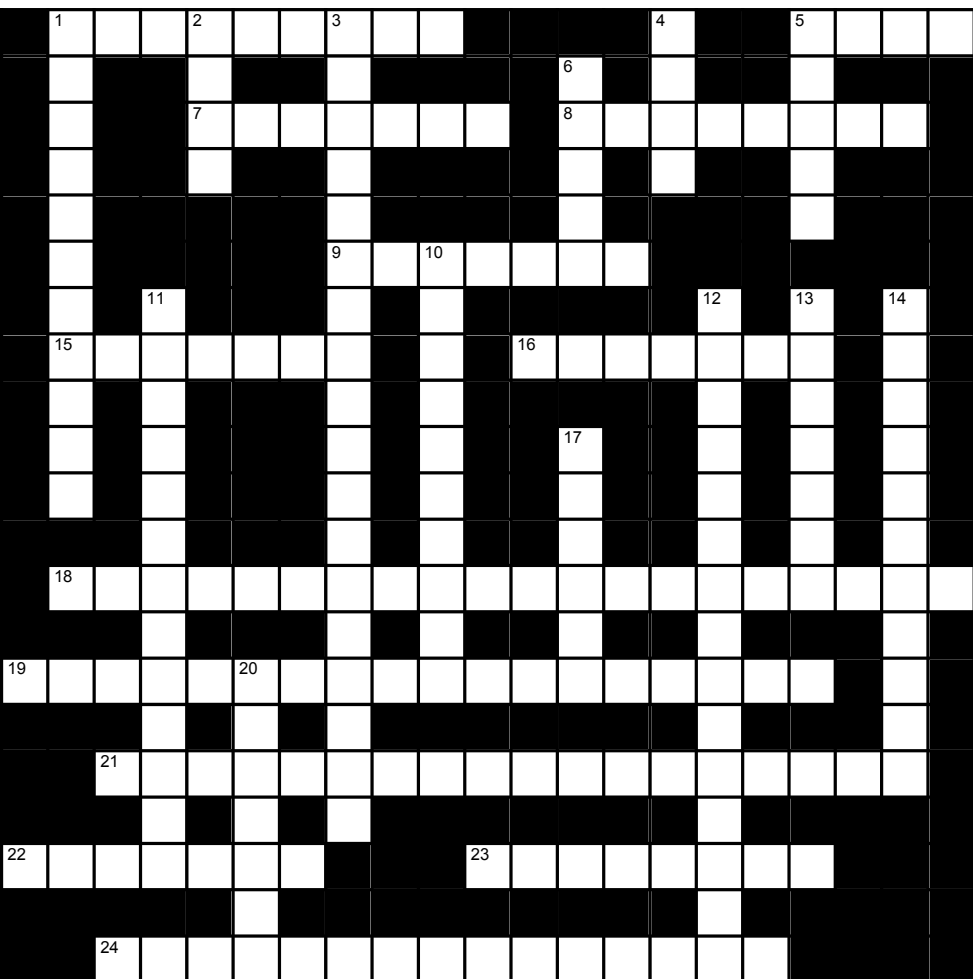
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- Basketball Program
- Harlan Hawks
- Indiana Core 40 Diploma
- Kindergarten Graduation

Crossword Puzzle



Across

1. This movie was made in 1981 starring Liam Neeson about King Arthur
5. This movie was made in 1958 starring Eva Gabor
7. Starred Leonardo DiCaprio and Kate Winslet
8. about a space craft to the moon starring Tom Hanks
9. movie starring Michael Douglas about drug trafficking
15. about a bank clerk transformed into a manic super-hero when he wears mysterious mask. Starring Jim Carrey
16. Directed by Alfred Hitchcock in 1958 about a San Francisco detective
18. made for tv in 1999. It was a mini series about a small New England village written by Stephen King
19. made in 1990 starring Johnnie Depp and Winona Ryder about an artificial man with scissors for hands.
21. Tom Hanks and Meg Ryan starred in this romantic comedy in 1993
22. A Stephen Spielberg movie made in 1997 about a 1839 mutiny aboard a slave ship.
23. starring Christopher Reeves in 1978
24. Made in 1997 starring Matt Damon, Ben Affleck, and Robin Williams

Down

1. Movie made in 1980 starring Anthony Hopkins about a victorian surgeon who rescues a heavily disfigured man.
2. an animated movie about some ants with the voices of Woody Allen, Dan Aykroyd and Gene Hackman
3. A vampire movie made in 1992 starring Gary Oldman, Winona Ryder, and Anthony Hopkins
4. A movie starring Dustin Hoffman and Robin Williams--What if Peter Pan grew up?
5. movie about the Civil War and the first all-black volunteer company starring Denzel Washington
6. A Disney animated film about a young deer growing up in the wild after his mother is shot by hunters
10. a romantic comedy made in 1969 starring Jack Lemmon and Catherine Deneuve
11. Movie made in 1998 about a Frenchman named Jean Valjean. Starring Liam Neeson and Geoffrey Rush
12. Directed by Chris Columbus starring Robin Williams about a robot who wants to become a human.
13. A Robert Zemeckis Sci-Fi movie about finding conclusive radio proof of intelligent aliens.
14. Film made in 2001 starring Nicole Kidman and Ewan McGregor about a poet who falls for a beautiful courteson.
17. Movie made in 1959 starring Charlton Heston about a Jewish prince who is betrayed and sent into slavery
20. Film made in 1988 starring Bruce Willis about a New York cop who gives terrorists a dose of

LETTER TO THE EDITOR

I'm not sure how to word this, but felt people in Paulding County had a right to know.

In January, my 18 month old was admitted to Paulding Hospital with an upper respiratory infection. Her doctor wanted her in an oxygen tent, (common sense—a toddler isn't going to stand for something in their nose.) Paulding Hospital didn't have one. My sister had to sit with the little one on her lap and hold the oxygen tube to her nose. At this same time, they had a younger baby that needed oxygen also, the younger baby was transferred to Ft Wayne after a few days.

My question is where is the money the hospital auxiliary raises with the bargain bin, gift shop and craft fairs?? An oxygen tent should be something needed even just for an ER that deals with children. I know in the past the auxiliary bought new infant beds for the OB unit.

We have this awesome work out center for therapy and membership use. We do not have the things needed to care for the little patients, this makes no sense.

It is no wonder Paulding County residents go to Defiance, Van Wert, or even Ft Wayne to the doctor.

To keep the community strong shouldn't we be able to get good health care in the county?

We are getting good doctors in the county like Dr. Kreit, specializing in Peds care and Dr. Spangler, family medicine, a Paulding native.

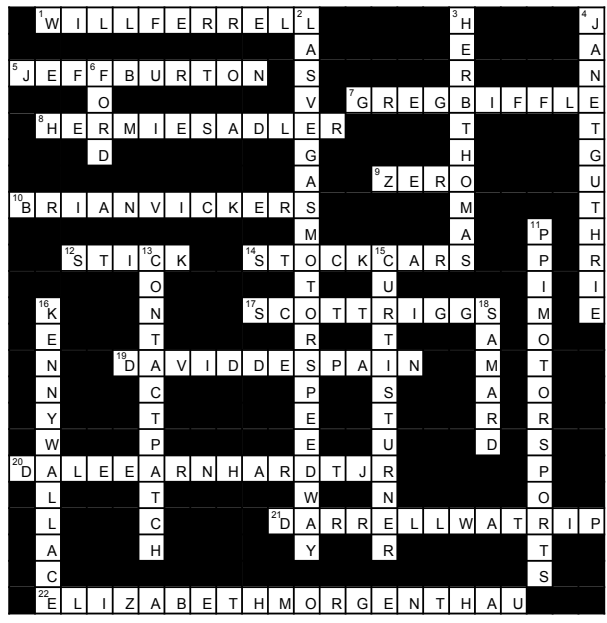
Now, can we provide them with the equipment to do their jobs?

I just wanted Paulding County folks to know that we could attract new residents if we could provide medical care and jobs. We are adding jobs, with Alex Products and other small manufacturing Companies. People will stay where medical care is good or like myself, living in Latty and driving to Van Wert for medical care 20 miles verses 4.

The hospital care is better, ER moves faster and x-rays are read there, no waiting on Ft. Wayne to send them back. Maybe with me being Paulding County raised, this offends me more. I do love Paulding County and all the little towns that make Paulding County. How many Counties can we find the Ten Commandments on the court house lawn? And communities where Santa still visits every home? And children may play in the streets and your neighbors watch out for them. These are the reasons we stay in Paulding County.

—Diana Yoh

Last Week's answers to



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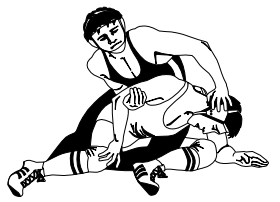
CONGRATULATIONS PAULDING WRESTLERS:

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on your success this year!

Good Luck at State!!

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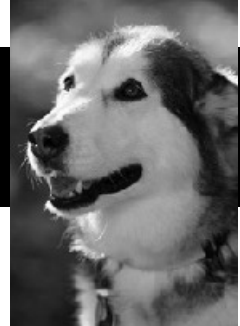


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Care For Caregivers

Managing Stress

(NAPSA)—A growing number of women are experiencing the challenges of being a caregiver. Whether they're looking after children, elderly parents or a sick relative, the stress can take a physical toll on even the most hardy individuals.

KIDS BEHAVING BADLY: A MISDIAGNOSED EPIDEMIC?

(NAPSA)—What's wrong with kids today? Although every generation seems to ask the same question, the debate on children's manners has heated up significantly with articles, Op-Eds and even TV shows like "Nanny 911" that paint an alarming picture of manners and misbehavior unparalleled since...well, since the last generation grew up.



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CMH also offers Epidurals for pain management 24 hours a day, seven days a week, if the patient so chooses.

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The editors of *Caring Today* magazine offer these tips to work a little relief into busy schedules:

- **Make time for a hobby.** There's no need to feel guilty for taking time to have fun. Consider a hobby a tonic for your health. Paint a picture, knit a sweater, strum a guitar or hit a few golf balls.
- **Take a 10-minute vacation.** Can't go on that holiday you really need? Take a 10-minute fantasy vacation instead. Close your eyes and picture yourself in a place that makes you happy. Focus on the details—the sights, sounds, smells and feelings—to bring the scene alive.
- **Try the tennis ball trick.** For a quick mood boost, roll a tennis ball over tight muscles. But make sure you use a firm pressure—a light stroke stimulates instead of calms.
- **Write out your worries.** Telling your troubles to a friend can make you feel better. So can venting on paper. In fact, study after study suggests that jotting down your feelings about an upsetting situation relieves stress, boosts immunity and results in fewer visits to the doctor.

For more ideas on managing stress, visit www.caringtoday.com.

DOGGIE SUZ 'N STYLE

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To help desperate parents and frustrated onlookers, child development experts are pointing out clues—and perhaps cures—for the causes of what they say may be a publicly misdiagnosed epidemic.

"Manners are important," says C.T. O'Donnell II, President and CEO of KidsPeace, a 124-year-old national charity that works to bring peace to the lives of children and families in crisis. "They are vital to social order, building mutual respect, tolerance and cooperation, without which conflict and chaos will prevail. And while most indicators on youth behavior are becoming more positive, with youth crime, teen pregnancy and drug use and smoking all dropping, we're now discovering a number of commonsense reasons why children seem to listen less and sometimes act in ways that make us—and often, them—unhappy."

Social Issues: Sociologists point out that children's more challenging attitudes are, in part, a reflection of our own changing view of authority and authority figures. We openly question the motives of politicians, bankers, lawyers and other former authority figures in ways our parents did not. We may not be able to turn back the clock but the key seems to be to teach today's Generation Y how to be "Generation Why?" in a way that still shows respect.

Family Issues: Parents work hard to do their best but with the rise of the dual-income household, time spent with kids teaching and behavior modeling is scarce. Even the best parents have a hard time providing enough meaningful time and instruction when, according to one study, the average American parent spends no more than seven minutes per day in uninterrupted, one-on-one time with each child.

"The world is a different place now than when we grew up and parents with less time need more resources, especially creative resources," says David Bruce, author of "Manners I. Care" (Child Life Books, www.mannersicare.com), which aims to improve children's manners by having kids and parents read together an amusing story of a child, his behavior, his loved ones' frustration and the hidden reasons for kids' actions. "By putting a child on your lap and experiencing together in a fun way a fictional character's less-than-perfect behavior and the frustration it causes, the whole family builds caring and sharing, understanding and values."

Medical Issues: Doctors note some behavioral issues can be traced to physical problems such as ADHD (Attention Deficit and Hyperactivity Disorder) or related to emotions and stress. "It's not well known but children, especially younger children, respond to stress differently than adults do," says Dr. Herbert Mandell, medical director of the KidsPeace Children's Hospital. "When children hear about terror attacks and school shootings or are bullied, they often show it through behavior rather than words. When kids are subjected to tremendous stress, in their home lives or through school or TV, things may happen that look like misbehavior but can be a sign they're struggling with something. While bad behavior needs to be corrected, at the same time bad feelings need to be unearthed and dealt with."

Resources for Parents, Kids

To discover the difference and help kids when they're truly dealing with stresses, parents, teachers and other caretakers can go to the non-profit site www.kidspeace.org for a wealth of information on coping with childhood problems and events in the news. At the acclaimed, clinically screened Web resource www.TeenCentral.net, older children can find safe, free help and encouragement to avoid and defuse pressures of growing up. Bringing up kids may be more difficult now than ever before but parents should know they're not alone and there are books and free resources to help children grow up healthy, happy and with better manners than...the last generation.

Bob and Marsha Cross of Antwerp, OH together with Don and Nancy Egnor of Payne, OH are pleased to announce the forthcoming marriage of their children Leslie Ann to Donnie Edward.

Leslie graduated from Antwerp High School in 2001. She graduated from IBC in Ft. Wayne in 2002, with a degree

in business administration. She currently works for Cross Construction Products. Donnie graduated from Paulding High School in 1998. He currently works at Alex Products in Paulding. Leslie and Donnie will be taking their vows on March 25 at Antwerp United Methodist Church.

Advertising Tips
FROM THE WEST BEND NEWS

Advertising regularly keeps your business as a constant reminder to your customers.

Ads in the West Bend are customized for your business, church or school. We don't skimp on design and improvements do NOT cost extra.

Changing your ad periodically not only keeps your ad interesting, but will more likely catch someone who has glanced over it before.

A newspaper circulation of nearly 10,000 keeps your customers informed of your business. Reaching people and businesses from Hicksville and Defiance to Oakwood, Paulding and Antwerp with many more in between will ensure your company being noticed.

The bigger the ad, the bigger the response. How can some companies constantly place large ads? Because they know the response they get easily pays for the ad and brings forth much business.

Taking your ideas and working directly with the ad designer, we can assure you that your ideas will come to life. Check out our back issues at www.westbendnews.net and you will see that our ads are not *bland*.

Why do we write these tips? Because we want your business to succeed. Our ads are second-to-none and we pass that on to you.

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8TH ANNUAL FOOD DRIVE

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Bring a bag of non-perishable food items between February 27th and March 11th to your local Curves and join with no service fee. All groceries will be donated to local food banks.

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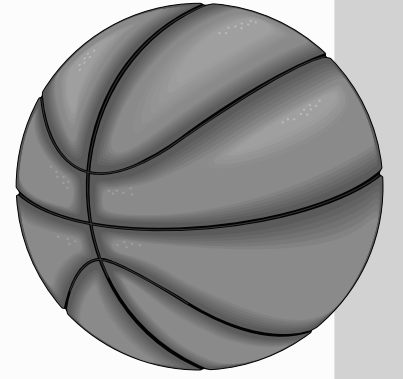
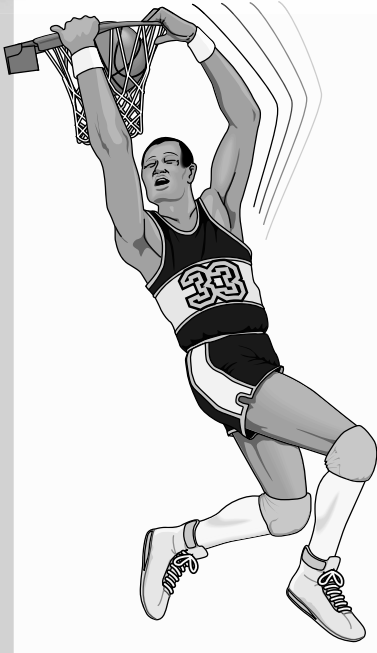
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Buy this ad space for \$30 / week. Updated weekly upon request!

You're Invited!

Playing Ball for those who can't — Crippled Children & Adult Society

BASKETBALL MARATHON



THE OBJECT OF THE MARATHON GAMES

To raise monies for the Paulding County Society for Crippled Children and Adults, Inc. for use in providing handicapped people of all ages in Paulding County with equipment and services needed. Participants are encouraged to have a great time playing a game of basketball, scoring as many points as the team can within the 24 minutes allowed for play. Sportsmanlike conduct is the rule, not the exception.

RULES GOVERNING PLAY

The Mini-Tots Division will use the 8' basket and tiny ball. The Tots Division will use the 8' basket and women's basketball. The Mini-Youth Division will use the 10' basket and the women's basketball. All other Divisions will use the 10' basket and regulation basketball.

- No foul shots are permitted. No time outs
- Dunking the basketball WILL NOT be allowed
- 5 players maximum on the floor at one time. In Co-Ed competition, there must be at least 2 females on the floor at all times.
- In Co-Ed competition, male players are not permitted to cross, remain, or shoot from the area on the floor known as the "KEY".
- Three-point shots will be counted in all divisions.
- Shirts may be picked up by the team captain or sponsor 30 minutes before the game.
- Person who obtains shirts must sign them out.

In Mini-Tots, Tots and Mini-Youth Divisions, no-full court pressing is allowed. UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED BEHAVE, ENJOY, HAVE FUN!!!!!!!

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION RULES

The OHSAA is organized to administer and supervise the athletic program for students in grades 7 thru 12. The Constitution of the association does not contain any responsibility for any type of athletic programs below seventh grade. Anyone and everyone who is not yet enrolled in the seventh grade may participate in the Marathon without jeopardizing their future eligibility. Students in grade 7 thru 12 who are participating in or plan to participate in basketball in the future, MAY PARTICIPATE IN THE MARATHON SO LONG AS NOT MORE THAN TWO MEMBERS OF THE SAME JR. HIGH OR HIGH SCHOOL TEAM DO NOT PLAY ON THE SAME MARATHON TEAM.

AWARDS (Donated by Fessel Jewelers)

First and second place trophies will be awarded to the top two teams in the Mini-Youth, Youth, Men, Women and Co-Ed. Sportsmanship trophies will be awarded to teams who were defeated by the most points or show the best behavior in the Marathon. Ten individual awards for first and Ten individual awards for second place team participants will be awarded in the Mini-Tots and Tots Division.

THE MARATHON COMMITTEE

- | | |
|--|--|
| Chad Benschneider - 419-263-2277 or 419-769-4708 | Jesse Hefner - 419-263-2337 |
| John Claymiller - 419-399-4538 | Mike & April Krouse - 419-263-1393 or 419-263-0424 |
| Chad Cluts - 419-263-0327 or 419-771-0795 | Nathan Davis - 419-263-0045 |
| Andy & Sarah Messman - 419-258-1335 | Jeremy Dunderman - 419-769-0680 |
| Brian Vest - 419-263-0037 | Rusty Clark - 419-263-2122 |
| Russ Zinser - 419-258-6431 | |

This committee will endeavor to make this Marathon the most enjoyable for you and the fans and the most profitable for the Society and the people in Paulding County who need our help. If you have questions, you may contact any of the committee members. Thanks for participating in this most worthwhile Paulding County charity.

CLIP & MAIL TODAY

28th BASKETBALL MARATHON

OFFICIAL ENTRY FORM

ENTRY FORM DEADLINE IS SATURDAY, MARCH 25, 2006

The marathon begins on Friday, April 14th, (time will be announced later), in the Payne Elementary School Gymnasium and concludes on Saturday evening at (TBA). Team pairings and time of play will appear in the April 10th Weekly Reminder and the April 12th Paulding Progress.

DIVISION OF PLAY

___ MINI-TOTS (0-2nd grade) ___ TOTS (3rd-5th grade) ___ MINI-YOUTH (6th-8th grade)
 To make team pairings as fair as possible for the mini-tots, and mini-youth divisions, please designate: ___ BOYS ___ GIRLS ___ CO-ED ___ YOUTH (9th - 12th grade) ___ MEN* ___ WOMEN* ___ CO-ED* *denotes no age restrictions

REQUESTED WORDING ON BACK OF SHIRTS

One line of copy only: _____ (print clearly)

Select Color of Shirts (circle one)

Kelly Green, Red, Burnt Orange, Island Yellow, North Carolina Blue, Maroon, Black, Pink, Navy, Royal Blue, Oxford Gray, Forest Green

Select Size of Shirts

You may choose any combination of ten (10) shirts for your \$100.00 entry fee. Extra shirts in excess of ten (10) are \$8.00 each. There is an additional charge of \$3.00 per shirt for XXL & XXXL shirts ordered.*

Children's Sizes	Adult Sizes
Extra Small (2-4) _____	Small (34-36) _____
Small (6-8) _____	Medium (38-40) _____
Medium (10-12) _____	Large (42-44) _____
Large (14-16) _____	X-Large _____
	XX-Large _____ *
	XXX-Large _____ *

PREFERRED TIME OF PLAY

Every effort will be made to accommodate your first, second, or third request, however, the Marathon Committee cannot make any guarantee with respect to these requests:

1st Choice _____ 2nd Choice _____ 3rd Choice _____

PREFERRED COMPETITION

Who does your team want to play? Does that team want to play your team? Is there a team your team cannot play or prefers not to play? (print clearly)

Want To Play _____ Can't Play _____

ENTRY FEE CALCULATION

Basic Entry Fee (includes 10 shirts) \$100.00
 (players must also pay regular admission at the door)
 Extra Shirts @ \$8.00/shirt.....\$ _____ (\$8.00 X # of shirts in excess of 10)
 Charge for XXL and XXXL Shirts.....\$ _____ (\$3.00 X # of XXL or XXXL shirts)
 Total Amount Due with This Entry...\$ _____ Make checks payable to Paulding County Society for Crippled Children and Adults, Inc. (Paulding Co. Society for C.C. & A) and send with this entry form to: The Marathon, 8602 Rd. 51, Payne, OH 45880
 Deadline for entries is SATURDAY, MARCH 25, 2006.

TEAM REPRESENTATIVES

Name _____ Phone # _____
 Mailing Address _____

(of person completing this entry form)
 RETURN THIS FORM WITH YOUR CHECK

ANTWERP HISTORY

By: Stan Jordan

I remember the Antwerp American Legion Post 253 sponsored a tournament and also entered a team. A local lad, Phil Gustin, who lived across the state line, the first house on the Notestine Road, the Chet Gustin's son. He was a good pitcher and he was on the Legion team. He pitched three no hitters and the Legion won. He was going into the Army soon and I told him to take advantage of the fact that he was just as good and get on the post team. They were playing for the division title down in Louisiana and he was pitching. In the crowd that day was Col. Kenneth Donnell. Years later he asked Phil if he knew the young athlete that caught him that day. He said he didn't know or remember much about him. Ken said it was Don Shula who years later was the head coach of the Miami Dolphins. Phil now lives in central Illinois, I think he has his own business.

A few years have passed now and I failed to mention the Antwerp Baseball Association. You might say that Cecil and Thelma Billman were the first in the association because they took care of the concession stand and the collection money and paid the bills. All these years, since 1946, some of our good citizens have made up the Baseball Association and have always done a good job. They see that things run smooth and take care of all the paperwork and repairs. You look at our ball park complex and you can see what a good job the association has done over the years.

Over the years the concession stand was moved off to the west a little and some of the games were announced from the roof of the stand. Then I understand Ed Glass put a second story on the stand like it is today, and it is a fine set up.

In the meantime, Payne built a nice lighted ball park and we had a number of home

games with them.

Woodburn also built a new park and lighted ball field. They invited Schilb's Reds up to play the dedication game. Max Lichty pitched and the Reds won. Jim Jordan, who a bad ball hitter got a pitch about eye level and knocked it out of the park.

Always after that their P.A. Announcer, I think his name was Mosier, would say, "this boy got the first home run ever hit in this park."

About this time, the Reds played in a tournament in Kingsberry Park in Defiance. There was a lot of good teams entered, but Antwerp won that tourney. One Fourth of July night Fred Zollner's "B" team came down for the gala occasion. They got to Max Lichty for a couple runs. Then Bud Lichty came in and they couldn't hit Bud nor Bob Johnson when he pitched. But they already had a couple runs and they won. They were Zollner's "B" team, but they "B" good.

Dave Mickelson tells me that the Fort Wayne Daisies, a girls pro soft ball team, came down for an exhibition game. He said everybody enjoyed that evening, but that's been 50 years ago and I don't remember all the details. Most everybody went to the ball park for the enjoyment of the sport. It was now getting late in the 1950's and times were changing. The players were all older and slowed up a bit. Everybody had a T.V. set and lots of them stayed home and watched their favorite shows. Interest in the game waned and things slowed up a bit.

It wasn't to long and the game of "Slowpitch" was getting popular. There was a number of teams here and a league was formed and they played on certain nights of the week. This was played for a number of years and we enjoyed it just as much as we did the fast pitch.

There was a lot of tournaments and some teams from all over would enter. Lots of times these games would occupy all day Saturday and Sunday. But through all these

years until now we always had Pee Wee League, Little League, "T" Ball, Connie Mack League, Acme and some others. Hundreds of boys and girls have enjoyed growing up and learning the joy of winning and the agony of defeat, but they grew into adult hood learning sportsmanship.

That baseball complex we have is second to none. You can't walk through it on a game night with all the diamonds full of happy kids and their parents, with the whooping or yelling and the running and sliding, your head and heart fills up with emotion that we have such a fine place for the kids to grow up and learn all this place can teach.

To all the folks who's worked for the Baseball Association over the years, I tip my hat to you. You don't make a ball park like ours without a lot of work and care and help and donations of all types.

But another tip of my ball cap goes to Mr. McCoughlin, the owner of the old school and The Essen House Restaurant. He also owns the land where the ball park is. I understand that for the present the kids can keep on playing ball there.

OAKWOOD ELEMENTARY PTO CARNIVAL

The Oakwood Elementary PTO will be having a carnival Saturday, March 4 from 4:30-7:00 p.m. at the school. Children of all ages will enjoy traditional carnival games, as well as, face painting and a cake walk. The Oakwood Library Association will be hosting a dinner in the cafeteria during the carnival. They will be serving chili, hot dogs, turkey sandwiches, pizza and other goodies. Sno-cones and popcorn will also be available. There will be a 50/50 drawing and a prize raffle too. Come for a fun evening with your family!

Have Something to sell?

Classified ads are \$4.00 for 25 words or less and only \$.10 for each additional word.

CUTTING HEATING COSTS

(NAPSA)—Proper furnace care and smart purchases can help you reduce the high costs of heating your home. That's good news considering that energy bills—which are already historically high—are expected to continue to climb. In fact, a recent article in USA Today reported that homeowners on average will see a 25.7 percent increase in heating costs compared to a year ago.

To reduce heating costs, experts say that the energy efficiency of your furnace is extremely important. According to Jim Miller of Amana brand furnaces, "Homeowners don't have much control over the price of natural gas, but they can take steps to minimize the impact of home heating costs." He offers these tips:

1. Have Your Furnace Checked. "If you haven't already done so this year, have a licensed HVAC contractor inspect your furnace now," Miller emphasized. "He can perform a safety inspection and clean your furnace so that it runs as efficiently as possible."

2. When Buying a New Furnace, Choose High-Efficiency. A furnace's efficiency is indicated by its Annual Fuel Utilization Efficiency percentage, or "AFUE," a measurement developed by the U.S. Department of Energy. The higher a furnace's AFUE, the more efficient it is. "Furnaces older than 15 years operate at efficiencies of approximately 60% AFUE. This means that for every dollar spent on heating costs, only 60 cents actually helps warm your home, while the remaining 40 cents is wasted."

"If you were to replace that 60% AFUE furnace with a high-efficiency unit, such as the Amana brand AMV9 96% AFUE Variable-Speed Furnace, you would get 96 cents worth of warmth for every dollar you spend toward heating your home," said Miller.

He added that furnaces with a variable-speed blower are even more efficient because the blowers typically require up to 75 percent less electricity than a standard motor. In addition, a furnace's blower also works with the home's cooling system, meaning consumers experience increased efficiency year-round.

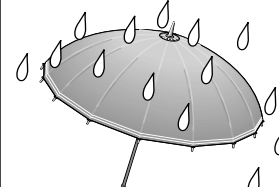
3. Investigate Tax Credits for High-Efficiency Furnace Purchases. Thanks to the Energy Policy Act of 2005 (EPACT), homeowners who purchase furnaces with an AFUE of 95% or higher in 2006 and 2007 may qualify for a tax credit of \$150. And if that furnace uses a variable-speed blower, they may qualify for an additional \$50 tax credit.

For more information and tips on minimizing your utility bill, visit www.amana-hac.com or call (888) 292-6262.

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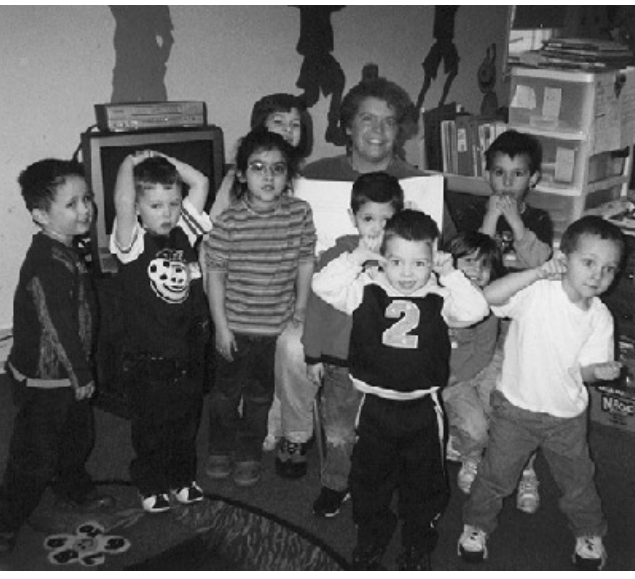
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PAULDING PRESCHOOL AND LITTLE BLESSINGS DAYCARE CELEBRATE NATIONAL CHILDREN'S BOOK WEEK



Mrs. Dixie Miller's Preschool class celebrated National Children's Book Week with several guest readers including 2 parents, a grandparent, an employee of First Federal Bank and an employee of Paulding County Hospital. Pictured here is Carol Razo, a proud Paulding Preschool parent and guest reader, with her daughter Kristen's class.

KARL ROVE TO HEADLINE GILLMOR'S LINCOLN HAYES BANQUET

Congressman Paul E. Gillmor (R-Old Fort) announced today that the Honorable Karl Rove will be the featured speaker at the Annual Fifth District Lincoln-Hayes Banquet. Rove will speak at the banquet at Bowling Green State University's Bowen-Thompson Student Union on Saturday, March 11, 2006 at 6:30pm.

"We are extremely fortunate to have Karl for the 2006 Lincoln-Hayes Banquet," Gillmor said.

The Lincoln-Hayes Banquet is hosted annually by Congressman Gillmor, the nine-term congressman from Ohio's Fifth Congressional District. For many years, Gillmor's Lincoln-Hayes Banquet has been one of the largest annual Republican events in the State of Ohio. The event honors one of the most prominent Republicans in our nation's history, President Abraham Lincoln, along with one of Ohio's favorite sons, President Rutherford B. Hayes.

Paul Gillmor is a senior member of Congress who has represented the Fifth District in the U.S. House since 1989. He serves on two full committees and five subcommittees where he is the Chairman of the Subcommittee on Environment and Hazardous Materials. Rep. Gillmor is also the Chairman of the Economic and Securities Committee of the NATO Parliamentary Assembly, a position he was unanimously reelected to last year by representatives of the 26 member countries of NATO. Prior to his election to Congress, Gillmor served 22 years in the Ohio Senate including five terms as Republican leader and three General Assemblies as President of the Ohio Senate. Congressman

MEDICARE & YOU

Picking A Prescription Plan: You Can Do It!

(NAPSA)—If you have decided to sign up for Medicare Part D, here's some healthy advice: "The first thing to do," says Judy Cahill, executive director of the Academy of Managed Care Pharmacy, "is make a list of all the prescription drugs that you currently take, either on a regular basis or from time to time." If you have any questions, call your pharmacist or your doctor and make sure you know these basic facts:

- The drug's brand and generic names
- Why you take it
- The dose and the form (tablet, capsule, liquid)
- What each drug costs
- What you spent last year.

Put that information on a sheet of paper and you can begin to get a picture of what kind of coverage you need. Remember—your needs may not be the same as your spouse's or your friends. This information is different for each individual. If you spend part of the year in another location, shop for a plan that will cover your needs in both places. Record your thoughts and questions in a notebook as you read through plan literature.

If your drug use is small, consider a plan with low premiums and high co-payments. You'll pay about the same, but you'll be pro-



To determine which prescription plan is best for you, start with a list of all the medications you take.

ected in case of a sudden, serious disease.

Cahill says, "The most important thing is to get into a drug plan now. If you miss the May 15, 2006 deadline, you will incur a penalty of 1 percent per month for each month that you delay." The next open enrollment begins November 15, 2006, so you will pay at least 5 percent more for your premium every month for the rest of your life.

Cahill says, "This is insurance, like house or car insurance. Buy it now, and get peace of mind."

"It's like shopping for a car," she adds. "First, decide which features are important to you and what you are willing to pay. Do you just want to get from point A

to point B or do you want all the options?" It's likely more than one plan will fit your needs, so don't become obsessed with finding the "perfect" plan. If your needs change, you can switch plans next fall.

And you can change your mind. After you sign up for a drug plan, if you find one you like better, you can switch anytime before coverage begins in January and once more between January and May.

Plan comparison information is available at 1-800-MEDICARE or on the Internet at www.Medicare.gov. You can also get help from a variety of community organizations, the Social Security office or the state health insurance counseling program (1-800-677-1116). "This is a lot of information to digest, so take your time," Cahill says. "You can do it!"

• The Academy of Managed Care Pharmacy (AMCP) is a national professional association of pharmacists and other health care practitioners who provide a diversified range of clinical, educational and business management services and strategies on behalf of the more than 200 million Americans covered by a managed care pharmacy benefit. More news and information are available on the Web at www.amcp.org.

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March Event Calendar

- Saturday, 11th** – "Variety Show and Senior Coronation"
- Sunday, 12th** – at 2 p.m. "New Horizon's Band."
- Saturday, 18th** – "Casino Night"
- Thursday, 23rd** – "Weather Watchers"
- Saturday, 25th** – 7:30 p.m. "Pete Schlegel-Showman; John Sager and other American Idol Contestants!"

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**NEW SERVICE OFFERED,
FINANCIAL COUNSELING**

You asked and we've listened. Many hospital guest experienced frustration in the past with payments and bills crossing in the mail due to delays caused by hospital billing being performed off site and payments being received locally. Community Memorial Hospital has converted to in-house billing to alleviate this frustration and to better serve our patients.

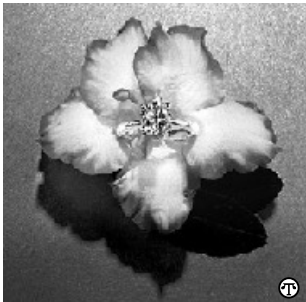
In addition, we've added the services of a Financial Counselor to our team. Please join us in welcoming Judy Panico to the CMH team. Judy has over 19 years of medical office experience. She will be working with patients to set up payment plans, apply for state and federal assistance, and to obtain prompt pay discounts when applicable.

Patients don't have to be uninsured to receive assistance. There are programs available for individuals with high co-pays and deductibles and payment options can be arranged. The worst mistake people make is to simply ignore a bill. If you have an outstanding account with CMH call Judy today at 419-542-5668.



Fulfilling A Promise

(NAPSA)—Anyone who has been stumped by finding a gift for a loved one knows the frustration of selecting the most appropriate present. The old standbys certainly stick around for good reason: Chocolates and flowers express the notion that at least some thought has gone into the occasion, but diamonds remain the hallmark gift, conveying the idea that love, like a precious stone, lasts forever.



A knot—the symbol of eternal promise—is etched discreetly into each piece.

Kraiko Diamonds, a Los Angeles-based family business, has released a signature line of diamond jewelry intended to make just such a lasting impression on the recipient. Each piece in their new Promise Collection features a discreetly etched knot as a symbol of eternal attachment. There are more than 175 different styles available in the collection. By visiting www.kraikodiamonds.com, customers can browse through their entire selection of diamond earrings, pendants, rings and other gift ideas.

Kraiko has also revolutionized the diamond industry by offering one of the most unique lifetime upgrade guarantees. At any time, a customer may trade in her Kraiko diamond and receive credit for its original purchase price to go towards new jewelry. More information on this guarantee and the location of individual retailers can be found at www.kraikodiamonds.com.

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Classified ads are \$4.00 for 25 words or less and only \$.10 for each additional word.

House FOR SALE

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Progressive opportunity for the right individual. Will be responsible for providing internal and external customer relations support for glass bending and tempering facility. Associate degree or equivalent required.

Candidate must possess excellent public relations skills, as well as strong accounting and purchasing background. Working knowledge of MRP planning system; MAPICS experience preferred.

For consideration send resume and salary history to: Human Resources at Taylor Made Glass Ohio, 407 N. Maple St., Payne, OH 45880 or lmconnehey@taylormarine.com.

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Bold is \$1.00 additional.

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PRE-ADDRESSED envelopes are printed at West Bend Printing either for mailing or return mailing. Call us for all your printing needs. 419-258-2000.

SCRAPBOOKERS—need copies of your photos? West Bend P & P. can copy your b & w and color photos onto a heavy paper for archival use. 419-258-2000.

AUCTION: 1st and last Saturday of each month at 6:00 p.m. Baker Auction held north of Antwerp off Hwy 24; go north on 49 to CO RD 192 to Baker Farm, 14597 RD 31, Antwerp, OH. Each month we sell large selection of merchandise. On the first Saturday, we sell household goods and on the last Saturday we sell horse tack. All buyers and sellers welcome. Call us 419-258-5605 or 419-542-7530.

FOR SALE: Two formal dresses. One is black w/sequins, size 10; red w/sequins, halter straps and shawl, size 14. Call 419-258-1809.

BAD CREDIT/NO CREDIT. Own your own home today! Special financing available. Brentwood Community. 419-399-3322

EXPERIENCED Day Care Provider—has openings. Ask for Shalena. First shift only. 419-399-4198. 6-9p

ANTIQUE SHOW, March 4, 11:00 a.m. - 6:00 p.m., admission \$2.00. All proceeds to benefit Defiance Co. Humane Society, 26 dealers. Offering Quality Antiques to choose from. Plus decorative items for the country or period homes to complete your look. UAW Hall, 2120 Baltimore St. Defiance, OH 8,9p

WHY RENT/OWN INSTEAD. Special financing available. In Brentwood Community. 419-399-3322.

AUTO INSURANCE TOO HIGH? Call Dan Straley for free quote at Straley Insurance Services. 419-899-4000 or 1-888-899-8820.

EXPERIENCED caregiver—will take care of elderly in their home. Call anytime, 419-594-3164.

WANT WINDOW COVERINGS that look great and work well, year after year? Quality vertical blinds, pleated shades, etc. Measured and installed. Call Judy McCalla, Hicksville, 419-542-6182. 9-13

2 Cadette Girl Scouts Seek Work to pay their way to Summer Horse Camp. Yard Cleaning, Light House Cleaning ... leave message for Carly 419-399-0520 (Paulding County) 7,9,11,13

PHOTOGRAPHY medium format Eqt. 2—Mamiya 1000's cameras. 150 and 80 lenses. 210 lens. Back drops. Bogen Studio. Lights in carrying case. Light meter. Flash meter. Lots of extras. \$3500. 419-258-2294. 9-12p

5 ACRES LAND: 3 miles E. of Payne. Asking \$20,000. 419-258-1638. 9-12p

FOR SALE: Game Cube with 2 controllers, 2 memory cards, and games. Also for sale: Gameboy Advance with coverlight, games and gameboy link. Asking \$200-\$250 obo. For more information, call 419-542-5108, ask for Jeramy.

HANDYMAN FOR HIRE. 20+ yrs. experience; residential maintenance, woodworking, plumbing, electrical, painting, carpentry. Can handle those honey-do lists that have grown too big for honey to do. Call Robert Huss 419-258-2510. 9-12p

KING SIZE WOLF soft-sided water mattress and frame, \$200. 419-399-9115.

FOR SALE: Yard Machine MTD, 15 horse 42" cut. 3 years old, snow blower. 419-393-4238 9,10

FOR SALE: Lift chair—beige. Good condition. 419-263-1103.

14 x 70 MOBILE HOME. Good condition. 3 Bdrm, 2 full bath. Many new upgrades. Ready to move ASAP. Best offer. 419-399-9268. 9,10

HELP WANTED: Seeking individual with great customer service skills to work PART TIME, 2nd shift, every other weekend as our Guest Services Representative. Job entails greeting and registering patients. Must have exceptional customer service skills, basic computer skills, and be detail oriented. Interested individuals may apply at Community Memorial Hospital, 208 N. Columbus St. Hicksville, OH. May also apply online at cmhosp.com or email resume to hr@cmhosp.com

STORE CLOSING SALE: Clem's Collectibles is closing their Defiance store. All games, comics, manga, medieval weaponry, and sports memorabilia must go! Come and collect the savings until March 25, our final day. Open Wednesday through Saturday. Clem's Collectibles, 518 Clinton St. Downtown Defiance. 419-782-7249. 9-11

PAINTING LESSONS in Antwerp. Now reserving space for spring session, April 6 - May 11. Beginner, Intermediate, or advanced. Group session Thursdays 7:00-8:30 p.m. Individual times by appointment. Cost is \$45. Certified teacher. Call 419-258-4515 for info. 9,10

PAULDING COUNTY COOKS

Oatmeal Cake

1 c. oats
1 1/2 c. boiling water
Mix and let set for 20 minutes.
Cream together:
1 stick butter
1 c. sugar
1 c. brown sugar
Add oats mixture.
Then add:
2 eggs
1 1/3 c. flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
Bake in a 9 x 13 pan for 30 minutes at 350 degrees.
Frosting:
1 stick butter
1/4 c. milk
1 c. brown sugar
Boil this to a soft stage.
(drop a spoonful of the cooking syrup into a cup of cold water and test it with your fingers and make a soft ball.
Remove from burner and add:
1/2 c. chopped nuts
1/2 c. coconut
Spread on the cake and enjoy.

The following recipe is the only way I can get my husband to eat coconut. This cake can be quite addictive and it will soon be gone.

I'll be making this for his March birthday.

Eileen Kochensparger

ALLOCATIONS REQUESTS FROM UNITED WAY OF PAULDING COUNTY BEING ACCEPTED

The United Way of Paulding County is now accepting funding requests for 2007. Agencies and organizations organized as a nonprofit corporation under the Ohio Nonprofit Corporation Act and as a tax exempt organization under Section 501 (c) (3) of the Internal Revenue Code that provide human services to the residents of Paulding County are eligible to receive funding from United Way of Paulding County. Allocation Request packets must be completed by the agency or organization and returned to the United Way of Paulding County no later than March 31, 2006. The agency or organization must be governed by a volunteer board which has adopted a policy of nondiscrimination and affirmative action. Their financial statements must be audited by an independent public accountant in compliance with generally accepted accounting principles. For questions or to obtain the Allocation Request Packets please contact Nancy Hessler at the United Way of Paulding County at 419-399-5300 or email director@unit-edwayofpauldingcounty.org.

KNIGHTS OF COLUMBUS
Fish Fries
Mar. 3rd, 17th and 31st
St. Michael's Church
Hicksville
4:30-7:00 p.m.
Dine-in or Carry-out
Ages 4-12 \$3.50; Adults \$7.00
Ages 3 and under Free

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- No application Fee
- Equal Housing Opportunity

JUDGE TIMOTHY R. PIEPER SEEKS RE-ELECTION



Judge Timothy R. Pieper has filed his petition and is seeking re-election as Judge of the Paulding County Court. Judge Pieper was appointed Judge in 2003 and elected Judge in 2004 for the unexpired term. He was born and raised in Paulding County and is a 1976 graduate of Paulding High School. He graduated from Anderson College in 1980 and from the University of Toledo College of Law, Cum Laude (with honors) in 1986. Judge Pieper is a Veteran as a former U.S. Air Force officer.

Judge Pieper is an experienced Attorney with approximately 20 years of legal experience. He has extensive Trial experience including Civil and Felony Criminal. He has successfully argued cases before various Ohio Appellate Courts as well as the Ohio Supreme Court.

As Paulding County Court Judge, Tim Pieper has implemented new progressive programs including: Electronic Monitoring which is an alternative to jail yet still holds the offender accountable and responsible; the Sobriety Tester which improves accountability for alcohol related offenses and increases safety of County Residents; Electronic Victim Protection which provides more extensive electronic protection for victims; DRIV—Diversion Program, a License Reinstatement Education Program; and the Student Bailiff Community Outreach Educational Program.

Judge Pieper has expanded other existing programs including: Community Service which has been upgraded and expanded. During 2005 there were 15,370 hours worked by offenders for over 150

Non Profit and Government Agencies for a net benefit to the Community of \$79,155.00 based on a minimum wage rate; The Victim's Assistance Unit, formerly the Victim Advocates Unit was secured for the future by the County Court Probation Department and is now available 24 hours a day, 7 days a week for victims of crime in Paulding County.

The Paulding County Court's Probation Department has won the top Award in the State for its' Jail Diversion Programs, for an unprecedented two years in a row, as no other Probation Dept. in the State has done so. The State officials cited Judge Pieper's EM and Sobriety Program, his use of pre-sentence investigations for misdemeanor offenses and the extensive amount of alcohol and drug treatment utilized by offenders as major factors for the Award.

Judge Pieper is active in the Ohio Municipal and County Court Judges Association, as he was chosen to help write a section of the Bench Book for New Judge Training and was appointed to the Association's Legislative Committee and Single Judge Court Committee (Courts with one Judge).

Judge Pieper has given the Judgeship his fullest priority. While the County Court Judgeship is statutorily a "part time" position, Judge Pieper has voluntarily discontinued his Private Practice in order to concentrate full time on the Judgeship.

Judge Pieper states that this substantially reduces Judicial conflicts of interest, the impression of the Judge being partial to one side or another, or to the Attorney on one side or the other because of past legal dealings, and reduces the requirements of calling visiting Judges to hear a Case; thereby saving the County money.

While the Administration of Justice in a fair and impartial manner is and must be the primary purpose and goal of the Court, Judge Pieper understands the importance of being a good steward of

the County's funds. The Chief Justice of the Ohio Supreme Court has recently emphasized the importance of computerizing the Courtrooms and increasing security in Ohio's Courtrooms. Judge Pieper has recently computerized his Courtroom which grants him immediate access to information concerning a Defendant which was previously not available and has also installed a new security system and procedures thereby meeting his responsibility to his employees and other Court personnel to provide for them a safe and secure working environment. Judge Pieper had these projects completed without the use of any general fund monies from the County. Rather the costs of the systems were fully paid from the Court's special funds which are offender funded as part of Court costs.

He is a member of various local organizations including the Paulding Kiwanis Club, Life member of the Paulding County Historical Society, Member of the Paulding County Genealogy Society, Life member of the Paulding County Fish & Game Club, Social member of the Paulding VFW, member of the Paulding Methodist Church, and a member of the Paulding County Bar Association and the Ohio State Bar Association.

Judge Pieper is married to Rae Ann (Keck) and they have four daughters, Rebecca, Maria, Lona, and Mary and also one grandson, Byron. Judge Pieper is the son of Oscar (deceased) and Donna Pieper, and the Grandson of the late William and Mary Goyings.

Judge Pieper stated, "I have been blessed with a talented, hard working Court Staff and Probation Department Staff and we have worked hard the last three years to administer Justice. I am very honored to be your Paulding County Court Judge. I wish to thank my supporters for their past support and I would appreciate your vote in November."

This Winter, Help Maintain Your Immune System With Regular Consumption of Probiotics

(NAPSA)—*Ah-choo!* The cold winter months are here. To help keep your immune system working at its optimal level, it's key to keep up good eating habits and a healthy lifestyle. And part of good eating is incorporating probiotics—also known as "good" bacteria—into your diet.



Denise Webb, Ph.D., R.D.

Probiotics are defined as "living microorganisms that confer a health benefit to the host when administered in adequate amounts," according to the World Health Organization. These benefits include improving bodily functions such as immune function, regularity, digestion and detoxification.

"A lot of press is given to the 'bad' bacteria, so many people don't realize that some bacteria are good for you and should be consumed on a daily basis," explained Denise Webb, Ph.D., R.D., registered dietitian, columnist and co-author of the book "The Dish on Eating Healthy and Being Fabulous!"

Our bodies have their own natural defense mechanisms, which protect us from invading "bad" bacteria and viruses. One major component of the body's defense system is immune function. About 70 percent of the body's immune system is located in the digestive tract, where specialized cells play an important role as a first line of defense against invading bacteria.

"Research suggests that probiotics may have a beneficial impact on the function of the intestinal lining and the regulation of critical components of the immune system," said Miguel Freitas, Ph.D., Medical Marketing Manager, The Dannon Company Inc. The ecosystem of bacteria—also known as microflora—that occupies the lining of the intestinal tract also acts as a physical barrier. "Regular consumption of probiotics, therefore, helps regulate the level of 'friend-

ly' bacteria, reinforcing this barrier and maintaining intestinal health," he added.

We caught up with Dr. Webb to learn more.

Q. How can I incorporate probiotics into my diet?

A. There are several delicious fermented products, such as smoothies, yogurts and cultured dairy drinks like DanActive, that contain probiotic bacteria and can easily be incorporated into your daily diet. Not only are they a source of probiotics, they make great calcium-rich snacks, providing about 10 percent to 25 percent of the Daily Value for calcium per serving.

Q. Should I only take probiotics when I'm feeling under the weather?

A. It's best to help keep your immune system strong all year round. Certain probiotics may help strengthen the body's natural defenses while providing a regular source of "friendly" bacteria. Though benefits vary depending on the type and amount of probiotic bacteria you consume, experts agree that daily consumption of probiotics is the most beneficial.

Q. What tips do you have for keeping my immune system strong?

A. First, eat a healthful diet that includes lots of fruits and vegetables, which contain plant compounds called phytonutrients that may play a role in boosting immunity. Eat foods like fish that are rich in omega-3 fats, vitamin E-rich foods like nuts, avocados and vegetable oils, and foods rich in zinc (seafood and lean red meat) and vitamin C (oranges, grapefruit, kiwifruit, bell peppers). A daily source of certain probiotics in the form of a cultured dairy product may also help strengthen your body's natural defenses. In addition, exercise regularly, maintain a healthy weight and get plenty of sleep.

For more information, visit www.probioticscenter.com.

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MUST BE 21 AFTER 9PM EVERY DAY!

ASK THE WATER EXPERT

Q: Is there a salt that I can use in my softener if I have iron in my water?

A: A typical softener can only remove a small amount of iron. Even in cases of minimal amounts of iron you may notice that after some time you start to see orange staining, and it may appear that the softener is no longer working. It may be because the resin beads in your softener have become fouled with iron and can no longer soften the hard water passing through the softener. This can be remedied by using a salt that has an additive in it that helps clean the iron off the resin so that your softener may run more efficiently and do its job of softening the water.

Todd K. Cook,
Your Water Expert
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Submit a water related question to West Bend Printing in care of "Ask the Water Expert" and it may be used in an upcoming issue.

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LIMIT 6 TOTAL - 10 oz. ECKRICH SMOK-Y-LINKS 99¢ ea.	LIMIT 6 TOTAL - 2½ oz. IGA SMOKED & SLICED MEATS 39¢ ea.
JOHN MORRELL - 1 lb. ROLL PORK SAUSAGE 99¢ ea.	FAMILY PACK TRAY PORK STEAK \$1.19 lb.

ON SALE THIS FRIDAY 3/03/06 & SATURDAY 3/04/06 ONLY! - WE RESERVE THE RIGHT TO LIMIT QUANTITIES.