

The WEST BEND NEWS

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

THURSDAY, JULY 5, 2007

HAWTHORNE COURT GROUND BREAKING



By: Sue Knapp

There was a lot of excitement at the Hawthorne Court on Tuesday, June 26.

Everyone from the owners, architects, administrators, bankers, construction company, local politicians, staff and, most important, the residents were on hand for the ground-breaking of the new facility "The Gardens of Paulding".

Owner Ralph Hazelbaker, owner of the current and new

building along with Carol Campbell, Director of Development started off the ceremony by introducing John Parsons (Administrator), Paul Dauerman (who manages 12 homes in Ohio), Howard Stamen of First Financial Bank (who is providing the funding), and John Roush from Berry & Miller Construction, Inc. He is very thankful and excited to be able to present this opportunity to the residents of the Home and to

Paulding.

Mayor Greg White welcomed and recognized Harry Weibe—Village Administrator, Tony Langham, Brian Miller (who helped with zoning), Terry Buller, Otto Gurdman—engineer. Mayor White was also very thankful to the investors and owners of the home that is making this project possible.

Commissioners Marty Harmann, Ed Straley and

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INDEPENDENCE DAY TRAFFIC UPDATE

Editor's note: Due to many mail boxes getting the West Bend News on Tuesday, we are publishing this information. COLUMBUS—If you're planning on getting a jump on holiday travel this weekend, you're not alone. A historical analysis of traffic volumes by the Ohio Department of Transportation's (ODOT) traffic experts shows that when urban interstates could see a 4 to 6 percent rise in traffic volumes and rural highways could see a 7 to 10 percent increase in traffic.

As always, ODOT is taking extra steps to make travel this July 4th week as safe and efficient as possible. To keep traffic moving through the state's construction zones during peak travel times, ODOT works to open additional lanes of traffic and requires contractors to maintain at least two lanes of traffic in each direction where possible on the interstates. But some closures are unavoidable and motorists should always use caution when traveling through construction zones, even when it appears there is no work occurring. In addition, with extra traffic on the highways, motorists could experience congestion in unexpected areas, especially on rural highways.

Knowing where closures and construction zones are ahead of time can reduce frustration and delays for travelers. Motorists can get up-to-date construction, road condition and travel information at any time at www.buckeyetraffic.org. Here are highlights of the major projects that will impact the largest number of travelers this weekend.

Interstate 90, Lake County (Northeast Ohio)

Widening and rehabilitation

(Continued on Page 3)

HABITAT FOR HUMANITY

It is finally going to happen! On July 14, 2007 the Habitat for Humanity of Paulding County will have an open house for the third house built in Paulding County. The owners will be Mr and Mrs. Joe Guyton and their four children.

We have waited a long time to get this house done for this family. And they have been so patient. It wasn't the man power that we needed but the rules and regulations that we have to follow to keep everything legal and we found out that following the proper procedures can be very slow going.

The ground breaking was held in the fall of 2006 and the work that could be done before winter set in was accomplished. We then had to wait until the break in the weather in the spring before we could finish the house. Work began in March and with volunteers working diligently over the last couple of months we can say we have fought the battle and won.

We invite you to come see this beautiful new home and to meet the Guyton family. Open house will begin at 1:00 p.m. - 3:00 p.m. on the 14th.

The new Habitat House is in Melrose at the corner of Park and Perry, north of the railroad tracks.

We hope to see many of you there. Come and support the Habitat for Human-

ity of Paulding County and meet the new owners and extend to them the hand of fellowship.

Habitat for Humanity is a completely volunteer organization with the purpose of building homes throughout the world. At the present time, we have a family chosen and we will begin building the fourth home as soon as we possibly can. We will need volunteers. We hope you will be up to the challenge and will offer your help.

We welcome anyone within Paulding County to apply for a new home. There is an application that must be filled out. After we receive it, the Family Select Committee gathers together and goes over the application. We have certain rules to follow and if the applicant falls within the requirements established by Habitat International you could be chosen to be the recipient of the next Habitat house.

For an application, check at the local library or contact the Habitat for Humanity post office box at P.O. Box 328 Paulding, Ohio 45879.

We are looking forward to seeing a good crowd of well wishers at the Guyton home on July 14th.

Sincerely,
Eileen Kochensparger,
secretary for the Habitat for Humanity of Paulding County

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All-Star Boys Baseball Tournament
for boys age 8 and under at
Grover Hill Summerfest
July 20-22nd at the Grover Hill Welcome Park.

All teams will be guaranteed 3 rounds of round robin play. There will be an entry fee of \$75.00 for each team.

Contact Jay Denny at 419-587-3143 or 419-786-0767 or Terry Campbell at 419-587-3804 to register your team or for any questions you might have.

The Grover Hill Park Board uses proceeds from the Summerfest to make the park more family friendly. We hope that you will come and spend the weekend at the summerfest watching the ball games and the variety of other attractions that are planned.

\$50 OFF 4th of July Puppy Special!

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OBITUARIES

Helen M. Wright, 89, of Edgerton, formerly of Summerfield, FL died at her daughter's home in rural Edgerton on June 28, 2007.

Helen was born August 24, 1917 the daughter of John Edward and Mary Rose (Dlabal) Todd in Monroe County, Michigan.

She was a graduate of Lyons High School in Michigan in 1935.

On June 1, 1940 she was united in marriage to Herbert Wright. He preceded her in death in 1996.

Helen was a homemaker and co-owner of various family businesses. She was very active in church activities.

She is survived by a daughter, Deborah (Jack) Thatcher Payton of Edgerton, OH; two sons: Robert (Carol) of Lafayette, IN and James (Marilyn) of Orlando, FL; seven grandchildren; three step-grandchildren; and 19 great-grandchildren.

She was preceded in death by her husband, a grandson, a great-grandson, two brothers and a step-sister.

The funeral service was at Smith & Brown Funeral Home in Hicksville on July 3. Burial was in Lost Creek Cemetery, rural Hicksville.

Dorothy "Sue" Warner, 71, of Paulding, died June 27 at St. Vincent Hospital, Toledo.

She was born January 5, 1936 in Tiptonville, TN the daughter of Alton B. and Dortha (Richardson) Williams. She was a member of Church of Christ, Paulding.

She is survived by a daughter, Becky (Donald) Gipple of Toledo; a brother, Charles Williams of Colorado Springs, CO; a sister, Doris (Jim) Pendergrast of Antwerp; three grandchildren: Michelle Smotherman, Josh Blair, and Kelly Gipple; and four great-grandchildren:

Jerry Smotherman, Braden Blair, Joseph Smotherman and Blaine Blair.

She is preceded in death by her parents, and three brothers: Alton, Richardson, and infant, J.S. Williams.

Funeral services were June 30 at Den Herder Funeral Home with Mr. Tim Dooley officiating. Burial was in Maumee Cemetery, Antwerp.

Donations may be made to Church of Christ or donor's choice.

Dorothy M. Benschneider, 94, of Payne, passed away peacefully on June 27, 2007.

She was born on January 16, 1913, in Antwerp to Elmer and Ida Wilson. After graduation from Antwerp High School, she and her twin sister, Doris, worked as nannies for a family in Fort Wayne. On September 21, 1935 she married Clarence (C.C.) Benschneider at the Lutheran parsonage in Payne. They bought a farm north of Payne and lived there for the next 65 years. They had three children: Karol Kay, Bruce William and Stephen Roger. Along with helping her husband farm a number of acres and raising carrel and sheep, she also was the accountant for C.C. Benschneider Excavating business. Dorothy was an immaculate housekeeper and took care of the large yard until she was in her late eighties. She and her husband spent winters in Ft. Myers where they enjoyed time with new friends as well as with other family who had residences there.

Dorothy was preceded in death by two sons, Bruce and Stephen, her son-in-law, John J. Poth, and in 1990 by her husband of 55 years, Clarence. She continued to live on the farm until she was 87 when she moved to Dallas Lamb Sunrise apartments. She is fondly remembered by

her grandchildren as always ready to play cards or a board game. They also remember spending nights at her house when they were young and being tucked into crisply ironed sheets. When she didn't have someone around to play cards with, she did crossword puzzles. She will be missed by all who knew and loved her.

Dorothy is survived by her daughter, Karol Kay Poth of Pemberville, OH; daughter-in-law, Irene Benschneider of Payne; grandchildren: Julie (Ken) Connell of Whitehouse, OH, John (Patricia) Poth of Lake Forest, IL, Jeffrey (Christine) Poth of Columbus, OH, Kim (Mike) Wietfeldt of New Haven, IN, Todd Benschneider of Fort Wayne, and Chad Benschneider of Payne. Also surviving are great-grandchildren: H.J., Max, and Madison Taylor of Whitehouse, John Jr., Jennifer, and Emily Poth of Lake Forest, Frances, Tyler, and William Poth of Columbus, and Abby and Zack Wietfeldt of New Haven.

Services were held July 2 at Den Herder Funeral Home, Paulding, with Pastor Joe Allen officiating. Burial was in the family plot in Wiltzie Cemetery near Payne.

Memorials may be made to St. James Lutheran Church, Payne, OH 45880.

The family expresses their deepest gratitude to all those at the Dallas Lamb Foundation Home who took such wonderful care of Dorothy.



Edythe F. Baxter, 86, of Paulding died June 25 at Van Wert County Hospital, Van Wert.

She was born August 19, 1920 in Grabill, IN the daughter of Simon and Mahilda (Klopfenstein) Yoder. On September 29, 1946 she married Delbert "Del" F. Baxter, who preceded her in death on March 6, 2003. She was a member of St. John Lutheran Church, Briceton, OH where she was also organist from 1934-2007; a graduate of Leo High School; a graduate of Warner Beauty College, Fort Wayne; and Secretary of Wayne Trace High School and the former Blue Creek High School for 20 years from 1961-1981.

She is survived by a son, William (Julie) Baxter of North Manchester, IN; a

daughter, Ruth Ann (James) Covey of Van Wert; four grandchildren: Chris (Amy) Covey, Rebecca (Ryan) Strickler, and Lauren and Megan Baxter; two great-grandchildren: Jacob and Jenna Covey.

She is preceded in death by her parents; husband; and a sister, Edna Yoder Lederman.

Funeral services were held June 29 at St. John's Lutheran Church, Briceton, with Pastor Joseph Allen officiating. Burial was in St. Paul Cemetery, Paulding.

Donations may be made to St. John Lutheran Church; Gideon's International; or John Paulding Historical Society.

Mrs. Aretta Mae Goings, 98, of Paulding, died June 20, 2007 at Bonling Health Care Center, Gahanna, OH.

She was born September 14, 1908 in Paulding County, Ohio the daughter of Thomas and Julia (Upthegrove) Phillips. On October 17, 1948 she married Leo L. Goings, who preceded her in death on April 26, 1999. She was a member of the former First Baptist Church of Paulding and was previously a cook for the Paulding County Home.

She is survived by a sister, Montressa Faye Turner, Columbus, OH; and nieces and nephews.

She is preceded in death by her parents; husband; two sisters: Audrey Phillips and Gwendolyn Suel; and a step-brother, Tom Williams.

Graveside services were June 29 at Paulding Memorial Cemetery, Paulding with Rev. Terry Porter officiating.

Donations may be made to Paulding County Hospital Home Health Care.

Den Herder Funeral Home, Paulding, is handling arrangements.

Lloyd Hayden Gill, 83, of Antwerp, passed away June 26, 2007 at Hawthorn Court, Paulding.

Born in Nortonville, Kentucky on October 18, 1923, he was the son of the late John Wesley and Ethel (Ferguson) Gill.

On July 15, 1967 he married Phyllis Trutwin. She passed away October 1, 1983.

Hayden worked as a truck driver at United Trucking Service Fort Wayne retiring February 21, 1986. He enjoyed his family, friends and working on his car. He had a great sense of humor.

He will be sadly missed by his daughters: Darlene Botteron of Antwerp, Dodie (Ed) McCreery of Cecil, Dottie James of Fort Wayne, Tonya Stevens of Iowa; sons: William (Karen) of Antwerp, Robert (Linda) of Defiance, Howard (Debra) of Maryland, James (Dawn) of Paulding; 30 grandchildren and several great grandchildren.

His son, John; sister, Clarabelle Emmons and brothers Floyd, Calvin, Paul and Kenny preceded him in death.

Funeral services were at Dooley Funeral Home, Antwerp, on June 29, with Rev. Jim Edwards officiating.

He was laid to rest at Maumee Cemetery, Antwerp.

In his memory contributions may be made to Hawthorn Court Activity Fund.

Condolences and fond memories may be shared at www.dooleyfuneralhome.com

Elizabeth (Russell) Konopka, 90, of Paulding, died June 29, 2007 at her residence.

She was born August 10, 1916 in Wood County, Ohio the daughter of Ervin and Bertha (Shannon) Russell. On July 11, 1939 she married Michael P. Konopka who preceded her in death in 1977.

She was a homemaker and a member of the First Presbyterian Church, Paulding. While a resident of Emerald Township, Paulding County, she was a member of the Home Extension Department. Women's Club and an advisor of the Happy Helpers 4-H Club. She was also a member of the Paulding County Republican Women and the Paulding County Hospital Auxiliary.

She is survived by four daughters: Kathryn Dorsett of Colmensneil, TX, Martha (H.Greg) Evans of Fairfield, CA, and Dorothy and Barbara Konopka both of Paulding; six sons: Robert (Deb) of Bluffton, OH, Thomas (Jan Dean) of Monroe, MI, William of Belleville, MI, Ralph (Sue) of Wayne, MI, Richard (Joyce) of Flemingsburg, KY, James (Lorraine) of Defiance; one sister, Lucille (Fred) Hodgins of Blissfield, MI. 14 grandchildren and 13 great-grandchildren.

She is preceded in death by her parents, her husband, two brothers; G. Franklin Russell and Roger Russell, and one great-grandson.

Funeral services were July 4, 2007 at Den Herder Funeral Home, Paulding with Rev. David Meriwether officiating. Burial was in Pleasant Grove Cemetery, Jackson Township, Paulding.

The family suggests memorial contributions be made to the Paulding County Hospital Auxiliary (Bargain Bin).

Harold V. "Hap" Finnegan, 84 of Melrose, died July 1, 2007 at County Inn Enhanced Living Facility, Paulding.

He was born May 31, 1923 in Melrose to the late William and Marie (Wilson) Finnegan. He married Barbara J. Keck on February 18, 1950. She passed away August 10, 1999.

He was retired from General Motors, Defiance in 1983. He formerly owned and operated a milk route for 15 years from 1940-1955; lifetime farmer, member of the UAW Local #211; former Melrose School Board member; a U.S. Army Veteran.

Surviving are three daughters: Gloria (John) Aden and Sandra (Lynn) Bradford both of Oakwood, and Connie Proxmire of Melrose; seven grandchildren; seven great-

grandchildren; two brothers: Edward Finnegan of Melrose, and Paul Finnegan of Defiance; one sister, Dorothy Merritte of Paulding.

Preceding him in death was a son-in-law, Frank Proxmire; one grandson, Travis Bradford; three sisters: Violet Vance, Irene Doster, Ilene Doster; two brothers: Dale Finnegan, Forest Finnegan.

Services will be held at 11:00 a.m. on July 5, 2007 at Heitmeyer Funeral Home, Oakwood with Rev. Jim Nathan officiating. Burial will be in Sherman Cemetery, Oakwood. Visitation was July 3, 2:00 - 8:00 p.m. and July 5, 10:00 - 11:00 a.m. Memorials are to donor's choice.

PAULDING COUNTY HOSPITAL BIRTHS, ADMISSIONS, AND DISMISSALS

Admissions:
6/29 - Paul Strahley, Paulding
Dismissals:
6/26 - Harold Phipot, Paulding
6/27 - Frances Comer, Payne
7/1 - Paul Strahley, Paulding

(Continued from Page 1)

Tony Burkley were also on hand to give their support.

Four staff members were recognized who has a total of serving over 100 years to the facility: Nonnie Perry, Donna Rassman, Nancy Stoller and Jeanee Fellers.

The home will function under The Eden Alternative. The principle is dedication, responsiveness, performance and compassion. The home will provide close contact with plants, animals and children with lots of lights and inter-action. The residents of the home will have maximum authority or it will be in the hands closest to them. The residents will have easy contact to humans and animals. There will be a raised garden and the residents may work a plot if they so wish. "Elders don't live where we work—we work in their home, we will respect their dignity at all times" is part of the principle of The Eden Alternative.

The home will be over 37,600 square feet. That's over double what it is now. There will be 50 skilled nursing beds and 27 assisted living beds. The home will offer Out Patient Therapy.

The projection date for new facility to be ready is April 1, 2008.

ANTWERP CHURCH OF CHRIST

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Sun. AM Bible Study 9:30 • Service 10:30

Sun. PM Bible Study 6:00 • Service 7:00

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

Kent Steiner to preach Sunday, July 8

Listen to the sermon at www.antwerpchurchofchrist.com

PASTOR: Scott Marsee

704 S. Erie Street

Antwerp, OH 45813

Sunday: 9:30am Sunday School

10:30am Worship

Nursery Available

Wednesday: 7:00pm

Adult Bible Study, Kid's Club,

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www.antwerpcommunitychurch.net

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A Church of the Nazarene
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Reaching In - Making Disciples
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Sundays from 10:00 till 11:30 a.m.

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Antwerp, OH 45813

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9:00 Sunday School & Adult Bible Class

10:00 Worship Service

Pastor William E.D. Barlow

St. Mary's Catholic Church

303 S. Monroe St.

Antwerp

Weekend Mass

6 P.M. Saturday • 8:30 A.M. Sunday

(Continued from Page 1)
tion of I-90 between SR 306 and SR 615. Traffic in both directions is shifted onto the westbound side of the roadway. The ramp from SR 615 to I-90 eastbound is closed for the construction season, as well as the rest area in the eastbound direction. While the permanent work zone remains in place, crews will not be active between noon Tuesday, July 3, and 6:00 a.m. Thursday, July 5.

Interstate 70/Interstate 75, Montgomery County (Western Ohio)

Reconstruction continues at the I-70/I-75 interchange just north of Dayton. Two lanes of traffic are maintained in each direction on I-70 through the interchange. I-75 is reduced to two lanes in each direction between US 40 and just south of I-70. While the permanent work zone restrictions remain in place, there will be no additional lane closures Tuesday, July 3 through Thursday, July 5.

Interstate 275, Hamilton County (Southwest Ohio)

Rehabilitation of the roadway, pavement and 28 bridge structures on I-275 from just east of Winton Rd. to just east of US 42. One lane of two-way traffic is maintained by a temporary traffic signal over the Chesterdale Rd. overpass. While the permanent work zone restrictions remain in place, work in suspended for Wednesday, July 4 and there will be no additional lane closures.

YOUTH NITES COMING TO THE PAULDING CHURCH OF THE NAZARENE

Young people going into fifth through eighth grade won't want to miss this year's Youth Nites at the Paulding Church of the Nazarene. The event will take place on Tuesday, July 17 - Friday, July 20, 6:00-8:45 p.m.

This year's theme is "Color Outside the Lines" and, is sure to be packed full of fun activities, games, music, prizes, crafts and time spent with friends. Speaker Scott Williams will be talking with the kids about what God wants to do in their lives and encourage them to get out there and live for Jesus.

Mark your calendar for these upcoming Youth Nites so you won't miss out on all the fun. For more information, contact the Paulding Church of the Nazarene at 419-399-3932 or check us out on the web at www.paulding-naz.org.

LOCAL STUDENTS GRADUATE FROM RHODES STATE COLLEGE

LIMA, OH—The following students received their Associate's degrees from Rhodes State College following Spring quarter 2007.

Grover Hill: Anna Ruth Deckard, Nursing; William J. Rockwood, IT - Networking option

Melrose: Teresa Sue Bair, Nursing

Oakwood: Laura M. Adkins, Nursing

Paulding: Jamie L. Welch, Radiographic Imaging with Honors

Payne: Sandra J. Harper, Nursing; Jami Renee Lewis, Banking/Financial Management

(this list is not the complete list. It is only of Paulding County residents)

POOL - MANSFIELD



Micah J. Pool and Michael O. Mansfield would like to announce their engagement and upcoming wedding. Micah is the daughter of Gene and Vickie Pool, Van Wert, Ohio and is a 2007 graduate of Indiana Wesleyan University School with a Bachelors in Nursing and is employed at Parkview ER Hospital. Michael is the

son of Dave and Lesa Mansfield, Oakwood, Ohio and is a 2007 graduate of Indiana Wesleyan University with a Bachelors in Business Management and is employed at LA Electric. The couple will exchange their vows on August 4, 2007 at 4:30 p.m. at Edgerton Wesleyan Church in Edgerton, Indiana.

KAGY FAMILY REUNION AT LAZY ISLAND LAKE



Don and Marie Kagy of Paulding will celebrate 59 years of marriage in October, and have lived in Paulding since 1967. Don retired from ASCS and Marie from Mental Health Clinic. While the children and their families are scattered across this

great country (and currently reside in Cincinnati, Houston, Colorado Springs, and Yuma), the entire Kagy family traveled back to Paulding and celebrated with a week long family reunion at Paulding's Lazy Island Lake.

ENERGY MATTERS

Bright Ways To Save

(NAPSA)—When it comes to saving energy in your home, lighting is an easy place to start, with many simple ways to save, according to Edison Electric Institute.

Here are a few bright ideas that may help you become more energy efficient:



Compact fluorescent bulbs last about 10 times longer than incandescents.

- Dust lightbulbs and fixtures regularly.
 - Provide task lighting over desks, tool benches and the like so you don't have to light the whole room.
 - Put lamps in corners of rooms so the light will reflect off two walls.
 - For lamps that are on more than two hours a day, use compact fluorescent bulbs—they use up to 66 percent less electricity than incandescent bulbs. A 23-watt compact fluorescent bulb can replace a 100-watt incandescent.
 - Use dimmable incandescent bulbs wherever possible.
 - Install photoelectric controls or timers to turn outdoor lighting off and on each day.
- To learn more about how to save money and protect the environment, get energy active today at www.getenergyactive.org.

PAULDING COUNTY COMMISSIONERS

The Paulding County Commissioners met in regular sessions on Mondays and Wednesdays at the end of June and again on Monday, July 2, 2007.

The monthly meeting of elected officials to review finances and discuss other common issues was held on Wednesday, June 20. It was noted that the sales tax revenue was not arriving at the same rate as calendar 2005 but was higher than the funds received in calendar 2006. Lou Ann Wannemacher, Paulding County Treasurer, noted that investment revenue is actually higher than anticipated for the calendar year. Funds needed for the federally mandated expenses at the Election Board and an unusually high frequency of autopsies, an expense the state assigns to the county general fund, are depleting the already strained 2007 budget.

The Commissioners participated in the groundbreaking activities for the new U.S. 24 at Antwerp. Tony Langham, Director of Paulding County Economic Development, said, "This is a very big day for all of us. Over the years we all have worked hard to bring this project to fruition. The U.S. 24 highway improvement will be a big asset in development of industry, busi-

ness and new residences to Paulding County and Northwest Ohio," concluded Langham.

The Commissioners were also invited to participate in the ground breaking for the new Hawthorn Court Nursing Home. The new facility will be called The Gardens of Paulding. This new privately owned business will have 27 assisted-living areas and 50 long-term skilled and non-skilled beds. The new facility will also offer outpatient therapy. The new building will be more than twice the size of the existing facility.

The Commissioners signed a Community Development Block Grant (CDBG) contract with Strable Paving. Strable Paving, a Paulding County business, was the low bidder on paving County Road 116 in Jackson Township. The contract amount is \$27,956.77.

The Courthouse and other county offices are to close on Wednesday, July 4 in recognition of Independence Day.

Citizens with questions are encouraged to contact the appropriate office for information. The Commissioners' office is available for assistance in deciding which county office to contact with questions.

The Paulding County Commissioners met in regular session from 8:00 a.m. to the close of business on Mondays and Wednesdays.

THE WEST BEND NEWS

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Registration July 1 - July 30
Ages 4 (by Sept 1st)- 5th Grade.
Costs \$25 per child

Games Sat. Sept. 8-Oct. 13 @
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Before 11 am Mon.-Thurs. = 18 Holes Golf w/Cart \$22

Kids Free,
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Also Ladies Fun Nite in Development

Couples Day
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THE WEST BEND NEWS

OUR AD DESIGNS ARE OUT OF THIS WORLD!

419-258-2000

For those of you who do not know me, I was a bus driver for the Paulding Exempted Village Schools for 27 years. I tell everyone that God put me in the bus drivers seat because no one in their right mind would fill out an application unless it was God asking you to do it.

My husband, Max had been driving for PEVS for a year and in order for him to be certified he had to take a class. Well, it was the year of the blizzard in the late 70's and Max worked a second shift job and because of the weather we were in a dilemma with no vacation days left for him. So it was decided by the school officials that I would go to the class and bring home whatever information he would need and as long as he took the test, which by the way was an open book test, and if he passed it he would be clear to continue driving.

We both took the test and we both passed with flying colors. Well, it was an open

book test remember.

It was maybe a month later when I received a call from Mr. Bud Cook of PEVS and he asked me to come in an drive an afternoon route. I replied that I did not have a license and I did not want to drive a bus. He would not take "no" for an answer and within two weeks I was driving and never missed having a route after that time. I must say it was the smartest thing I ever did because now that I am retired I get a very nice pension.

Back then, you didn't have to sign your life away. I was given a key to the bus, shown how to turn it on and how to shift and was sent on my merry way. When I felt I was good enough to pass the test with the Drivers Examiner I made an appointment and from then on everything is history.

Over the years, I did my best to set a good example for the students who rode the bus on a daily basis. There were those days that were quite a trying time. Trust me, it is not getting any better. When you meet a bus driver, compliment him or her, don't discredit what they are doing.

Lately I have noticed in the newspapers names of students that have ridden my bus and the problems and troubles they are having. Drugs, robbery, failure to pay child support, divorce, teenage pregnancy, and the list goes on. And I am saddened. I did

my best to direct them in the right way. There were occasions that they would ask me when I was going to retire. I usually answered, "when you graduate because I am the best example you have right now" and how true that was!

But I smile when I read in the paper of young men and women who rode my bus and are now getting married, having children of their own, have gone to college, graduated with high honors and have gotten a good job. I am especially proud of the young men and women who have gone to the military service and have spent time in Iraq, Afghanistan, or wherever they might be stationed protecting this great country that we live in. I am proud of the children who do good in school and get rewarded for it. I like to think that I was a part of that. I always read the school news and smile when I see a name that I remember and the accomplishments that they are making. High School graduations, FFA events, Science Olympiad and the sporting events are high on my list also. And I can't forget the school plays and the great job that the students do.

I could always tell the families that went to church and those that didn't. I drove a route for many years that had an imaginary dividing line. The majority of those students on the east side of the line did not have a family life and it was noticeable and I was always saddened that I couldn't do more.

How do you get through to students that they are going to end up in jail if they don't straighten up their act? How do you convey to students on the bus that they must obey the rules of safety, when you can tell they are not being disciplined at home. And how do you request parents to back you up when they won't listen that their child is the guilty party? How many times did I hear the words, "you are just picking on my child." Trust me, there was never any partiality on my part. But it could have been so easy.

I truly believe that we have let our children down. Families are a thing of the past. There is no discipline any more. There is no respect. Peer pressure is running rampant. We are living in a world

where the thinking is, "my child would not do that." How I wish I had a dollar for every time I heard that phrase.

Our church has a fine group of young boys and girls who are mission-minded. Last year we took them on a trip to Pomeroy, Ohio. I watched those youth, ages 10-16, work harder than some adults would work. In fact, I think that is why we got all of the dirty jobs because those groups ahead of us refused to do them, and we heard no complaints—even the days where there were no showers and they cleaned up in cold water. And would you believe when they left that mission project, there was not a thank you from the gentleman in charge? The youth received all kinds of compliments from those they helped, like the four ladies over the age of 72 who were the only members left at the church, the elderly lady that had her front porch painted, the sewing ladies, and the lady in the clothing discount store. But, you know, when you are working for the Lord you won't always get a thank you. It is a lot easier to criticize.

We live in a world of your children, my children, our children because of so many broken families, and jealousy runs high in families like these. There is so much competition. They want attention and the only way to get it is to cause a problem. Even though there might be punishment, at least they received some attention.

Is it too late to save this generation of children? Thanks to the lawyers, the court systems, and those who think children should not be spanked or corrected for what they have done, we are living in a world where there is no discipline. Check at the schools if you don't believe this. Ask a bus driver. And even worse, we are living in a time where you aren't even allowed to hug a child because you could be accused of child abuse or molesting! At our church we have an open door policy so that in case someone does come by while a meeting is going on they can see into the room. How sad that we have to have that kind of protection. Where has trust gone?

Two years ago I left my bus route because of a serious illness. During my recuperation I was asked numerous times when I was coming back. The children were so unruly no one wanted to take them to or from school. They weren't like that when I left that last morning. I am so thankful that I had my years in and I did not have to go back. A year was a long time to be gone. I would have had to start all over again and I was not up to the challenge.

My congratulations goes to the families who go to church, have a family environment and who are doing their best to train up a child in the belief of God and right from wrong. You are our future but you will be in the minority really soon.

One of the last times that I drove my bus, before my illness, I remember having a problem on the bus. After taking care of the issue a beautiful little girl came up to me and apologized for every one and gave me this reply, "Eileen, it wasn't my sister or me that caused the prob-

lem." And how well I knew. Those two little girls are being brought up in a good family environment and are learning to know God and right from wrong. In fact, I had taken all of their aunts, uncles and cousins to school over the years.

Thank you to the parents that I knew I could count on. I congratulate you on the good job that you are doing in bringing your children up to show respect to the person in authority, especially the bus driver who focuses on safety every day of the school year.

It is time to take back the family. Sit down on a regular basis and have a meal with your children. Talk about what went on during the day. Share with each other your concerns. Make a date to go out and have a fun day as a family. Start taking your family to a church near you. There isn't a church within our county that is overflowing with parishioners. Find that Bible that you have in your house, dust it off, and start reading it. The libraries

are full of books. Take your children and yourself and get some good books to share. And maybe the most important, hug your child. Let them know how much you love them. And most important, teach your children to respect and to obey the rules of those in authority.

Several years ago, a young girl came out of the school to go home and her teacher was instructing her the whole way to the bus. When she got done I made a remark to the teacher. Did she realize that the little girl was never able to make a decision on her own. The chain of events went like this—her parents in the morning, then the bus driver, the school aide, the teacher, the cafeteria lady, the play ground supervisor, the teacher again, eventually getting back to the bus driver and back to the parent at home and we can't miss the older sibling if there was one at home. If we all did our part in teaching respect and discipline to the children our

(Continued on Page 5)

Antwerp Class of '82
25 year Reunion
July 21, 6:00 pm
Antwerp VFW
419-258-9379
419-258-2667

This is a portion of the speech that President John F. Kennedy gave at the Waldorf-Astoria Hotel on April 27, 1961. "The President and the Press" before the American Newspaper Publishers Association.

"The very word "secrecy" is repugnant in a free and open society; and we are as a people inherently and historically opposed to secret societies, to secret oaths and secret proceedings. We decided long ago that the dangers of excessive and unwarranted concealment of pertinent facts far outweighed the dangers which are cited to justify it. Even today, there is little value in opposing the threat of a closed society by imitating its arbitrary restrictions. Even today, there is little value in insuring the survival of our nation if our traditions do not survive with it. And there is very grave danger that an increased need for increased security will be

seized upon those anxious to expand its meaning to the very limits of official censorship and concealment.

"For we are opposed around the world by a monolithic and ruthless conspiracy that relies on covert means for expanding its sphere of influence--on infiltration instead of invasion, on subversion instead of elections, on intimidation instead of free choice, on guerrillas by night instead of armies by day. It is a system which has conscripted vast human and material resources into the building of a tightly knit, highly efficient machine that combines military, diplomatic, intelligence, economic, scientific and political operations.

Its preparations are concealed, not published. Its mistakes are buried not headlined. Its dissenters are silenced, not praised. No expenditure is questioned, no rumor is printed, no secret is revealed."

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No Pain, Great Gain Advertorial



Those with chronic back pain can now breathe a sigh of relief thanks to Dr. Drake Hughes and his FDA cleared non-surgical technology, the DRS® System.

The DRS® System treats herniated, bulging and protruding discs, sciatica, facet syndrome, post-surgical pain and degenerated discs.

The treatment has developed as a clinically proven, non-surgical option for those who suffer pain from lower back.

MRI studies taken before and after treatment show that herniated discs may be repositioned and re-hydrated with this technology. Long-term studies have shown lasting results for many patients.

"It's like a modern miracle," raves Donald Lippi of Van Wert. "Heck, even my orthopedic surgeon was surprised. It saved me from back surgery."

"In many cases, the DRS® System is better and safer than surgery," says Dr. Drake Hughes, the first doctor in Van Wert, Ohio to utilize the DRS® System.

"Since I began using this technology, I have performed with

Local Pastor John Perkins had severe lower back pain from an old lifting injury. After being treated on the DRS® System, he now is able to resume an active lifestyle.

2,500 treatments on patients who thought there was no hope, some even had prior surgery," says Dr. Hughes D.C. "In one preliminary study, up to 86 percent of those treated with this technology had significant relief following therapy."

Treatment for the patient is extremely comfortable and most patients fall asleep during their 30-minute treatment session. In

some cases, the pain resolves within the first few minutes of being on the machine.

"Most patients I see have tried everything from medication to surgery. Thanks to this technology, I am able to help patients quickly without any of the risks or side effects of surgery," explained Dr. Hughes.

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Community Room #1

COST: \$30 Profile \$15 PSA

This year's event includes height, weight, and blood pressure monitoring, if desired. All participants will receive a pass to the Fitness Center.

Community Memorial Hospital
 208 N Columbus St Hicksville, Ohio

(Continued from Page 4)

world would be a much better place. Now throughout that day I know that that child was being trained to follow the rules, show manners to others and to become the best little girl there was. But what happened in the home was beyond our control. It goes back to the parents. Parents who were trained at home during their growing up years and were taken to church are the parents of today who are having well behaved children and who you enjoy being around.

And in support of my bus driver friends, school is just right around the corner. Read the rules of riding a bus to your children. Support that bus driver when your child receives a discipline form. The drivers do not start out the day trying to get back at the students or looking for trouble. Their job is to drive the bus as safely as they can.

Our children are our future. What will you do to help?

—Eileen Kochensparger

PAULDING RESERVOIR LEAGUE RESULTS

- Mens Tuesday Night League*
1. Easy Street Café 10-2
 2. Bud Select/Red Owl 10-1
 3. AW Root Beer 9-2
 4. Guilford's R.E. 6-6
 5. Syndney's 5-8
 6. Bucks/E.D. Jones 4-7
 7. Calling A Chef/Bud Lt. 5-7
 8. Calling A Chef/Defiance 4-9
 9. Warriors 0-12

- Mens Thursday Night League*
1. River Rats 10-3
 2. Miller Lawn Care 9-4
 3. Atwood 11-2
 4. La Roofing 5-9
 5. Barney's 6-8
 6. Lake Recycling 8-6
 7. Red Owl/Coors Lt. 4-10
 8. Uncle Fudd's 1-12

- Wednesday Night Women's League*
1. Carpet Wholesalers 15-1
 2. Jay Dangler Excavating 9-7
 3. Red Owl/Budweiser 12-4
 4. V.F.W 4-12
 5. Sinners Bar 1-15

VILLAGE OF ANTWERP REGULAR MEETING ANNOUNCED

Antwerp Village Council will hold its regular meeting on Monday, July 9 at 6:30 p.m. in the Town Hall.

—Margaret Womack, Mayor

OSU EXTENSION ANNOUNCING OFFICE HOURS FOR FAIR

PAULDING, OHIO—During the Paulding County Fair The Ohio State University Extension Office will be open from 9:00 a.m. to 4:00 p.m. starting on Tuesday, July 10 through Friday, July 13. The Extension office will resume normal business hours starting Monday, July 16, 2007 from 8:00 a.m. - 4:30 p.m. Monday -Friday.

SPRINGER - FEEHAN



Candace Marie Springer and Joshua Richard Feehan would like to announce their engagement and forthcoming marriage.

Candace is a 2004 graduate of Antwerp High School/Vantage Career Center and a 2005 graduate of International Business College with an Associates Degree in Office Administration. Candace is currently employed at the Paulding County Auditor's Office.

Josh is a 2005 graduate of Paulding High School/Vantage Career Center. He is currently pursuing his Associates Degree in Automotive High Performance. Josh is currently employed at Cooper Farms.

Josh and Candace will exchange vows on July 21, 2007 at 3:00 p.m. at the Mt. Calvary Lutheran Church in Antwerp.

PAULDING COUNTY RETIRED TEACHERS ASSOCIATION AWARD STUDENTS WITH SCHOLARSHIP

The Paulding County Retired Teachers Association is proud to announce the names of the 2007 recipients of their annual scholarship for Paulding County High School seniors planning to enter the field of education.

Victoria Knuckles of Antwerp High School is the daughter of Gary and Ann Knuckles. She is planning to major in Early Childhood Administration at Northwest State Community College.

Joseph Sinn of Wayne Trace High School is the son

of Perry and Annette Sinn of Latty. He intends to major in Secondary Education-Social Studies at IPFW.

Andrew White of Paulding High School will be attending Defiance College majoring in Early Childhood Education. He is the son of Greg and Nancy White.

Proceeds from a silent auction in July will help fund the 2008 Scholarships. The July meeting will be at 12:00 noon at St. Paul's Methodist Church in Payne.

OPEN HOUSE

Welcome



Michael Kooistra, M.D.

Wednesday, July 25, 2007

2:00 pm—7:00 pm



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AUGUST

By: Sara Trauterman

August skies and that sweet sunrise

Stop the blithesome man.

There was country music in the air,

And there was something alive in that dead morning.

He felt like no one could touch him,

Apart from everyone with the fake personalities, And emotional frenzies.

Who knew it would come to this?

The daisies and the dandelions in the forsaken property

Of the man of prosperity, Live on.

Knowing soon they will be covered by winter's blessings.

As he looks out the window,

He understands, Things change.

Like months of bitterness That change to bitter-sweet.

Feelings of mournings that turn to joyfulness.

He knows another August will come,

Where he will hear these thoughts again in his ingenious mind.

When he will feel the August air breathing from his veins once again.

And he smiles.

If you mailed 10,000 Postcards (circulation of West Bend News) it would cost \$2400 not including printing cost. A postcard size ad only cost \$72

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ANTWERP HISTORY

By: Stan Jordan

We got this picture from The Archer Book that Kathy Smith Wilson has loaned to us. I think this picture was taken in front of the new Fire Station about 1965 or 1966.

Knelling in the front row is Woody Friend. He saw action in the Southwest Pacific with Co. A. He married Margaret Swann and they had a fine family and lived here in the Antwerp area.

Dick Rhoad is next. Later on he became Fire Chief for many years. In WWII, Dick was an aircraft mechanic on a carrier. He married Norma Smith and they had three girls.

Chief Ralph Taylor was one of the best Fire Chief's we had. He was pretty handy and could do about anything. He and Marlene, she was nicknamed Jo, had one daughter called Jo Jo.

Glen "Chink" Williams married Betty Laney and they had a nice family on West Railroad Street. Willie served in the Navy in WWII.

Jim Hunt married Clairhilda Bunn and they had two children. They are both doing well on East River Street.

Lee Miller married Marcy Lee Mees and had five children. He served on an aircraft carrier in WWII. He was a machinist most of his life.

Ronnie Longberry lived close to the fire house and was always one of the first to report when the siren blew. Later in life he became sort of famous with the truckers on US 24 on the C.B. He was called The Lone Ranger.

Paul Kennedy was always ready to help. He was the jokester of the department. He raised three boys and three girls. When we had Firemen's Day all of them helped out as well as all the other families.

Jake Vail moved to Genoa, Ohio shortly after this picture was taken and not too long after that, he passed away.

Don Myers, besides being a fireman, was also a policeman. He married Elmer Beer's daughter and they were in business in Northeast Indiana.

Knight Kuhn was on the department quite a while and her family moved to northern Indiana. I see him once in a while and he has slowed up a lot, like the rest of us.

John Gilbert Mundy came from Bicknell, IN with the Weatherhead Company. He and Mary had two girls. Later on he served a few terms as Mayor of Antwerp. Gib passed away early in



Knelling - Woody Friend, Dick Rhoad, Chief Ralph Taylor, Chink Williams, Jim Hunt
1st Row (l-r) - Lee Miller, Ronald Longberry, Paul Kennedy, Jake Vail, Don Myers, Knight Kuhn, Gilbert Mundy, Homer Hargrave, Leon Miller

life.

Homer Hargrave, he made nearly all the fire runs and all the work nights. He served a good many years. He is buried in Rochester.

Leon Miller served the department a good many years. He served in the Army in WWII. He and Louise had a fine family and have lived on West Woodcox Street for many years.

Pat Fillmore was a fireman a good many years. Always ready to do his part.

Jack Brown was another jokester. He always had a joke ready. He was a moral builder. We all missed him as he passed away early in

life.

Richard Schilb was a fireman most all his life. He served in the Mediterranean over in Europe in WWII. He and Vivian had two children and still live in the Antwerp area.

Jake Tracey served in the South Pacific with "A" Co. Then he served many years as a fireman. He married Glenna Messman and lived northwest of town for quite a spell.

Acey Friend was next to me in the seniority department when I retired from the department. He served many years as secretary of the department. He done a

Back Row (l-r) - Pat Fillmore, Jack Brown, Dick Schilb, Jake Tracey, Acey Friend, Jerry Grimes, Carl Shipman, Stan Jordan, Tom Schmunk

top-notch job. He married Pauline Hargrave and they had two children. Their son, Ray Friend, is now Antwerp's very capable Fire Chief.

Jerry Grimes was one of those guys who was always ready to help. He was an active fireman until he moved away.

Carl Shipman served on the department until he moved to the country. He and Ronnie had three children.

Stan Jordan had 28 1/2 years as a fireman when he retired. He served a lot of time in the P.R. Department. He even wrote a column for

the local paper called "Ole Smokey Says". He and his wife, Pauline, had one son and still live in the area.

Tom Schmunk was a good fireman and was very, very handy, he could and would do most anything. He and Jean had one son.

I served many years with these boys on the Antwerp Fire Department. I'm saddened to say that there are only six of these boys living today. The other boys have gone on and left their mark in Antwerp History.

See, Ya!

PAYNE BALL ASSOCIATION GIRLS ALL-STAR TOURNAMENT SCHEDULE

The Payne Ball Association will be hosting its fourth annual eight and under girls softball all-star tournament from July 6 through July 8. The schedule for the tournament will be as follows (all games will be held at Payne Community Park):

Friday, July 6 - 6:00 p.m. (back field), Grover Hill vs. Antwerp; 7:30 p.m. (front field), Parkway vs. Hicksville

Saturday, July 7 - 10:30 a.m. (front field), Paulding vs. Parkway; 10:30 a.m. (back field), Payne vs. Grover Hill; 1:50 p.m. (front field) - Hicksville vs. Paulding; 1:50 p.m. (back field) - Antwerp vs. Payne; 3:40 p.m. (back field) - third place teams in each pool; 3:40 p.m. (front field) - second place teams in each pool.

Sunday, July 8 - 1:30 p.m. (front field), Championship game.

OAKWOOD BRANCH LIBRARY FINISHES SUMMER READING PROGRAM

The Oakwood Branch of the Paulding County Carnegie Library system just completed their summer reading program. The program for ages three years old through the completion of third grade met every Wednesday during the month of June at the Oakwood Community Park. Each week people from within the community and county came and read to the children or were guest presenters. One week Becky Suvar, from Paulding County Litter Prevention & Recycling Program shared with the children how important it is to recycle and gave us clues on how to do it, DeWayne Bailey, State Wildlife Officer, shared with us information on all types of wildlife in the state of Ohio and showed us how to be good detectives on finding out whose tracks are whose, and Mark Figert, Police Chief for the Village of Oakwood, showed us how he solves crimes through fingerprints. Special readers for the month were Deedi Miller and her puppets, Kelly Snyder, Connie Zachrich, Kristy Bradford and Beth Kelly. Through all of these volunteers the children in the Oakwood area had a very fun and educational summer reading program. Other important people who helped make the program a success were the parents of the children who were always ready to help wherever needed. The library appreciates the great people in our community for their continued support of the Oakwood Branch Library.

—Sue Thomas, Oakwood Branch Manager

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1st Annual Wayne Trace Football Golf Outing
 The Wayne Trace Football team and alumni invite you to enjoy a day of golfing and great food.
When: July 21, 2007
Where: Pleasant Valley Golf Course—Payne, Ohio
Time: 9:00 Shotgun Start
Format: 4 person teams, Best Ball rules
Cost: \$50.00 Individual, \$200.00 for a team
 Included— Cart and Greens Fees, Raffle Tickets for door prizes, Skins Money, lunch at the course and a Hog Roast Dinner to follow at the St. John's Hall in Payne with Hold-Em Tournaments, Hillbilly Horseshoe Tourney's and other fun activities.
 Individuals are welcome to come. Show up and we will get you on a team!!!
Prizes Given to the top 5 teams, plus plenty of door prizes and raffle winners to go around.
Contact Mike Speice—399-2411, Tom McCord—263-2887, Rich Miller—399-9136, or Bill Speller—399-4100 for more information and to sign up.
SEE YOU THERE!!

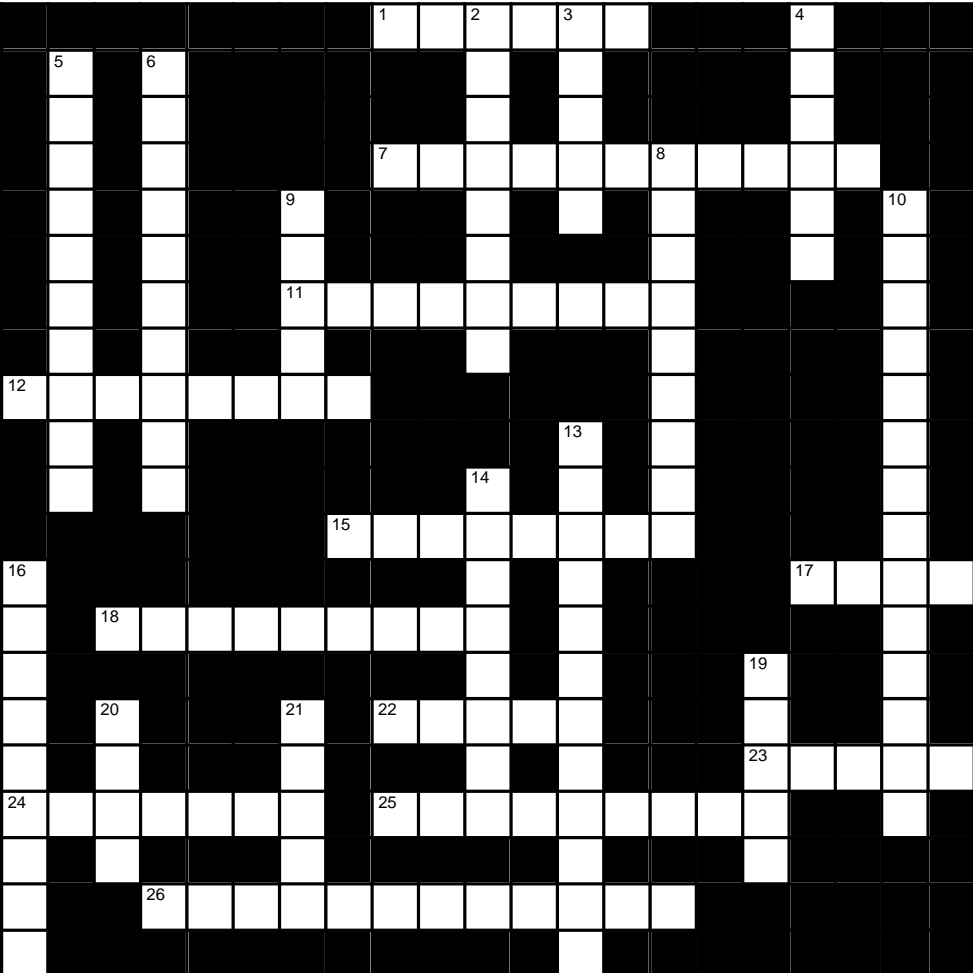
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Crossword Puzzle



HICKSVILLE—What do science experiments, cookies, crime trials, and Super Heroes have in common? They all have criminals or villains in common next week at the Johnson Memorial Library, and it'll be your job to figure out what they did and how to catch them. Join the "Get a Clue @ Your Library" Summer Reading Program for a summer full of mysteries.

For preschool to elementary school children, the Hands On Science program will be on July 10 at 1:30 p.m., the Who Stole the Cookies? story time program on July 11 at 10:00 a.m., and the Super Hero Day on July 13 at 2:00 p.m. For middle school to high school youth, a Mock Crime Trial is scheduled for July 12 at 6:30 p.m. All of the Summer Reading Programs are free.

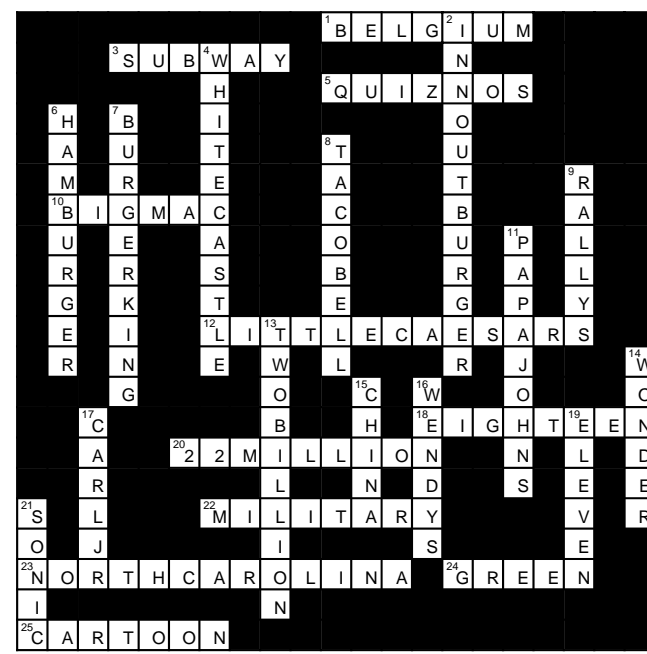
On July 10 at 1:30 p.m., Jay Burton will present a Hands On Science program. He will explore science with everyday household items.

"July 11th is a special program," explained Branch Manager Amy Murphy. "We'll be exploring mysteries through foods. Everything we read about, we're going to try to eat starting with Who Stole the Cookies?"

On July 13 at 2:00 p.m., the library will host a Super Hero Day. Everyone is encouraged to come dressed as their favorite Super Hero.

On July 12 at 6:30 p.m., the library will sponsor a Mock Crime Trial for middle school to high school youth. The teens will play the part of the prosecutor, defense attorney, defendant, bailiff, and jury. If you are interested in playing one of the parts, call or stop by the library and talk with Youth Services Librarian Dustin Harris. The trial is open to the public, and everyone is encouraged to come out and see how our youth litigate.

For more information on the Summer Reading Program, any of its workshops, or for a complete program schedule, call 419-542-6200 or stop by the library. The Summer Reading program will run through July 26.



- Across**
- This is the only jointless bone in the human body.
 - This woman was a sharp shooter and a star of The Buffalo Bill Show.
 - The TV Show that was the first to broadcast re-runs.
 - The state in which Abraham Lincoln was born.
 - This was the only U.S. president that never married.
 - The number of planets in our solar system that have rings.
 - "Madge" had people soaking their hands in this dish washing liquid.
 - The most commonly owned hand-powered tool.
 - The number of warm-up laps NASCAR drivers take before the green flag.
 - The name of the metal band on the end of a pencil.
 - The name of the Indian chief invited to the first Thanksgiving.
 - "Jingle Bells" was originally written for this holiday.

- Down**
- The only female animal with antlers.
 - The name of the plastic casing on the end of a shoelace.
 - This is Clark Kent's middle name.
 - The youngest U.S. President to become president.
 - This "toy" was used by the U.S. military in WWII.
 - The original color of duct tape.
 - The "Q" in Q-tips stands for this word.
 - How many dollars does each player start with in Monopoly?
 - The first U.S. state to abolish slavery.
 - The best-selling breakfast cereal of all time.
 - USA's first billionaire.
 - This person won the first Daytona 500.
 - This car manufacturer has won the most races since 1949.
 - The original color of Coca-Cola was this.

Pointers for Parents

Tips On Protecting Young Teen Drivers



Driving is the biggest risk teens face. Here are safety rules to help protect them.

(NAPSA)—According to data from the Insurance Institute for Highway Safety, car crashes take more young lives than all other causes—and in larger proportion than for any other driving age group. And most of the fatal crashes and serious injuries come in the very earliest months of unsupervised driving.

So what can parents do to protect young drivers? Here are some suggestions from the highway safety experts at GEICO:

- Be aware that this is the most dangerous driving time for your teen. Take extra precautions especially during the first six months after your teen gets his or her license.
- Help your teens develop the right habits especially during the first six months of solo driving. Let them know right away these are the rules:
 - Use of safety belts is mandatory.
 - Teen passengers won't be allowed initially.
 - Night driving will be limited.
 - Protect against drowsy driving.
- Distractions (e.g., text messaging) are prohibited.

- Speeding must be expressly prohibited. Since most new drivers don't have the experience to handle vehicles at high speeds, it's the source of many deaths and injuries.
 - There will be no alcohol or drug use.
 - Set a good driving example:
 - Wear your safety belt always.
 - Don't speed.
 - Practice defensive driving.
 - Don't use your cell phone.
 - Don't run red lights.
 - Develop a parent/teen driving contract. An example is available from the National Safety Council at www.nsc.org/issues/teendriving/agreement.pdf. Many states also have sample agreements.
 - Plan to provide your teen with extra practice time in a variety of weather conditions so he or she can gain experience and confidence.
 - Reinforce state graduated licensing programs so teens must have a longer period of supervised driving and more restrictions in the early months.
- For more safe-driving information for teens and parents, go to www.geico.com/auto/safety.

HICKSVILLE MASONIC LODGE "COOK-OUT"

Another successful cook-out was held at Tim Betts' Ranch at the last meeting. Every since this has started about five years ago, we have had an excellent turn out. RWB Walter Schilb, WB Tim Betts, and BRO. Dick "Diamond" Savage were the top contributors to such a successful event. Without their continuous efforts this event would not occur.

Those in attendance included Walter Schilb, Jim Kline, Bill Metz, Tim Betts, Gerry Shidler, Scott Ruppert, Dick Savage, Charles Carey, Lee Kallsen, Fred Leavell, Mark Leavell, William Kenny Wonderly, Derrill Kiline, Grover Blalock, Justin Krohn, Doyle Johnson, John Gordon, Elmer Woodcox, Wayne Carr, George Underwood, Fred Shaffer, Tom Culler, Robert Stotler Sr., Robert Stotler Jr., and David Fisher.

Special guests were RWB Trent Dominique and his Brother Rick Dominique

from Wauseon Lodge 349 and Hanson "Curly" Lilly from Bryan 215.

At the Special meeting held earlier at the Lodge, birthday cards were signed and sent to Wayne Carr, R.P. Green, Don Greninger, Ed Moore, Paul Walters, and Al Hampson. A "get well" card was sent to Brother Byron Rasey as he had a few heart concerns in the past few weeks. Everything is fine now according to his Brother Cecil.

The plastered wall beneath the new mural was patched by Brother John Grimm and will soon be finished. The roof will receive attention before any painting of the walls in the Lodge. We will have a new look in the Lodge room come Thanksgiving Breakfast.

With no further business everyone traveled to Jericho Road for food and refreshments. All had a good time devouring those Brats and Burgers. Hicksville Lodge will be "Dark" for the next few month during the summer.

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Understanding Our Economy

Time To Get Tough With Trade Enforcement

by Stephen Koplan
(NAPSA)—Since the year 2000, the United States has lost 3 million manufacturing jobs. Last year, the U.S. trade deficit set a new record at \$764 billion and this has been happening year after year. China alone accounts for nearly 30 percent of that deficit.

Some free trade ideologues argue that we should basically dismantle our nation's trade laws to give foreign products greater access to our markets. They argue that the consumer will be better off.

With the size of our trade deficit, it's hard to argue with a straight face that products have trouble getting into our market. And while it's true that there may be some short-term benefit to consumers from allowing illegally dumped and subsidized imports into our market, a new study commissioned by the Alliance for American Manufacturing (www.americanmanufacturing.org) shows that the long-term negative impact on our economy, our jobs, our producers and our communities vastly outweighs any small, short-term benefit.

The new study, "Enforcing the Rules," proves that our trade laws are vital to the health and success of our nation. For example, in the steel sector, lost profits and income between 1996 and 1998 amounted to \$2.66 billion. In the shrimp industry, the authors of the study computed that the nega-



tive impact was \$210 million between 2000 and 2003. And in furniture, the impact was \$333 million between 2001 and 2003. Other sectors of our economy, from agriculture to high technology, faced similar results.

Enforcing U.S. trade laws to prohibit unfair practices such as dumping and subsidies shouldn't be a question for our nation's leaders, it should be virtually automatic. People who work hard and play by the rules deserve to know that the government will stand by them and stand up for their interests when foreign countries try to cheat in the world trading system.

The message from this study is clear: Without vigorous enforcement of our U.S. trade laws, our domestic industries will suffer crippling losses and workers' jobs will be irretrievably lost.

• Stephen Koplan is the former chairman of the U.S. International Trade Commission.

ICE CREAM DEPOT UNDER NEW MANAGEMENT



By: Sue Knapp
Yvonne and Tom Stahl, owners of the Doghouse Diner in Antwerp, also lease the Ice Cream Depot.

Tom and Yvonne had a coffee house in Hicksville several years ago. They decided they needed to be closer to home because of illness in the family, so they closed it up. Tom is a reserve officer with the Paulding County Sheriff's Office, and he and Yvonne both are EMT's in Oakwood.

Tom and Yvonne love to serve and they love to work around the public. They have received a very warm reception from Antwerp and are thrilled and pleased to be in

Antwerp. These businesses are family affairs, with all pitching in to help. Tom and Yvonne have four children: Christina Rodriguez works at the Dog House Diner, Devon works at the Ice Cream Depot, Tommi helps at both businesses and Larry, the youngest, is co-manager and quality control for both businesses.

The Ice Cream Depot offers 24 shake flavors, 16 hand dipped ice creams, 14 flurry choices, Pepsi products, bottled water, Frost Top Root Beer, hand dipped frozen yogurt, and sugar-free flavors also.

Pain-Free Feet Key To Active Lifestyle For Older Americans

(NAPSA)—When it comes to preventing foot pain, a few steps in the right direction can make a big difference in your life and health.

According to the American Podiatric Medical Association, more than 50 percent of Americans suffer from foot pain. Some studies indicate that among older Americans, foot pain is even more prevalent, affecting nearly nine out of 10.

Foot pain can lead to a variety of problems, such as knee and lower back pain, a reduced quality of life and a curtailment of everyday activities. For the elderly, repercussions can be even more significant.

It could be the first sign of such serious conditions as arthritis, diabetes and nerve or circulatory disorders and should be promptly evaluated by a physician.

In addition, research published in the Journal of the American Geriatrics Society showed that musculoskeletal pain is a substantial risk factor for falls in older women with disabilities. According to a recent survey by the American Podiatric Medical Association, 19 percent of Americans say foot pain has kept them from daily activities such as going to work or to the gym. The number soars to 29 percent for people between 51 and 60.

Dr. Lori Weisenfeld, clinical advisor to the American Running and Fitness Association and a podiatrist affiliated with Mount Sinai Medical Center, offers these tips to keep feet in top shape:

- Make sure your shoe size is right. As you age, your feet flatten out. People over 40 can gain half a shoe size every 10 years.
- Don't ignore foot pain. Chronic foot pain should be evaluated by a physician. Common foot and ankle strains that can keep you from an active life also should



To reduce the risk of falls and preserve an active lifestyle, it's important that older people take steps to keep feet pain free.

be addressed. You can use a topical analgesic such as Synovium from ProFoot Footcare Products. The only topical analgesic specifically formulated for absorption into the skin found on feet and ankles, it contains capsaicin for the temporary relief of minor muscle and joint aches and pains and increased circulation, and glucosamine, a natural compound that refreshes cartilage and lubricates joints.

- Use insoles and inserts. Aging feet have less padding, especially on the balls of feet, reducing their ability to absorb impact. Consider an insole that can mold to the contours of your feet, such as ProFoot's "2 oz. Miracle."

- Make sure the skin on your feet stays hydrated. The body's ability to produce oils declines with age. Dry skin can lead to painful cracks and fissures. A moisturizer specifically formulated for feet is ProFoot's Superior Moisturizing Heel Rescue Foot Cream.

- Keep blood circulating. Put feet up when sitting or lying down. Treat yourself to a warm (never hot) footbath.

You can learn more about foot care online at profootcare.com.

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SUMMER RECESS WRAP-UP

Weekly column by: State Representative Lynn Wachtmann

The Ohio House of Representatives wrapped up its work on House Bill 119, the \$52 billion biennial state budget, this past week and sent it to the governor for his signature. Members included provisions in the budget that expand health care services for those in need and make a high-quality college education more accessible and affordable for students and families. The General Assembly also enacted the largest property tax cut in Ohio history for seniors and disabled individuals.

The budget also included measures that impact our local communities. Several months ago, I wrote in my weekly column about a budget amendment I sponsored that repealed the new sewage treatment systems rules that went into effect at the beginning of this year. There were several changes to this amendment during the budget process, and I wanted to update you on the final version of the budget.

Under House Bill 119, the new rules regarding household sewage disposal systems have been suspended until July 1, 2009 and the original rules have been restored until that time. The bill also creates the Household Sewage and Small Flow On-Site Sewage Treatment System Study Commission to examine the overall issue including costs and make recommendations on the use and regulation of these systems. There will also be an application fee of \$25 for a sewage treatment system installation permit.

The new rules put in place at the beginning of the year were confusing and were hampering the construction of new homes in many areas of Ohio, including Northwest Ohio. While I agree that household sewage treatment systems need to be regulated, I am pleased to see that more time is now being taken to study the issue and gather more information so that future rules will be easy to enforce and will benefit homeowners and homebuilders.

Members of the House also worked during the

budget process to restore \$1 million in funding over the biennium for abstinence education in Ohio schools. The money goes toward programs that teach students the only 100 percent effective way to prevent unwanted pregnancy and sexually transmitted diseases, including HIV and AIDS, is through abstinence. Unfortunately, the governor line-item vetoed this funding when he signed House Bill 119 into law, meaning Ohio will no longer be eligible for matching federal funds and students will not receive valuable information that could help keep them healthy.

In addition to the budget, members of the House also passed a number of other bills before returning home for summer recess. One of these bills was House Bill 238, sponsored by State Representatives Bob Latta and Jimmy Stewart. This legislation increases the penalties for poaching white-tailed deer and other wildlife in Ohio. By increasing these fines, we can improve the quality and quantity of the wildlife here in our state for the many hunters, trappers, fishermen, and wildlife watchers who contribute billions of dollars to our economy each year.

House Bill 238 increases the fines for poaching any wildlife in Ohio and specifically increases the penalty for poaching an antlered white-tailed deer through the use of a gross scoring system based on various antler measurements. Additionally, any person convicted of taking, buying, selling, or possessing any wild animal unlawfully will have their Ohio hunting license revoked until the fines are paid. The new fines will be determined by the Department of Natural Resources and will take into consideration factors such as the type of animal and whether it is an endangered or threatened species.

As always, I welcome your thoughts on these or any other matters we discuss here at the Statehouse. I can be reached by phone at (614) 466-3760, by e-mail at district75@ohr.state.oh.us or by writing me, State Representative Lynn Wachtmann, 77 South High Street, 11th Floor, Columbus, Ohio 43215.

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**GILLMOR HOSTS CON-
GRESSIONAL SUMMIT TO
TACKLE OHIO'S FORECLO-
SURE CRISIS**

WASHINGTON, DC— Cooperation and solutions were on the minds of the participants gathered today by Congressman Paul Gillmor (R-Tiffin) on Capitol Hill. Gillmor, a senior Congressman from Northwest Ohio, assembled most of Ohio's Congressional delegation with housing advocates and representatives of the mortgage industry to discuss the turmoil in the Ohio housing market.

"Congress has held more than ten hearings already this year about the turmoil in our nation's housing market and while these hearings have been extremely useful to me, I thought it was important to bring experts from Ohio to better explain Ohio's problems," Gillmor said. "Today, Ohio's Congressional delegation heard from a wide range of Ohioans about what caused the foreclosure crisis and what our options are to solve the problem," Gillmor said.

Participating in today's Congressional summit were Representatives Gillmor, Deborah Pryce, Charlie Wilson, Steve LaTourette, Steve Chabot, Jean Schmidt, Mike Turner, Jim Jordan, Tim Ryan, Zack Space and Senator Sherrod Brown. Among the participants were Federal Housing Administration (FHA) Commissioner Brian Montgomery, Don Corley of WSOS Community Action Commission in Fremont and Eric Gillett of Sutton Bank in Attica, Ohio.

Since 1999, Ohio has been above the national average in delinquencies of both conventional and subprime mortgages. In January, the Mortgage Bankers Association announced that Ohio again led the nation with home

foreclosures. Combined with Michigan and Indiana, the three states had 20 percent of the nation's foreclosures while only holding 9 percent of the loans nationwide.

"America currently enjoys the highest homeownership rate in our nation's history. This is something to be applauded. Homeownership leads to a great sense of pride and is often the biggest and best investment a family can make. Too often however, people have been living on the edge when choosing a mortgage for their first home or when refinancing an existing loan," Gillmor said.

As the Ranking Republican Member of the Financial Institutions Subcommittee, Congressman Gillmor has been engaged in discussions regarding the loosening of credit standards.

"I think today's discussion will be useful to the Ohio delegation as we move forward towards a solution to our state's foreclosure crisis. Ohio's problems did not surface overnight and cannot be solved with one meeting. That being said, today's summit continued a very important dialogue about Ohio's foreclosure problems and we must proceed with creative solutions, both public and private, to stem the rising tide of home foreclosures," Gillmor said.

Gillmor identified three topics which emerged from the roundtable: 1) many people are refinancing their mortgages to pay off credit card balances and then falling deeper into debt; 2) many people do not know the terms of their loan and whether it is a fixed or adjustable rate mortgage and; 3) homeowners are often wary of efforts to assist them with mortgage troubles. Among the solutions discussed at the roundtable were to encourage greater financial literacy, improve the tax treatment for homeown-

ers who refinance their loans in order to remain in their homes, and modernize the Federal Housing Administration (FHA) loan process.

Gillmor recommends that any homeowner who feels they are in danger of facing foreclosure call Homeowner's HOPE at 1-888-995-HOPE. Homeowner's HOPE is a free, independent, counseling service dedicated to preserving homeownership by providing advice and education. Since 2002, Homeowner's HOPE has advised more than 100,000 homeowners with financial planning and assisting in contacting lenders. The hotline is available 24 hours a day, 7 days a week.

**PAYNE BALL ASSOCIATION
BOYS ALL-STAR TOURNA-
MENT SCHEDULE**

The Payne Ball Association will be hosting its annual eight and under boys baseball all star tournament from July 6 through July 8. The schedule for the tournament will be as follows:

Friday, July 6 - 6:00 p.m. (school field), Fairview vs. Antwerp; 6:00 p.m. (park, front field), Defiance vs. Hoagland; 7:30 p.m. (school field), Middle Point vs. Payne

Saturday, July 7 - 9:00 a.m. (school field), Lima Bath vs. Fairview; 9:00 a.m. (park, front field), Paulding vs. Defiance; 9:00 a.m. (park, back field), Monroeville vs. Middle Point, 12:20 p.m. (school field), Hoagland vs. Paulding 12:20 p.m. (park, front field), Antwerp vs. Lima Bath; 12:20 p.m. (park, back field) - Payne vs. Monroeville

Sunday, July 8 - 12:00 p.m. (park, front field), championship semifinal; 3:10 p.m. (park, front field), tournament championship

"BUILDING OUTSIDE THE BOX" WITH DOUG MARIHUGH



By: Sue Knapp

Doug Marihugh is a young man with a dream to make safer houses that can withstand any type of weather. His philosophy is to work with nature by building a structure able to withstand tornadoes, hurricanes, floods and fires.

He has started out with a storm shelter which he has built on his property. The shelter is 15' in diameter with 3' under ground. It is a cement dome built over forms for added strength. The underground walls will be cement and you will have room to stand, have chairs or cots and anything you might need for survival.

His next project is to make dome homes. The idea of making "Round Houses" comes from the round barn structures that are able to withstand tornadoes better than our "square houses".

Doug does have a round barn on his property that he is in the process of restoring. There are 35 round barns left in Ohio. When he saw the property he knew this is where he wanted to build his first storm shelter.

He has two mottoes: "Building Outside the Box" and "Selling Life Assurance not Life Insurance", and that is what he is doing. Giving people safer places to live and giving them the assurance that their dwelling will be safe in all types of nature's wrath, even through fires.

His mission for the "Roundhouse Preservation Company" is to preserve the property and interests of his clients through the development of a state of the art dome structure.

The roundhouses will be constructed with a dome shaped rebar form stretched over the grid and sprayed with fiber reinforced concrete on the exterior and polyurethane foam sprayed on the inside. The interior foam coating makes the structure fire resistant so the building will not burn, only the contents. In the event of a fire the windows and doors would close and the smoke would smother

er the fire. After the fire goes out the interior shell would be scrubbed and re-coated so the homeowner would not lose their home.

The outside of the home can be sprayed or "rolled" to the color of your choice and is guaranteed not to crack, chip or fade. You may choose your floor plan which may include a fireplace and or loft.

Doug is in the planning

stages of building his first Roundhouse. It will be built on his property and he hopes to have it done by the end of this year. Doug will then live in it.

Doug will be at the Paulding County Fair this year.

Be sure to tell the businesses you patronize, that you saw their ad in the West Bend News.

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Technology Saving Lives

Bullet-Resistant Vests: 1,000 Lives Saved

(NAPSA)—Here's news that may make you feel like applauding. Second Chance Armor, Inc., a leading manufacturer of concealable body armor, announced that it has reached an historic milestone. Its bullet-resistant vests have now saved the lives of 1,000 law enforcement personnel.



A major safety milestone was reached when police officer James Van Alstine became the 1,000th person whose life was saved by a Second Chance bullet-resistant vest.

as an incident when body armor has prevented its wearer from being disabled or killed.

"We're dedicated to saving lives, and being able to say that we have saved 1,000 officers, more than any body armor manufacturer in history, is quite a milestone," said Gary Lemanski, division vice president, Armor Holdings Products Group, which includes Second Chance Armor, Inc. "We are fully committed to providing law enforcement officers with vests that are manufactured of the highest quality, and this milestone shows the value of that enduring commitment."

To learn more, visit www.secondchance.com.

The milestone was reached when a police officer from Acworth, Georgia was shot in the chest during a traffic stop. According to the Acworth Police Department, Officer James Van Alstine's Second Chance vest "absolutely, without a doubt" saved his life. The body armor manufacturer, Second Chance, has been tracking its documented "saves" since 1972, and is currently observing over 30 years of providing superior protection for law enforcement personnel.

In another incident, Sergeant Ed Hincey, a Pennsylvania police officer, explains how a bullet-resistant vest saved his life: "An ex-husband took his wife and little girl hostage. They managed to escape. I got in between him and the mother-in-law and was not able to de-escalate the situation. He drew a gun—shot me three times. And my vest saved my life."

According to the International Association of Chiefs of Police/DuPont Kevlar Survivors' Club, there is a total of 3,003 documented saves throughout the body armor industry. A "save" is defined

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GARAGE SALE: Fri. July 6, 8am—6pm. 211 E. River (US 24), Antwerp. Hormann residence. Poker table & chairs, golf bag, Mary Kay (1/2 price or less), Home & Garden, Partylite, juniors & women's clothes S-L, men's L-XL, girls 0-6, shoes, infant snowsuit, winter coats, crib, bouncy seat, lots of misc.

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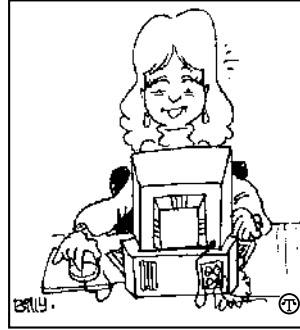
GARAGE SALE: Salt water aquarium, clothes baby to XL, furniture, misc. movies, craft items. July 4,5,6 8—5p. 15709 St. Rt. 114, Grover Hill.

NEED PHOTO PRINTS of that family reunion? Call West Bend Printing & Publishing today! 419-258-2000.

DEADLINES FOR CLASSIFIEDS IN WEST BEND NEWS IS MONDAYS @ NOON!

Did You Know?

(NAPSA)—Investors looking for growth of capital and income may want to consider increasing their allocation to stocks, advises the team of investment professionals from Eaton Vance Corp. You can learn more from Eaton Vance Distributors, Inc., The Eaton Vance Building, 255 State Street, Boston, MA 02109.



Plan your journey before you set off with help from such things as "Road Trip USA" and travel and mapping software such as Microsoft Streets & Trips 2007 with GPS Locator. More road-trip tips are at www.roadtripusa.com and <http://www.microsoft.com/streets>.

To help protect young people, the Chrysler Group's Road Ready Teens program offers tips and tools for parents to ease teens into driving, including a free guide and an online video game. The game, the guide and other resources are at www.roadreadyteens.org.

Technology is helping make paper-based forms a thing of the past. Visits to most government or business Web sites reveal a range of digital forms that can be completed, submitted and even signed electronically using popular, free software such as Adobe Reader.

A tale of race car drivers and their four-legged family members is helping to save pets' lives.

Furry friends are saved by funds raised through the sale of "Pit Road Pets: NASCAR Stars and Their Pets," published by the Ryan Newman Foundation and sponsored by Meaty Bone® Dog Biscuits.

Don't ignore foot pain. You can find a variety of products and advice for soothing and protecting feet online at the ProFootcare Web site, profootcare.com. The company makes Synovium topical analgesic, the "2 oz. Miracle" insole and Superior Moisturizing Heel Rescue Cream.

Goat's milk is an excellent skin moisturizer, and goat's milk soaps such as Canus Goat's Milk Soap with Marigold Oil and Orchid Oil can help soothe itchy skin and increase skin immunity. You can find the soap in stores, at cvs.com, drugstore.com and amazon.com.

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Travel Adventures

Road Tripping? Make The Journey
The Best Part Of Your Trip

(NAPSA)—“If you hit a fork in the road, take the road less traveled,” says Jamie Jensen, author of “Road Trip USA.” According to Jensen, “these are the greatest words of road-trip wisdom I can give someone headed out on vacation.” Jensen has years of experience on the road with family and friends and he shares his top five road-trip tips to help make the most of your time on the road:



Jamie Jensen and a giant bottle of ketchup—part of a travel adventure.

the unexpected, serendipitous encounter is what makes a road trip a memorable experience instead of just another long drive.”

- Spending time planning and thinking about the journey before you set off is the single best investment you can make, and it can also be a lot of fun. Pick up some handy resources, such as a copy of “Road Trip USA” and travel and mapping software such as Microsoft Streets & Trips 2007 with GPS Locator, and let the adventure begin. These will help you choose from millions of miles of scenic and historic highways, while keeping track of the different places at which you’ll want to stop, and will provide you with spoken driving directions along the way, giving you the confidence to escape the dull interstate routine and rediscover the joys of a good road trip.

- Make the car as comfortable as possible with pillows, blankets and healthy snacks and give travelers easy access to their favorite things. For example, allow each traveler to bring a backpack to fill with anything from a snack of choice to a good book. Tuck away items you won’t need for a while but make sure you can get to things you’ll want along the way, such as Frisbees and binoculars.

- While on the road, make sure you take time to stop and get out when you see something interesting. You don’t want to spend the rest of your trip wondering about that giant sombrero standing alongside the highway. Stop at roadside fruit stands and local cafes to sample the local specialties. Jensen says, “Being open to

- Stay off the beaten path and let the road lead you to a one-of-a-kind driving adventure. Choose a theme before leaving home, such as sampling the best barbecue the South has to offer, and make a point to visit all the local spots along the way.
- Make the journey part of your vacation. Don’t be so worried about getting to your destination that you miss out on the fun of being together with family and friends. Go bowling or take batting practice in some middle-of-nowhere town. The whole point of travel is to have new experiences, isn’t it? Let your quest for the perfect piece of berry pie turn into a lifetime adventure. Smile for the camera and as often as possible make sure the answer to that eternal on-the-road question, “Are we there yet?” is “Yes!”

More road-trip tips from Jamie Jensen can be found at www.roadtripusa.com. Additional information about Microsoft Streets & Trips 2007 with GPS Locator is available at <http://www.microsoft.com/streets>.

CHUCK WIEDMAN BENEFIT CRUISE IN



Jerry Felix, Steve Knapp, Tiny (Jack) Felix. Jerry and Tiny, from Harlan, brought their 1976 Chevy truck with a ZZ502 engine to the Chuck Wiedman Benefit Cruise In on June 29.

By: Sue Knapp

Antwerp was hopping Friday night with motorcycles and all years of classic cars for the Chuck Wiedman Benefit. The community and Chuck’s friends and family came together to wish Chuck well, give him support and raise money to help with hospital costs.

C & R Karaoke was there playing “golden oldies” with a silent auction, raffles and Chuck Wiedman T-shirts for sale.

People were signing and putting messages on poster boards for Chuck. Dan Wiedman said that Chuck was

making excellent progress. He is off the ventilator, is able to talk, is up walking and eating real food.

He can’t wait to get out and be back with family and friends.

Chuck had taped a message for the benefit: “Thanks for coming out, I’d be there if I could, I’m getting better. Have a good time and God bless you, I love you.” After the message was played a prayer for Chuck and his family was said.

You will read more about the benefit later in one of Stan Jordan’s “Antwerp History” columns.

Tackling Weight-Loss Plateaus

by Mindy Hermann, R.D.
(NAPSA)—A friend of mine has been trying to lose weight sensibly. When it comes to her wardrobe, she’s dropped at least one size, yet her weight hasn’t budged. She’s made progress even though her weight plateaued.

Sometimes weight truly gets stuck. Anne Fletcher, MS, R.D., LD, author of “Weight Loss Confidential,” says, “I suggest keeping a diet diary to help figure out where extra calories might be coming from. A diary also makes you stop and think before you pick up that handful of peanuts or piece of candy.” In studying more than 200 people who’ve lost weight and kept it off, Fletcher found that three out of four record what they eat, at least occasionally.

Your diet diary also might pick up problematic meals. Maybe your morning routine changed and you are grabbing higher-calorie foods on the go. In contrast, a serving of Whole Grain Total with skim milk supplies just 140 calories and 100 percent of the Daily Value of 12 vitamins and minerals. Stuck on what to make for dinner? Try the crusty Baked Fish Fillets recipe.

Also, take a look at your snacks. “If you have the urge to chew something, grab a piece of gum with just five to 10 calories,” advises Molly Gee, R.D., Baylor College of Medicine.

Fletcher recommends stepping up your exercise. “Burning an extra 100 calories a day can help get the scale moving down again.”

“Be patient,” adds Gee. “Weight comes off relatively quickly earlier on. Then weight loss begins to slow

down. It’s normal for body weight to stabilize for a few weeks before you resume shedding pounds.”

Give yourself credit for what you’ve accomplished. “Rather than focus on the road ahead, congratulate yourself and write down other positive changes since losing weight, like feeling better and having more self-esteem.”

Baked Fish Fillets
Prep Time: 15 Minutes
Start to Finish: 45 Minutes

- 1 cup Whole Grain Total cereal
- 1 tablespoon canola oil
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon dried dill weed, if desired
- ½ lb fish fillets

1. Heat oven to 350°F. Grease 8-inch square pan with shortening. Crush cereal; set aside. In shallow dish or pie plate, mix canola oil and lemon juice; set aside. In another shallow dish or pie plate, mix salt, pepper and dill weed.

2. Dip each piece of fish into oil mixture. Sprinkle both sides with salt mixture; coat with cereal, and place in pan.

3. Bake uncovered 25 to 30 minutes or until fish flakes easily with fork.

2 servings
Tip: Any medium-firm fish, such as haddock or cod, about ½ inch thick, will work well.

Mindy Hermann, M.B.A., R.D., is a nutrition writer for women’s, health and fitness magazines. She is the co-author of “Change One” and the American Medical Association’s “Family Health Cookbook.”

Education News & Notes

Vacation Reading: Helping Your Child Get Ahead

(NAPSA)—A good book is more than just something to pass the time. For schoolchildren, it can be a portal to distant lands or ancient history. And for their parents, it can be an important springboard for a dive into learning. As such, it’s essential that parents encourage their youngsters to read—even when they’re on vacation.

According to the Johns Hopkins University Center for Summer Learning, “research demonstrates that all students experience significant learning losses in procedural and factual knowledge during the summer months.”

Preventing this “loss of learning” can be as simple as having your child pick up a book—or five. Reading during vacations actually enhances reading ability in an elementary school child, so he or she can head back to school with better reading and writing skills.

Here are a few tips from Mary Mokris, Ph.D., of Kumon Math & Reading Centers, on how to get and keep your kids interested in reading:

- **Let children read what they like.** When they enjoy the subjects, children are more likely to discover the joy of reading—and read more on their own. Allow your child to experience the wonder of reading a fantasy or science fiction story, or the thrill of feeling as if he or she is at a Revolutionary War battle—or on a pirate ship. Some children may like non-fiction and may want to read about the universe, science or different cultures in foreign lands.

- **Make time for reading aloud.** It helps young preschoolers develop a sense for the rhythm and pattern of language. Read aloud as often as you and your child can.



Fostering an interest in reading during the summer can pay dividends during the school year—

- **A better listener is a better learner.** Read slowly enough to allow your child the time to picture the story in her mind. Reading aloud builds listening skills. Think about it: Most of the time during your child’s school day is spent listening.

- **Vary the subject matter.** Mix it up, both in the type and length of the books you read. Reading above your child’s reading level on occasion can motivate a child’s love of learning. It also helps to build vocabulary.

- **Some children just can’t sit still.** Let him color or play with a favorite toy as you read. Your child will still be listening and learning.

- **Talk about what you are reading.** Foster your child’s curiosity and answer questions to make the entire process more enjoyable. It’s okay to make fun of pictures or talk about words that sound silly.

Vacation reading can be fun, but it can also be one of the best investments you make in the future of your child. To learn more about Kumon’s reading program, visit www.kumon.com.



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