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VOLUME 7 – ISSUE 8

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

WEDNESDAY, FEBRUARY 23, 2011

WINTER SNOW SCULPTURE LESSONS



Ms. Dobbelaere's high school sculpture class took advantage of the mid-winter thaw last Monday to create some fun sculptures in the

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Sandy Dobbelaere is a sculptor outside of the classroom as well. Recently, her sculpting team were involved with a sculpting competition in Franken-

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

muth, MI. Her team took 4th place and received an \$800 award. From this week in Frankenmuth, Ms. Dobbelaere made a video on the process of snow sculpture. As an incentive program at Paulding Middle School the students were able to come to her lecture and watch the

video. Then she took those attending the lecture outside to see the creation made in the melting snow. They were able to climb in this large snow lizard and slide down its back. Students from kindergarten through 5th grade had a chance to experience the creativity in the snow.

THANK YOU

The family of LeRoy Slattery would like to thank all who have sent cards and food, offered prayers and helped in any way with Le-Roy's illness during the last 10 months and his death. Thanks to Hospice, friends, and family which was always there. Thanks to the church for caring and taking care of us at the funeral.

Thanks to Pastor Mike & Kimberly, all the singers and pallbearers. To Shawn Dooley for all his caring and help. Thank you to my family and Dave & Mary Fisher for all the help they gave.

Love to all,

-Frannie & family

NORTHERN OHIO NEW & SMALL FARM COLLEGE OFFERED

If you are looking at alternative agriculture on small acreage, interested in local foods, or looking for some new enterprises for your family farm operation, then plan to attend the Northern Ohio New & Small Farm College being offered by the Ohio State University Extension.

This four week introductory short course is for the new landowner or anyone wishing to learn how to make the most of a few acres. The program seeks to improve the productivity and enhance the viability of small farm operators. The program will answer the four essential questions: "How to get started in planning for success?", "What options are there for growing vegetables or livestock?", "How do I market what I grow?", and "What resources exist to help me pursue my business plans?" Don't miss this chance to increase your agricultural knowledge.

This workshop will focus on topics related to profitable and alternative agriculture as well for small acreages and adding new enterprises to existing

farm operations. The topics taught at each site will include: developing real-life expectations for your farm, developing a business plan for your operation, selecting agricultural enterprises, developing budgets, marketing your product through direct marketing tools, and the resources available.

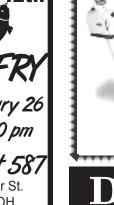
Sessions will be held once a week for four weeks during March, 2011. Each session will run from 6:30 p.m. until 9:00 p.m. The sessions will be held at two locations. The Putnam County Extension office in Ottawa, Ohio will be the site for the Monday sessions scheduled for March 7, 14, 21 & 28. The EHOVE Career Center in Milan, Ohio will be the site for the Tuesday sessions scheduled for March 8, 15, 22, & 29. The same program is offered at each site.

There is a registration fee, and it includes course notebook, class handouts, and light refreshments. Registration deadline is March 1,

Contact the Putnam county Extension office at 419-512-6294 or e-mail arnold.2@osu.edu to register.

February 12th FISH FRY Sat, February 26 5:00 - 8:00 pm VFW Post 587 214 N. Water St. Paulding, OH 419-399-3071 Public Is Welcome!





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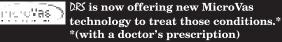
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Marceile J. Tuohy, 90, of Defiance died Wednesday, February 16, 2011 at Community Health Profession-

OBITUARIES



She was born in Dupont, Ohio, on August 16, 1920 the daughter of Dorr B. and Ethyl M. (Bair) Dimock. In 1946, she married Victor R. Tuohy, who preceded her in death on March 13, 2008. She was a member of the former St. Mary's Catholic Church, Junction and the Altar Rosary Society.

She is survived by a son, Dennis R. Tuohy of Defiance; three daughters: Carol (James) Birkemeier of Ottawa, Mary (Jerry) Price and Cheryl (Al) Tennyson both of Defiance; 11 grandchildren: Jeff (Robin), Chris (Matt Kraeger), Julie, and Cari Birkemeier, Kim (Dave) Butler, Angie (Tim) Wolford, Tracy (Wes) Brigner, Jill (Shawn) Provines, Kelly (Aaron) Hopson, Cindy (John) Stever, and Trisha (Brad) Schlachter; great-grandchildren; three siblings: Ed (Carolyn) Dimock of Napoleon, Faye

PRICED RIGHT

See Jerry for small engine repair,

including snow blowers and chain

saws. Chain Saw Sharpening

Kamphaus and Donna (Nolan "Tucker") Shisler, both of Oakwood.

She is preceded in death by her parents; husband; four brothers: Darold "Doc" Dimock, Paul Dimock, Harold "Bud" Dimock, and Carl Dimock; and six sisters: Thelma Bradford, Maxine Clark, Ada Squires, Eileen Myers, Betty Corey, and Marlene Foos; and a grandson, Steve. A Mass of Christian

Burial was conducted February 21, 2011 at St. John Catholic Church, Defiance, with Rev. Jacob Gordon officiating. Burial Riverside Cemetery.

Donations may be made

to Masses or Hospice. Online condolences may be sent to www.denherderfh.

Richard Lowell Gunderman, 77 of Paulding died Tuesday, February 15, 2011 at the Gardens of Paulding, Paulding, Ohio.

He was born in Paulding County, Ohio on November 3, 1933 the son of William L. and Lilias F. (Musselman) Gunderman. On May 6, 1956 he married Leah Dean Haney who survives. He was a US Army Veteran serving during the Korean War. He was a member of the First Christian Church of Paulding where he served as an Elder. He was previously a Boy Scout Leader and Girl's Softball coach. He was a lifetime member of Paulding VFW Post #587; and a volunteer Fireman for 20 vears. Richard enjoyed deer hunting, fishing and camping. He was employed for 43

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years by LaFarge Corporation as a shift supervisor.

He is survived by his wife, Leah Dean Gunderman of Paulding; four children: Debra S. (Tony) Santo of Defiance, Lori J. (Kevin) Phlipot of Paulding, Bruce A. (Annie) Gunderman of Edgerton, IN, and Brenda L. (John) Mathys of Columbus, OH; a sister, Ruth (Bob) Riley of Paulding; and eight grandchildren: Derek, Tara, Steve, Angela, Shawn, Zach, Alex, and Elliott.

He is preceded in death

by his parents; two brothers: Lewis D. and Paul W. Gunderman; and two sisters: Ferne I. Wonderly and Mabel M. Penton.

Funeral services was con-

ducted on February 19, 2011 at First Christian Church of Paulding, with Rev. Greg Bibler officiating. Burial was held in St. Paul Cemetery, Paulding, with military graveside rites accorded by VFW Post #587. Donations may be made

to the Serenity Park at the First Christian Church or the Alzheimer's Disease Research Foundation. Online condolences may be sent to www.denherderfh.com

Elizabeth Anne Lust,

71 of Antwerp, passed away Wednesday, February 16, 2011.

She was born in South Norfolk, VA on April 17, 1939, the daughter of the late Paul and Virginia (Overton) Coughenour. On September 8, 1962 she married Jack L. Lust.

She will be sadly missed by her husband, Jack; son, Leland; daughter, Mary (David) Wheeler; two sisters: Diane and Carolyn; six grandchildren; and six great-grandchildren.

Memorials services were held at the Cecil Community Church, 203 S. Main Street, Cecil, on Monday, February 21, 2011. Pastor Ted Ramey officiated.

Memorials are to the family. Condolences and fond memories may be shared at www.dooleyfuneralhome.

Marian E. Diehl, 93, died Sunday, February 20, 2011 at Twin Rivers Care and Rehabilitation Center, Defiance, Ohio.

She was born on August 8, 1917 in Allen County, Indiana, the daughter of the late Thomas and Elnora (Krontz) Allen.

On December 18, 1934, she was united in marriage with Robert E. Diehl Sr. and he preceded her in death on July 3, 2006. Marian worked at Elder's Market, Mark Center, Ohio and The Casual Shop in Hicksville. She

was a member of the Mark Center United Methodist Church, United Methodist Women, VFW Auxiliary, a volunteer for Community Memorial Hospital and the Bargain Box in Hicksville. Surviving Marian are

two sons: Robert Edwin (Rita) Jr. of Cadillac, MI, Jim (Nancy) of Jacksonville, FL; two daughters: Sharon (Steve) Sierer of Oakwood, Mary Ann Eck of Auburn, IN; 14 grandchildren; 31 great-grandchildren; three great-great-grandchildren; a sister, Patsy Kimpel of Hicksville; and a brother-inlaw, Darrell Jones of Mark Center.

She was preceded in

death by her husband; and a grandchild.

Funeral services will

be Thursday, February 24, 2011 at 11:00 a.m. at Smith & Brown Funeral Home, Hicksville, with an hour visitation prior to the service. Pastor Jim Spears and Clarence Zimmerman will officiate. Visitation will also be Wednesday, February 23, 2011 from 2:00-8:00 p.m. at the funeral home. Burial will be in Forest Home Cemetery, Hicksville.

Memorials may be made to the Twin Rivers Activity Fund. Online condolences may be shared at www. smithbrownfuneralhome. com.

BE ANGRY, BUT DO NOT SIN (PART ONE)

By: Regan Clem, Riverside Christian Church

Aristotle said, "Anybody can become angry—that is easy; but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—that is not easy."

I shared Aristotle's quote on Facebook, and a friend replied with the question, "Is there a right time for anger?" You might be asking the same question because we have this tendency to create a completely rational, emotionless faith that is suitable for robots rather than real, living followers of Jesus.

It might seem strange, but Paul commanded us to "be angry" (Ephesians 4:28). The word "angry" here is in a tense that signifies a command to do something repeatedly or continuously. Paul was trying to express that we are to live in a repeated state of anger by using a word that literally means trembling from anger. Both the New American Standard and the English Standard, translations that are typically viewed as more literal translations than the NIV, translate this passage as "Be

angry." So we see that there is a time to be angry.

Jesus was also angry. "He [Jesus] looked around at them with anger, grieved at their hardness of heart," (Mark 3:5 ESV). This occurred when Jesus saw the reaction of the Pharisees to him healing a man with a withered hand on the Sabbath. When Jesus had compassion for the man and healed him, the Pharisees held a meeting to figure out how to destroy Jesus. How ludicrous; here was a man miraculously healed, yet they wanted to destroy Him because he healed on the wrong day. Their emphasis on the rules rather than on loving the hurting man angered Jesus, and He exhibited a righ-If you read through the

headlines through most any paper besides the friendly West Bend News or watch the nightly news, there will be stories that make one's spirit grieve. There are bad things happening right around us. In our neighbor's houses, in places of employment, down at the hospital, and all around town. Reality is sometimes much worse than just the headlines.

Anger is the opposite

of apathy. Matthew Henry shared the quote, "If we would be angry and not sin, we must be angry at nothing but sin; and we should be more jealous for the glory of God than for any interest or reputation of our own." Another commentator on the passage in Ephesians wrote, "Anger, as the mere expression of wounded personality is sinful for it means that self is in command. Anger, as the pure expression of repugnance to wrong in loyalty to God is sinless, where there is true occasion for it.'

We are deluged every day with events that are contrary to what God has designed for this world to be, and this deluge of the world's sinful state has led to a desensitization of our souls. Those terrible situations should stir in us a righteous anger that will spur us toward bringing God's kingdom into this reality as much as we possibly can. God designed us with the emotion of anger; it is this anger that will lead us to be the hands and feet of Jesus to fix the broken world into the kingdom he designed it

Next week, I'll deal with how to handle our anger properly because Paul links the teaching to "be angry" with the command "do not sin."

You can read more of Regan's writings at www.regansravings.blogspot.com or stop in to worship God with him and his church family on Sundays at Riverside at 10:30 a.m.

REGARDING BRIDGES AND BLUEBIRDS

PH: 419-258-2000 • FAX: 419-258-1313 • info@westbendnews.net

By: Pastor Joel DeSelm, Woodburn Missionary Church

There was a cartoon in New Yorker magazine that showed a small bridge plainly marked, "Load limit—8 tons." Approaching the bridge was a truck with markings on the side of it that also read "8 tons." When the eight ton truck was about in the middle of the bridge, a bluebird lighted on the top of one of the girders of the bridge.

At that point, the bridge

At that point, the bridge gave away and collapsed, sending the truck into the river below, to the obvious surprise of the bluebird. The bridge was built as

indicated for eight tons; the truck weighed exactly that. Ironically, the bridge could hold up under its load limit, but not under eight tons and one bluebird.

Of course, this story is wonderfully ridiculous. Bridges are engineered to stand up under their load limit and several thousand bluebirds extra.

But, to be sure, every bridge has its breaking point somewhere—that point at which even the weight of a bluebird would ultimately break it down. But it really isn't the bluebird that causes the bridge collapse; it's the fact that eight tons are already present.

We all have "bluebird" troubles, don't we? We are all burdened by various stresses, challenges, discouragements, and problems in our lives which weigh us down to the point of "load limit."

It's at that point that we let little things get the best of us. Little bluebirds of nothingness, tiny bluebirds of no importance can be just the thing to bring us down. All

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St. Paul Lutheran Church

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The Paulding County Veteran's Service Office is dedicated to aiding Paulding County veterans and their families in time of need.

There are two basic services the agency provides: 1 – Emergency Financial Assistance – Provide short term

financial assistance to eligible veterans and their families who demonstrate a need. This includes, but is not limited to, food, gas, mortgage/rent and assistance with utility payments.

2 – Claims Assistance – Provide services for veterans and other claimants for help with VA claims for any federal, state, or local benefits.
We also provide reimbursement for the cost of

transportation to VA medical facilities in our area, or in the case where the veteran cannot drive himself, we will provide a driver.

Our office hours are Tuesday thru Friday, 9:30 a.m.-2:00 p.m. Arrangements can be made for after office hours appointments Any questions, please call 419-399-8285





Visiting Turises & Trospice Services

Community Health Professionals

of Paulding, 250 Dooley Dr., Ste. A •419-399-4708 www.ComHealthPro.org PH: 419-258-2000 • FAX: 419-258-1313 • www.westbendnews.net of us have seen this happen time and again in people's personal lives, in their work performance, and in their marriages. They falter and collapse under the little "bluebirds" that seem so mi-

Yet we fail to realize that it really isn't the bluebirds at all, but the stresses and emotional burdens that people are already trying to shoulder in their lives.

nor and trivial.

All of us have load limits. We need to be sensitive enough to watch for the warning signs in our own lives and also in the lives of others. The Bible says, "Cast all your cares upon Him for He cares about you." We cannot insulate ourselves from all of the cares, concerns, and pressures of the world. But we can release them to the Lord in prayer and trust Him for their outcomes.

Go back and read that last paragraph again. I think maybe you skipped over it too quickly.

The Lord doesn't expect you to carry your burdens all by yourself. He wants to help you. I have a hunch you need reminded of that today. I know that I do. Because if I fail to continually release my struggles and stresses to the Lord, I can very easily become discouraged and weighed down.

And usually it's because I'm trying to carry one bluebird too many.

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A STUDY OF MATTHEW RIGHT PRIORITIES 16:24-26

Winning the Battle for

a Generation Column

by: Rick Iones, Executive

Director, Defiance Area

Bestselling speaker and

author Steven Covey has

made a living out of focus-

ing on "right priorities," or

what he has come to call in

his books "The Seven Habits

of Highly Effective People."

on January 4, 2006, Mack

Brown won the biggest

football game of his three-

decade coaching career.

His Texas Longhorns ral-

lied from a 12-point deficit

against the University of

Southern California to win

both the Rose Bowl and the

petual criticism, "He can't

win the big one." After this

incredible victory, Brown

put the game into perspec-

tive for the young men on

night, Brown told his play-

ers, "Don't let this be the

best thing that ever happens

in your life. Maybe it'll be

the best sports event, but

don't let it be the best thing.

Make sure you're a better fa-

ther than this today. Make

sure you're a better husband

than this today, because this

timed following such an in-

credible win, but wise indi-

viduals will remember it as

one of the greatest speeches

ever given by a coach. Asso-

ciated Press, "Mack Brown

lives in the light of eternity,

getting our priorities right,

the scriptures remind us in

Matthew 6:33 (KJV) ³³But

seek ye first the kingdom of

God, and his righteousness;

and all these things shall be

about the work of Youth

for Christ, you may contact

Youth for Christ at 419-782-

0656, P.O. Box 111, 210 Clin-

ton Street, Defiance, Ohio

43512, or email to: defyfc@

For more information

With regard to living our

Some contended Brown's

poorly

goes away. It's a game."

comments were

Can Relax" 1/11/6

added unto you.

embarqmail.com

In the locker-room that

that team.

The win erased that per-

National Championship.

Speaking of priorities,

Youth for Christ

By: James Potter, Oakwood church of Christ

⁵²⁴Then Jesus said to His disciples, if anyone desires to come after me, let him deny himself, and take up his cross and follow me." (NKJV)

es; this is an expression of desire or will. This is a conscious thought out determination about what one wants

We must deny self. To deny self is learning to say no to our strongest desires. Everything you and I may want, or might like to do that Christ does not want us to do, we must remove it from our life—deny self.

We must take up our cross; this means counting the cost. The cross is an instrument of pain, suffering and death. Taking up our cross is intentional; a purposefully picking up the cross, assuming for ourselves and taking on a burden that we know will cause suffering. Each of us has his/her own cross.

Follow Jesus; you and I must follow Jesus according to His instructions in the gospel.

Men following Jesus will go wherever Jesus desires. Many don't understand what it being said here. Physically, our bodies go where our minds tell it to go. The mind following Jesus will lead the body to do those things that honor His father in heaven.

Jesus leads us to be obedient in all things to Him. He can then add us to His church, whereby we can make known the manifold wisdom of God that was purposed from the beginning of the world.

Ephesians 3:10-13 - and to lead others to Him. "25For whoever desires to save his life will lose it, (NKJV) and whosoever loses his life for

Here Jesus is saying that material things are not really life. Those who have obeyed Christ make Him and heaven their goals. They will find real life in this world and the next. Many people have given their lives for earthly causes, but there is no cause greater than God's cause. There is no cause that offers the rewards

²⁶For what is a man profited if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his

The question is what will a person give in exchange for his soul? The soul is the most precious possession anyone has and we received it freely from God. People do a lot of things to protect their fortunes, but do nothing for their souls which is immensely more important. The answer to the question above, is disgustingly, very little, in the world in which we live. Whether one believes it or not, sin condemns, and one will go to hell (separated from God) forfeiting his/her soul by believing and propagating a lie. (The blind lead the blind and they BOTH fall in the ditch!) It is foolish to do so! You and I need to understand what truly is valuable. It is not the physical, but the spiritual that is all important!

pray to our heavenly Father and study. Comments or Bible questions call James Potter 419-393-4775 or Lonnie Lambert at 419-399-5022. Jesus loves you and so does the Oakwood church of Christ.

LANDOWNER INFORMA-TIONAL MEETING FOR THE CRP GENERAL SIGN-UP **BEING OFFERED**

The U.S. Department of

Agriculture (USDA) recently announced a Conservation Reserve Program (CRP) general sign-up. Pheasants Forever will be hosting a landowner informational meeting on March 8th at Thorn Bottom Hunting Preserve. Thorn Bottom is located at 21450 CR 60 Grover Hill, OH, nine miles east of Wayne Trace High School. Two meetings will be held to help answer questions about how the program can increase farm and wildlife values. CRP is a voluntary pro-

gram where producers can enroll low productive crop fields into conservation practices. Landowners accepted into the program plant long-term conservation cover that will provide wildlife habitat and improve soil, water and air qualities. Producers enrolling in CRP will receive annual rental payments along with costshare for establishment and mid-contract management. Contracts last 10-15 years and will begin October 1,

We will review the practices that landowners may enroll under the program, and describe how these practices can benefit wildlife. Practices include grass and tree plantings, as well as creating habitat for pollinators, among others. Offers will be scored using the Environmental Benefits Index (EBI), which will be used to rate offers across the country. The highest scores will then be accepted into the program.

Meetings will be held at 10:00 a.m. and 6:30 p.m., space may be limited depending on interest so you may want to plan on coming early. There is no charge for participating, food and refreshments will be available. If you have any questions, or to RSVP please contact Clint Geldine at 419-356-1927 or Ted Welsh at 419-306-2675.

PAULDING COUNTY HOSPITAL ADMISSIONS & DISMISSALS ADMISSIONS

Admissions:

2/3 - Sandra Church, Oakwood Dismissals:

2/10 - Sandra Church, Oakwood to Parkview

PEVS BREAKFAST & LUNCH MENUS FOR THE WEEK OF 2/23 THROUGH 3/1

MS/HS – Breakfast:

2/23 - Sausage, egg & cheese muffin, juice, milk 2/24 - Waffles, sausage

links, juice, milk 2/25 - Sausage gravy w/

biscuits, juice, milk 2/28 - Breakfast pizza,

juice, milk 3/1 - Cinna-minis or

Cherry turnover, juice, milk *MS/HS – Lunch:* 2/23 - Idaho nachos or Breaded chicken w/bun,

baked beans, chips, assorted fruit, milk 2/24 - Chili soup, cheese bread stick, assorted fruit,

2/25 - Philly beef sandwich, oven potatoes, assort-

ed fruit, milk 2/28 - Country fried steak, whipped potatoes, gravy, biscuit or Sausage gravy/biscuit, tator tots,

fruit, milk 3/1- Mandarin chicken salad, garlic bread stick, assorted fruit, milk

Elementary Paulding - Breakfast:

2/23 - Assorted cereals, graham crackers, juice,

2/24 - Cereal bar, graham crackers, juice, milk 2/25 - Cereal bar, gra-

ham crackers, applesauce,

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juice, milk 3/1 - Cereal graham

crackers, juice, milk

Paulding Elementary - Lunch: 2/23 - Vegetable beef

2/28 - Pancake wrap,

soup, crackers, bread, fruit, milk 2/24 - Chicken strips,

whipped potatoes, gravy, bread, fruit, milk 2/25 - Egg & cheese omelet, hashbrowns, raisin

muffin, fruit, milk 2/28 - Pizza, corn, fruit,

3/1 - Hamburger w/bun, oven potatoes, fruit, milk

Oakwood Elementary Breakfast: 2/23 - Assorted cereals,

crackers, fruit juice, milk 2/24 - Bacon, egg & cheese burrito, fruit juice,

2/25 - Assorted cereals, crackers, juice, milk

2/28 - Warm whole grain cinnamon rolls, fruit juice,

3/1 - Assorted cereals, crackers, juice, milk

Oakwood Elementary Lunch: 2/23 - Pepperoni/cheese

bread stick w/sauce, green

beans, fruit, milk 2/24 - Chicken noodles, whipped potatoes, bread,

fruit, milk 2/25 - Cheese pizza, lettuce salad, fruit, milk

2/28 - Hamburger w/bun, green beans, fruit, milk

3/1 - Salisbury steak, whipped potatoes, gravy, bread, fruit, milk

Menus are subject to



We would like to express our heart-felt thanks to everyone who visited, sent prayers, cares, flowers, make charity donations or spoke a kind word during the

recent illness and passing of my husband and our father, Basil "Bake" Hertel.

We especially want to thank Dr. James Gray and Staff, Paulding Visiting Nurse & Hospice, Shawn and Michelle Dooley and all the staff at Dooley Funeral Home, VFW Post 5087, Rev. G. Allan Fillman, Deacon Bob Nighswander, mass servers, lector, cantor, choir and the funeral dinner committee and those who served the meal from Divine Mercy Parish Antwerp. Your kindness and thoughtfulness will not be forgotten.

—The Basil "Bake" Hertel Family Teresa, Ray & Linda, Marilyn & Paul Arceo

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If anyone desires or wish-

my sake will find it."

that this one does (NKJV).

soul?"

Please continue your study on this subject. Also remember to continue to



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Home Care

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Editor's Note: We here at the West Bend News print all "Letters to the Editor" because we believe that everyone has a Constitutional right to freedom of the press. In saying that, we do not necessarily agree with the content that is printed. We are just the messengers. The name of the person who wrote the letter is placed at the end of each article. To be considered for publication, letters must be no longer than 1000 words, and you must provide a name along with a phone number and/or email to confirm validity of content. You can respond or submit a new letter by email, USPS or fax.

Responses need to be received by Friday at 5:00 pm to be considered for the next publication. We reserve the right to edit for length, content and worthiness.

email: info@westbendnews.

fax: 419-258-1313 USPS: West Bend News PO Box 1008 Antwerp, OH 45813

LETTER TO THE EDITOR

We, as parents of three students, feel that they are receiving an outstanding education at Woodburn Lutheran School. With the Christ-centered education, small class sizes, and excellent teaching staff, our children have excelled beyond our expectations. Because of the superior education, affordable tuition, and variety of athletic opportunities, we would highly recommend Woodburn Lutheran School to anyone considering parochial schools for their children.

Sincerely, —Jake & Jamie Gentz

LETTER TO THE EDITOR

With the recent shootings in Arizona and of several police officers, one wonders what is wrong in America? People will say the persons were deranged or had mental problems. Maybe not; and I can see it happening more by normal people who are tired of losing jobs and homes! People seeing themselves and families do without because they can't afford things they need because of the economy. Thanks to our local, state, and federal governments who look upon us as endless supplies of money! These governments have failed us and our country and continue to go deeper in debt and pass it to us even though we can't afford it. They live in comfort drawing big salaries while we sweat every bill we get!

I have lost faith in these governments to do anything benefiting the normal person and refuse to support anything they stand for! America is now third in economy behind China and Japan thanks to our useless government. Perhaps it's time for a revolution and take back America and return it to greatness. I'd be the first to join. Our governments have failed us and will continue to do so. They just don't care about the every

-Gregg Gorman

CLASSIC FEATHERS BIRD

The Classic Feathers Bird Club will hold their regular meeting on Sunday, March 13, 2011 at 2:00 p.m. at the Bryan Community Center on

Bird owners, bird lovers are encouraged to attend.

PAULDING RESERVOIR PARK LEAGUES SPRING/ **SUMMER LEAGUES NOW FORMING**

Spring/summer softball and wiffleball leagues are now forming at Paulding Reservoir Park. Mens league will be on Tuesday or Thursday nights, womens and wiffleball leagues will be held on Wednesday nights. Summer coed league will be on Monday night.

League meeting will be April 3rd at TJ's Bar at 6:00 p.m. To enter your team, contact 419-399-2981 or ronzneonz@ hotmail.com. Deadline to enter your teams is April 1st. Go to www.eteamz.com/ theswamp for more info and

Huber Opera House & Civic Center Upcoming Events 157 E. High • Hicksville • 419-542-9553 • huberoperahouse@frontier.com

MARCH EVENTS

Fri, Sat 4th & 5th at 7:30 pm and Sat & Sun 5 & 6 - 2:30 pm — Village Players - "BAREFOOT IN THE PARK"

Saturday 12th - 6:00 p.m. Senior Program & CORONATION

Sunday 13th - 2:00-4:00 p.m. - Miss Hicksville Registration

Saturday 19th - 7:30 Indiana Purdue F.W. Music & Drama Department present "SONDHEIM SHOWCASE"

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VILLAGE OF PAULDING COUNCIL MEETING MIN-UTES FOR 1/18/11

Paulding Village Council met in Regular Session on January 18, 2011, at 6:30 p.m. in Council Chambers at the Municipal Building. Mayor White called the meeting to order. Finance Director Tope called

roll with the following members present: Barb Rife, Roger Sierer, Randy Daeger, Mike Trausch, and Jim Guelde. Administrator Wiebe and Solicitor Jones were also present. Council woman Kim Sutton was absent.

Rife motioned to approve the minutes of the January $\hat{3}^{\hat{r}\hat{d}}$ Council meeting, seconded by Sierer. Vote: Rife presented the Safety Com-

mittee's January 12th report. The Committee had met to discuss the Solid Waste contract. They recommended exercising the Village's option to extend its contract with Werlor for an additional year. The Committee also requested Werlor include Jeffery Park in the current contract, along with providing 20 totes and pickup twice a week (Wednesday and Friday) from May 1st to August 31st. A representative of the Village will ensure totes are gathered and set at the curb for easy pickup. Casey Wertz, of Werlor's, was present at the Council meeting and acknowledged Wiebe and Tope had contacted him, and agreed to include Jeffery Park in the contract. Solicitor Iones will send a letter to Mr. Wertz to sign acknowledging the contract extension and addition of Jeffery Park. Daeger motioned to approve extending the Solid Waste contract with Werlor for an additional year, seconded by Trausch.

Guelde presented the minutes of the Grounds & Buildings Committee's January 13th meeting. The following items were discussed:

 A two-year mowing contract for the parks, reservoir, and water plant will be let out for bid in a few

—The Reservoir Park League Commissioner contract will be mailed to Ron Riggenbach for his signature. Failure to return the contract by the stated deadline will result in the position being advertised.

Sierer motioned to approve the Grounds and Buildings Committee's report, seconded by Trausch.

Vote: all yea. The Street Committee's minutes from their January 5th meeting were presented by Daeger. The

following items were discussed: -Wiebe advised the "No Passing" signs on SR 127 North were

to be taken down per ODOT's re-

-Wiebe also advised that Michelle Gawronski, of Spartech Plastic, had inquired about "Adopting-a-Street" (Gasser Road from Kay North Avenue west). The Committee requested Wiebe contact Ms. Gawronski advising her of the Committee's approval, and providing her with further

instructions. -It was determined on the speed-limit on McDonald-Pike from Wayne Street to the south corporation limit is 25mph. Actions are being taken to see if the speed limit can be raised to 35mph.

-Issue 1 grant requests for paving projects were denied due to

PH: 419-258-2000 • FAX: 419-258-1313 • info@westbendnews.net **DEER, HUNTERS AND BEARS, OH MY!**



The above picture about the deer hunters was loaned to us by Steve Knapp. The third man from the right is Virgil ond man from the right is his father, Ross Knapp. We think this was taken in Minnesota around 1950. I imagine most

If you can help us identify these fellows, please do. Stan Jordan 419-506-1924. See ya!

low scores. Some projects will still be done with Village funds.

Trausch presented the Recreation Committee's report from January 10th. The following items were discussed:

-Astro Pool Company, the contractor that built the pool 10 years ago, was called in to provide an estimate to repair some problem areas at the pool. While on site, they repaired all the stainless steel seams at no cost and noted there is a 25-year warranty on all the stainless steel fixtures at the pool. They also provided an estimate of \$6,000 to remove the existing calking, repair any loose or deteriorating concrete, replace the affected areas with new concrete, and install new calking throughout the pool floor. Solicitor Jones requested a copy of the original contract with Astro Pools for his

-Krynock Painting provided an estimate of \$3,960 to paint the pool floor after the repairs and leak testing are complete.

–The Committee recommends all repairs be approved so the projects may be started as soon as weather permits so as not to delay the pool opening.

—Recommended the wall between the men's and women's restrooms at Lafountain Park be extended to the roof and the sink be reset.

–Wiebe and Trausch will look into having some trees trimmed at Reservoir Park near field #2 to address a safety concern regarding foul balls hit into the tree and possibly harming a child playing on the playground.

-The Committee requested volunteers to help beautify the parks. Trausch requested anyone interested in helping to spruce up the landscaping and distributing mulch at the playgrounds to please contact him at (419) 399-5240.

Mayor White noted he had received a request from someone wanting to donate a tree in the memory of Nancy Foltz at the Lela McGuire Jeffery Park. The Committee will review the request, and determine a possible location to plant the tree. Sierer motioned to approve the Recreation Committee's report, seconded by Guelde. Vote: all vea.

Resolution 1249-11 re: A Resolution Declaring it Necessary to Construct Curb and Gutters Abutting a Portion of North Cherry Street and North Drive within the Village of Paulding, Ohio; requiring the Abutting Property Owners to Construct the Same; and Declaring an Emergency, was read for the first time. Solicitor Jones noted a copy of this legislation, along with a letter, will be mailed out to residents affected by the project later this week. He also noted that, according to the engineer, the estimated cost of the project is \$10/ linear foot; therefore; a property with 66' of road frontage will be have \$660 assessed to their real estate taxes to be paid back over the course of the next 10 years. Daeger motioned to suspend the rules and declare an emergency, seconded by Rife. Vote: all yea. Daeger motioned to approve the legislation, seconded by Rife. Vote: all yea.

Ordinance 1415-11 re: An Ordinance Amending the Regulations Pertaining to M-1 Districts to Allow the Use of Motorcycle Sales and Service, was read for the

Ordinance 1416-11 re: An Ordinance Approving, Adopting, and Enacting American Legal Publishing's Ohio Basic Code, 2011 Edition, as the Code of Ordinances for the Municipality of Paulding, Ohio, and Declaring an Emergency, was read for the first time. Trausch motioned to suspend the rules and declare an emergency, seconded by Daeger. Vote: all yea. Daeger motioned to approve the legislation, seconded by Rife. Vote: all yea.

Wiebe requested approval of the Administrator's Agenda authorizing him to sign the CDBG Water and Sewer Grant Application prepared by the Maumee Valley Planning Organization for the Sewer Lagoon project; thus, allowing the Village to receive \$126,000 (minus administration fees) in grant monies. Daeger motioned to approve the Administrator's Agenda, seconded by Guelde. Vote: all vea. Wiebe requested Lisa Nicely,

4th coverage of the Council meeting. He noted the headline read, "Revision on water plant needed", when in fact the revision is to the Village's "wastewater" system. Trausch motioned for Council to move into Executive Session for personnel and legal matters,

reporter from The Crescent-News,

publish a correction to her January

seconded by Guelde. Vote: all yea. Council returned to Regular Ses-The following meetings were

scheduled: **Recreation Committee

Monday, January 24th at 5:30 p.m. **Utility Committee - Wednes-

day, January 26th at 5:30 p.m. *Grounds & Buildings Committee - Wednesday, January 26th

at 6:00 pm. *Street Committee – Thurs-

day, January 27th at 5:30 p.m. *Salary & Allowance Board –

Monday, January 31st at 5:30 p.m. **PCFA Board – Tuesday, Feb-

ruary 8th at 7:00 p.m. Sierer motioned to pay the

bills, seconded by Daeger. Vote:

Trausch motioned to adjourn, seconded by Daeger. Vote: all yea.

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JIM THORPE — PRO

By: Stan Jordan

Jim was declared a pro and he turned down a job with the St. Louis Browns but accepted a position with the New York Giants. They went on a world tour with the Chicago White Sox. Jim was the celebrity wherever they went.

He met with the Pope and the leader of Egypt. They played before 20,000 people in England, including King George 5th. It was always big crowds because of Jim's pop-

Thorpe signed with the Giants in 1913 and played off and on for three years. He played three years in the minors with the Milwaukee Brewers in 1916 but was sold to the Reds in 1917. Later that season he was sold back to the Giants. He played off and on and was sold to the Boston Braves in 1919. In his baseball career he had 91 runs scored, 82 runs batted in and a .252 batting average in 89 games.

He played pro football during the 1913 season with the Pine Village Pro's out of Indiana. They had a good team. In 1915 Jim had signed with the Canton Bulldogs. They won the titles in 1916, 1917, and 1919. Jim punted a 95 yard punt from the five yard line. This iced their victory for the end of the season. In 1920 the Bulldogs were one of 14 teams to form the American Professional Football team which was to become the NFL two years later.

He never played for a NFL championship team. He retired from pro football at the age of 41. He played 52 NFL

games from 1920 to 1928.

Most people didn't remember that he also played basketball. Jim Thorpe and his world famous Indians, they barnstormed for two years in New York, Pennsyl-

Hours:

Tues - 12-5

419-594-2944 (Home)

He married Iva Miller in 1913, a girl he met in Carlisle. They had four children. She divorced Jim in 1925, she claimed desertion because he was gone all the time. In 1926 he married again and had four boys. She divorced him in 1941 after 15 years of marriage. Later on he married Patricia Askew and she was with him when he died.

He helped in a few western movies as an Indian Chief. He never held a job very long. He worked in construction, as a bouncer and a ditch digger. He even was in the U.S. Merchant Marine in 1945. He was broke and was in the hospital once as a charity case. In 1953 he had his third heart attack at his home at Lomita, California. He died at the age of 64.

After years of meetings

and trials the Olympic Committee restored his medals in 1983 in a ceremony with two of his boys. Some of his accolades were The Best Athlete of the Century, and the A.P. noted him the greatest football player ever. In 1949 the A.P. placed him in third place as the greatest athlete after Babe Ruth and Michael Jordan. He was not the first man elected into the Football Hall of Fame, George Halas was, then Jim.

The passage of time has dimmed Jim's accomplishments, but Ike Eisenhower, who later became a U.S. President, was beaten by Jim Thorpe when Carlisle played Army. At that time Ike said, "Jim was the best player he ever met."

Nearly everyone agrees that if Jim had not been an Indian he would have been covered with more memories and more stories. To me, it is just another case of not treating the Red Man right. I guess some of that has been corrected.

See Ya!

SEE YA!

D C(... I ... 1 ...

Animal Clinic of Paulding

308 E. Jackson

Paulding, OH 45879

419-399-2871

Dr. Tom Wilkin

Dr. Missie Bowman

At the Junction

Community Cente

18788 Co. Rd. 111 Defiance , Ohio 43512

By: Stan Jordan
You know, folks, that I have been writing for the WBN for over six years last corn picking time. Well, I guess I can't hardly use that line 'corn picking time' because hardly any of our local farmers use the old type corn picker. Most every one use the picker, husker and sheller

combine now. I know of only one here in our area that uses the corn picker.

Well, let me get back on track. This column is about me using the words 'See ya' at the end of about everything I write. It has become my logo or even maybe my trade mark.

We were interviewing a fellow up at Bob's Restaurant in Woodburn one Saturday morning and there was two old timers sitting at the next table. When they got up to leave, they were my type of people, one had on his Osh Kosh B Gosh bib overalls and was the type who always gives you a smile and a nod and a handshake. Well, when they went out the door they both smiled and nodded and one said, "See ya." Well, I know this-that those boys read my column and I was among friends. This tri-state area is full of fine folks like that.

Well, I will tell you how it came about that I use the word, 'See ya', in the closure of my columns. Pauline and I were having lunch at Country Times Market, south of Antwerp, with our granddaughter, Jessi, and our greatgranddaughter, Jadis (who was between two and three years old at that time; she is now in the first grade at Antwerp Elementary). When it was time to leave, Jessi said, "Tell Grandpa good bye," and Jadis said, "See ya!" I thought that was pretty cool for that age and I have used that for a closing ever since.

I have picked up a lot of friends these last few years. I got a phone call from Doyle Johnson from Paulding and we talked about the John Deere story. Mr. Johnson restores old tractors and he told me a lot about the John Deere products. It was very interesting. I got a note from William Wonderly in Hicksville and he sent me a good story. I'm always glad to hear from friends. At the Manor House last Sunday I ran into Helen Gordon class of 1939, AHS. She lives over by Monroeville and gets WBN second-hand from her niece who saves it for her. She and her brother, Wavne, are about all that is left of the Ole Gordon family. Doris, Eddie, Dorothy and Edith have passed away.

We had a nice visit and by the way, her son farms their place and they still pick their corn and haul it to Maumee, still by the ear. Well, like I say, I love to talk to all these old friends and we bat around Antwerp's old history.

See va!



By: Stan Jordan

Barney and Mike went duck hunting and they took Barney's dog along. The dog took off right away to find some ducks. In a couple minutes he

came back and barked twice. Mike said, "What is he trying to tell us?"

"He is telling us that there are two ducks on the next pond," replied Barney. Sure enough the man saw two ducks on the next pond.

enough the man saw two ducks on the next pond. The dog took off again and was gone a few minutes and came back and barked four

times. Barney said, "He is

telling us that there are four ducks on the next pond."

The dog took off once again. After about 10 minutes the dog returned with a three foot long stick in his mouth. He was shaking it vigorously.

"Now what is he telling

us," asked Mike.
Barney replied, "He is try-

ing to tell us that those are more ducks on that pond that you can shake a stick at!"

See Ya!

KATHY HAHN GORMLEY

By: Stan Jordan

Kathy Hahn Gormley was born in August 1946 in Fort Wayne. Her parents were Gilbert and Donna Werling Hahn. She has three brothers and two sisters, and she was the youngest in the family. There was Ruth, Jim, Ken, Virginia, Chuck and then Kathy.

The family moved to Antwerp in 1948 when she was two years old. She went



to school here in Antwerp and graduated in 1964 from AHS. She went to nursing school at IPFW and was in the first nursing school class to graduate there in 1966.

Her first job in nursing was at the Veteran's Hospital in Fort Wayne. She was there a couple of years and also was out to the Lutheran Hospital. In 1969 she went to Maryland at the National Institute of Health. This was at the back door of the nation's capitol. Then in 1971 she moved out to Denver, Colorado to work at the St. Joseph Hospital. In 1972 she moved to Leadville, Colorado at St. Vincents (I was really interested here because this town is part of the history of the Old West). She said it is still part of the Old West. She lived above the Starlight Inn, which was a bar, but she could walk to work from there. There were a number of bars and old sa-

The townspeople got paid at 2:00 p.m. on Friday and from 6:00 p.m. on part of them were at the hospital. It was still partly a mining community. The town was two miles high with a lot of

It was here that she met her husband, John Edward Gormely in a mountain climbing group. John was born in Panama but his family moved to Leadville along with the job. They got married in 1972 and lived in Aurora, Colorado. John was an engineer in the nuclear and the solar energy field. She worked at the Fitsimmons Medical Center. That was affiliated with the Army. While at Fitsimmons she worked in the Surgical and

Medical Wards.

She and John had two
boys: Johnathon was born in

1982 and Charles in 1985. In 1977 she worked for a unit called C.A.M.P.U.S. A lot of that was in maternity PAGE 5 - WEST BEND NEWS - FEBRUARY 23, 2011

Her husband, John, died in 1991 in May. The boys were enrolled the school in Aurora. After she got things sorted she and the boys moved back to Antwerp in the new house that her brother, Jim, had built for her. Johnathon graduated from AHS in 2001. Charles graduated from Blackhawk Christian School in Fort Wayne.

In 2001 Kathy went to

Indianapolis and took some new courses in nursing. Then she went to Paulding Visiting Nurses in 2003 and worked as a skilled Hospice Nurse. In 2003 she did a lot of private duty and about 2007 she was with Community Health Professionals of Paulding. She has been semi-retired since 2008. She works part-time and volunteers a lot.

Her hobbies are: playing

Her hobbies are: playing in the Community Band; helping with her mother who is 101 and in the Manor House, and anyone else at the Manor House; loves to talk about Leadville and she's glad she served the people there; she loves to read; she loves to travel. She once served for three weeks in Germany. That was before she moved to Colorado.

She is from a nursing family. Her mother, Donna, was a nurse, Ruth, Ginny and Kathy are all RN's. She loves to spend time with her children and grandchildren. Johnathon has two children and lives in Chesterfield, IN. Son, Charles, lives east of Columbus and isn't married.

Kathy is glad to be back in Antwerp. She is a small town girl and proud of it. She was raised a farm girl and says you learn many things about life and kindness and neighboring and chores and responsibility.

She is like all my other nurses that I have interviewed, they like to help people. They go home dead tired but with a satisfied mind.

Well, Kathy, it was a very enjoyable afternoon talking to you. I certainly liked the part about Leadville and I know you liked it also. But I know you are glad to be back with your friends and family in this country surrounding, and we're glad your back.

We here at the WBN wish you many more pleasant years of retirement.

See ya!

PESTICIDE RECERTIFICA-TION TRAINING DATES SET FOR FARMERS

By: Jim Lopshire, Extension Educator Paulding County

A few weeks age the Ohio

Department of Agriculture issued a new license to all private pesticide applicators in Ohio regardless of the expiration date. This new license lists your new categories based on the simplification and reduction of private applicator categories from 13 to 7. Farmers should check their new license to make sure the categories listed are correct and for the expiration date to make sure they recertify their pesticide license before the expiration date to maintain certifica-

Farmers who have a private pesticide applicator license and need to recertify, can attend one of several pesticide recertification programs scheduled for Paulding and Van Wert Counties. The first program is being held on February 18th from 9:00 a.m. to Noon at the Van Wert County Extension Building; the second program is scheduled for February 28th from 6:00 to 9:00 p.m. at the Paulding County Extension Building; and the third program is scheduled for March 2nd from 6:00 to 9:00 p.m. at the Delphos Jefferson High School. Each program will cover core and all the categories needed for recertification.

There is a registration fee for the pesticide recertification program payable by pre-registration or at the door. Make checks payable to the Ohio State University Extension. It would be helpful to bring your new license to the meeting to help with filling out the recertification form. If you cannot attend any of these programs, a listing of all pesticide recertification programs in Ohio can be found at the web site http://pested.osu.edu/. Farmers can attend any one of the scheduled programs listed for recertification.

Private pesticide applicators needing recertification in 2011 should have received a second letter from the Ohio Department of Agriculture indicating your license will expire on March 31, 2011. Also, you should have received a newsletter from Extension listing the pesticide recertification opportunities for northwest Ohio. For those whose license expires on March 31 of the current year, you need to send the Ohio Department of Agriculture a license fee of \$30.00 and the application form to the address listed on the recertification requirement notice. If you have any questions, call the Paulding or the Van Wert County Extension Office.



All Paulding County Veterans with
Purple Hearts

At this year's fair, the Paulding County Fair Board would like to recognize Paulding County veterans who have been awarded a Purple Heart. Any veteran, who has received a Purple Heart, please contact:

The Paulding County Veterans' Service Office at 419-399-8285 or come to the office Tues.- Fri., 9:30 a.m. - 2:00 p.m.

Please bring a copy of your DD 214 with you.

Opry Presents Black Swamp Saturday, March 5,2011 A Tribute to George Strait By Recording Artist **Allen Grant** Opening Act Bill Cavin **Doors Open** at 5:30 P.M. \$10.00 Advance Tickets Show Starts at \$15.00 7:00 P.M. At the Door **Advance Tickets Only!** Buy early for a chance to Join The Black Swamp Opry! win \$100 Just send your e-mail to Seating Is Limited blackswampopry@live.con And you'll receive \$1.00 off So Call Soon your next visit as well as For Ticket Information Contact: Jerry Howard 419-576-2191 (Cell) information on future shows

Mon, Wed, Thurs, Fri – 9-5 **Audrey Hanenkratt, Mgr**

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PAULI DING COUNTY COM- The Board of Cou

PAULDING COUNTY COM-MISSIONERS MEETING MINUTES FOR 2/7/11

This 7th day of February, 2011, the Board of County Commissioners met in regular session with the following members present:

Tony Zartman, Tony Burkley, Fred Pieper, and Nola Ginter, Clerk

IN THE MATTER OF APPROVING 'THEN AND NOW' PURCHASE OR-DERS AND PAYMENTS:

The Paulding County Auditor has certified the following "Then and Now" purchase order numbers and payments included in the Allowance of Claims on February 3, 2011, Warrants numbering 175182 through 175431 totaling \$69,235.54; and it is certified that both at the time that the contract or order was made ("then"), and at the time that the County Auditor is completing the certification ("now"), that sufficient funds were available or in the process of collection, to the credit of a proper fund, properly appropriated and free from any previous encumbrance; and pursuant to the Ohio Revised Code \$5705.41(D)(1), these purchases must be approved by resolution of the board of county commissioners; now, therefore the Paulding County Commissioners approve the Then and Now Purchase Orders as submitted by the Auditor; and it is found and determined that all formal actions of this Board of County Commissioners, County of Paulding, State of Ohio concerning the adoption of this resolution were adopted in an open meeting of this Board of County Commissioners, and that all deliberations of this Board of County Commissioners and of any of its committees that resulted in such formal action, were in meetings open to the public

vised Code.
IN THE MATTER OF
AMENDING THE 2011 ANNUAL APPROPRIATION
(FUND 062):

in compliance with all legal

requirements including Sec-

tion \$121.22 of the Ohio Re-

The Board of County Commissioners does hereby direct the County Auditor to amend the 2011 Annual Appropriation and hereby direct the Paulding County Auditor to appropriate unappropriated funds:

Fund 062 – Emergency 911, 062-001-00012/Equipment Upgrade, \$75,000.00

IN THE MATTER OF AMENDING THE 2011 AN-NUAL APPROPRIATION (FUND 149):

The Board of County Commissioners does hereby direct the County Auditor to amend the 2011 Annual Appropriation and hereby direct the Paulding County Auditor to appropriate unappropriated funds: Fund 149 – Maintaining

and Operating Jail, 149-001-00003/Contract Services, \$16,870.38 IN THE MATTER OF

IN THE MATTER OF MODIFYING THE 2011 ANNUAL APPROPRIATION (FUND 149):

The Board of County Commissioners does hereby modify the 2011 Annual Appropriation and hereby directs the Paulding County Auditor to transfer funds:

FROM: 149-001-00002/ Maintaining & Operating Jail/Utilities

TO: 149-001-00003/Maintaining & Operating Jail/ Contract Services

AMOUNT: \$15,000.00

IN THE MATTER OF REDUCTIONS IN THE 2011 ANNUAL APPROPRIATIONS (FUND 020):

The Board of County Commissioners does hereby modify the 2011 Annual Appropriation and hereby directs the Paulding County Auditor to reduce funds:

020-001-00001, Children's Services/Children's Service Expense

AMOUNT: \$85,741.00

IN THE MATTER OF REDUCTIONS IN THE 2011 ANNUAL APPROPRI-ATIONS (FUND 146):

The Board of County Commissioners does hereby modify the 2011 Annual Appropriation and hereby directs the Paulding County Auditor to reduce funds:

EVERYBODY READS THE

WEST BEND NEWS!

146-001-00001, Akkerman Dairy TIF/Other Expenses AMOUNT: \$24,428.76

IN THE MATTER OF REDUCTIONS IN THE 2011 ANNUAL APPROPRI-ATIONS (FUND 168): The Board of County

Commissioners does hereby modify the 2011 Annual Appropriation and hereby directs the Paulding County Auditor to reduce funds:

168-001-00001, TPP Tax Replacement/Tax Replace TPP Twp/Vill

AMOUNT: \$200,000.00 168-001-99999, TPP Tax Replacement/Transfers-County AMOUNT: \$235,000.00

Tony Zartman left the session.

EXECUTIVE SESSION:

A motion was made by Mr. Tony Burkley to go into executive session at 2:32 p.m. with the County Prosecutor to discuss legal matters pertaining to the Auglaize River Sewer Project. The motion was seconded by Mr. Fred Pieper. All members voting yea.

MEETING NOTES OF APPOINTMENTS:

Brad Clark, SpyGlass – Mr. Clark and the Commissioners discussed by teleconference the feasibility of installing a "T1" circuit to decrease monthly telephone charges.

Tom Kime, Otto Nicely, James Harris, Defiance County Commissioners; Russ Herman, Defiance County Assistant Prosecuting Attorney; Sherry Carnahan, Defiance County Commissioner Deputy Clerk; Greg Reinhart, Defiance County Wastewater Manager; Ken Maag, Poggemeyer Design Group; Joe Burkard, Paulding County Prosecuting Attorney; Mike Winans, Paulding County Auglaize River Sewer Project Manager – A joint meeting of the Paulding County Commissioners and the Defiance County Commissioners was held to discuss the progress on the Auglaize River Sewer Project. Defiance County Commissioners reported the work on the lagoon is almost completed. They also reported on the status of the sewer line in Defiance County. Ms. Car-

nahan stated Paulding County Commissioners can expect a revised bill from them for the lagoon expenses.

WESTERN BUCKEYE GOVERNING BOARD HOLDS FEBRUARY MEETING

The Western Buckeye ESC Governing Board held their regular monthly Board meeting at 6:00 p.m. on Wednesday, February 9, 2011 in the Van Wert ESC Board Office. Board President Mr. Jerry Zelke welcomed Board members and school personnel to the meeting.

The Board members ap-

proved a light agenda for the evening, which included approval of the annual report for the Paulding County Family and Children First program. The Board also acted on resolutions for the Northwest Ohio Area Computer Services Cooperative (NOACSC). The WBESC is the fiscal agent for the NOACSC.

In the regular meeting, Superintendent John Basinger updated the Board on the pension reform legislature that will likely increase employee retirement contributions but likely will not increase the employer contributions. Basinger also updated the Board on recent Western Buckeye activities and several personnel issues. The Board continued their discussion of the state budget woes and the potential impact on local school districts.

Interim Treasurer, Gary Ginter Stuart reported to the Governing Board that no material findings were found during the annual audit of Western Buckeye Educational Service Center's financial operations and procedures. The audit was conducted by the Ohio Auditor of States office. Ginter commented, "I want to commend both Linda Clark and former Treasurer Kristine Stuart for their commitment to responsible fiscal management. Our goal is to continue to be fiscally responsible, to provide quality support, and to maintain cost effective services to the school districts in Paulding and Van

Wert Counties."

In the business portion of the regular meeting, the

**Approved the minutes from the January 12, 2011 Organizational and Regular Meetings.

**Approved the January financial reports as presented by Interim Treasurer Gary Ginter.

**Approved the 2010 Annual Report for the Paulding County Family and Children First Council.

**Approved a Memorandum of Understanding between NOACSC and affected school districts regarding special education data housed at IEPAnywhere as presented.

**Approve the ITC Site Review report from the Ohio Department of Education for NOACSC as presented.

**Approved the FY12 Internet Services Fees proposed by NOACSC as presented.

The Board went into Executive Session for the discussion of employment of personnel at 6:56 p.m. The Board returned to regular session and the meeting adjourned at 7:10 p.m. with no additional Board action. The next regular Governing Board meeting of the Western Buckeye Educational Service Center will be on March 9, 2011 starting at 6:00 p.m. in the Paulding ESC Office.

PH: 419-258-2000 • FAX: 419-258-1313 • info@westbendnews.net GOOD WEEK FOR HOME GAMES



The Lady Panthers took on Defiance Bulldogs at home Tuesday, Feb 15. Paulding won 44-35 having a fantastic game for Senior night. Shown here is junior Emily Shuherk scoring for the Panthers. More pictures at www.westbendnews.net



Antwerp boys took on the Aces at home Friday, Feb. 18. The Aces struggled from the beginning at times coming close, but Archers kept the lead winning 57-44. The Archers record is now 13-5. Shown here is senior Zac Coleman scoring for the Archers. More pictures at www.westbendnews.net The Antwerp girls took on the ACES at Hicksville 2/7 and won a crushing victory of 46-16.



Paulding finished their last home game Friday night 2/18 against Spencerville. The game was hot and tensions ran high, but the Panthers pulled through in overtime 72-65. Shown here is junior Anthony Arellano scoring for Paulding. More pictures at www.westbendnews.net

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WAYNE TRACE LADIES FINISH REGULAR SEASON WITH FIRST UNDEFEATED RECORD



The Lady Raiders had a great season this year and will be having a great tournament (see below for tournament information). The Wayne Trace girls finished their first ever undefeated season 20-0 with a win against Fairview 76-39. Shown here is sophomore Krystal Wannemacher scoring for the Raiders. More pictures at www.westbendnews.net



More than one record was broken this game. Shown in the picture above is senior Kacee Hockenberry scoring her 1000th career point at the foul line with a huge celebration following. More pictures at www.westbendnews.net

LADY RAIDERS BREAK NEW

The Lady Raiders took on the Apaches at home Thursday, February 17, 2011. The game was no doubt, one for the record books. Senior Kacee Hockenberry started the game with 2-3 pointers and scored two more on free throw shots, with her second hitting her 1000 point career mark. With much emotion the fans and players gave her their support and encouragement. Hockenberry ended this game with a total of 16 points.

Following this fantastic personal achievement the Wayne Trace girls won the game against Fairview 76-39, giving the Lady Raiders their first undefeated season in the school's history with a 20-0 record. AP has released their final rankings for the 2010-2011 school year and have placed the Raiders at 3rd In

the state (division IV) before this game, moving up from 4th last week. The young ladies have also taken home the Green Meadows Conference trophy for the last 4 years.

You don't have too ma teams who play in tandem, but Wayne Trace girls demonstrate game after game, "All for one and one for all." Congratulations on your incredible season!

OHIO LOCAL GIRLS BAS-KETBALL TOURNAMENT **INFORMATION**

Paulding plays against Lima Central 2/22 at VanW-

Antwerp will play 2/26 at 8:00 pm at Bryan HS against the winner of the Edon vs Montpelier Game

Wayne Trace will play 2/26 at 6:15 pm at Paulding High School against the winner of the Continental vs Kalida game

WT JR. HIGH WRESTLERS REWRITE THE RECORD

What a junior high career and season these young men have had! The Wayne Trace Jr. High wrestling team is undefeated in dual meets for two years and is back to back GMC champs! They also placed in all tournaments entered this year with two champions, a runner-up and a fourth place finish. Coach Dennis Stabler stated that at the junior high level, "this is the best bunch of wrestlers I have ever had." The last two years of WT Jr. High wrestling has a story book feel to it with a record book setting ending. This story begins in several different years depending

on the wrestler we are discussing. For some, it began at the age of 5 or 6 in 2001 in the Wayne Trace Wrestling club. At that time it was something for fun. Go up on the balcony, roll around for a few hours a couple of times a week and call yourself a wrestler. Some started in the fourth grade, again in the balcony at Wayne Trace. While some of the wrestlers were still falling in love with the sport, others were becoming more committed and traveling great distances in search of stronger competition and bigger events to participate in. Some of the boys showed up to wrestle in the seventh grade after Coach Gerber, the football coach, suggested it may improve their football skills. Others were cut from the basketball team and wanted to do something. Coach Stabler welcomed them all. Coach George Clemens, Varsity coach and Wayne Trace Club coach was quick to respond to the question of when should someone start wrestling? "The answer is different for everyone. I believe that a wrestler can start at any age, sometimes the earlier the better, the key is to know when that wrestler is ready to be committed to the sport of wrestling, ready to be pushed."

As seventh graders, this core group of wrestlers joined Dustin Taylor and Aaron Miller. These were the only eighth graders on the team. They had a stellar year, went undefeated in all dual matches and talk began of a possible GMC championship. Ayersville was heavily favored and had more numbers than the young Raider team; however, with some planning and switching of weight classes by coach Stabler, Wayne Trace was ready to make a run. Contributors that day included Cassidy Hilkey and Isaac Ludwig, both of whom had never wrestled before. Was Isaac's pin in the late rounds the winning match for the Raider team, or Cassidy's third place finish? Was it the championships won by the two eighth graders Taylor and Miller? No one will ever know, for on that day, this young Raider team overcame the odds and by one point toppled the favorites to become GMC champs: Wayne Trace

This season was viewed much differently as this group became eighth graders. They had lost some experience with the eighth grade departures; however,

147- Ayersville 146!

they also gained one seventh grader, George Clemens IV. Again, a new wrestler with no experience came to the team, Carl Elliott and a heavyweight, Izaiah Greathouse. Kenny Mansfield would also wrestle with the team later in the season. With fewer numbers, it was unclear how the team would do? Again, Coach Stabler allowed some basketball players to wrestle and Cassidy Hilkey and Austin Zuver wrestled in a tournament when possible. This team with an average of nine wrestlers started

their tournament season on their home turf. They finished fourth at the WT invite behind only larger WBL schools: Elida, St. Mary's, and Celina. Continuing to improve they attended Allen East and were runners-up to Lima Shawnee. Winning all dual matches they were in thus far, this team pushed on. Next, was the Ayersville tournament in which they had won the previous year. It was neck and neck with a very tough Montpelier team. Grant Gillette had provided much needed bonus points from a pin earlier in the day. Pivotal matches were won in the championship round by Dingus and Pierce whom had head to head matches with Montpelier wrestlers. In the end, Wayne Trace prevailed for first champions again by a mere six points. The Wauseon invite was next. Perennial powerhouses of wrestling such as Delta, Wauseon, and Evergreen would be there. The competition would be elevated to a new level. Once again these wrestlers went in and did what they do best: win and win with pins. The first round ended with WT in a distant 5th; however, Coach Stabler was quick to point out that many of our wrestlers hadn't wrestled yet due to being high seeds and having byes. After the second round, the gym became silent. WT's wrestlers had their chance to wrestle and they leap frogged everyone to be in first place. To say the crowd was stunned would be an understatement. WT never looked back and won the Wauseon invite for the first time ever: WT 149, Del-

Going into GMC's, WT was this year's favorite. Coach Stabler and Clemens told the wrestlers that they had a chance to be a part of something amazing, that they would not understand

(Continued on Page 8)

LADY WARRIORS ROLL OVER STARFIRES IN BB SECTIONAL PLAY

By: Jeff Abbott

Woodlan rolled to a 11-4 first quarter lead and a 21-6 lead over the Lady Starfires enroute to a 43-22 win in the first semi-final game of the South Adams 2A girls basketball sectional. Lydia Yoder and Grace Keller paced the Warriors' attack with 9 points apiece and Taylor Carver added 8 for Woodlan to advance to the championship game. Score by the quarter:

Woodlan - 11 10 10

South Adams - 4 2 10

Scorers of the game: Woodlan - Yoder 9, Keller 9, Carver 8, Ehle 5, Price 5, Knoblauch 5, Hostetler 2

South Adams – Amstutz 9, Ahmetovic 4, Hawkins 3, Bluhm 2, Chandler 2, Muselman 2

WOODLAN TAKES TOUGH LOSS TO HARDING HAWKS

By: Jeff Abbott

V.J. Beachem pumped in 25 points to pace the Harding Hawks to a 69-35 win over Woodlan in boys' basketball. The Hawks led the whole way throughout the game but broke the game open in the second half. Harding led 18-112 after the first period and 28-19 at the half, but outscored the visiting Warriors 41-16 over the final 16 minutes. Spencer Mumma had 13 points for Woodlan and Clint Romines added 11 points.

Score by the quarter:

Woodlan – 12 7 9 7=35 Harding - 18 10 18

Scorers of the game:

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Woodlan - Mumma 13, Romines 11, Emenhiser 8, Patterson 3

Harding - Beachem 25, Fields 12, Mi. Stevenson 7, Williams 7, Lockett 5, Hogue 3, Fincher 3, Milligan 3, Washington 2, Mo. Stevenson 2

LADY KNIGHTS EARN BB **SECTIONAL CROWN OVER** WARRIORS

By: Jeff Abbott

Bishop Luers broke open a tight game in the second period, outscoring Woodlan 23-8 after only leading 13-10 at the end of the first period, and the Lady Knights went on to post a 76-46 win over the Warriors to claim the South Adams 2A girls basketball sectional crown. Bishop Luers, last season 2A runner-ups, outscored Woodlan 44-19 in the middle periods to get the win. Four players hit double figures for the Lady Knights with Brooke Ridley leading the way with 18 points. Taylor Carver closed out her Woodlan career with 16 points.

> Score by the quarter: Bishop Luers - 13 23 21

> Woodlan - 10 8 11 17=46

Scorers of the game: Bishop Luers - Ridley 18, Young 15, Watts 15, Woods 10, A Butler 8, Reimbold 4, McNamara 2, Luegring 2, E

Butler 2 Woodlan – Carver 16, Ehle 10, Keller 6, Kayser 5, Price 4, Yoder 2, Knoblauch 2, Bejarano 1

HIGH SCHOOL BASKETBALL LIVE

ON WKSD 99.7FM Join us for the current basketball games in our area! Check out our schedule

> Fri. Feb. 25 Ottoville at Wayne Trace - boys



 $m{gg.7}$ Ron Burt will host the "Final Buzzer" Show on Friday nights after the high school broadcast game with all the high school scores on WKSD.

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Antwerp**≡**

Antwerp Village

PAGE 8 – WEST BEND NEWS – FEBRUARY 23, 2011 (Continued from Page 7) today or even in a year, but in time, their accomplishments would be something they could pass on to their next generation. There would be no unexpected come from behind and win by a point excitement this year. Zaine Cotterman did excite the crowd in a championship match for his first GMC championship against a strong opponent. George Clemens became a champion as a seventh grader, and the eighth graders wrestled as they had all year: for the pin. Having seven individual champions, Jacob Dingus and Tyler Showalter as two time individual GMC champs; this team recorded their names in the Wayne

Trace Jr. High record books

as repeating GMC champi-

Wayne Trace's wrestling program continues to improve under the tutelage of Coach Clemens and Stabler. With the increasing numbers in the Wrestling Club and the recognition that wrestling and football go hand in hand, perhaps this story will become common. However, for now it is an awe inspiring feat for these young men. For this core of wrestlers: Matt Baxter, Zaine Cotterman, Jacob Dingus, Josh Reel, Tyler Showalter, Grant Gillette, and Justin Pierce, the sky is the limit for this group and if they stick with it they are capable of rewriting more record books!

Individual Records: George Clemens IV 26-1, 1st GMC; Josh Reel 20-5, 1st GMC; Carl Elliott

8-15, Tyler Showalter 27-0. 1st GMC; Matt Baxter 24-4, 1st GMC; Grant Gillette 12-15; Zaine Cotterman 22-6, 1st GMC; Justin Pierce 26-1, 1st GMC; Kenny Mansfield 8-6; Jacob Dingus 26-1, 1st

PAULDING COUNTY CHRONICLES II

By: Caroline Wells Zim-

Boatmen on the Wabash in 1830

The following was taken in part from a news item first appearing in the Indianapolis News on December 27, 1883. This is pre-Wabash-Erie Canal History.

"When we contemplate the speed and comfort with which we may now travel from one section of this vast country to another and contrast it with the modes of travel of little more than half a century ago, we are struck with astonishment at the marvelous changes which have been brought about. In those days we looked upon our great rivers as the mighty channels by means of which the products of one region were transported to distant places. The rivers are nature's highways, and those ancient inhabitants of America, the Mound Builders, were aware of the fact. The ruins that mark the sites of their villages are to be found only along the eligible shores of the great rivers and their tributaries. A simple raft furnished the first means of transportation; the keelboat and later the steamboat. The early steamboats were very small; only by degrees did they reach the size and imposing grandeur of our present river boats and ocean steamers. After Robert Fulton had first successfully applied steam to propel boats, many years of further experiment were required before steamboats could compete to economy of operation with

the pirogue or the keelboat. The river keelboat was about the size and shape of today's canal boat. To man, a keelboat required a captain and six to eight men, depending on the size of the boat and the nature of the river to be

ous methods of propelling the boat. It was carried downstream by the force of the current and was often brought back up the stream by the cordelling. Where the shore would permit and where the current was not too strong, one end of a cable was made fast to a post on deck; then the crew, grasping the other end of the cable, would walk along the shore and cordelle, or pull the boat along. Sometimes the rope was made fast to a tree on the riverbank and the boat was hauled forward a cable's length until the swiftest parts of the stream were passed. In some places where the depth of water was not too great, setting poles were used. Each pole was about 15 feet long, armed at one end with an iron spike and a hook. The spike served to give ready hold on the bottom, while the hook served to catch hold of bushes and to hold the boat in place. On the other end of the pole was a round knob. On each side of the boat there was a plank walk about a foot wide fitted with cleats which were set at regular distances to prevent the men's feet from slipping. When setting poles were to be used, an equal number of men were stationed on each side of the boat. They would place the points of the poles on the bottom of the river and the other ends of the poles against their shoulders. As soon as the leaders had taken a step or two toward the stern, pushing the boat forward with all their might, then the second and their couples would follow in regular order, keeping step to the "Heave ahead!" of the leaders. When they reached the stern of the boat, they would all walk forward again, dragging the ends of the poles in the water. Then they would repeat the procedure as long as the depth of water was favorable for such work. At other times,

navigated. There were vari-

under suitable conditions, a single sail was used." See part 2 next week.

FROM THE PAULDING **COUNTY GRAND JURY**

Paulding County Prosecuting Attorney, Joseph R. Burkard, announced that the Paulding County Grand Jury indicted 10 persons on Thursday, February 10, 2011:

Derrick J. Smith of Paulding, DOB 10/9/1987; Breaking & Entering, F-5

Johnny R. Smith of Paulding, DOB 7/9/1971; Breaking & Entering, F-5

Kristina L. Smith of Paulding, DOB 11/18/1983; Breaking & Entering, F-5

Robert J. Leslie of West Unity, OH, DOB 11/15/1991; Breaking & Entering, F-5; Theft, F-3

Jacob A. Vance of Bloomville, OH, DOB 1/27/1983; Breaking & Entering, F-5

Timothy P. Bullinger of Paulding, DOB 10/10/1977; Felonious Assault, F-2

Meliton Rodriquez of Defiance, DOB 3/29/1976; Non-Support of Dependents, F-5

Joseph L. Bailey of Antwerp, DOB 10/2/1980; Disseminating matter harmful to juveniles, F-5

Austin L. Webb of Oakwood, DOB 11/4/1991; Burglary, F-4 2 counts; Theft, F-3 2 counts

Corbin M. Mobley of Paulding, DOB 9/20/1988; Unlawful Sexual Conduct with a Minor, F-4

2ND ANNUAL WOMEN'S **VOLLEYBALL LEAGUE**

The Women's Volleyball League is gearing up for their second year of volleyball play. This league is hosted by the Antwerp Volleyball Program at Antwerp High School. The league is set to play on Thursday evenings beginning March 17th through April 28th. There will be six weeks of pool play and single elimination tournament the seventh Teams must consist of at

least six members. Contact Kara Eicher at 419-506-1715 by March 10th to register your

ANTWERP ALLEYS HIGH SCORES FOR WEEK ENDING FEBRUARY 18, 2011

Mens High Series

- 1. Phil Bauer 558
- 2. David Bauer 520
- 3. Chad Geyer 505 4. Ray Delong 502
- 5. Benji Grant 497
- 6. Bowie Reid 492
- 7. Scott Lichty 489
- 8. Mike Bute 480 9. Mike Walley 478
- 10. Jeff Lucas 474

Mens High Game 1. Chad Geyer 224

- 2. Phil Bauer 212
- 3. David Bauer 202
- 4. Bowie Reid 192 5. Mike Bute 182
- 6. Ray Delong 181
- 7. Benji Grant 180
- 8. Craig Womack 178 9. Greg Shull 175
- 10. Matt Smalley 173

Womens High Series 1. Angie Hudson 513

- 2. Sherry Reinhart 511
- 3. Marie Bauer 506
- 4. Carol Kortokrax 504 5. Sue Molitor 499
- 6. Marilyn Provines 482
- 7. Paula Lichty 469
- 8. Terri Meeks 462 9. Nikki Phares 442

10. Leslie Hughes 438

- Womens High Game 1. Lisa Syndram 213
 - 2. Marie Bauer 195 2. Sue Molitor 195
 - 3. Carol Kortokrax 193
 - 4. Angie Hudson 190
 - 5. Marilyn Provines 181
 - 6. Paula Lichty 180
 - 6. Brenda Wobler 180 7. Sherry Reinhart 177
 - 8. Kendra Eaken 175
 - 8. Nikki Phares 175
 - 9. Michelle Balser 167
 - 10. Terri Meeks 165

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HIGH SCHOOL "LOOKIN' OUT" SAFE

ERIE INSURANCE AWARDS ANTWERP

The Antwerp Lookin' Out committee accepts a \$2,000 check from Randy Myers of Leland Smith Insurance Services, Inc. an Erie Insurance agent, to promote safe driving. Attending the presentation are (l-r) Bryant Miesle, Antwerp S.A.D.D. President; Deb Altic, Advisor; Dan Fowler of Leland Smith Insurance, and Alaine Wetli- S.A.D.D. V.P.

Thanks to a \$2,000 grant from Erie Insurance and its Lookin' Out program, students from Antwerp High School in Antwerp, OH will spread the word about safe driving among their peers.

"Car crashes are the leading cause of death of U.S. teens," said Erie Insurance agent Krista Schlemmer of Leland Smith Insurance. Dan Fowler is partnering with the students at Antwerp High School to implement the Lookin' Out program. "By giving teens the resources to educate their peers, we can help save lives and make the roads safer for everyone," said Dan Fowler. "The students at Antwerp High School are to be commended for their proactive efforts."

Lookin' Out is different from other safe driving programs, as it is rooted in a student-driven approach work with school and agency advisors to create a series of events and activities addressing risk factors such as distracted driving, lack of seatbelt use, speeding, driving under the influence and other reckless behaviors. The Antwerp Lookin'

of positive peer influence.

Through Lookin' Out, teens

Out committee has planned a number of activities throughout the school year that will be funded by this grant, including:

—A visit from the Lookin' Out Safety Bug, a mechanically engineered car that simulates impairment, and

Since its 2001 inception, Lookin' Out has been launched in more than 200 high schools and awarded more than \$500,000 in grants. This marks Antwerp's 5th year participating in the program.

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Grant's Sunday Buffet

ANNOUNCES

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



Vantage Business Professional of America (BPA) 2011 state qualifiers! Front: Alyssa Black, Krystal Gamble, Shawn Guelde, Bianca Salisbury, Bart Barthels, Caleb Lawrence, Megan Stutz, Courtney Temple, Aryn Denny, Dakota Talbott, Kody McCague,

Back: Daniel Perkins, Thomas Moore, Kris King, Michael Hoersten, Patrick Jackson, Phillip Stemen, Justin Van Horn, Storm Dunakin, Brandon Jarrell, Nathan Theis. Absent from picture, Jasmine Price.

Vantage Career Center Business students recently competed in the first round of Region 16 Business Professionals of America skills contests at Celina High School. Fifty-five students from the Vantage business programs— Interactive Media, Medical Office Management and Network Systems-competed in a variety of different contests including Computer Security, VB.NET Programming, Fundamental Accounting, Medical Office Procedures, Web Site Design, Computer Animation, Network Design, Advanced Office Systems and Procedures, and Administrative Support. In all, twentytwo students earned the right to advance to the state competition held in Columbus in the spring.

Network Systems' Adam Smazenko (Antwerp) placed second in VB.NET Programming. The team of Patrick Jackson (Parkway), Justin Van Horn (Delphos Jefferson), Phillip Stemen (Ft. Jennings), and Storm Dunakin (Paulding) qualified for state competition by placing first in the Parliamentary Procedure Team contest. The Network Design Team - Michael Hoersten (Crestview), Bart Barthels (Van Wert), Kris King (Van Wert) and Shawn Guelde (Paulding) – garnered first place honors. Thomas Moore (Paulding) placed first in Computer Security while Shawn Guelde placed second. Kody McCague (Paulding), placed first in PC Servicing and Troubleshooting. The team of Dakota Talbott, Nathan Theis, Brandon Jarrell, and Dylan Ankney, all from Paulding, took first place in the Web Application Team event. Junior Daniel Perkins (Van Wert) placed first in VB.NET Programming, while senior Michael Hoersten (Crestview) placed first in Computer Network Tech-

Aryn Denny (Wayne Trace), a senior in the Medical Office Management program, placed first in the Integrated Office Applications. Krystal Gamble (Lincolnview) placed first in Medical Office Procedures contest and Caleb Lawrence (Wayne Trace) took first place in Interview Skills. Alyssa Black (Parkway), placed second in the Medical Office Procedures. Bianca Salisbury (Parkway), took second place in Advanced Office Systems and Procedures. Jasmine Price (Antwerp), placed second in Fundamental Workd Processing Skills and Ciera Zeigler (Van Wert) placed second in Advanced Interview Skills. Four students - Aryn Denny (Wayne Trace), Natalie Kindell (Crestview), Megan Stutz (Parkway) and Courtney Temple (Wayne Trace) – joined forces to take first place in the Administrative Support Team contest while four other Vantage students - Olivia Hook (Wayne Trace), Caleb Lawrence (Wayne Trace), Emily Shuherk (Paulding), and Cierra Zeigler (Van Wert) - placed second in the same

Students who qualified for the state contest will compete in March in Columbus. Congratulations and Good Luck to all student competitors!

REEXAMINING OHIO'S POLICIES TO MAKE US MORE COMPETITIVE

Guest Column from Rep. Lynn Wachtmann

With the national economybecomingincreasingly competitive, it is relatively easy for people to pack up and relocate to states where the job market is thriving, workers can keep more of their own money and the education system is top-notch. I have lived in Ohio my entire life and am proud to be from northwest Ohio, where our communities are filled with resilient, resourceful people. However, it is becoming very clear to me—as well as to many of you—that Ohio is falling behind the rest of the nation in many differ-

It doesn't take a rocket scientist to figure out that our state's punitive tax code is a significant contributor to the loss of hundreds of thousands of wealthy individuals, entrepreneurs and businesses from our borders. When you live in a state with a redistributionist economic policy, you can't help but suspect that this, at least in part, drives out many of our citizens who just want to keep the money that they've worked hard for all their lives and saved for their children.

I, for one, am not a redistributionist; I believe in growth and investment, and in order for our state to rebound from this economy and get back in the race for jobs, we need to become a state that does not, as President Obama so aptly put it, "redistribute

the wealth." That is why I am strongly supporting numerous initiatives that my House

colleagues and I are pursuing this General Assembly to make our state competitive again. One of these vital pieces of legislation is House Bill 3, which would repeal Ohio's death tax. Let me ask you—if you have lived in Ohio your entire life, paid taxes on your income, and paid sales tax on your purchases, should you have to be taxed twice on your life's savings just because you were audacious enough to die in Ohio? Should your family have to fight a legal nightmare while they are also grieving their loss? Our heirs should be able

to enjoy the fruits of our labor or inherit the family business without fear of paying an egregious tax on top of it. I find such a tax disrespectful to the deceased and to the families they've left behind. To top it off, Ohio has the lowest exemption rate of any state in the entire nation, which is putting us at an even bigger disadvantage. I hope to see this legislation pass quickly so we can repeal this terrible tax.

Another measure that we need to pursue as a state in order to be more competitive is to modernize our education system. After all, our schools are responsible for education our future workforce and enlightening young minds. Our former governor attempted to "modernize" our schools, but to put it mildly, this so-called "evidence-based model" ended up being just a laundry list of pricy unfunded or underfunded mandates.

Thanks to these education changes, many schools had to make deep cuts to extracurricular activities or student programs just to meet the new requirements. Now that Ohio has new leadership, we are taking immediate steps to fix the damage that these school mandates have caused by introducing House Bill 30, which would repeal several costly mandates. It would repeal the all-day kindergarten mandate, eliminate the requirement to reduce teacher-pupil ratios in early elementary grades, repeal specific school district reporting and spending mandates, and change the "five-year forecast" requirements for school districts in current law to a

"two-year forecast." The Ohio House is moving quickly on both of these bills because of the positive impact they will have on our state This is not a time for a wasteful, ineffective bureaucracy or education mandates that put our schools in jeopardy. We need to undo years of inefficiency and the irresponsible policies that were enacted by Ohio's Democrats over the past two years. As the Ohio House works to bring our state back into the national economy and create jobs for our citizens, I encourage you to contact my office at any time with questions or concerns.

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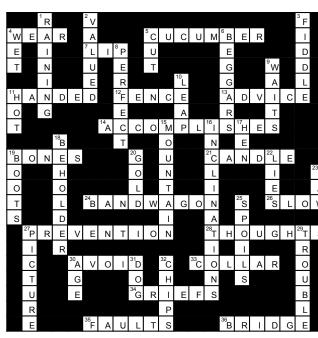
PAGE 9 - WEST BEND NEWS - FEBRUARY 23, 2011 THE WEST BEND NEWS Sudoku Puzzle

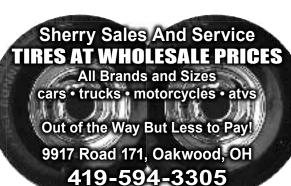
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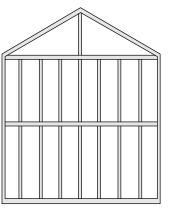
Crossword answers to "Finish These Phrases"







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WAYNE TRACE JR/SR HIGH TEACHER OF THE MONTH



Wayne Trace Jr/Sr High School recently named Mrs. Kim Miller as the January Teacher of The Month. Mrs. Miller is shown accepting the award from her students: Gina Sinn, Erin Jewell, Grant Gillette, and James Weaver. The January Teacher of The Month Award was sponsored by N&N Quick Stop in Grover Hill, who donated a \$25 gift certificate, that was presented to Mrs. Miller. Way to go Mrs. Miller and thanks for all that you do!

THE PUNKY PRUNE

By: Rachel Steiner

This week I am going to

continue last week's column with a little more detail on eating whole grains. There are some special tips for eating whole grains. First, you will want to make sure you chew the grains thoroughly. They will be harder to break down because of all the natural fiber and you want to make sure you are able to absorb all of the wonderful nutrients. Another tip is to soak your grains before cooking them. This process allows enzymes and other helpful organisms to neutralize and break down complex starches and difficult-to-digest proteins, including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains, nuts or beans. Everyone will benefit, nevertheless, from the release of nutrients and greater ease of digestion.

To do so, measure out your grains and place them in a pot with warm water for 8-24 hours. This will allow the grain to begin being broken down to make it easier to digest. You should also add a

dash of an acidic base to further help in breaking down the grains. Yogurt, lemon juice or vinegar work best and there is no difference in taste when the food is eaten. Then when you are ready too cook, just drain out to soaking water, add fresh and cook as usual. Pay special attention because they may cook slightly faster then usual. We soak our oatmeal the night before for each breakfast in addition to any grains we eat for other meals and even flour for baking and bread.

Another good option to get more nutrients and aid digestion of whole grains is to sprout them. Traditionally, all grains and seeds were sprouted and studies have shown that as much as 10-20 times more nutrients are found in sprouted products versus those that are processed. Sprouting has three fundamental benefits. First, it activates food enzymes which aid in proper digestion. Second, it increases vitamin content and third, it neutralizes phytic acid making it easier to absorb minerals (nourished kitchen.com). An added bonus is that once sprouted, the grains don't need to be

cooked! This is fabulous news for me as I have vet to cook a batch of rice and beans without boiling it over and having a huge mess to clean up! However you may cook them if you choose. I often sprout grains and use them uncooked in salads with a little lemon juice, balsamic vinegar, and some chopped

veggies or fruit. Many health food shops and internet sites offer sprouting kits, but we have had great success with our makeshift sprouting tools at home. Simply take a glass jar and add the item to be soaked (any grain, bean, nuts, seeds, etc.). Cover with warm water for 8-24 hours and leave out on the counter. We cover the jar with a piece of screen (kindly given to us from my fatherin-law who had some left over from fixing a window. Yes, I thoroughly washed it!) and secure it with a rubber band. You can find screen or mesh at any hardware store. After you have finished soaking, simply drain the soak water from the jar, made easier by the mesh, add a little more water to cover the food, swish it around and drain again. Set the jar upside down at a 45ish% angle to let it drain. I often just stick the jar in the dish drying rack on the counter. Now the only thing left to do is to repeat the 'add water, swish, and drain' procedure twice daily until the sprouts are the size you desire. This may take from 1-5 days. Once they are finished, you can store them in a clean container with a loosely-vented lid in the fridge. Place a paper towel (or clean rag/fabric scrap to save the trees!) at the bottom of the container to absorb any moisture. They should last around seven days. If soaking nuts or seeds, once they are sprouted, you should leave them out to dry on top of a clean towel on the counter before consuming or making

It may seem that eating healthy can be overwhelming and I agree that it makes you plan and prepare more, but the benefits for mind, body and soul are totally worth it. And like anything else, once you make something a habit, you hardly think twice! If you have any specific

questions or topics you'd like to see covered, email punk prune@yahoo.com

THE COMMUNITY WHEEL

At a community meeting held Tuesday night, February 8th, area residents heard about the Heritage Ohio program, "Ohio Main Street", which has been working with communities across the state to revitalize their historic or traditional commercial areas. Ohio Main Street is not just a "project" or a grant, but a process! The structure of the program may provide important guidelines for the Village of Antwerp.

The trademarked structure uses a four point methodology to create a total image for the community: Providing the retail/professional area with its necessary market niche, creating a cohesive visual identity unique to the community, and nurturing a cultural ambiance associated with the community's location, appearance, and way of life. The "Main Street" Approach gradually builds on existing resources and fosters improved community leadership and support on behalf of the Central Business District for the long term. The four-points or committees are Organization, Design, Promotion, and Economic Restructuring.

The lead committee is Organization, trying to get everyone working toward the same vision for downtown. The organization committee builds consensus and cooperation among the many groups and individuals involved in the revitalization process. To ensure a self-reliant, broad-based, long-lasting downtown revitalization program, the entire community must rally around the idea. Cooperation from both the public and the private sector is critical to achieve visible results. As the keystone to success, organization is broad based, public and private oriented, and

volunteer driven! A second committee focuses on Design, getting downtown into top physical shape. Members of this committee work to improve the downtown's image by improving its physical appearance—not just the appearance of buildings, but also of street lights, window displays, parking areas, signs, sidewalks, street scapes, street furniture, landscaping, zoning, promotional materials and all other elements that convey a visual message about what the downtown is and what it has to offer. Main Street's goal is to work with

The third committee deals with Promotion, getting more people to visit downtown. Marketing the commercial district's assets to customers, potential investors, present and new businesses, local citizens, and visitors. To keep investors, visitors, and businesses coming downtown, Main Street must reshape the community perspective of downtown as a hub of activity. Successful downtown image campaigns, as well as promotional activities that build upon the community's unique heritage and culture send a consistent, compelling message promoting the downtown area. Effective promotion creates a positive image of the downtown through retail promotional activity and special events utilizing the downtown as a stage area of community ac-

nomic Restructuring, works at getting downtown businesses healthier. The focus is on strengthening the downtown district's existing economic base while finding ways to diversify it and expand it to meet new opportunities and challenges from outlying development. The ultimate goal is to create downtowns that are economically viable, helping existing downtown businesses to expand and recruiting new businesses while providing a balanced mix, converting unused space into productive property, and sharpening the competitiveness of downtown merchants. Researching the regional market and consumer trends give Main Street organizations a realistic picture of what market mix will work for their downtown.

A final committee, Eco-

tivities.

The second community meeting is scheduled for Wednesday, March 2nd in the High School Auditoria. The meeting will begin at 6:30 p.m. The goals of the meeting will be to more fully understand the structure of the four committees, identify a participant "wish list" of items needed to continue improvements in Antwerp, and determine when each committee will meet next. Connie Mack, a certified Main Street Manager will be the presenter. For more information call 419-258-2455.

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ANTWERP CHAMBER OF COMMERCE

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Under the leadership of Mike Reno, in his second term as president, the Antwerp Chamber of Commerce is moving forward into 2011. The Chamber is currently in their membership drive and welcome anyone who is interested in promoting Antwerp and the community to become a member. There are three membership levels: individual, small business and large business.

It was reported at their February meeting that there are only a few Memories of Antwerp ornaments remaining and they are available at the Antwerp Pharmacy. Also available are what is left of the previous nine ornaments. Having completed ten ornaments, the series is finished.

Looking forward to the summer, the Chamber is making plans for Day in the Park which will be held August 13, at the Veterans Memorial Park. For the first time there will be a theme -"Fabulous 50's, 60's & 70's". It is hoped that this theme will bring some new energy to the event and offer opportunities for creative activities and food on park day.

Also concerning Day in the Park, the Chamber has decided to not participate in offering a food stand of their own this year, but is making it known through this news release that it will be available to a local nonprofit group. This will be for a minimal fee and any nonprofit group interested should contact the Chamber at 419-258-1722, leave a message, and your call will be returned. By not having to 'man' the food stand the Chamber members will be more available to park visi-

The Chamber will sponsor the Community Garage Sales again this summer. The date will be announced after the March meeting.

The Chamber meets at 12:30 p.m. the second Tuesday each month at the Essen House Restaurant on Woodcox Street.

If you mailed 11,500 Postcards (circulation of West Bend News) it would costs \$3220 not including printing charges. A postcard size ad only cost \$96



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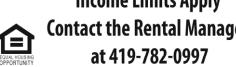
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all these elements to create a friendly, attractive place that will draw in visitors and businesses.

GMC

PH: 419-258-2000 • FAX: 419-258-1313 • www.westbendnews.net BLOOD DRIVE SET AT ANT-

WERP HIGH SCHOOL

The Antwerp chapter of the National Honor Society is holding its annual Red Cross Blood Drive on Friday, March 4, 20011 from 9:00 a.m. – 1:00 p.m. in the Antwerp School auxiliary gym. This blood drive is open to the public, as well as to the students and staff at Antwerp Local School. The NHS is proud to be working with the American Red Cross on this very worthwhile service project, and we are counting on your support. Our goal is 47 units, and with your help, we can reach that goal or surpass it. Anyone who weighs over 110 pounds, and is in good general health is eligible to donate. If you would like to give blood, call the school at 419 258-5421 ext 2123. There are still plenty of open slots, and we will schedule you at your convenience. Please bring your donor card or other form of identification

ANTWERP JR./SR. HIGH SCHOOL FACULTY VS. THE P.C. TIGERS

with you when you come to

donate.

Led by the acrobatic play of high scorer Eddie Hibbard and spurred on by a loud and raucous Antwerp student body, the P.C. Tigers defeated the Antwerp teachers 54-52 in an exciting overtime tilt on Friday, February 18th at the Antwerp High School gymnasium. Down two points with forty seconds to go, the Tigers got a big basket down the stretch to force the overtime session, and then out scored Antwerp 2-0 in the overtime session to pull out the victory. With this win, the Tigers improve their all-time record vs. the Antwerp teachers to 3-0.

customers.

WAYNE TRACE WRESTLING CLUB COMPETES IN OAC DISTRICTS

Sunday, February 6th three wrestlers competed at OAC Districts at Oregon Clay High School. All three of the wrestlers placed 4th, advancing to the OAC state competition in March. Placing were Jarrett Hornish, Brandon Laney, and Hunter Showalter. Nine of the Wayne Trace wrestlers also competed at Patrick Henry on Sunday. Placing 1st were Ty Tinlin, Gage Tinlin, and Robbie Bowers. Placing 2nd were Bryson Parrish, Gabe Sutton, and Hunter Powell. Kamryn Sutton placed 3rd, while Kaiden Woolbright and Jackson Sutton placed 4th. Robbie Bowers also wrestled in a second division which he placed 2nd.

WAYNE TRACE LOCAL **SCHOOL BREAKFAST & LUNCH MENUS FOR THE WEEK OF 2/23 THROUGH**

Breakfast: 2/23 – Pancakes, sausage, milk, juice

2/24 - Egg/cheese omelet, toast/jelly, milk, juice

2/25 - Waffles, sausage,

2/28 – Pizza, milk, juice 3/1 — Egg/cheese/bacon muffin, milk, juice

Lunch:

2/23 - Mac/cheese, mini corn dogs, carrot sticks/dip, fruit crisp, milk

2/24 - Breaded chicken sandwich, fries, sherbet, milk

2/25 - Cheeseburger sandwich, tator tots, mandarin oranges, milk

2/28 - Creamed chicken sandwich, green beans, peaches, milk

3/1 - Rotini/meat, corn, cheesestick, breadstick, pears

Menus are subject to change.

Advertising regularly keeps your business as a constant reminder to your

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Changing your ad periodically not only keeps your ad interesting, but will

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We don't skimp on design and improvements do NOT cost extra.

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easily pays for the ad and brings forth much business.

Advertising Tips

CLASSIFIED ADS Sell it in the Classifieds!

Classified ads are \$7.50 for 20 words or less and \$.15 for each additional word. Bold is \$1.00 additional.

Fax: (419) 258-1313 • Email: info@westbendnews.net P.O. Box 1008, Antwerp, OH 45813 Deadline for classified ads is Mondays at 12 Noon.

Classifieds MUST be paid upfront!!

WANT WINDOW COVERINGS that look great for years? Drapes, valances, verticals, shades, etc. Measured and installed. Call Judy McCalla, Hicksville, 419-542-6182 NATIONAL PARKS OF THE

Golden West - 15 day trip. Depart July 16, 2011. Salt Lake City - Los Vegas - Yosemite Seguoia – Zions – Bryce - Arches - Canyon Lands. Call 419-393-2004.

JONES HOME IMPROVE-MENTS: Siding - Roofing - Garages - Room additions - New construction. 419-786-8135 or Lora: 419-670-3076.

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AL GRIFFITHS CONSTRUC-TION - Windows, light electrical, dry wall, siding, doors & more. Call Al for your repair or construction needs. 419-506-2102.

LEINARD MOBILE HOME COMMUNITY: Across from the A&W. Antwerp has lots available. homes for sale, and rentals. Contracts available. Application and references required. 419-258-

FOR RENT IN WOODBURN: Nice 2 bedroom home, 1st mo. rent free on 12 mo. lease. Call for details. 260-632-5123. tf

FOR RENT IN ANTWERP: 3 bedroom, 2 bath mobile home. Fresh remodel, everything new, no pets. Deposit required. \$390 per month. 260-705-1896. 8-9

DO YOU OR SOMEONE YOU KNOW have a leaking low slope rof or flat roof that has to have repairs done to it every two years? How would you like having worry free quarantee for at least 10 years plus? Eicher's Roofing & Specialty Coating. 260-466-0923. 8-10p

FOR SALE: SHIHTZU CROSSED with registered Japanese Chin puppies. Very colorful, cute & loving. Looks like Shihtzu. Wanting a good home - shots, wormed, family raised. Parents on site. Born 1-23-11; 260-466-4541 8-9p

TAX PREPARATION: in Payne, 419-263-2222. 8-11p

FOR SALE: 1995 F-250 HD 4x4 extended cab. Turbo diesel, 7.3 engine, 5 speed, 8' bed, bed liner, fiberglass tanneau cover, other options. 132,000 miles, \$6,500.00. Call 419-258-2525

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DEADLINE FOR THE CLASSI-FIEDS & "FOR SALE BY OWNER IN THE WEST BEND NEWS" IS MON-DAYS AT 12 NOON!

Missing pictures? We have a stack of pictures here at West Bend News from previous publications.

Let West Bend News announce your engagement, wedding or anniversary. It's only \$6 per column for the photo and the announcement is community news.

From the $\overline{\text{West Bend}}$ News



12 Hours February 26th

Paulding Fish and Game Club

Call: Matt 419-258-1379

Refresher Course...

For Concealed handgun permit holders. If it has been six years since you took your original CCW class you will need this refresher. To renew your license a second time. call Matt for information and to schedule your training

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Paulding Eagles 206 W. Perry

OPEN TO THE PUBLIC

Wednesday **Night Wing Night**

Thursday Night "Mexican Food & Margarita Night" **Rick Heffner of** "Spice" Karaoke 7-10 pm

Monday - Friday **Homemade Daily** Specials starting at 11:00 am

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The character most frequently portrayed on the screen is Sherlock Holmes, created by Sir Arthur Conan Doyle.



genius of baroque music," he was also a father to 20 children, several of whom became musicians.

20th Annual Garage Sale & More FLEA MARKET • GARAGE SALE CRAFTS • ANTIQUES • COLLECTIBLES

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Tickets: \$10 adults

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DECEMBER/JANUARY PAULDING ELEMENTARY'S STUDENTS OF THE MONTH



Pictured in front row (l-r) Kindergarten - Braxton Ricker, Jacob Martinez, Austin Skala, Jillian Treece, Miranda Iler, Chantz Verfaillie. Second row (l-r) First Grade - Logan Vance, Kyle Kelly, Boston Pease, Brody Fisher. Third row (l-r) Second Grade - Patience Salisbury, Hailey Weidenhamer, Nolan Johanns, Payton Beckman, Gabe Sutton. Fourth row (l-r) Third Grade - Austin Keeran, Zoe Kochel, Kaylie Tressler, Tommy McGrath. Fifth row (l-r) Fourth Grade – Ethan Matty, Madison Hull, Tristan Kinder, Mallory Taylor, Cheyenne Rios. Back row (l-r) Fifth Grade - Emily McMichael, Austin Howell, Blake Anderson, Chloe Foltz, Zaine Craig (not pictured).

Paulding Elementary has announced their students of the month for December and January (combined celebration). Students are chosen by classroom teachers based on PAWS Characteris-

tics—Pride, Positive Attitude, Work Habits, and Self-Esteem. A ceremony at lunch is held to honor each student by reading the recommendation from a teacher on why they were chosen. Each child

is allowed to bring one person with them to the celebration. It is exciting to see all the great kids here at Paulding Elementary!

FINANCIAL PLANNING – USING A CHARITABLE TRUST

A wise way for you to make charitable gifts is to create charitable trust. There are many types of charitable trusts, the most common of which include the charitable lead trust and charitable remainder trust. The Paulding County Area Foundation can be a conduit or holder of this type of financial planning according to your wishes and instructions that you give to your attorney and/or accoun-

A charitable lead trust pays income to your chosen charity for a certain period of years after your death. Once that period is up, the trust principal passes to your family members or other heirs. The trust is known as a charitable lead trust because the charity gets the first or lead interest.

A charitable remainder trust is the mirror image of the charitable lead trust. Trust income is payable to your family members or other heirs for a period of years after your death or for the lifetime of one or more beneficiaries.

Then, the principal goes to your favorite charity.

Two important benefits of charitable financial planning are (1) the tax benefit, and (2) you making decisions and having control of your finances both now and when your possessions are in your

Menus are subject to

Health And Well–Being

Ending Obesity With Power Amino Acids®

by Dr. George Scheele (NAPSA)—The secret to suc-

cessfully controlling body weight and living a healthier life may be adding something to—rather than subtracting something from—the daily diet. Recent research has shown that the addition of Power Amino Acids® to the diet corrects the age- and diet-related deficiencies in amino acids, proteins and metabolic pathways that lead to overweight disorders, chronic degenerative disease and acceler-

Quick Fixes Do Not Work

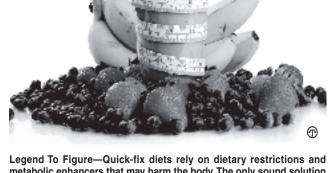
Popular dietary restrictions and metabolic enhancers may harm the body and lead to rebounds in body weight, often to levels higher than before. Diuretics may harm the kidneys and laxatives and cleansing procedures remove the beneficial bacteria that are essential for body repair.

A Better Solution

The only sound solution to obesity is making significant changes in lifestyle—primarily dietary habits—to rebalance body metabolism. This sensible solution needs to be a permanent lifestyle change, something you can practice for the rest of your life.

Elephant In The Room

The problem is that most people cannot change their eating habits to correct the underlying metabolic disorders that lead to weight gain. Two-thirds of Americans suffer from addictive taste disorders for processed foods enriched in sugar, salt and fat that lead to overweight disorders. Half of these people suffer from obesity. Yet weight disorders are only part of the problem. The much larger issue is the underlying metabolic diseases that decrease productivity and life span. Thus obesity appears to be an early warning sign that metabolic processes in the body are unbalanced. This can lead to largely silent disorders such as diabetes; cardiovascular disease; high levels of blood pressure, cholesterol



metabolic enhancers that may harm the body. The only sound solution to obesity is lifestyle changes-primarily eating habits-that rebalance the caloric equation. One such solution is supplementing the diet with essential nutrients like Power Amino Acids®.

and sugar; kidney damage; arthritis; cancer of the breast, prostate and colon; gallbladder disease; and premature aging with wrinkled skin, hair loss and aging nails.

The Benefits

To promote healthy lifestyles that rebalance amino acids, proteins, metabolic pathways and body health, we have formulated a supplement called Factor4 Weight Control® that contains Power Amino Acids, protein, vitamins, minerals and micronutrients. When mixed with water, low-fat milk, berries or fruit juice and consumed as Factor4 power shakes or smoothies, these essential nutrients display powerful beneficial effects on body weight and metabolic health as Power Amino Acids:

- Curb the appetite for processed foods full of sugar, salt and
- Provide feelings of comfort, satisfaction and well-being (comfort targets) even when caloric intake is reduced and "junk" foods eliminated from the diet;

Nselfinkingstampse

increase pep, energy, activity, stamina, endurance, body definition and performance;

• Reset metabolic pathways to burn fat and restore metabolic health throughout the body.

The Bonus The bonus in sticking with Fac-

tor4 over time is that you can achieve sustained weight control and metabolic health for life that will significantly combat the aging Learn More

You can learn more by signing up, free, for The Factor4 Wellness Program and/or the e-book entitled "POWER AMINO ACIDS: The Factor4 Advantage in Weight Loss Success" at www.factor4health.com.

Dr. Scheele

Dr. Scheele is a world-renowned expert in nutrition and metabolic health who participated in work that won two Nobel Prizes in Medicine in 1974 and 1999. His work led to breakthrough discoveries in how amino acids and proteins control body weight and metabolic



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