

# Deaconess Clinic Orthopedics now offers walk-in appointments at two locations

Jasper, IN – Deaconess Clinic Orthopedics is now offering walk-in appointment availability at its offices on St. Charles Street and Second Street in Jasper, providing patients with additional access to orthopedic care for urgent injuries and musculoskeletal concerns. Patients experiencing conditions such as sprains, strains, joint pain, sports injuries, and other orthopedic issues may be seen on

a walk-in basis during designated hours, subject to provider availability. Walk-in appointments are available Monday – Friday from 8:00 a.m. – 3:30 p.m. at the following locations:  
**Deaconess Clinic Orthopedics – St. Charles**  
1900 St. Charles Street, Jasper, IN (812) 634-1211  
**Deaconess Clinic Orthopedics – Second Street**  
695 W. 2nd Street, Suite 2A, Jasper, IN

(812) 996-5950 Patients are encouraged to call ahead when possible to confirm availability. Services may include injury evaluation, on-site imaging, treatment recommendations, and follow-up care from orthopedic specialists. Walk-in visits are available for new and existing patients. Most major insurance plans are accepted. For more information about Deaconess orthopedic services, visit [www.deaconess.com](http://www.deaconess.com).



# AARL Field Day 2026 set for June 27th

The Patoka Valley Amateur Radio Club (PVARC) is participating in the American Radio Relay League (ARRL) Field Day event which runs from 2:00 PM Saturday, June 27 to 2:00 PM Sunday, June 28, 2026. ARRL Field Day is an annual nationwide exercise that tests the amateur radio operators and equipment, and their ability to operate under adverse conditions such as

those that may occur during a disaster. Amateur radio is recognized as one of the only viable communications means that would be available after a large-scale disaster. This exercise involves amateur radio operators throughout the U.S. and Canada who set up temporary stations, many using emergency power from generators, batteries, or solar power. From these

temporary stations, they contact as many other stations as possible in North America and beyond. There are over 750,000 amateur radio licensees in the US and approximately 3 million around the world. More information regarding Field Day and the over 1,000 participating sites around the nation can be viewed at [HTTP://www.arrl.org/field-day-locator](http://www.arrl.org/field-day-locator). The PVARC is

operating amateur radio equipment from 18th Street Park upper shelter house, Ferdinand, IN, Saturday June 27, 2:00 pm thru noon Sunday June 28. The public is welcome to attend and see amateur radio in action as operators demonstrate their ability to communicate with stations throughout the country and around the world. For more information on the

Field Day event or on becoming a licensed Amateur Radio Operator, contact the PVARC at [ka9gdw@tuta.com](mailto:ka9gdw@tuta.com). The Patoka Valley Amateur Radio Club's objective is to foster, educate, and promote amateur radio in the

Patoka River Valley. We meet monthly on the third Tuesday at Jasper Public Library 100 East 3rd Street, Jasper, IN, Hickory room, 6:00 pm. Eastern time, and the public is welcome to attend the meetings.



# Dubois County Cares receives state grant to expand Youth Substance Use Prevention and Diversion Programming

JASPER – Dubois County CARES has been awarded a \$200,000 grant to expand evidence-based substance use prevention and early intervention programming for youth across Dubois County. The grant will be dispersed over two years beginning July 1, 2026. Funding has been provided in part by Indiana Family and Social Services Administration's Division of Mental Health and Addiction. The Dubois County Board of Commissioners has pledged opioid settlement funds to secure the required local match. Through partnerships with local schools, CARES will deliver Botvin LifeSkills evidence-based prevention education to students at key developmental stages. The initiative builds upon a pilot program at Cedar Crest Intermediate

School, which has received encouraging feedback from students and educators. Additional schools will participate as implementation progresses. Northeast Dubois Intermediate and Jasper Middle schools have signed on for the 2026-27 school year. "We have already seen how impactful this type of programming can be for our students," said Haylee Hoffman,

a school counselor for the Southeast Dubois County School Corp. "The lessons help students build real-world skills — confidence, decision-making and refusal skills. We're excited to be part of a model that other schools in the county will now be able to implement." CARES also will collaborate with the Dubois County Prosecutor's Office to provide services for youth who have entered the legal

system because of low-level substance-related offenses. This diversion pathway provides youth with education and support as an alternative to deeper involvement in the justice system. "This program creates an important bridge between accountability and opportunity," County Prosecutor Beth Schroeder said. "By combining prevention education with diversion services, we are giving young people the tools they need to make healthier choices while reducing repeat involvement in the justice system. This partnership strengthens outcomes for youth, families and our community as a whole." The additional programming reinforces the county's commitment to prevention and early intervention. "The county's opioid settlement dollars are meant to create

long-term impact," County Commissioner Chad Blessinger said. "Investing in prevention for our youth is one of the most responsible and meaningful ways we can use these funds. This project represents collaboration at its best — schools, CARES and the justice system working together to address issues before they become lifelong struggles." The CARES Board of Directors and staff emphasize that the expanded programming is about more than just education — it is about building a brighter future. "Substance use prevention isn't a one-size-fits-all approach," said Candy Neal, CARES program director. "This initiative allows us to meet young people where they are, whether that's in a classroom learning life skills or through

a diversion program that offers a second chance. When we intervene early and intentionally, we can reduce harm, strengthen resiliency and support healthier futures." About Dubois County CARES CARES was founded in 2014 as a community coalition and formed as a 501c(3) nonprofit in 2021. Its mission remains focused on strengthening community collaboration to help youth develop the skills they need to be strong, resilient and free from alcohol and drug use. CARES envisions a community where youth are empowered, supported and equipped to live healthy, substance-free lives. More information is available on the organization's website at [www.duboiscountycares.org](http://www.duboiscountycares.org)



# Things that go 'boom' in the summer night



Fireworks are staples of summer, when neighborhoods sporadically light up with multicolored splendor, and distant pops can be heard on a regular basis.

Most fireworks are made of a small tube called an aerial shell that contains various explosive chemicals, says the American Chemical Company. The shell has gunpowder and something called "stars," which give fireworks their color when they explode.

The shell is housed in a mortar that will launch the firework into the air after a fuse is lit. Ultimately, a bursting charge of the firework explodes and ignites the black powder and stars.

If the stars are randomly placed in the shell, they will produce random patterns. But many fireworks are carefully created so that the stars are placed to allow for specific patterns when the firework explodes. The

following are some types of fireworks that surely will be lighting up night skies, courtesy of Sky Bacon Fireworks, Jake's Fireworks, and American Pyrotechnics Safety & Education Foundation, and Pyro City.

- Brocade: This firework has a large number of trailing stars falling slowly in an umbrella pattern.

see **BOOM**, page 10



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# VICTORIOUS *Living* ...in a troubled world

## Open arms, closed arms: *Two ways of meeting life*

By Teresa A. LeNeave  
leneave2@comcast.net

Sarah Jakes Roberts is a New York Times bestselling author. You also know her as a pastor and speaker. She got pregnant at 13, married at 19, divorced at 22, and all while under the intense public scrutiny as the daughter of a very famous pastor. Reading about her life; it's ups and downs and how she was finally able to embrace who she was, is such an inspiration. In her book, *Power Moves: Ignite Your Confidence and Become a Force*, she shares her struggles and what it takes to get back up.

She reminded me of the two ways we meet life. There seem to be two kinds of people in the world. Not by wealth, intelligence, background, or success, but by the way they meet life itself. Some people move through the world with open arms. Others move through it with closed arms, but can you pass from one side to the other? Can you gain confidence if you



have none? She says yes you can.

The open-arms people are not necessarily happier, luckier, or more privileged. They have suffered losses, disappointments, and heartbreaks just like everyone else. Yet they possess a willingness to embrace what comes. Somehow they find ways to make peace with circumstances they never would have chosen.

Closed-arms people, on the other hand, often struggle to accept the life they have been given. They may carry a quiet resistance to reality. The job they didn't want, the relationship that ended, the dream that never materialized, the

family they were born into, the challenges they never asked for. These become sources of ongoing conflict. Their energy is spent wishing things were different.

When disappointment arrives repeatedly, closing one's arms can feel like protection. If you expect life to hurt you, embracing it may seem foolish, but Sarah says that's where you find freedom. On a Mel Robbin's podcast, "How to become the most confident version of yourself and step into your power", I heard Sarah say: You cannot heal while you are still punishing yourself.

It seems there is a hidden cost to living with closed arms.



Resistance does not stop pain; it often prolongs it. The more tightly we cling to the belief that life should have been different, the harder it becomes to appreciate what is actually before us. Opportunities go unnoticed. Relationships remain distant. Joy arrives at the door but finds no invitation to enter.

Open-arms people understand something important: acceptance is not the same as approval. Embracing life does not mean liking every part of it. It does not mean pretending suffering is good or that injustice should be tolerated. Rather, it means acknowledging reality

before deciding how to respond. They recognize that fighting against what has already happened is a battle that cannot be won.

The paradox is that acceptance often creates the possibility for change. Once we stop denying reality, we can work with it.

Most of us are not entirely open-armed or closed-armed. We move between the two states throughout our lives. We embrace some experiences and resist others. We welcome success but reject failure. We celebrate beginnings but mourn endings.

Life doesn't ask for our permission before slapping life changing circumstances on

us. It presents us with circumstances, opportunities, setbacks, and surprises without consulting our preferences. In the end, the quality of our lives may depend less on what happens to us and more on how we hold onto what happens.

The people with open arms are the ones who have learned that life, however imperfect, is still worth embracing. My sister who was diagnosed with stage four lung cancer, didn't choose it. But she is walking through it with such grace that she inspires others. Perhaps the greatest freedom we can find is not in controlling our circumstances, but in gradually opening our arms to the life that is already here and knowing God will make the best of it. He will turn what the devil meant for evil into something good. (Gen. 50:20).

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose" (Romans 8:28).

## Our world is not meant to be perfect

By Dr. Billy Holland

The Lord has given most of us a good life filled with blessings, but with me, no matter how much "stuff" we accumulate, it does not bring spiritual contentment or joy. And in all honesty, it's not supposed to. I've been around a while, and lately I'm rarely pleased with anything. I realize I'm probably too picky, but I have a standard that simply wants what I pay for. It seems no matter how much I spend, there are always details that disappoint me. For example, over the years we've had a lot of remodeling work done on our home, as most of you know, it's not cheap. The problem is that instead of skilled craftsmen who take pride in their work, there is now an army of people who try to hurry

and finish a job without the conviction of doing it right.

Another area I'm growing weary of is the food industry. In our area, there are only a few places that serve decent meals, while the overwhelming majority of restaurants have disgruntled employees, and this lackadaisical attitude shows up in their service and their products. I do not believe it's demanding too much to have an expectation to be satisfied with my purchase. Again, it's obvious in our day and age that most people do not want to work, and couldn't care less about doing what they are paid to do. Whether it be new cars, new houses, clothing, vacations, or whatever, it seems that very few things are what we dreamed they would be. Surprise: it

was never intended to. Even Solomon, who had everything, was depressed because nothing on earth can spiritually satisfy or take the place of our personal relationship with God.

I've often wondered if my expectations are unrealistic, but I just believe that when we pay for something, we deserve a quality product and quality service. It's one thing to make a mistake, but when there is no effort or concern to give people what they pay for, this is unacceptable. Controlling how we react to disappointments can help our emotional roller coasters, and when we recognize that flaws and failures will always be with us, it allows us to appreciate the small victories when they happen. How encouraging it is to imagine that many of

our loved ones, our new name, our new body, our inheritance, and citizenship, along with crowns and rewards, are all a part of our glorious and "perfect" future. How wonderful to know that heaven will be filled with endless praise, everlasting joy, perfect peace, and contentment without darkness, discouragement, or disappointment.

We are only briefly passing through this "imperfect" world, and the only thing we will take with us when we leave is an account of how we lived. It's sad but true that not everyone is concerned with their eternal destiny. We are graciously given eternal life when we repent, confess, obey, and receive Christ as our Lord who willingly paid our ransom. Billy Graham is quoted, "I will not go

to heaven because I am a preacher. I'm going to heaven entirely on the merit of the work of Christ. The most thrilling thing about heaven is that Jesus Christ will be there!" "Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born-again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you" (I Peter 1:3-4).

When we talk about hope, this usually means we are wondering if something is going to turn out the way we want, but there is a spiritual hope empowered by faith where we can definitely know that God is watching and

listening, and that our prayers will be answered without having to worry or be afraid. Romans 15:13 reminds us, "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." You see, those who trust and know God have been born again into an eternal inheritance that can never change or fail. Adam and Eve, and even the earth is under a curse, but there is coming a day when mediocrity will be no more. God has always been perfect, and in the future, we will be perfect, heaven will be perfect, and we will never be disappointed again.

Dr. Holland is an ordained minister, chaplain, teacher, and author. Read more about the Christian life at [billyhollandministries.com](http://billyhollandministries.com).

## Outdoor Truths: Balanced Believers

By Gary Miller

If you want deer on your trail cameras this time of year, then make sure you have a salt or trace mineral block out if your game laws allow. Because sodium is often lacking in spring and summer vegetation, the deer will seek these spots to fill that lack. And if you notice, most of the time they are more interested in the ground around the block than the block itself. As the sodium melts into the soil, the soil becomes a bowl

of mineral cereal that deer love. Bucks need it to help build antler growth and does need it to help provide minerals to their recently birthed fawn. But just as salt creates thirst for us, it also does that for the deer. So, water is crucial this time of year as well. It's all about balance. Food, supplements, and water. And just enough of each.

I'm reminded of a man who bought a parrot from a pet store. After several days, the bird still hadn't said

a word. Concerned, the man returned to the store. "Maybe he's lonely," the owner suggested. "Buy him a mirror." The man did, but the parrot remained silent. A few days later, he returned. "Maybe he needs something to do," said the owner. "Try a ladder and a swing." The man bought both. Still no words. Finally, the pet store owner suggested a larger cage. The man purchased it and went home. Several weeks later, the owner ran into the man at the grocery store. "How's

that parrot doing?" he asked.

The man lowered his head. "Unfortunately, he died." "He died? Did he ever say anything?" "Yes," the man replied. "Right before he died, he said, 'Didn't that pet store sell any food?'"

If I could teach Christians one thing about living around unbelievers, it would be that influence is more important than instruction, and experience is more impactful than

theology. Jesus said we are to be salt and light. Salt adds flavor. But too much salt is bitter. Light adds clarity and illumination, but too much light blinds. The impact of Jesus on our lives came as someone brought the right amount of flavor and clarity on the person of Jesus. And this balance is still the way. Any other approach is like providing a restaurant, when the real need is just a sandwich.

Join me on Zoom each Tuesday morning at 6:30 central time as

we dive deeper into this week's Outdoor Truth.

Gary Miller  
[gary@outdoortruths.org](mailto:gary@outdoortruths.org)

Gary Miller has written Outdoor Truths articles for 23 years. He has also written five books which include compilations of his articles and a father/son devotional. He also speaks at wild-game dinners and men's events for churches and associations. Stay updated on Outdoor Truths each week by subscribing at [Outdoortruths.org](http://Outdoortruths.org)

# Area Deaths

## Rosalie A. Isenbarger

Rosalie A. Isenbarger, age 91, of Jasper, Indiana, passed away at 12:47 p.m. on Monday, January 26, 2026, at Deaconess Memorial Hospital in Jasper, Indiana. A celebration of life will be held at 10:00 a.m. on Saturday, May 30, 2026, at the Mishawaka United Methodist Church in Mishawaka, Indiana. The Reverend Russell Yoder will officiate.

## Michael "Mike" J. Mehling

Michael J. "Mike" Mehling, age 79, of Jasper, Indiana, passed away surrounded by family at Deaconess Memorial Medical Center in Jasper, Indiana. A funeral service for Michael J. "Mike" Mehling will be held at 11:00 a.m. on Thursday, May 28, 2026, at the Becher-Kluesner Downtown Chapel in Jasper, Indiana, with burial to follow in Fairview Cemetery in Jasper, Indiana. The American Legion Post #147 will conduct military graveside rites. A visitation will be held from 9:00 a.m. until the 11:00 a.m. service time at the Becher-Kluesner Downtown Chapel on Thursday.

## John George Schnarr

John George Schnarr, age 78, of Jasper, Indiana, passed away on May 21, 2026 surrounded by loved ones. A Celebration of Life for John G. Schnarr will be held at 11:00 a.m. on Thursday, June 4, 2026, at Trinity United Church of Christ. Pastor Elisabeth Baer will officiate. A visitation will be held from 9:00 a.m. until 11:00 a.m. service time at the church.

## Janice A. Kreilein

Janice A. Kreilein, age 86 of St. Anthony, Indiana, passed away at 10:25 p.m. on Tuesday, May 12, 2026 at Ascension St. Vincent Hospital in Evansville, Indiana. A Mass

of Christian Burial for Janice A. Kreilein was held at 11:00 a.m. on Monday, May 18, 2026 at St. Anthony of Padua Catholic Church in St. Anthony, Indiana, with burial following in the church cemetery.

## Nancy K. Hedinger

Nancy K. Hedinger, age 83, of Jasper, Indiana passed away surrounded by family at 10:57 p.m. on Tuesday, May 19, 2026, at Scenic Hills at the Monastery in Ferdinand, Indiana. A Mass of Christian Burial for Nancy K. Hedinger was held at 10:00 a.m. on Wednesday, May 27, 2026, at St. Joseph's Catholic Church in Jasper, with burial to follow in Fairview Cemetery in Jasper.

## Dana Rae Strohmeier

Dana Rae Strohmeier, age 36, of Velpen, residing in Jasper, passed away on Wednesday, May 20, 2026, due to an automobile accident. Visitation for Dana Strohmeier was held at Nass and Son Funeral Home on Tuesday, May 26th from 3:00 p.m. to 8:00 p.m. EDT and also one hour prior to the funeral service on Wednesday, May 27th at 11:00 a.m., burial followed in Shiloh Cemetery in Jasper. Darrel Land officiated the service.

## Barbara JoAnn Blessinger

Barbara JoAnn Blessinger, age 88, of Huntingburg, Indiana, passed away at 3:17 a.m., Tuesday, May 19, 2026, at The Timbers of Jasper. A funeral Mass for Barbara Blessinger was held at 11:00 a.m., Tuesday, May 26, 2026, at St. Mary's Catholic Church in Huntingburg. Interment took place at St. Mary's Cemetery.

## Willie "Randle" Story

Willie "Randle" Story, 75, passed away on May 20, 2026, at Ascension St. Vincent Hospital in Evansville. Funeral services were held at 1:00 PM CST on Friday, May 22, 2026, at Talbott Funeral Home in Albany, Kentucky. Burial followed in Craig Cemetery.

# Hoosier Hills earns spot on Forbes' Best in State Credit Unions

Hoosier Hills Credit Union has once again earned a spot on the Forbes list of America's Best-In-State Credit Unions in 2026, marking the fourth consecutive year the credit union has received this distinguished honor.

The recognition is presented by Forbes in collaboration with Statista Inc., a global leader in data analytics and industry rankings. The 2026 rankings were officially announced on June 17, 2026 and are available on the Forbes website.

As trusted financial institutions, credit unions play a vital role in supporting local economies and serving the unique financial needs of their communities.

The America's Best-

In-State Credit Unions 2026 list highlights the organizations where members find the most value.

The rankings are based on a final score determined using a weighted system, with 80% based on survey feedback and 20% on online reviews, conducted through these primary methods:

1. Survey  
Approximately 26,000 U.S. consumers were surveyed.

Participants were asked to identify credit unions where they hold checking or savings accounts and rate them across six key areas: trust, terms & conditions, branch services, digital services, customer service, and financial advice.

2. Online Sentiment Analysis: Publicly available online reviews and ratings were analyzed using a sentiment-based approach to further assess member satisfaction.

Hoosier Hills Credit Union is proud to be named among the best in the state of Indiana for the fourth consecutive year.

This continued recognition reflects the trust and satisfaction of its members, as well as the credit union's ongoing commitment to its mission of empowering brighter financial futures and strengthening communities through extraordinary service and genuine connection, one Member at a time.

# Let freedom ring

"Let Freedom Ring" is a national

Independence Day tradition, authorized by Congress in 1963, calling for bells across the U.S. to ring 13 times at 2 p.m. EDT on July 4th to honor the original 13 colonies.

The ceremony, often featuring a solemn 13-count bell toll, celebrates the 1776 signing of the Declaration of Independence.

The National Bell

Festival invites bells and bell towers across America to ring out together at 2:00pm Eastern on July 4, 2026, creating a canopy of sound over our nation.

Cathedrals and churches, community organizations and historical structures, national parks and memorials, and people from all states and territories are encouraged to gather and contribute to the sound.

IN ADDITION, the America 250 – Dubois County committee would like to invite all those to peal (rapid ringing) their bells for 76 seconds – if celebration of our continued freedoms!

In summary, our goal is On July 4 at 2pm EDT please toll bells 13 times and then peal (ring) the bells for 76 seconds.

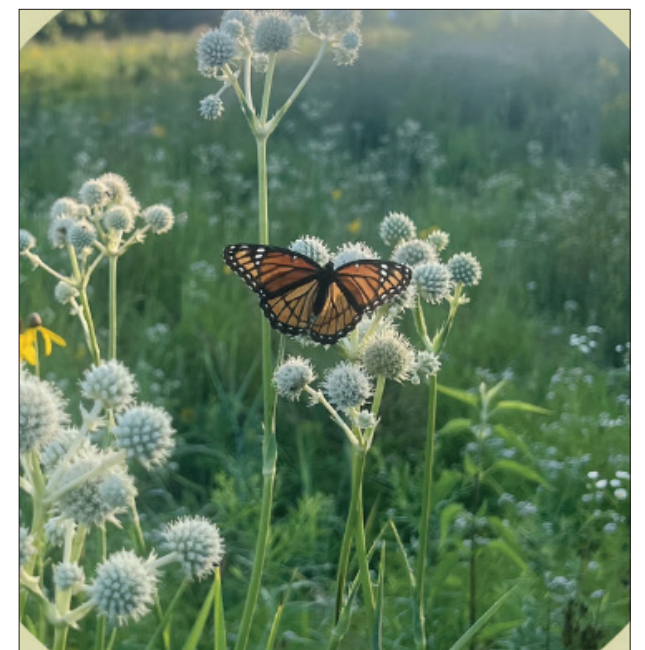
Questions: Gary Eck, geck@eck-mundy.com, work 812-634-8001

# Parklands Prairie Walk set for June 30

A free educational event exploring native prairie plants – Jasper, IN

Join the Invasive Species Awareness Coalition (ISAC) of Dubois County, and the City of Jasper Parks Department for this free evening event Tuesday, June 30th, 6:30pm-8:30pm at the Jasper Parklands, 800 W 15th St. Jasper, IN 47546.

Learn about the native prairie plants growing at the Parklands, and the history of how a former golf course was turned into a rich ecological landscape. Native plant and wildlife experts Will Drews (Nursery Inspector & Compliance Officer for the Indiana DNR Division of Entomology and Plant Pathology), and Olivia Fry (Wildlife Biologist with Pheasants Forever and Quail Forever) will lead this guided nature walk.



Will has around 10 years of experience in the areas of botany/horticulture and restoration ecology and has helped with the installation of many plantings around Indiana. Attendees will meet outside the Parklands Pavilion and then take trails through portions of the park's low-statured prairie.

RSVPs are not required, but for any

questions contact The Dubois County Soil and Water Conservation District at 812-482-1171 x3. The Jasper Parklands entrance is located at 800 West 15th Street, and the Pavilion building is located just off the parking lot. Learn more about the event hosts online at [www.isacdc.org](http://www.isacdc.org) and [www.jasperindiana.gov/parks/](http://www.jasperindiana.gov/parks/).

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## YOUTH FIRST

# The importance of exercise for youth brain development and mental health

By Lori McIntire,  
Youth First, Inc.

Raising happy, healthy children is a top priority for most parents. They ensure their kids attend all their medical check-ups, provide for their basic needs, nurture and guide them, and offer emotional support, aiming to foster optimal mental and physical health in their little ones.

What about making sure their kids are physically active? The physical health benefits of exercise are clear: disease prevention, improved cardiovascular health, weight management, bone strengthening, and enhanced overall well-being. But we must also ask ourselves, what are the mental health benefits of routine physical activity?

We can no longer deny and must respect the mind-body connection. An intricate relationship exists between our emotions, thoughts, attitudes, and physical health.

This relationship is especially important concerning child and adolescent brain development.

When we exercise, the blood flow to the brain increases, delivering more oxygen and nutrients to the brain. The chemicals produced and released during exercise act like fertilizer for brain cells, creating new neural connections and strengthening existing ones. These neural connections are responsible for memory, learning, and emotional regulation. Dr Sarah Thompson, pediatric neurologist, explains it simply: "When kids exercise, their brains become more flexible and resilient. It is like giving their minds a playground to grow and develop."

In today's world, children face numerous stressors, including academic pressures, family-related issues, and social challenges. However, according to Katrina Starr, PhD, there is a growing

body of evidence suggesting that exercise helps relieve symptoms of common childhood mental health conditions, including anxiety, depression, and ADHD. Exercise can also serve as a protective factor against stress by enhancing the brain's resilience to it.

Exercise triggers three important brain chemicals known as neurotransmitters: endorphins (mood elevators), serotonin (happiness hormone), and dopamine (motivation/rewards). This natural brain boost explains why children often feel more focused, calm, and happy after physical activity. According to recent research, active children typically demonstrate better focus in class, stronger memory retention, and improved problem-solving abilities. Therefore, disciplining children by removing recess breaks may prove to be counterproductive. In addition, parents

should also consider movement breaks after school before asking children to sit down to tackle homework.

To expand, cardio exercise can be especially beneficial for youth who are diagnosed with ADHD (attention deficit hyperactivity disorder). Exercise can improve focus, retention, executive functioning, and decrease impulsivity. Those with ADHD may also function better in social situations, allowing them to make and retain friendships more easily. Structured activities like martial arts, swimming, and team sports that highlight individual performance, like track and field, can be helpful in this population.

In addition to increasing the happiness hormones, exercise also decreases the stress hormone, cortisol, and reduces anxiety. Exercise can also decrease depression symptoms by distracting the

child from negative thoughts and self-talk. Exercise can also increase self-confidence. For example, mastering new skills like jumping rope, landing a back handspring, or throwing a spiral football pass can create a sense of accomplishment and satisfaction. Exercise can be a good source of social support if kids are engaged in a team sport, a group class, or have an exercise buddy.

As parents, we have the power to shape our children's views of exercise and fitness. It is important to be positive role models and create opportunities to move with your child. It is not necessary to develop a complicated, expensive fitness plan for your family. Start by choosing one physical activity to try with your child this week. Go for a walk, have a scavenger hunt in the park, ride a bike, shoot hoops, or play a game of catch. You might find you

notice improvement in your mental health, too!

Lori McIntire, MSW, LCSW, is a Youth First Mental Health Professional at Westside Catholic School (St. Agnes and St. Boniface campuses) in Vanderburgh County. Youth First, Inc., is a nonprofit dedicated to strengthening youth and families. Youth First provides over 100 highly trained mental health professionals (primarily master's level social workers), prevention programs, parent engagement coordinators, and bilingual support personnel to 130 schools across 14 Indiana counties. Over 55,000 youth and families each year are served by Youth First's school-based social work and community programs that promote mental health, prevent substance misuse, and maximize student success. To learn more about Youth First, visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.

## Caring for Seniors

### How seniors can remain physically and mentally active

Growing older is often equated with slowing down. Aging may be characterized as a period of decline marked by an inability to do the things you once did, but recent data indicates otherwise.

According to a report in the journal *Geriatrics*, a far more optimistic reality awaits seniors. Nearly 45 percent of people age 65 and older show measurable improvements in brain health, physical function or both over time when they take certain steps to promote physical and mental wellness.

#### Physical activity

The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity per week, supplemented by at least two days of muscle-strengthening exercises. Brisk walking or swimming can improve cardiovascular health and reduce the risk of stroke and hypertension, says the Massachusetts Council on Aging. Incorporating yoga or Tai Chi is vital for fall prevention, as it targets balance and flexibility. The CDC says improving joint mobility and balance can significantly extend the amount of time seniors can

live independently. In addition, lifting light weights or using resistance bands helps combat age-related muscle loss, which is essential for maintaining metabolic health.

#### Cognitive advantages

Mental fitness is just as vital to seniors as physical fitness. According to the World Health Organization, routine cognitive stimulation enhances "brain capital," delaying the onset of dementia and Alzheimer's. Strategies for effective mental engagement include:

- Learning: Lifelong



learning techniques include picking up a new language or learning an instrument. This helps strengthen neural pathways that allows the brain to reorganize itself even in later decades.

- Play games: Play isn't just for kids; games like chess or

complex puzzles improve problem-solving and memory retention, according to Nixon Adult Day-care in Houston.

- Socialize: Isolation is a leading risk factor for cognitive decline, says the National Institutes of Health. Group activities like book clubs

or community volunteering can offer emotional fulfillment and mental stimulation.

*Power of positivity*  
Findings from a recent Yale University study indicated seniors with a positive outlook on aging were significantly more likely to show physical and mental improvements compared to those with negative perspectives. Psychological resilience is an important tool for seniors to stay healthy.

Movement, social interaction, stimulating activities, and a positive attitude can help seniors maintain overall health.

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# Hoosier farmers committed to soil conservation

INDIANAPOLIS — The Indiana Conservation Partnership (ICP) recently announced the results of the conservation transect survey, which estimated Hoosier farmers planted 1.58 million acres of overwinter living covers.

The conservation transect is a visual survey of cropland in the state. It is conducted between March and May each year by members of the ICP, including the Indiana State Department of Agriculture, USDA Natural Resources

Conservation Service, Indiana's Soil and Water Conservation Districts and Purdue Extension, as well as Earth Team volunteers, to estimate agricultural conservation practices implemented post-harvest by private land owners throughout the state.

Overwinter living covers, such as cover crops and small grains, provide environmental benefits that include increasing organic matter, improving water infiltration, and adding living roots to the soil for more months of the

year. Other covers, like legumes, serve as natural fertilizers.

This year's survey data estimated that 1.79 million tons of sediment was prevented from entering Indiana's waterways, which would fill about 17,000 train freight cars. In addition, the results estimated 70% of row crop acres were not tilled and nearly 16% of row crops had reduced tillage on them over the winter. This early spring survey is not intended to quantify pre-planting tillage.

"Cover cropping and reducing tillage have

become important conservation tools for Hoosier farmers to help keep their soil healthy and thriving in the winter months," said Don Lamb, Indiana State Department of Agriculture director and Boone County farmer. "I applaud our Division of Soil Conservation, along with partners in the Indiana Conservation Partnership, for their commitment to advancing the mission of conservation stewardship, and I encourage fellow farmers to implement these important practices."

The conservation transect does not differentiate between cover crops and small grains. On a typical year, Hoosier farmers plant fewer than 300,000 acres of small grains, which means the majority of the estimated 1.58 million acres is represented by cover crops.

Visit [www.in.gov/isda/divisions/soil-conservation/conservation-transect/](http://www.in.gov/isda/divisions/soil-conservation/conservation-transect/) to view the full report and learn more about the survey.

###

ABOUT ISDA  
The Indiana

State Department of Agriculture (ISDA) reports to Lt. Governor Micah Beckwith, Indiana's Secretary of Agriculture and Rural Development. Major responsibilities include advocacy for Indiana agriculture at the local, state and federal level, managing soil conservation programs, promoting economic development and agricultural innovation, serving as a regulatory ombudsman for agricultural businesses, and licensing grain firms throughout the state.

## Applications open for 2027 Veteran Farmer Award for Excellence

The American Farm Bureau Federation, with support from Farm Credit, is seeking applicants for the Veteran Farmer Award of Excellence. The award recognizes U.S. military veterans or service members for excellence in farming or agriculture and positively impacting local communities.

The honoree will receive a \$10,000 cash prize plus reimbursement in travel and other expenses incurred for him/her and one guest to attend the 2027 American Farm Bureau Convention in Charlotte, North Carolina, Jan. 8-12. "We're proud to

shine a spotlight on veterans for their service to our nation and their meaningful contributions to agriculture and their communities," said AFBF President Zippy Duvall. "We sincerely appreciate the sacrifices of veterans and active duty service members who protect our freedoms, and we're pleased to honor their continued service to our country in agriculture."

Retired Army Command Sgt. Maj. Matthew Rutter of South Carolina was the recipient of the Veteran Farmer Award of Excellence last year. Rutter served 22 years in the Army, where

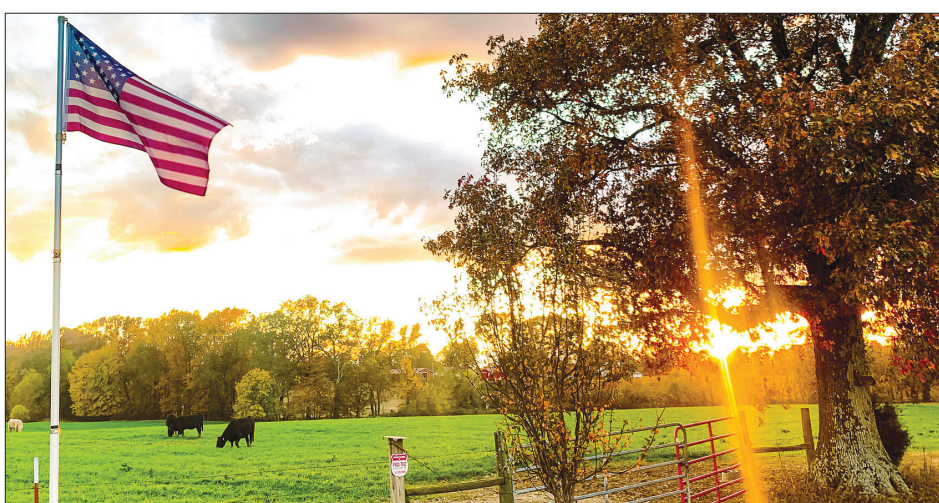


photo credit: AFBF Photo, Mike Tomko

his service included leading intelligence operations across Europe and the Middle East. Rutter co-founded the nonprofit Project

Victory Gardens to help veterans transition to civilian life with renewed purpose and hands-on agricultural skills. He

also developed Farmer Bootcamp, a nationally recognized training program for veterans interested in learning about agriculture.

Veteran Farmer Award of Excellence applications are due by 11:59 p.m. Eastern on Sept. 1. Applicants are not required to be Farm Bureau members. The national award recipient will be recognized by AFBF through various outlets and should be willing to share their story and represent the veteran farmer community. The recipient will be notified in mid-September, with the winner being recognized publicly on Veterans Day – Nov. 11. Learn more and apply at <https://www.fb.org/initiative/afbf-veteran-farmer-award-of-excellence>



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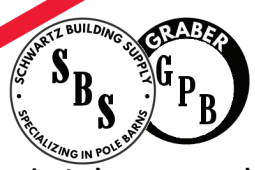
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2013 RED SMART FOUR TWO CONVERTIBLE, 43,000 miles, power steering, power breaks, cruise control, tack, garage kept, stored in winter, 35-40 mpg.Very clean, well kept car! Comes with car cover. This car won 1st Place in open stock competition at Heartland Worship Center Car Show in 2014. \$9,500. Call 270-554-7367, leave message if no answer. (tfn)

2000 DODGE RAM 2500 SERIES, V8 Magnum SLT, 17" NEW Tires, Body Lift

Kit, Cold Air, 103,000 miles \$6500.00 - 812-549-5216 or 812-309-2214.

2004 STERLING tri-axle dump truck, 8LL transmission, 16.5 ft. aluminum bed, 849,000 miles, great shape, mechanically sound, one owner, professionally maintained. Mid 30's Call 812-639-1078 (tfn)

2009 TOYOTA CAMRY LE. New tires. \$6,250 call 812-639-1246.

2006 YAMAHA ROADLINER 1900 w/ accessories. 29,000 miles and 2,000 miles on the tires. Drag pipes and Mustang seats. \$5,500 call 812-686-1774.

2004 STERLING TRIAXLE DUMP TRUCK, 8LL transmission, 16.5 ft. aluminum bed, 849,000 miles, great shape, mechanically sound, one owner, professionally maintained. Mid 30's Call 812-639-1078 (tfn)

1976 CADILLAC ELDORADO CONVERTIBLE, front wheel drive, 22,400 actual miles, 2nd owner for over 30 years. Mint. Never rained on. Always garaged and covered. \$23,900 firm. 812-481-1470.

**MOTORCYCLES & ACCESSORIES**  
2001 1200cc Sportster Turned Trike, low mileage, \$8000. Please call 765-618-4497. (6-7-24 tfn)

2007 Honda Shadow, excellent motorcycle. 2 owner. White & Grey. 13,100 miles. Asking \$4,000. Please call...765-661-5498. (7-26-22 tfn)

# To place your ad, call 765.674.0070 or 812.827.2232



**We install Standing Seam Metal Roofs**  
**We sell Standing Seam Metal with delivery on site**

**Give us a call**  
Office **765.857.2623**  
Cell **765.509.0069**

# HERITAGE GOODHEW



## Advertise With Us

### Newspaper advertising works!

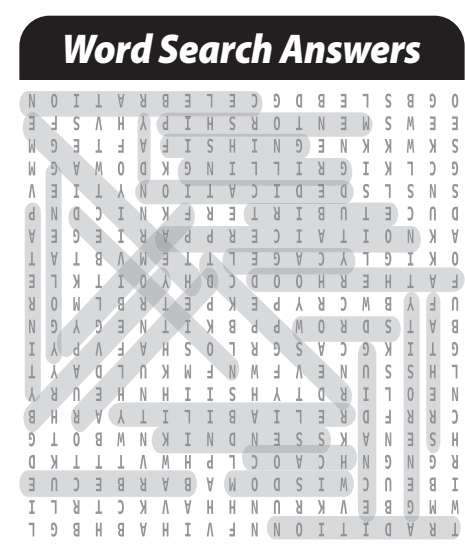
- Targeted local reach
- Community trust
- Excellent value
- Ads with staying power

To place your ad, call  
**765.674.0070 | 812.827.2232**

### Sudoku Answers

6	9	8	1	2	5	4	3	7
7	2	5	9	3	4	8	6	1
4	3	4	8	7	6	2	5	9
5	8	7	4	9	3	6	1	2
2	4	6	5	7	1	3	8	9
3	9	1	3	9	6	8	2	5
8	5	8	7	9	5	2	6	8
3	8	5	9	4	7	6	1	2
8	5	8	7	9	5	2	6	8
2	7	6	8	1	3	2	5	4

### Word Search Answers





**WE'RE HIRING** **HELP WANTED** **JOIN OUR TEAM**

**WE ARE HIRING** **GET THE WORD OUT**

Connect With More Local Job Candidates.  
Advertise in the Classifieds!

Print & online packages • Affordable ad rates

To learn more or get started, call or email today.

Email [kpiads@ky-news.com](mailto:kpiads@ky-news.com)  
or Call 765-674-0070 or 812-827-2232

**BOOM,**  
from page 2

It's one of the most common firework effects.

- **Cake:** Sometimes called a "repeater" or a "multi-shot aerial," a cake is a firework that has a single fuse used to light several tubes in sequence. They fire at a rapid pace and can sometimes feature more than 1,000 shots. Cakes are often used as part of a show's finale.
- **Chrysanthemum:** This is a spherical break of colored stars that leave a visible trail of sparks.

- **Crossette:** A crossette is a shell that contains several large stars that travel a short distance before breaking apart into smaller stars with loud crackling sounds. This creates a criss-crossing effect.
- **Dahlia:** This shell produces a starfish-like shape when it bursts.
- **Firecrackers:** These are more about bang than flash. They lay on the ground, and when the fuse is lit, will go off one after another with a loud bang.
- **Fish:** These produce an aerial

effect that seems like several objects swimming through the air and only lasts a few seconds.

- **Fountains:** These fireworks shoot between four and eight feet into the air and are very colorful. They are sometimes called "driveway items" or "safe and sane" because they don't propel like other fireworks and may be safer for novices.
- **Pistol:** A pistol features a center sphere of stars that burst in a spherical shape. Pistils contain an outer sphere of stars as well.



- **Roman candle:** This firework has a paper tube that shoots flaming balls out of one end of the tube.
- **Strobe:** Similar to other fireworks with a spherical break shape, this has the added effect of blinking components that makes it appear like shimmering water in the sky.
- **UFO:** This firework spins very fast and lifts high into the sky, where it bursts into a special aerial effect. They're sometimes called helicopters, sky flyers or planes.

There are many different types of fireworks that add bang and color to evening celebrations.

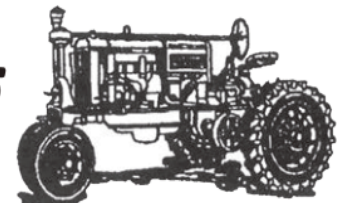
# MORGAN COUNTY ANTIQUE MACHINERY ASSOCIATION

Visit Us Online: [www.mcama.org](http://www.mcama.org)

## 34th ANNUAL SHOW - June 26th, 27th & 28th, 2026

(Set-up all day on Thursday, June 25)

FEATURING MINNEAPOLIS MOLINE, OLIVER AND ODD BALL TRACTORS  
FEATURED ENGINE: INDIANA MADE



MORGAN COUNTY FAIRGROUNDS, MARTINSVILLE, IN  
I-69 & 252, EXIT 140 WEST

Visit us on FACEBOOK @ Morgan County Antique Machinery Association

### OPENING CEREMONIES - FRIDAY, 9:00 A.M.

ANTIQUA TRACTORS • MACHINERY & GARDEN TRACTORS • STEAM & HIT & MISS ENGINES • CARS, TRUCKS & MOTORCYCLES • WORKING EXHIBITS • BLACKSMITH • TOUCH A TRUCK • FARMERS MARKET • QUILT SHOW • TOY SHOW • CRAFT FAIR, FLEA MARKET & SWAP MEET

NOTE: SETUP ALL DAY ON THURSDAY AT MORGAN CO. FAIR.

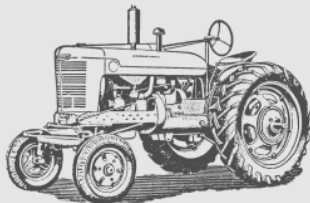
<b>Skilllet Toss Contest</b> All Ladies Welcome \$50 Cash to Winner	<b>GOOD FOOD AVAILABLE ON GROUNDS</b> FREE ENTERTAINMENT KIDS PEDAL TRACTOR PULL	<b>FLEA MARKET &amp; CRAFT SPACE AVAILABLE</b> IN AIR CONDITIONED BUILDING. AUCTION ITEMS WANTED FOR DONATION AND CONSIGNMENT	<b>Church Services Sunday at 8:30 AM</b> LARGE FLEA MARKET, SWAP MEET & CRAFT FAIR
<b>Membership required for Exhibitors (\$15)</b>	<b>FREE BARREL TRAIN RIDES &amp; BOUNCE HOUSE FOR KIDS</b>	<b>TRADING POST &amp; SWAP MEET</b> Bring Your Unwanted Items We Will Sell Them For You	<b>AUCTION SUNDAY 1:00 PM</b>
		<b>4-H TRACTOR DRIVING CONTEST AT 10 AM SUNDAY THE 28TH</b>	<b>CAMPER SPACE AVAILABLE FOR \$25/night Free Primitive Camping</b>



In Partnership With

## MORGAN COUNTY FAIR & MORGAN COUNTY ANTIQUE MACHINERY ASSOCIATION TRACTOR PULLS

WHEN: JULY 10  
Starting at 5pm  
Pits Open at 2pm



WHERE:  
MORGAN COUNTY FAIRGROUNDS  
1749 Hospital Drive, Martinsville, IN

\$20 HOOK FEE

NATPA RULES

PAYOUT FOR EACH CLASS

1st - \$100 2nd - \$50 3rd - \$25

CONTACT JEFF BUSTER WITH QUESTIONS  
(317) 549-5743

### THE GRANDSTAND GATES

\$10 general admission  
\$20 to enter pits

Antique Classes  
3500 lb. 6500 lb.  
4500 lb. 7500 lb.  
5500 lb. 9000 lb.

T/C 4000 5mph  
T/C 4500 5 mph  
T/C 5000 5 mph  
T/C 5500 5 mph

F/C 4750 8 mph  
F/C 5250 8 mph  
F/C 5250 12 mph  
F/C/ 5500 12mph

Indiana Farm Stock Puller Classes  
12000 # NA 6mph  
12000 # NA 8mph  
12000 # Turbo 12 mph

Out of Field Farm Stock  
10,000#, 12,000 #  
and 14,000 #  
Turbo and NA

For more information, contact:  
Jeremy Bright @  
765-346-0490

## Vintage Car, Truck, Motorcycle & Tractor Parts & Antiques Swap Meet

Friday, June 26 and Saturday, June 27th



Tread Trimmers  
Coffee & Cruise-In

Morgan County Fairgrounds  
Sat., June 27th - 8 am to 2 pm

### SATURDAY, JULY 18TH

Tractor Drive Leaving the Morgan County Fairgrounds at 9 AM

All are Welcome - Must be able to Run 10MPH  
Fish Fry Lunch Included

GOOD FOOD AVAILABLE ALL DAY • FREE ADMISSION • FREE ENTERTAINMENT • FREE PARKING

## SCHEDULE of EVENTS

### THURSDAY, JUNE 25th

7:00 AM Setup Begins

### FRIDAY, JUNE 26th

Food Opens at 8 AM Served All Day

7:00 AM Registration and Set-up Opens  
8:00 AM Vendors Open for Business  
9:00 AM Opening Ceremonies  
10:00 AM Working Exhibit Demonstration  
1:00 PM Tractor Dyno Opens  
2:00 PM Working Exhibit Demonstration  
3:00 PM Tractor Games  
4:00 PM Skilllet Toss/Nail Driving Contest  
5:00 PM Working Exhibit Demonstration/Cruise-in Opens  
6:00 PM Tom Fiddlerly at the Gazebo  
9:00 PM Cruise-in Ends

### SATURDAY, JUNE 27th

Food Opens at 8 AM Served All Day

7:00 AM Registration and Set-up Opens  
8:00 AM Vendors Open for Business  
9:00 AM Opening Ceremonies  
10:00 AM Working Exhibit Demonstration / Motorcycle Ride Leaves Fairgrounds / Touch A Truck / Tractor Begins  
11:00 AM Tractor Teeter Totter Competition  
12 NOON Straw Search For Kids  
12:30 PM Kids Pedal Tractor Pull Registration Opens  
1:00 PM Kids Tractor Pedal Pulls/Farmers Market Ends  
2:00 PM Working Exhibit Demonstration / Pet Adoption Ends / Touch A Truck / Tractor Begins  
3:00 PM Pedal Tractor Games & Races  
4:00 PM Adult Pedal Tractor Pulls

5:00 PM Working Exhibit Demonstration  
6:00 PM Tom Fiddlerly at the Gazebo

### SUNDAY, JUNE 30th

Food Opens at 8 AM Served All Day

7:00 AM Breakfast  
8:30 AM Church Service  
10:00 AM Slow Tractor Drive / Working Exhibit Demonstration  
1:00 PM Auction Begins

We will also be at the Morgan Co. Fair July 10th-18th!

### CONTACT INFORMATION

JEREMY BRIGHT, Pres/Sponsors	765.346.0490	PHIL RAWLINS, Auction	765.346.3267
GARRETT WILSON, VP	765.516.3368	RONNIE BAUGH, Swap Meet	317.752.8554
BECKI HAMILTON, Treas	317.797.2367	KERRIE OWENS, Craft Show	317.318.0384
SUE BOSWORTH, Sec/Flea Market	317.445.6800	KAREN SCHOOLCRAFT, Food Court/Concessions	317.358.5307
HANK BOSWORTH, Camping	317.538.4151	CARL "FRITZ" VAUGH, Tractor Games	812.720.0952
JOHNNY SCHOOLCRAFT, Auction	765.346.2551		

Free Parking / Free Admission  
Morgan County Antique Machinery Assoc

