Unspoken Heroes – Inside this issue





★ ★ ★ Proudly serving Jasper & Dubois County ★ ★ ★

September 11, 2025 IN GOD WE TRUST WWW.KY-NEWS.COM

CALENDAR

Memorial Hospital Offering Stroke Survivor and Caregiver Support Group

Jasper – Stroke care doesn't end when you leave the hospital. Many stroke survivors and their caregivers experience changes in lifestyles and emotions while adjusting to new daily routines. Please join us at our FREE support group meetings where you can talk openly with others who share similar experiences. The next support group will be held on Tuesday, September 23, 2025, from 1:00 p.m. – 3:00 p.m. in the 1st Level Conference Room at Deaconess Memorial Medical Center. 800 W 9th St. The support group will be held on the 4th Tuesday monthly. Pre-registration is not required to attend. For more information about the Stroke Survivor and Caregiver Support Group, please call, Landon Greulich Neuroscience Nurse Coordinator at 812-996-5684. You can also e-mail questions or comments to strokesupport@mhhcc.org.

Grief Support Series

Jasper – The death of a loved one, a child leaving home, overwhelming changes in one's personal life – each can cause profound grief and suffering. To offer reassurance and comfort, Memorial Hospital and Health Care Center has developed a free support program called "Grief Support Series." In this program, participants will learn that grief is normal, examine the various emotions of grief, be encouraged to face the pain, and find ways to make a healthy emotional withdrawal from the loss. Conducting the sessions will be Theresa O'Bryan, Hospital Chaplain, and Tom Holsworth, a clinical psychologist who has served as a co-facilitator of this program since its inception in 1991. This 5 week program begins Thursday, September 11 and will run for 5 weeks, ending on Thursday, October 9th. Programs will be 6:00 – 8:00 pm. in Deaconess Memorial Medical Center's Chapel. This program is free, and space is limited. Pre-registration is necessary, please call 812-996-0219.

"Your Health and Diabetes" Education

Jasper – Discovering the diagnosis of diabetes can be overwhelming. Deaconess Memorial Medical Center wants to support you in this transition of lifestyle, and sponsors a continuing education group for persons with diabetes, pre-diabetes, or anyone who is interested in learning about the disease. This support group is held the third Monday of each month and provides knowledge to help you feel more secure, manage problems, and avoid hospitalization for diabetes-related issues. The next meeting will be Monday, September 15, 2025 from 2:00 pm-3:00 pm p.m. on the 3rd floor of the Barrett Building at Deaconess Memorial, on 800 West 9th Street in Jasper. For more information, please contact Deaconess Memorial Medical Center's Diabetes Management and Prevention Services at 812-996-0521.

Memorial Hospital September Fitness Class Schedule

Jasper – A minimum of 30 minutes of moderate-intensity activity on most days of the week is recommended. Regular physical activity has numerous health benefits, which is why Deaconess Memorial Medical Center offers a variety of fitness classes for people of all ages. All classes are held at Memorial Southside Office, 1100 West 12th Avenue in Jasper (unless noted otherwise). The following is a list of classes being offered in September: Power 60, Pump 2.0, Pilates 1.0, Cardio Sculpt, Core 45. For class details and description or to register for the classes, visit Deaconess Memorial Medical Center's website at www.deaconessmemorial.com/PatientandVisitors/Classesandevents or call the Health and Wellness staff at 812-996-2399.

Change the Life You Live: Diabetes Program
Diabetes touches almost every part of your life. It's a serious, lifelong condition, but there's a lot you can do to protect your health. Deaconess Memorial Medical Center is offering, "Change the Life you Live: Diabetes."
These classes offer the opportunity to achieve optimal health while living with diabetes. The classes are facilitated by Certified Diabetes Educators who teach participants how to control their diabetes using medication, self-monitoring, nutrition, and physical activity. A variety of classes are offered beginning with Diabetes Pathways, which is a baseline class for those newly diagnosed with diabetes. Following the completion of Diabetes Pathways, additional classes are offered for a more personalized curriculum. Participants are encouraged to bring a family member or friend. Pre-registration is required. For more information or to register, call 812-996-0521.

"Preparation for Childbirth" Class

Jasper – It is known that the more you know about your pregnancy and childbirth, the better you will be able to cope with and adjust to changes during this time. Expectant parents are invited to attend Deaconess Memorial Medical Center's "Preparation for Childbirth" classes held on Tuesday, September 30, 2025, from 6:30 p.m. to 9:00 p.m. "Preparation for Childbirth" is class to help prepare expectant mothers and support persons for childbirth, including a tour of the Women and Infant Services Unit. It is recommended that both mother and the support person who will assist the mother during delivery of the baby attend the class. This class is being held in Medical Arts Conference Room at 721 W. 13th St., Jasper. It is free to those who are delivering at Deaconess Memorial Medical Center or \$65. The "Preparation for Childbirth" classes are conducted by qualified obstetrical nursing personnel. To enroll, please visit Deaconess Memorial's website at www.deaconessmemorial. com and click on "Classes & Events." If you are unable to access online, please 812-996-0383.

Friday Community Health Screenings

Jasper – Deaconess Memorial Medical Center is sponsoring a "Friday Community Health Screening" on Friday, September 26, 2025 from 7:00 – 9:00 a.m. at Memorial Southside Office, 1100 W. 12th Ave., Jasper, IN Participants must be 18 years of age or older and will have cholesterol (including total cholesterol, HDL, LDL, and triglycerides) and blood glucose checked via finger stick. A 12-hour fast is required; however, you may drink water and take prescribed medications. The cost is \$30 and may be paid at the screening. The screening lasts approximately 15 minutes, and pre-registration is required. To register for the screening, or for more information, please visit Deaconess Memorial Medical Centers website at www.deaconessmemorial.com and scroll to bottom of the page and click on Classes and Events. You may also register by calling the Health and Wellness department at 812-996-2399 or toll-free at 800-852-7279, ext. 2399.

Pregnancy and Infant Loss Remembrance Ceremony

Jasper, Ind. – Deaconess Memorial Medical Center's Women and Infant Services is hosting a Pregnancy and Infant Loss Remembrance Ceremony to honor and remember God's tiniest angels. The event will take place in Deaconess Memorial's Healing Garden on Sunday, October 5, 2025, from 6:30 – 7:30 p.m. A prayer is scheduled for 7:00 p.m. and will be followed by a remembrance walk and butterfly release. The Healing Garden is located on the east side of the hospital on Memorial Drive. In case of rain, the event will be held in Deaconess Memorial's parking garage.

23rd Annual UE Chili Bowl Sale returns on October 2

of the smaller bowls,

of chili sponsored by

Chartwells Dining

with other bowls being

available from \$20-\$100.

Each purchase includes

a complimentary serving

EVANSVILLE, IND. — For the 23rd year, the UE Clay Club, Department of Art, and the Purple Potters are excited to announce the annual Chili Bowl Sale that will take place on Thursday, October 2, 2025, from 11:30 a.m. to 1:00 p.m., on the East Terrace Lawn near Ridgway University Center.

This longstanding tradition and philanthropy allow the community to purchase handcrafted ceramic bowls created by the UE community, with the majority of the proceeds supporting a food agency to fight local hunger. This event is part of the **Empty Bowls initiative** which is a grassroots effort by artists and crafts people in cities and towns across the country and around the world to feed the hungry in their communities. It supports food-related charitable organizations around the world, and has raised millions of dollars to help end hunger.

"This tradition offers

the community the chance to own one-of-akind, handmade bowls, all while supporting our community," said Todd Matteson, Department Chair and Associate



Professor of Art. "It's a wonderful way to showcase our creative talents, while giving back to the community. The funds raised allow us to continue our work with the local community to change the world."

There is a change in the cost of bowls this year. \$15 will be the price Services. Attendees are encouraged to buy a bowl, enjoy some chili, and spend time with friends. Come be a part of the largest one-and-a-half-hour event on UE's campus.

In the event of rain, the Chili Bowl Sale will move indoors to Eykamp Hall in Ridgway University Center. Please note that cash or checks are the only forms of payment accepted for this event.

For additional information, please call the UE Department of Art at 812-488-2043.

The University of Evansville is a private, comprehensive university with a solid foundation in the arts and sciences and professional schools in business, engineering, education, and health sciences. Established in 1854, UE is recognized across the globe for its rich tradition of innovative, academic excellence and dynamic campus community of #Changemakers.

Home of the Purple Aces, UE is located in the southwestern region of Indiana and offers over 75 majors, 17 Division I sports, and a unique study abroad experience at Harlaxton, the University's very own Victorian manor located in the countryside of England. For more information, please visit evansville.edu.

Indiana Senate Democratic caucus decries Indiana GOP slashing child care support for thousands of working Hoosier families

INDIANAPOLIS—
Thousands of Indiana families woke up to devastating news: state leaders are slashing funding for child care, cutting reimbursement rates for providers by up to 35%. These cuts will force centers to shut down, parents to stay home from work and kids to lose the care they rely on.

And the same leaders responsible for this decision are now floating the idea of a \$250,000 special legislative session. Not to fix child care. Not to help working families. But to cheat and rig congressional maps at the request of Donald Trump.

"Let's get this straight. They refused to fully fund child care during the regular session when parents and businesses were saying they needed more help. Now they're intentionally causing the system to collapse while entertaining a Trumpbacked special session that could cost \$33,000 a day. If that's what they think helping Hoosiers looks like, then we've

got a real problem," said Senate Minority Leader Shelli Yoder (D-Bloomington).

Today's announcement from the Family and Social Services Administration slashes payments to providers through the Child Care Development Fund (CCDF) by:

10% for infants and toddlers 15% for preschool-

aged children 35% for school-aged children

The CCDF program currently helps more than 55,000 children. But with providers already stretched thin after Republicans cut On My Way Pre-k in half and capped CCDF enrollment from last year still in place, these cuts are expected to force many to drop out of the system entirely. That means fewer child care options, longer waitlists and higher costs for working families.

"This isn't just bad policy. It's a direct hit to the families doing everything right. They're working, paying taxes, raising kids - and this is the thanks they get," Yoder said.

Senate Democrats fought to prevent this. During the 2025 legislative session, they proposed funding solutions to keep the program afloat and filed an amendment to protect providers. Republican leadership refused to act.

"They didn't just let this happen. They made it happen. The math doesn't lie. They've got the money when it comes to universal private school vouchers or tax breaks or helicopter pads. But child care? Suddenly it's 'unsustainable,'" Yoder said.

The contrast is clear. In just the past year, the Republican supermajority has:

Approved \$500 million in private school vouchers for families who don't need the help

Handed out tax breaks to corporations struggling to keep employees because there's no child care

Funded a helipad at the Governor's mansion

And now, is considering the expense of a special session to help Donald Trump cheat and rig Indiana's congressional map middecade

"This is the same playbook we've seen for 20 years. Starve programs for hardworking families. Help your wealthy friends. And when your policies stop working, change the rules to stay in power. That's not governing. That's cheating," Yoder said

Senate Democrats are demanding immediate action:

Reverse the CCDF reimbursement cuts

Fully fund the child care system families depend on

And reject any attempt to use taxpayer dollars on a Trumpdriven special session

"If Indiana Republicans move forward with a special session while families are losing child care, they are telling every Hoosier exactly who they serve. And it's not you," Yoder said.

Eucharistic Adoration available twice weekly at St. Meinrad Parish

Saint Meinrad, IN

– Two opportunities
for Eucharistic
Adoration are now
available at St.
Meinrad Catholic

Church each week. Here are the times for adoration:

Wednesdays, 3 to 4 p.m. Saturdays, 8 a.m. to 1 p.m. All t

All times are Central Time. Anyone from area parishes is welcome to take part in the Eucharistic Adoration.
For more information, email info@ myparishfamily. church.

VICTORIOUS Juving ... in a troubled world

A present help in time of need

By Teresa LeNeave leneave2@comcast.net

We really are not alone although sometimes it feels like it. When I read about a "present help in time of need", I am encouraged for myself, my family, my church and my country. We're not alone. Everywhere you go, and all the news you hear, is about how bad things are and how much worse they are going to get. But, you're not alone. You have a "present" help.

The Bible says the Holy Spirit is given to us a "helper"; someone to walk along side of us. The Holy Spirit guide us, gives assurance to us and even pray for us. In fact, His main title is Comforter. If you

ever need comforting, Psalm 46:1 is a verse to embrace: "God is our refuge and strength, a very present help in trouble."

What does it mean to have "present help"? It means He'll be right there when you need Him. He'll give you strength when you need it. Guidance when you need it. Wisdom when you need it.

The Bible says light drives away the darkness. God is light (I John 1:5). "If we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin" (I John 1:7).

We're not talking about religion. We're talking about light. About understanding.



About a relationship with the Creator of all things; about someone you know you can call on in time of trouble. The main thing we must do, as a nation, as a people, is make sure all is well with our soul. We need the confidence to know we

can call and God will listen.

Whatever we face, it's easier with God in our lives. Asking Him to shield our heart and renew our mind is paramount to living without fear of everything happening in this world. The

truth is that we cannot remove evil from the world. We know prayers are powerful, but we cannot transform those with hatred in their hearts. We cannot change the horrible mess we are in, but I believe God can.

If ever there was a time to pray, it is now. Chaos and unrest are everywhere and it's easy to be drawn into the confusion of so many conflicting voices. To have present help in time of need, consider memorizing Phillipians 4:5-8 that says, "Let your gentleness be known to all men. The Lord is at hand (He's present). Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let

your request be made known to God; and the peace of God, which surpasses (passes) all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren (fellow Christians), whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - mediate on these things.'

Jesus is the present help. He is the answer to our worries. He is bigger than our troubles. Find rest in His love.

Seeing the unseen work

By Brandon Bramlett

I had witnessed a miracle: an apartment building had magically sprung up overnight. I was perplexed because I had driven through the area many times before, and never noticed any work being doneno work trucks, no construction crew, and no building materials. If someone living there had said a fourplex apartment was being built, I would have thought they were joking or lying. How, then, did an apartment structure appear out

of nowhere? It didn't—my view of the work was obscured by a grassy hill.

The big hill faces the road and the apartment building is nestled behind it—only the top floors and roof are visible. The hill hindered me from seeing months of hard labor: the laying of the foundation, the beams being raised, and the walls being put in place. Just because I couldn't see work being done doesn't mean work wasn't happening the problem was my perspective. Had I

stood on the other side of the hill, I could have seen the work that was hidden from my sight.

Similarly, there is a "hill" obscuring our perception of the unfathomable work that our gracious God is always doing for our good and His glory—a veil between the physical realm we live in and the spiritual realm where God performs His sovereign will. But just because we sometimes do not see His providential work for our soulbetterment and His renown does not mean He is idle. The Lord is the hardest worker in existence—never clocking out or taking a break from doing whatever it takes to fulfill His good plan for His children (Rom. 8:28). He "neither slumbers nor sleeps" (Ps. 121:4), and as Jesus said, "My Father is working until now, and I am working" (John 5:17). Because of this, every believer can say with the psalmist, "The LORD will perfect that which concerneth me; thy mercy, O LORD, endureth forever; forsake not the works

of thine own hands" (Psalm 138:8, KJV).

From our limited perspective, we may think that God is inactive—not working in our efforts to reach the unsaved, not working in our marriage and in our kids' lives, not working in our church, not working in our personal sanctification, and not working amidst our heartbreaking troubles. But God assures us, as He assured the prophet Habakkuk: "For I am doing a work in your days that you would

not believe if told" (Hab. 1:5b). Thus, we are commanded to "walk by faith, not by sight" (2 Cor. 5:7), trusting His plan and promises even when we cannot see the fulfillment of them with our physical eyes. The unseen God is at work in your life, and one day, when you stand in His presence on the other side of the hill, His perfect plan will be made plain. As Jesus promised, "What I am doing you do not understand now, but afterward you will understand" (John 13:7).

Christ is the vine, we are the branches

Dr. Billy Holland

I was having a discussion with a friend the other day about how it seems that so many people are living in sadness and discouragement when he mentioned something that really made me think. He said that it was impossible to be depressed and walk in the joy of God's presence at the same time. After our conversation, I continued to ponder this thought and by the way, I do agree with it. I'm not saying that developing an optimistic lifestyle is easy, but being a positive or a negative thinker are both learned behaviors. Since a healthy relationship with the Lord is associated with the level of our spiritual joy, we can know that a lifestyle

of encouragement will depend on changing the way we think. "Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God" Psalm 42:11.

my God" Psalm 42:11. Like the Psalmist, there are times when we allow sadness to lead us down the road of discouragement. I use the word allow because joy and sadness are attitudes of the mind which we choose. How can we live in victory if we are always worried and afraid? I'm still learning that it's up to me whether I accept the misery of anxiety or become determined to focus on God and find refuge in the safety of His arms. We cannot control what happens to us, but we can decide how we

will respond. When I've been too busy to pray, study or worship Him, my faith turns to doubt as I begin to lose my confidence that He will take care of my problems and needs. When we drift away from the security of His love and peace, we are vulnerable to the overwhelming feelings of hopelessness and sadness from mistakes and sins we have committed. The dark side will sniff out our failures and attempt to bring guilt and condemnation to remind us of what we could and should have done. The enemy of our soul never takes a vacation and is devoted to condemning and tempting us to be depressed about missed opportunities and wrong decisions.

There are many followers in the kingdom of God

that are tired and disappointed and often they do not feel appreciated in their calling, but the Lord sees your labor and His definition of success is not the same as the world. There is nothing more wonderful than to know the mission and will of God and to be walking in it, however, if there is anything that can deter us from following Jesus we will be tested and tempted. "For the Lord God can help me; therefore shall I not be confounded [confused] therefore have I set my face like a flint, and I know that I shall not be ashamed" Isaiah 50:7. Setting our face like flint is declaring a message of faith that we are dedicated to becoming the person God has called us to be. Flint is a very hard substance and in the season

of our trials, the strategy for victorious spiritual combat is to stand strong and not allow doubt or intimidation to influence or persuade us to compromise or surrender.

Our Creator is waiting to give us the stability and perseverance we need to accomplish His plans, but He is also depending on us to become committed in our obedience to Him. His river of contentment is available anytime and beckons for us to wade out into the deeper waters of His presence. We are invited to be saturated in His Spirit and to bask in His glory if this is what we really want. Unfortunately, many are relaxing in their lounge chairs at "poolside" and only stick their toes in the water occasionally

when a crisis comes upon them they cannot fix on their own. The best way to maintain a successful Christian life is to pray and study God's word daily which renews our minds and keeps us sensitive to His thoughts and the demonstration of His character. John chapter 15 explains about how Jesus is the vine and we are His branches, which allows everyone to witness His nature and attributes. There is a difference between talking about what we should be and actually manifesting it. We know we are to believe in Him, but when is the last time you considered that He believes in you?

Read more about the Christian life at billyholland ministries.com

To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

Northeast Dubois students recognized by **College Board National Recognition Program**

By Laurna Todd Indiana Newspaper Group

Several students from Northeast Dubois High School have received a prestigious honor from the College Board National Recognition Program, acknowledging their academic excellence and hard work.

This program recognizes highachieving students across the nation who have excelled academically and performed well on the PSAT/NMSQT®, PSAT™ 10, or Advanced Placement® exams. Being recognized in this program not only celebrates student success but also provides valuable opportunities for them to showcase

their accomplishments to colleges and universities across the country.

By earning this award, Northeast Dubois students enhance their

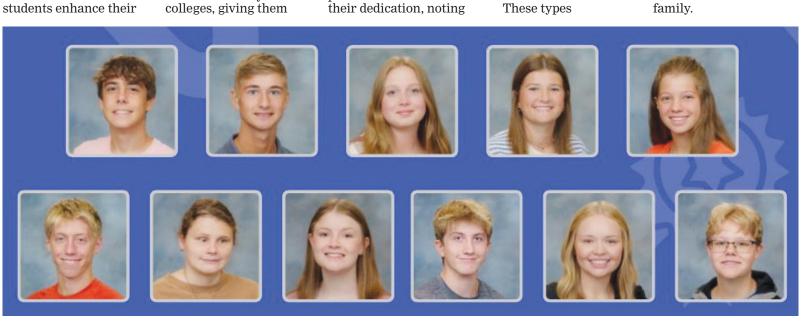
chances of standing out during the college admissions process. The College Board shares the names of recognized students directly with colleges, giving them

greater visibility as they seek scholarships and admission to top

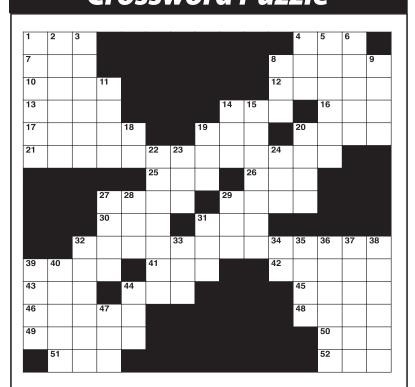
institutions. School administrators praised the students for their dedication, noting

that their achievements reflect both individual commitment and the supportive learning environment at Northeast Dubois.

of recognitions demonstrate what can be achieved through hard work, perseverance, and the encouragement of their teachers and family.



Crossword Puzzle



CLUES ACROSS

- 1. Utilitarian fashion accessory 4. Engine additive
- 7. Macaws
- 8. Listens to
- 10. Self-righteously moralistic person
- 12. Made of wood
- 14. Beginning military rank
- 16. Indicates near
- 17. Ties the score
- 19. Chum
- 20. Long ago 21. Localities
- 25. Midway between northeast and east 26. Make fun of
- 27. Tennis great Arthur
- 29. Construction location
- 30. Cow's noise
- 31. Blue
- 32. One of the Fab Four 39. Formula 1 team
- 41. Dash
- . Litting device
- 43. Basics 44. Kevboard kev
- 45. Old Irish alphabet
- 46. Shaking of the Earth's surface 48. Covered stadium
- 49. Sword handles
- 50. Longing or yearning
- 51. Creators' social network
- 52. Boxing's GOAT

CLUES DOWN

- 1. Occur
- 2. Show up 3. Capital of Taiwan
- 4. Ocean 5. Givers and
- 6. Gets ready
- 8. Ad _ 9. Fit of irritation
- 11. Criminal organization 14. Exclamation that denotes disgust
- 15. American state
- 18. Sensor hub 19. Before
- 20. The boundary of a surface 22. Witnesses
- 23. Singular
- 24. Type of meal
- 27. Music awards show 28. Former French coin of low value
- 29. A bag-like structure in an animal 31. Schenectady County Airport
- 32. Calm down
- 33. Partner to cheese
- 34. Cola brand
- 35. Stepped on 36. Japanese city

Α Τ R Α R Α Ε Α S SOLUTION R G 0 Α Κ Ε Ρ С ٧ Ε Ν R S Ε G Н 0 R Н В 0 0 D S Н S Т 0 М 0 S Α D U L С M С Α R Ε Τ Ν D Α s c В С Ε 0 G Α Μ Ε S Μ D 0 Ε 1 M F S Α Т Ε Ν

Coloring Fun



SCHOOL YEAR WORD SEARCH G R K G C Ε U 0 C В Ι D Т Ρ Ε 0 Н 0 В D 0 0 0 R 0 S R 0 C C Ε R C Т U D D N Ε Ε Κ Т В М Ι R Т Ε М G Ι S S R Α Α Α U М U В S S G D В G

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ASSIGNMENT

BACKPACK BLACKBOARD CALCULATOR CHALK CLASSROOM DESK EXAM GRADE HIGHLIGHTER HOMEWORK LESSON LIBRARY MARKER NOTEBOOK PRINCIPAL RECESS RULER SCHEDULE STUDENT

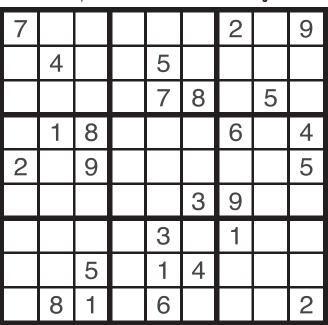
TEXTBOOK Answers on Classified Page

TEACHER

Sudoku Puzzle

How it Works:

Sudoku puzzles are fomatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle! Good Luck! Answers on Classified Page.



Word Scramble

Rearrange the letters to spell

something pertaining to hiking. PCKA



Answer:Pack

Guess Who?

I am an actor born in Pennsylvania on September 11, 1958. I studied literature at Rutgers University. I also was a minor league baseball pitcher in the 1980s. I've been on various television shows and also in the "Saw" films. But I'm best known as a gruff diner owner with a heart of gold.

Answer: Scott Patterson

Why walking is a perfect exercise for seniors

Aging changes the human body in myriad ways. But even with those changes, seniors' bodies have many of the same needs as the bodies of their younger counterparts.

Exercise is one thing the human body needs regardless of how old it is. But some exercises are better suited for particular demographics than others. Walking, for example, is an ideal activity for seniors, some of whom may be surprised to learn just how beneficial a daily stroll can be.

· Walking strengthens bones and muscles. The Mayo Clinic notes that regular brisk walking strengthens bones and muscles. Intensity is important when looking to walking to improve muscle strength. A 2015 study published in the journal Exercises and Sports Sciences Reviews found that achieving a 70 to 80 percent heart rate reserve during workouts lasting at least 40 minutes four to five days per week can help build muscle strength. GoodRx defines heart rate reserve as the difference between your resting and maximum heart rate, so it's important that seniors looking to walking to build muscle strength exhibit more intensity during a workout walk than they might during

a recreational stroll. Walking helps seniors maintain



a healthy weight. Overweight and obesity are risk factors for a host of chronic illnesses. including diabetes and heart disease. The Mayo Clinic notes walking can help seniors keep pounds off and maintain a healthy weight. In fact, SilverSneakers® reports that a 155-pound person burns around 133 calories walking for 30 minutes at a 17-minutes-per-mile pace. A slight increase in intensity to 15 minutes per mile can help that same person burn an additional 42 calories.

· Walking lowers seniors' risk for various diseases. It's long been known that walking is a great way for seniors to reduce their risk for cardiovascular disease. In fact, a study published in

the Journal of the American Geriatrics Society noted in 1996 that walking more than four hours per week was associated with a significantly reduced risk of being hospitalized for cardiovascular disease. How significant is that reduction? A 2023 report from the American **Heart Association** indicated people age 70 and older who walked an additional 500 steps per day had a 14 percent lower risk for heart disease, stroke or heart failure. In addition, the Department of Health with the Victoria State Government in Australia reports walking also helps seniors reduce their risk for colon cancer and diabetes.

· Walking boosts mental health. Researchers at the Harvard T.H. Chan School of Public Health note that replacing one hour of sitting with one hour of a moderate activity like brisk walking can have a measureable and positive effect on mental health. The researchers behind the study, which was published in the journal Psychiatry in 2019, saw a 26 percent decrease in odds for becoming depressed with each major increase in objectively measured physical activity.

Walking can benefit all people, but might be uniquely beneficial for seniors. Walking is free, which undoubtedly appeals to seniors living on fixed incomes, and it's also a moderate intensity activity that won't tax seniors' bodies. Such benefits suggest walking and seniors are a perfect



Scott Lee Randolph

HUNTINGBURG — Scott Lee Randolph, 66, of Huntingburg, Indiana, passed away peacefully on Tuesday, September 3, 2025, following an extended illness.

A funeral service was held on Tuesday, September 9, 2025, at Rainey Funeral Home in Dale with Pastor Brian Bailey officiating. Burial at New Hope Cemetery in Newtonville.

Condolences may be shared online at www. raineyfuneralhome.com.

Sheila K. Julian

SPURGEON — Sheila K. Julian, age 73, of Spurgeon, passed away at 8:06 p.m., on Saturday, September 6, 2025, at Deaconess Gateway Hospital in Newburgh.

Funeral services for Sheila Julian will be held at 1:30 p.m., C.D.T., Sunday, September 14, 2025, at Spurgeon General Baptist Church. Burial will follow at Spurgeon Cemetery. Pastor Marc Grimes will officiate the service.

Visitation will be held from 9:30 a.m. – 1:30 p.m., C.D.T., on Sunday, prior to the service at the church. Rainey Funeral Home in Dale has been entrusted with handling the arrangements.

Condolences may be shared online at: www. raineyfuneralhome.com

Bonnie J. Messmer

HUNTINGBURG — Bonnie J. Messmer, age 66, of Huntingburg, passed away Friday, September 5, 2025, at Deaconess Memorial Medical Center in Jasper.

There will be no services held.

The family has chosen cremation. Condolences may be shared online at: www. nassandson.com

Mary Low (Nowte) Montgomery

Mary Lou (Nonte) Montgomery, age 98, died on Tuesday, September 2, 2025, at Prairie Senior Cottages in Isanti, Minnesota.

A Mass of Christian Burial for Mary Lou Montgomery will be held on Friday, September 12, 2025, at St. Isidore Parish-St. Raphael Catholic Church in Dubois, Indiana.

A visitation will be held from 10:00 a.m. until the 11:00 a.m. service time at the church on Friday.

Jerry Lee Harden

JASPER — Jerry Lee Harden, age 71, of Jasper, Indiana, passed away at 6:23 a.m. on Wednesday, September 3, 2025, at home surrounded by family.

Funeral services were held on Sunday, September 7, 2025, at the Becher-Kluesner Downtown Chapel in Jasper, Indiana, with Pastor Jim Bennett officiating. Burial in Fairview Cemetery in Jasper, Indiana.

Online condolences may be made at www. becherkluesner.com.

Roberta M. (Robbie) Gibson

Roberta M. "Robbie" Gibson, 89, passed away on September 6, 2025.

Funeral services will be held at 2:00 PM CDT on Saturday, September 13, 2025, at Huber Funeral Home, Tell City Chapel. Visitation will be from 11:00 AM until service time. Kris Holzmeyer will officiate.

Messages of condolence may be left for her family at www.huberfuneralhome.net



Our deepest condolences to those who have lost loved ones. Prayers of comfort and peace.

5 questions seniors can ask their doctors during routine checkups

Seniors may not have the same busy schedules they did when they were younger and juggling an assortment of personal and professional responsibilities. But one constant on many seniors' schedules is routine trips to see their doctors. Trips to see primary care physicians and specialists are part of many seniors'

monthly routines. Such appointments can ensure seniors stay healthy throughout their golden years, especially when patients remain vigilant and engage with their physicians during office visits. One of the most effective ways to remain an engaged patient is to ask questions during each appointment, and





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queries seniors can keep in mind as they prepare for their next appointment.

1. Is my blood pressure high? This is a vital inquiry because high blood pressure, also known as hypertension, has been linked to a host health problems, including cardiovascular disease, stroke, kidney disease, and diminished vision.

2. What can I do to lower my blood pressure? If doctors discover high blood pressure, ask for a detailed plan to lower that blood pressure, including safe physical activities and dietary recommendations.

3. Do I need to change my medications? Though the data is somewhat outdated, the National Health and Nutrition **Examination Survey** and the Canadian Health Measures Survey revealed in 2019 that nearly seven in 10 adults between the ages of 40 and 79 in the United States and 65 percent of adults in Canada used at least one prescription drug in the 30 days prior to being surveyed. Roughly one in five adults in the same age group in each country acknowledged using at least five prescription drugs. If seniors find

those statistics familiar, then it's wise to ask their doctors if there's anything they need to change or look out for. Adverse medication interactions can be dangerous and even deadly, so it's imperative all of a patient's doctors are up-to-date on any drugs they might be taking.

4. Can I do anything to improve mobility? A 2020 study published in the journal Frontiers in Physiology noted that 35 percent of persons age 70 and over live with mobility limitations. Reduced mobility can increase risk for falls and hospitalization and lead to a reduction in quality of life. When visiting their physicians, seniors can report any mobility issues and ask what they can do to address them and prevent them from progressing.

5. Do I need additional health screenings? Screening saves lives, even if exams can sometimes be inconvenient if not unpleasant. Seniors can use each doctor's appointment as an opportunity to discuss screenings and determine if there's any additional tests they should be getting each year.



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Forest Park Boys Tennis Battles Through **Busy Week**

The Forest Park boys' tennis team faced a packed schedule last week, showing resilience and steady improvement across multiple matches.

The Rangers opened on Sept. 2 with a tough 5-0 loss at Heritage Hills. Despite the score, the No. 1 doubles team of Alex Fischer and Eli Brockman pushed their senior opponents to the edge

in two competitive sets, while freshman Miles Rea battled hard at No. 2 singles against a strong

Two days later, Forest Park bounced back in impressive fashion, defeating Evansville Central 4-1 at home. Rea and Jace Brockman picked up wins in singles, while both doubles duos-Fischer/Brockman and the new pairing of Clayton Roesner and Jace Betz-secured tight three-set victories.

Momentum carried into Sept. 6, when the Rangers swept both Tell City

and Mount Vernon 5-0 after a long afternoon of drying courts following a rain delay. Fischer and Brockman dominated in doubles play, while Rea and Brockman anchored the singles side. Freshman Jace Betz added his first varsity singles win, coming from behind to clinch in a 10-point

On Sept. 8, Forest Park edged Boonville 3-2 to stretch its win streak to four. With the match tied at 2-2, freshman Miles Rea sealed the deciding point at No. 1 singles, winning a tense tiebreak-

tiebreaker.

er to deliver the team victory.

The Rangers now sit at 6-2 on the season and look to carry momentum into this week's home matchups.

Southridge Boys Tennis Shows Fight in **Tough Stretch**

The Southridge Raiders boys' tennis team endured a challenging week on the courts but showed grit in several close matches.

On Sept. 4, the Raiders fell 4-1 to North Posey, with the lone victory coming from the No. 1

doubles team of Heith Steckler and Jackson Buse, who dominated their match 6-2, 6-2. At No. 1 singles, Broghan Fuhs battled hard but

dropped two close sets. Southridge then traveled to Heritage Hills on Sept. 5, falling 4-1 in a competitive match that saw three contests go the distance. Wibbeler came through at No. 2 singles in a dramatic three-set super-tiebreaker, while Steckler and Buse narrowly missed another win in a thirdset tiebreaker at No. 1

doubles.

The Raiders wrapped up the week on Sept. 8 against North Daviess, suffering another 4-1 loss. Steckler and Buse again provided the bright spot, winning their third straight match together at the top doubles spot.

Despite the losses, Southridge continues to show progress in several positions, with strong doubles play leading the way. The Raiders will look to regroup and build on their close battles as they prepare for upcoming PAC matchups.



Lady Rangers Stay Hot With Back-to-**Back Wins**

The Forest Park Lady Rangers girls' soccer team continued its strong start to the season with two dominant PAC victories last week. shutting out Southridge 5-0 on Sept. 3 and rolling past North Posey 8-1 on Sept. 6.

Against rival South-

ridge, the No. 10-ranked Lady Rangers wasted little time striking. Avari Boeglin opened the scoring in the 10th minute off an assist from Anna Muller, before Muller doubled the lead with a long-range strike from 35 yards out in the 14th minute. Paige Memmer extended the margin just before halftime, finishing a well-placed ball from Muller in the 38th minute.

The Lady Rangers carried the momentum into the second half as Memmer netted her

second goal in the 41st minute on an assist from Sydney Berger. Forest Park capped the scoring in the 50th minute when Sydney Bettag buried a corner kick served in by Muller, sealing the 5-0 shutout.

Muller finished the night with one goal and three assists, while Boeglin, Memmer, and Bettag each added goals.

Forest Park carried its momentum into Saturday's match against North Posey, where the offense erupted for an 8-1 win. Paige Memmer led

the way with a hat trick, while Ellie Meunier and Kate Pund each scored twice. Muller added a goal and distributed an assist, while Haley Pund, Kate Pund, and Aurora Jacob each notched assists.

Goalkeepers Amelia Widolff and Katelyn Kippenbrock split time in net, combining for four saves in the win.

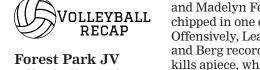
With the victories, Forest Park improved to 6-1 overall and 4-0 in PAC play, holding firm to first place in the conference standings.





Jasper vs. Southridge Girls Golf — Action from the recent girls' golf matchup between Jasper and Southridge. Kylie offers all types of photography, not just sports. To book a session or see more of her work, follow her on Facebook and Instagram.

Photo by Kylie Schepers Photography



Volleyball Notches **Back-to-Back Wins** The Forest Park JV

volleyball squad picked up two straight victories last week, improving its season record to 4-3. On Sept. 2, the Lady Rangers swept Pike Central at home in two sets, 25-8, 25-20. Strong serving set the tone, with Brylee Longabaugh leading the way with six aces. Adalee Hopf and Lexi

Berg added three apiece,

while Anelle Warren and Madelyn Ferguson chipped in one each. Offensively, Lea Persohn and Berg recorded four kills apiece, while Kynlee Schuetter and Warren each tallied three. Longabaugh also handed out nine assists and Myah Jamniczky contributed six. Defensively, Ferguson paced the back row with six digs.

The JV Lady Rangers followed with another dominant sweep on Sept. 4 at Paoli, defeating the Rams 25-10, 25-9. Warren caught fire behind the serving line, delivering six aces to fuel the

attack. Berg and Persohn provided a strong net presence with six and five kills respectively, while Schuetter added three. Longabaugh dished out nine assists and Jamniczky added seven. Ferguson and Berg anchored the defense with four digs each.

Lady Raiders Soccer Tops Barr-Reeve

The Southridge Lady Raiders secured a solid 3-1 victory over Barr-Reeve on Sept. 3.

The Raiders started fast, with first-half goals from Sophia DeKemper, Ellie Abarca, and Beyonce Miranda, while the defense held strong to keep the Lady Vikings scoreless through the opening period.

Barr-Reeve broke through in the second half, but Southridge quickly answered, tightening up defensively to close out the match with a strong team effort. With the win, the Ladv Raiders improved their momentum heading

deeper into the season.

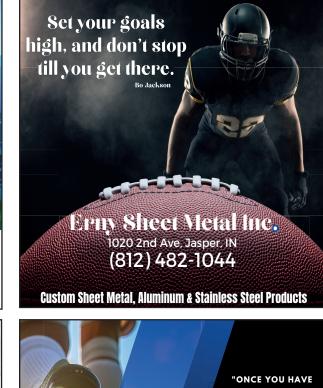


Jasper and Gibson Southern seventh-grade soccer action on Sept. 2, 2025, at Jasper Middle School. Follow on Facebook or visit www.astrikephotography. com for full collections.

Photo by Astrike Photography.















Wildcats hold on to defeat Evansville Reitz



Jasper Wildcat Football Fans

Photo by Astrike Photography

JASPER — Jasper held on to defeat Evansville Reitz 20-14 in a home opener at Jerry Brewer Alumni Stadium on Friday, Sept 5.

Determined Jasper notched its second straight win, improving to 2-1. The Wildcats remained in the win column after leveling Evansville

Harrison 43-6 one week earlier. Jasper and Evans-

ville Reitz were tied 7-7 at the conclusion of the opening period. However, Jasper carried a lead out of each of the last three quarters.

Jasper led 14-7 at halftime.

Extending its lead after the break, Jasper led 20-17 at the conclusion of the third period.

Quarterback Jaylen Maners led Jasper, completing three touchdown passes for the Wildcats.

Jasper is scheduled to host Evansville Bosse for its next game on Friday, Sept. 12.



Forest Park vs. Washington Football with Forest Park leading the game by halftime 23-7, the Washington Hatchets make a comeback & wins the game 41-23!

Photo by Kylie Schepers Photography

Heritage Hills Runs Strong at Allen Hopewell Invite

By: Laurna Todd

The Heritage Hills cross country team turned in a solid performance at the Allen Hopewell Invitational, hosted Saturday at Gibson Southern. The meet was divided by class year, with separate races for junior/ senior boys and girls, as well as freshman/ sophomore divisions. In the junior/senior boys' race, Gunner Lubbehusen led the Patriots with a 17th-

place finish in 17:57.58. triots three in the top Right behind him, Gavin Shields placed 18th in 18:12.58. Will Jordan (19:50.40) came through in 34th, while Oliver Pund crossed in

20:13.21 for 39th. The junior/senior girls were paced by Eve Vinson, who claimed runner-up honors with an impressive 20:33.40. Emma Aldridge (22:27.89) and Hayley Arnold (22:31.94) finished 12th and 14th, giving the Pa15. Haylee Coleman rounded out the group in 56th with 30:13.18.

In the freshman/ sophomore boys' race, Eli Darling had the team's top finish, running 17:49.35 for 5th place. Chase Buse added a 15th-place finish in 18:33.82, while Cy Keller ran 19:00.54 for 20th. The team packed well with Carter Nord (37th, 20:07.82), Brett Meunier (38th, 20:14.20), and

Bryce Washburn (39th,

20:25.78) finishing close together.

For the freshman/ sophomore girls, Maria Meijide (22:45.64) and Kendall Flanagan (22:46.48) placed 12th and 14th, nearly side by side. Lynn Yeager finished 36th in

26:54.55. With strong performances across grade levels, the Patriots continue to show depth and promise as the season moves forward.

Raiders fall to **Boonville**

HUNTINGBURG — Southridge started strong but couldn't maintain its early momentum as Boonville moved ahead and eventually pulled away to win 25-14 in a high school football game on Friday, Sept.

The Raiders slipped into the loss column after knocking off Washington 56-33 one week earlier.

Following the loss, Southridge dropped to 1-2.

Southridge outscored Boonville 14-6 in the opening quarter.

The Raiders clung to 14-12 lead at halftime but faltered in the final two periods. Boonville controlled

the second half, outscoring Southridge

13-0 to secure the win. Quarterback Justin Leathers contributed to lead Southridge. Through the air, Leathers completed 11 passes for 161 yards and one touchdown. On the ground, Leathers rushed 15 times for 47 yards and one touchdown.

Grayson Bolling was on the receiving end of Leathers' touchdown pass.

Defensively for Southridge, Caden Kramer recorded a game-high 14 tackles. In another solid defensive performance for Southridge, Alex Hendrix tallied nine tackles.

Southridge is scheduled to visit Heritage Hills for its next game on Friday, Sept. 12.

Patriots roll past Princeton

PRINCETON — Heritage Hills rolled past Princeton 63-13 in a high school football game on Friday, Sept.

The Patriots moved to 3-0 after registering the win.

Heritage Hills scored first and never trailed. The Patriots set the tone early, outscoring Princeton 28-0 in the opening quarter,

In complete control

midway through the matchup, Heritage Hills led 56-6 at halftime

Quarterback Jett Goldsberry continued to lead the Patriots. Through the air, Goldsberry completed four passes for 71 yards and two touchdowns. On the ground, Goldsberry rushed two times for 98 yards and two touchdowns. Goldsberry paced

Heritage Hills in both passing and rushing. Peyton Gray and Tyler Ruxer each hauled in one touchdown pass reception for the Patriots.

Following Goldsberry on the ground for Heritage Hills, Tyce Winchell rushed four times for 63 yards and two touchdowns. Chipping in offen-

sively for the Patriots,

Jackson Smith, Asa

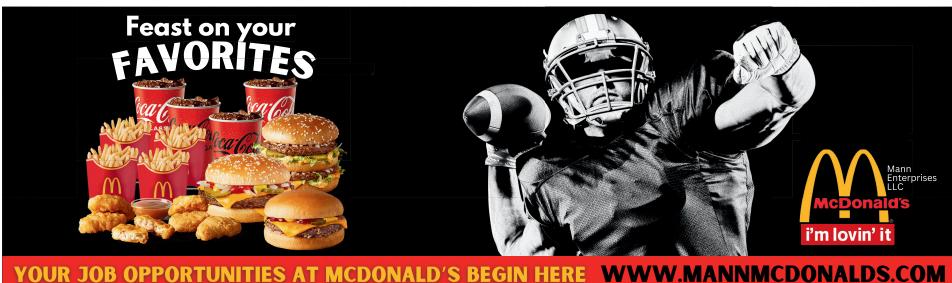
er added one rushing touchdown apiece. Defensively for Heritage Hills, Aiden Fischer recorded a team-high eight tack-

Palmer and Micah Tol-

Heritage Hills is scheduled to host rival Southridge for its next game on Friday, Sept. 12.









Forest Park Cross Country Shines at Rick Weinheimer Classic By: Laurna Todd team finish. 49th place. Sophomore 20:35 effort, good for 121st), who ran more momentum as the

The Forest Park cross country team turned in a strong performance at the prestigious Rick Weinheimer XC Classic in Columbus, Indiana, competing against more than 50 schools and coming home with a string of personal records and a top-10

On the boys' side, all

four runners set new personal bests in the 5K. Freshman Xavier Berg led the way, clocking 18:10 to slash more than a minute off his previous best and finishing 45th overall. Senior Owen Troesch wasn't far behind, running 18:13 for a 20-second PR and

Marcus Berg dropped nearly a minute to record a 19:49 (99th), while senior Camden Cole capped the day with a 24-second PR at 20:23 (112th).

The girls' squad also impressed, placing ninth overall in the Small School Division. Senior Riley Hinson led the charge with a

10th place. Sophomore Kendal Gehlhausen followed closely with a PR of 20:42 for 13th. Freshman Addi Evitts had a breakout race, cutting 38 seconds off her best to finish 31st in 21:49. Rounding out the varsity scoring were Delainey Auffart (24:07, 80th) and Kendall Fischer (27:56,

than half a minute faster than her 2024 time on the same course.

In the JV girls' race, Paloma Barrigas Rodriguez made her Indiana high school debut, placing 84th in 25:24.

Head coach and teammates alike praised the team's effort and

Rangers continue to build toward the heart of the season.

"It was a big day of growth for us," a team supporter shared. "PRs across the board show how hard these kids are working."

The Rangers will look to carry that momentum into their next meet as the season heats up.







Runners from 18 schools competed in the Annual Northeast **Dubois Junior High Cross Country Race** on Sept. 2 in Celestine, with more than 300 athletes and 1,200 spectators attending the event.

Photo by: Valerie Schmitt



Dubois golfer Jazlyn Zehr was named to the Blue Chip All-Conference team. a recognition of her hard work, dedication, and focus on the course.

Northeast

Photo by: Northeast Dubois Schools



Lady Raiders Post Season-Best Score at **PAC Tournament**

The Southridge girls'

golf team delivered its best performance of the season at the Pocket Athletic Conference (PAC) Tournament, held Saturday at Country Oaks Golf Course in Montgomery. The Lady Raiders carded a season-low team score of 371 over 18

holes, securing a strong fourth-place finish in the 13-team field.

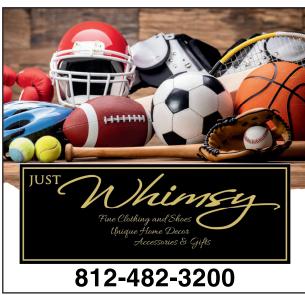
Leading the way was senior standout Makenna Hiter, who fired a career-best round of 87. Her performance earned her a tie for seventh place individually and a

spot on the prestigious All-Conference team. Washington claimed

the team title with a 343, followed closely by Pike Central (349) and Mt. Vernon (364). Southridge finished just seven strokes off third place, showing steady progress throughout the season. Final Team Scores: Washington 343, Pike Central 349, Mt. Vernon 364, Southridge 371, South Spencer 376, Boonville 383, Princeton 395, Heritage Hills 405, North Posey 412, Forest Park 427, Gibson Southern

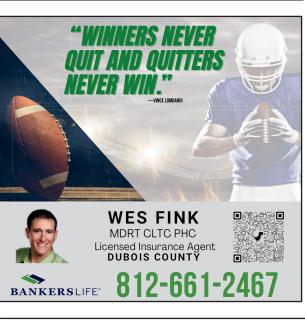
429, Tell City 443, Tecumseh 465.

With their best round yet, the Lady Raiders capped the conference tournament on a high note and will look to carry that momentum into postseason play.















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Property owners who show proof of removal of a woody invasive plant on their private property in Indiana within the Little Calumet-Galien watershed are eligible to receive one free native tree at a replacement tree distribution event.

Replacement tree distribution events will be held at Northwestern Indiana Regional Planning Commission (6100 Southport Road, Portage, IN 46368) on the following dates:

- Friday, Sept. 26, from 4 to 6 p.m.
- Saturday, Sept. 27, from 10 a.m. to noon.

For more information, https://www.in.gov/nirpc/environment/communitree/invasive-species-replacement-program/

Contact Jacob Roos at Jroos@dnr.IN.gov for more information.

Apple picking pointers

Visiting a local apple orchard and picking one's fill of apples is a quintessential fall activity. Apple picking is an ideal way to spend time outdoors when the weather tends to be cool and pleasant. Gathering freshfrom-the-tree fruit to turn into favorite

fall desserts like

irresistible.

cobblers and pies is

According to the Economic Research Service, Washington state is the leading apple producer in the United States. It is followed very distantly by New York and Michigan. Apples were first cultivated in Canada by early French settlers, with the first trees planted in Nova Scotia's Annapolis Valley around 1633. Today,

New Brunswick,
Quebec, Ontario, and
British Columbia
have become strong
players in the apple
business. While other
areas may not be
apple meccas, those
looking to pick their
own have plenty of
options across North
American to enjoy
this pastime.

Prior to an apple picking adventure, people can do a little preparation to ensure the afternoon is fun and fruitful.

• Do some research.
Before individuals head out, they should do research into the available orchards and which apple varieties they specialize in.
Ripening seasons vary, so certain varieties may not be available at all times.
Call ahead to learn which apples are ripe

and when.

- Visit early. The best apples are often available early in the season before the trees have been heavily picked over. It's also a good idea to visit the orchard early in the day, which means cooler temperatures and smaller crowds.
- Dress appropriately. Orchards can be dusty, muddy and buggy. The ground also may be uneven. Individuals can wear comfortable clothes and closed-toed shoes that can get dirty. Also, they should dress in layers, as it can be chilly early in the day and then warmer later on.
- Pick correctly. Instead of yanking on the apples, which can damage the tree and apples, people should

gently roll or twist the apple upwards from the branch. If the apple is ripe it will detach easily with stem intact.

• Avoid bruising. It's wise to inspect the apples to make sure they are firm and brightly colored. Those with bruising or insect damage should be left behind.

• Don't overload.
Only pick what
you need. Apples
are delicate, and
overloading the
apples into bags can
crush or bruise the
ones on the bottom.
Plus, over-picking
means that the apples
may spoil before they
can be eaten.

After a day at the orchard, apples can be stored unwashed in a cool, dark place, which will help them stay fresher, longer.



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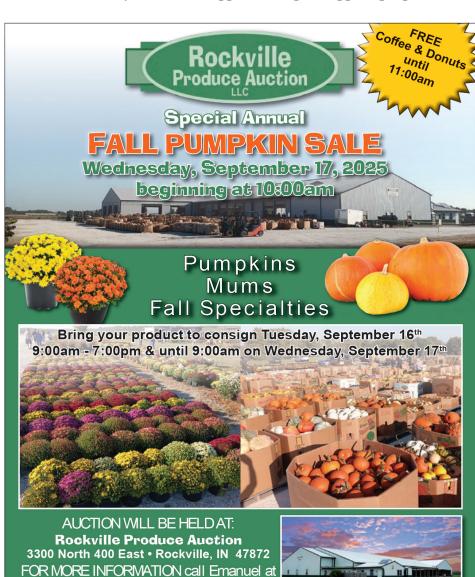
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- 2 Send a handwritten note expressing your gratitude to a local department or agency. Parents and teachers can help kids create handmade thank-you cards to deliver to first responders.
- **3** Have breakfast or lunch delivered to a local department or agency, enlisting neighbors or coworkers to help finance the gesture.
- 4 Consider making a donation to a local fire, EMS or police department, or to an organization that supports first responders and
- 5 If you own a business, consider offering a courtesy discount for first responders!

their families.













WHO ARE FIRST RESPONDERS?

Law Enforcement Officers
Firefighters
EMTs
Paramedics
911 Dispatchers



Schnellville firefighters train for rural challenges

By Laurna Todd Indiana Newspaper Group

Schnellville may be a small, rural community, but its volunteer fire department faces big responsibilities. Fire Chief Mark Fischer says the unique nature of rural firefighting requires a different approach than larger towns or cities.

One of the biggest challenges, Fischer explained, is response time. Since the department is staffed by volunteers, firefighters often have to leave their jobs or homes at a

moment's notice.
Covering a wide
area with limited
manpower adds to the
difficulty. Another
major obstacle is
water supply. Unlike
city departments
with hydrants
on nearly every
block, Schnellville
firefighters must rely
heavily on tankers

and, at times, mutual aid from neighboring departments to ensure enough water is available at a fire scene.

To meet these challenges, the Schnellville Fire Department prioritizes specialized training. Fischer noted that farm

rescue training is critical, as farming accidents are unfortunately more common in rural areas. The department also devotes time to brush fire drills, since fields and wooded areas can ignite quickly, and propane-related emergencies, which

require specific safety precautions.

"Training for the hazards we're most likely to face keeps us ready," Fischer said. "It ensures we can protect our community effectively, no matter the situation."

How to pursue a career as an EMS pro

Emergency medical personnel are often first on the scene when someone experiences an accident or a medical emergency. EMS workers are generally trained and certified as certified first responders, emergency medical technicians and paramedics. However, the National Registry of Emergency Medical Technicians recognizes five different levels of emergency medical service worker. Though similar, the requirements governing each type of EMS worker vary.

All EMS workers provide life-saving services and help transport individuals to hospitals for additional treatment and care. Here is a deep look into the different EMS personnel and the training one might expect.

Certified first responder

A certified first responder is an integral member of an EMS team. These individuals provide basic medical care at the scene of emergencies, including basic first aid, stabilization of injuries, treating shock, and other tasks. First responders must be certified by the National Registry of Emergency Technicians, according to Learn. org. The American Red Cross offers first responder training courses. Certification requirements vary by state, and each state's EMS office can provide specific details.

Emergency Medical Technician

According to the UCLA Center for Prehospital Care, EMTs complete a course that is a minimum of 170



hours. One does not need to have previous medical experience to become an EMT, but eligibility requirements may vary from school to school and state to state. For example, to be EMT eligible in California, a person must be 18 years of age. In Pennsylvania, one must be 16 years

course is 240 hours and includes both classroom and practical lab scenarios. Like certified first responders, EMTs must pass the NREMT examination in order to obtain certification. EMTs can be EMT-B (basic) or one of two EMT-I (intermediate).

Paramedic
Paramedic students

hours of training that may last between six and 12 months. Coursework builds on EMT education and blends additional medical training, including courses in anatomy, cardiology, medication, and physiology. Paramedics will take part in

complete many more

lectures, skills labs and a hospital internship, followed by an EMS field internship before passing the national certification exam. Upon passing, these individuals will receive the highest certification of pre-hospital care in the United States.

Becoming a paramedic in Canada involves completion of a one- to three-year college, hospital-based or other recognized paramedical or emergency medical technology program, according to Job Bank. Licencing by a regulatory body is required in all provinces.

EMS workers provide life-saving medical care and are often first on a scene when a medical emergency takes place. Working as part of an EMS team is a demanding but rewarding career.

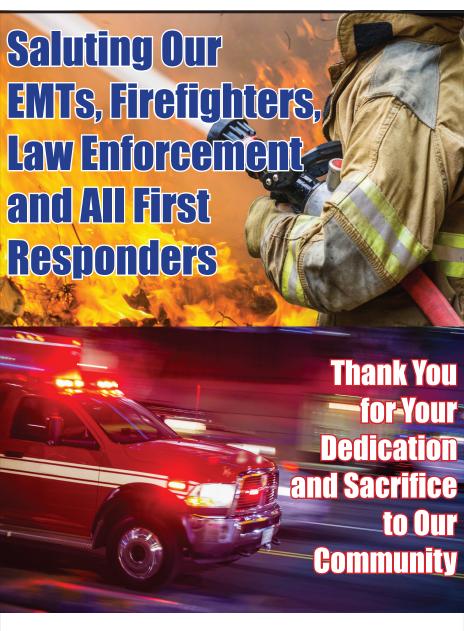




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Dubois County Health Department 1187 S. St. Charles Street, Jasper, IN 812-481-7050

Thank You Heroes! (A)











Ferdinand Fire Department focuses on service and future preparedness

By Laurna Todd Indiana Newspaper Group

The Ferdinand Fire Department continues to play a vital role in safeguarding residents while also emphasizing the importance of community engagement and preparedness. In a recent conversation, department leaders highlighted the value

of their work, the challenges they face, and the priorities they want every household to understand.

When asked how

the department strengthens the community beyond responding to emergencies, officials noted the importance of visibility and involvement. Firefighters regularly participate in parades, school programs, and

local events. These activities, they said, help reinforce that the department is made up of neighbors who serve both in times of crisis and celebration.

The department also addressed the unique challenges faced by smaller communities such as Ferdinand. Unlike larger cities with full-time fire services, Ferdinand relies on volunteer firefighters.

Responders often leave work or family commitments at a moment's notice when calls come in. While resources and equipment are more limited than in metropolitan areas, officials emphasized the dedication of their volunteers, noting that this commitment ensures reliable coverage despite constraints.

One of the

department's most important messages for residents is the need for household preparedness. Officials urged families to check smoke detectors regularly, establish and practice escape plans, and make sure home addresses are clearly visible for first responders. These steps, they said, can significantly improve outcomes during emergencies.

As Ferdinand continues to grow, the fire department remains focused on balancing tradition with the future. By combining community involvement, volunteer commitment, and an emphasis on safety education, the department aims to strengthen both readiness and resilience in the years ahead.

OFS hosts appreciation lunch for Jasper and Huntingburg Fire Depts.

By Laurna Todd Indiana Newspaper Group

Recently, OFS had the privilege of hosting an appreciation lunch to honor the Jasper and **Huntingburg Fire** Departments. The event was a way to say thank you to the men and women who dedicate their time and energy to protecting local residents.

During the lunch, OFS also presented the proceeds from the recent Honor and Remember Run to both departments. The funds will help support training, equipment, and other resources needed to continue their service. Company leaders emphasized that the donation was a small gesture compared to the daily sacrifices firefighters make on behalf of the community.

At OFS, we believe in giving back to the people and organizations who make our hometowns



strong," a company spokesperson said. "Our firefighters embody that spirit every day, and we are proud to support them."

The event not only provided a meal but also gave employees and firefighters a chance to connect in a relaxed setting, reinforcing the

bond between local businesses and first responders.

For OFS, community support goes beyond manufacturing—it's about standing beside those who serve. The appreciation lunch was one more way to show gratitude while helping ensure a safer future for all.

Dubois volunteer firefighter Joe DeKemper reflects on service, goals, and legacy materials incident.

By Laurna Todd Indiana Newspaper Group

DUBOIS COUNTY, Ind. — After 49 years with the **Dubois Volunteer** Fire Department, firefighter Joe DeKemper has seen the fire service evolve through changing times. Looking ahead, he says the future depends on strong equipment, community partnerships, and continued dedication.

"In the next five to ten years, I'd like to

see improvements in newer firefighting equipment, bettermaintained roadways, and more community outreach to support donations for smoke alarms," DeKemper explained. "Those small steps can make a big difference in keeping people safe."

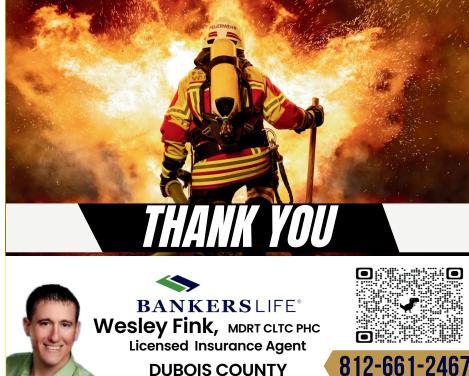
Asked what motivates him to step forward in dangerous situations, DeKemper pointed to his training and sense of duty. "Knowing that I can help someone trapped in a vehicle or house fire, or in a hazardous

that's what drives me," he said.

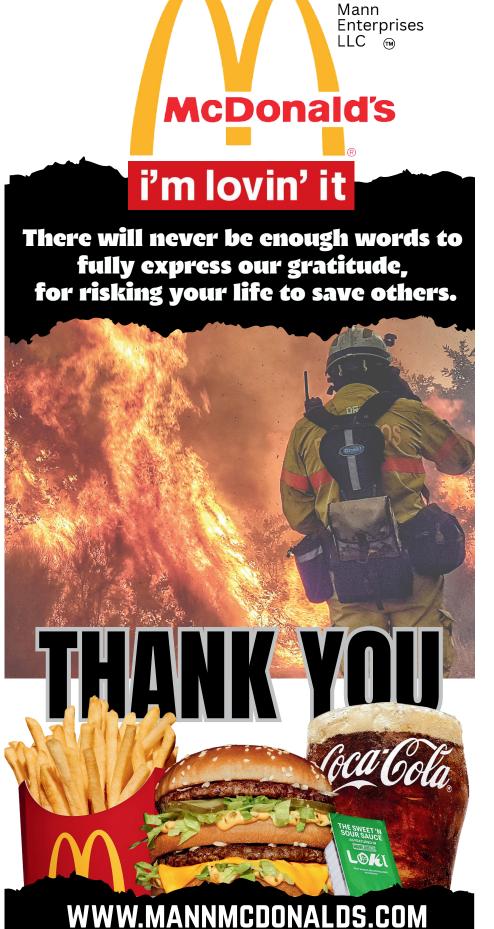
Firefighters often describe their crews as a family, and for DeKemper, that bond has only deepened over the years. "In my time on the department, we've had many family members join—brothers, sisters. We share in life's big moments—babies born, graduations, marriages—and we grieve together when we lose one of our

> see **DEKEMPER**, page 4B



















Thank You Heroes!

Huntingburg fire chief highlights training, Technology, and Community spirit

By Laurna Todd Indiana Newspaper Group

HUNTINGBURG, Ind. — From historic downtown buildings to newly developed neighborhoods, the Huntingburg Fire Department faces a wide range of challenges. Fire Chief Don Heim says that variety shapes the way his department prepares for emergencies.

"Older structures
pose unique risks,
while newer
developments are built
to modern codes,"
Heim explained.
"We train for both so
we can protect the

entire community effectively."

Recent investments have also strengthened the department's ability to respond. In the past year, firefighters began using a drone to provide aerial views during fires, search and rescue calls, and large-scale incidents. The department also replaced its selfcontained breathing apparatus, giving crews safer air supplies in hazardous environments. A new tanker truck was added to improve water access in areas without hydrants. "Along with the equipment,

we've updated our procedures to make responses more efficient," Heim said.

Another key element of Huntingburg's readiness is its cooperation with surrounding fire departments. "Mutual aid is a vital part of the fire service," Heim noted. "We train with other departments whenever we can, which builds trust. When a large emergency happens, we already know how to work together quickly and effectively."

While technology and teamwork are critical, Heim said the department's greatest strength is its people. Huntingburg's firefighters are volunteers, many of whom dedicate countless hours to training and service.

"The heart of this department is the willingness of our members to continually improve and to serve their neighbors," Heim said. "They don't do it because they have to—they do it because they truly care. That's what sets us apart."

Heim emphasized that commitment to both skill and service ensures Huntingburg and Patoka Township receive the highest level of protection. **DEKEMPER**, from page 3B

own. It's a strong bond that carries into how we serve the wider community."

As for the legacy he hopes to leave, DeKemper said it comes down to dedication and safety. "I hope the next generation sees the hours of training and the commitment that goes into this work. My wish is that they always have the newest, safest equipment so they can do the job well—and go home to their families at the end of the day."

5th Annual Honor and Remember Run honors heroes, supports fire departments

By Laurna Todd Indiana Newspaper Group

The 5th Annual Honor and Remember Run brought the community together last week to pay tribute to fallen heroes while raising funds for the Jasper and Huntingburg Fire Departments. The event continues to grow each year, both in attendance and impact, as participants join in honoring sacrifice and supporting first

responders.

The opening ceremony featured moving stories from Johnny Butler of Honor and Remember, Jennifer Evans, a Gold Star sister, and Gary Green of Veterans and Athletes United (VAU). Their words set a powerful tone of remembrance and gratitude, reminding attendees why the event's mission is so meaningful.

In addition to the individual participants, this year introduced a new corporate team competition. Branded By Woods claimed the top honor in the inaugural contest, adding an exciting new element to the run.

Organizers
expressed their
gratitude to the many
sponsors, volunteers,
and community
members whose
support made the
day possible. Their
contributions ensure
the proceeds will
directly aid the fire
departments in their
life-saving work.

Mark your calendars: the Honor & Remember Run returns on Saturday, August 8, 2026, at Cool Springs in Velpen, IN. Next year's proceeds will benefit the Jasper and Huntingburg Police Departments, continuing the mission of giving back to those who protect and serve.

28th Annual Fire Department Scramble tees off October 5th

By Laurna Todd Indiana Newspaper Group

The Huntingburg Fire Department is trading firetrucks for golf carts this fall as it hosts the 28th Annual Fire Department Scramble on Sunday, October 5, at the **Huntingburg Country** Club. While the department is known for putting out fires, firefighters admit they aren't quite as skilled at keeping golf balls on the fairway - which makes this event all the more fun.

Teams of four are invited to sign up for a day of golf, laughs, and community spirit. Lunch will be served



at 11:00 a.m., followed by a shotgun start at noon. The entry fee is \$200 per team.

But this scramble is about more than just a good time on the course. Proceeds from the event will go toward purchasing a second LUCAS Device

for the department. This vital piece of equipment delivers automated CPR, ensuring lifesaving care when every second matters. Having an additional device available could mean the difference between life and death

during emergencies. Organizers stress

Organizers stress the importance of community participation.

By signing up, residents aren't just enjoying a round of golf — they are directly contributing to improved emergency response capabilities in Huntingburg.

To register a team or learn more, contact Fire Chief Don Heim at 812-683-4363 or hvfdchief@ huntingburgfire.org.

Grab your clubs, bring your friends, and join the fun. Every swing helps bring lifesaving equipment one step closer to the community.







