



# Huntingburg Press

SERVING DUBOIS COUNTY SINCE 1905 • IN GOD WE TRUST

## Southridge Students compete in STEM Challenge, win \$1040



Southridge teams competed at the Oakland City University STEM Challenge and reaped financial reward! Photos: Southridge

**HUNTINGBURG**  
- On Friday, April 12, Southridge students competed and did very well at the Oakland City University STEM Challenge. They represented themselves and

Southridge well. The day consisted of 7 different STEM challenges from 7 different tri-state businesses. There were a total of 28 teams from many different area schools.

Two teams of SHS students won a total of \$1040. Results: The team of Carson Bromm, Jace Giles, Kamren Neukam, and Noah Walton won a total of \$200

and took home a total of \$840. The team of Connie Owens, Hudson Allen, Maggie Rasche, and Colton Obermeier finished the competition 1st place overall

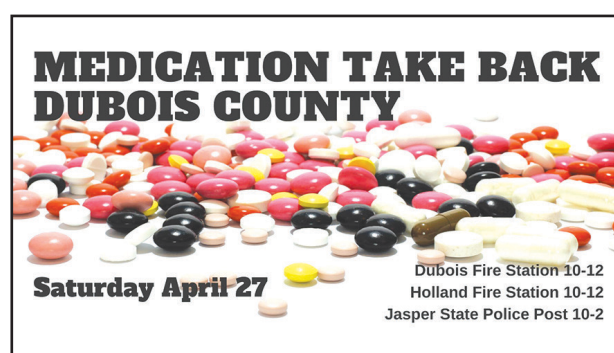
-1st place overall (\$400)  
-1st in the USI/Manpower Challenge (\$200)  
-2nd in the Jasper Engines Challenge

(\$120)  
-2nd in the Southern Indiana FAME challenge (\$120).

## Spring Medication Take Back Day Sat. April 27

Be a part of the addiction solution by bringing your expired, unused, and unwanted pharmaceuticals and disposing of them at the Dubois County Medication Collection on Saturday, April 27 in collaboration with the DEA National Pharmaceutical Drug Take Back Event. The Jasper State Police Post, located at 2209 Newton Street, will host the collection from 10:00 a.m. to 2:00 p.m. EDT while the Holland Fire Station located at 504 West Main Street, Holland and the Dubois Fire Station located at 4199 N. State Road 545, Dubois, will host the two county collection sites from 10:00 a.m. to 12:00 p.m.

The Jasper Police Station located 309 E. 6th St also accept pharmaceuticals 24/7 year round in their drop boxes. Dubois County residents are asked to rid their homes of expired, unwanted, and unused medications. Unused drugs are a common household health threat that can be lessened when



you clean the old and unused meds out of your home. Don't forget vitamins, ointments, drops, herbal products, meds that should have been kept cold but were not, and aerosols not in pressurized containers. These pharmaceuticals will be accepted at the collection sites.

No sharps (auto-injectors, needles, syringes, IV catheters, blades, lancets, auto-injectors, infusion sets, connection needle/sets, and glass), infectious materials, (anything containing bodily fluids) or waste will be collected. This collection is for private citizens only. No collections will be accepted from for profit businesses or health facilities.

Dubois County Solid Waste Management reminds residents that correct disposal of medications

creates a safer and cleaner environment, and greater public awareness reduces illegal activities and scavenging of personal property and public waste receptacles. Pharmaceuticals, when poured down the drain, or flushed down the toilet enter the sewage system, and potentially our rivers, ground water and drinking water. Some drugs may kill the beneficial bacteria in sewage treatment plants and septic systems if flushed down the drain and may produce resistant infectious bacteria. Burning can release toxic pollutants into the air, and if thrown in the trash, can be scavenged from trash receptacles to be illegally sold or ingested. If they go to landfills, drugs can create toxic leachate, which could contaminate

• MEDS on Pg. 3

## Eclipse glasses recycling at Huntingburg Library

The Huntingburg Public Library is now accepting eclipse viewing glasses to be recycled in partnership with Astronomers Without Borders, a non-profit organization based in Calabasas, California.

Patrons may deposit their viewing glasses at the Library during normal operating hours in a bin located in front of the Library's electronic recycling depository next to the Circulation Desk. Donors should check to see that the lenses of the glasses are free of any punctures, scratches, and bends. The lens housing, whether plastic or cardboard, needs to be free of damage as well.

The glasses will then be collected and sent to the AWB's local official collection site, Dubois County Recycling and Solid Waste Department, to be vetted for safety and authenticity. The sorted and approved glasses will be then packaged and stored for future distribution throughout the world for people to safely view the two solar eclipses happening around the world each year. All recycled glasses will be donated to future users without charge. For example, out of the millions of glasses Astronomers Without Borders collected from the 2017 eclipse, 300,000 were vetted and then distributed.

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## Prosecutor's Office 2024 updates on some noteworthy cases

Dubois County Prosecutor Beth Schroeder provides updates on some noteworthy cases concluded in early 2024.

The prosecutors in the Dubois County Prosecutor's Office have been diligently working this year to resolve several high-level felony criminal cases that were charged in Dubois County.

In Dubois Circuit Court, on January 17, 2024, Brahyan Gonzalez, 21, Jasper, entered into a Plea Agree-

ment with the Dubois County Prosecutor's Office that called for him to plead guilty to two counts of Child Molesting, one that was a Level 3 felony and one that was a Level 4 felony. Under the agreement, Mr. Gonzalez was to be sentenced to a total of 25 years at the Indiana Department of Correction. On February 16, 2024, Dubois County Circuit Court Judge Nathan Verkamp accepted this Agreement and sentenced Mr. Gonz-

lez accordingly. Mr. Gonzalez is required to register as a sex offender.

On January 29, 2024, Maynard Jackson Jr., 76, Jasper, entered into a Plea Agreement with the Dubois County Prosecutor's Office that called for him to plead guilty to two counts of Child Molesting as Class C felonies. Under the agreement, the sentence was to be left to the discretion of Dubois Circuit Court

• CASES on Pg. 5

Advertising Sales positions available with Indiana Newspaper Group.

For information call: 812-827-2232

## COMMUNITY NEWS

# Breakfast benefit for Kathy Messmer 4/21

Kim Mehringer

JASPER - On Sunday, April 21, 2024, past and present Girl Scouts and leaders, as well as some Jasper VFW members, will be having a Breakfast Benefit for Kathy Messmer at the Jasper Veteran's of Foreign Wars (VFW) Post 673, which is located in the formally known as Polo Room. Meals will be sold from 9a.m - 1p.m. for \$10 a plate, which also includes a drink. Sausage links, pancakes, waffles, donuts, biscuits & gravy, and fruit will be available. Drinks will consist of water, coffee and orange juice.

Kathy was diagnosed with stage 4 metastatic cancer, a brain tumor, high grade solid ductal carcinoma, and breast cancer. She has undergone radiation and chemotherapy over the last few months. She will continue to receive immunotherapy.

Girl Scouts and the Jasper VFW would like to reciprocate the support she provided to scouts and veterans by coordinating this breakfast benefit to help her family with travel expenses and

many extras that are incurred.

Kathy's involvement with Girl Scouts has impacted numerous young ladies, and some of their parents, over years. She has planned many troop meetings in the Northeast Dubois school district, Service Unit events, camp outs, trips to the Indiana State House for girls to page with the House of Representatives or Senate, and cookie booths.

One of Kathy's favorite events to plan for local scouts is the "Cookies for Veteran's". She plans for the girls to make cards, decorate boxes & assemble them with home made cookies to be dropped off at the Jasper VFW. They will include them into the meals they deliver to veterans throughout the county.

The Honor Flight of Southern Indiana is also very near and dear to her heart. She coordinates for area volunteers to attend the "Welcome Home Parade" for the Veterans upon their arrival back to the Evansville airport after a long day of touring Washington DC.

Kathy lives in Celes-

tine, therefore she is also heavily involved in their annual Street-fest in June. She helps organize an ice cream booth by gathering volunteers, as well as all the materials needed to have a successful booth. She also has this same ice cream booth at the Dubois Septemberfest.

As you can see, she is extremely involved in our community. Kathy is an amazing individual who is also a positive role model to everyone she meets. Her fun personality and huge heart make you enjoy and want to be around her. Over the years, she has given to many, so now it is our turn to give back to her! So please join us on Sunday, April 21st at the Jasper VFW from 9-1 at this Breakfast Benefit for Kathy Messmer.

If you are unable to attend this event & would like to make a financial contribution to help offset the expenses, please VENMO Tina Heichelbech (@Tina-Heichelbech) or cash donations can be directed to either Tina (812-639-7938) or Kim Mehringer (812-481-1039).

# IN Sheriffs' Assoc. announces upcoming Youth Leadership Camp



Sheriffs teaching youth at the annual summer camp. Photo IN Sheriff's Assoc.

by Alexa Tabor  
ING Writer

The Indiana Sheriffs' Association (ISA) leadership camp will soon be held in June and July. The ISA wants to foster a stronger relationship between Indiana's youth and the men and women who enforce the laws. They also want to give youth, who ordinarily would not have the opportunity, a chance for a summer camp experience, all the while building leadership skills.

Camp will be held with two sessions. The first session will be June 17 until June 20 at the Pine Creek Camp, and the second session will be held July 1 until July 3 at the Waycross Episcopal Camp in Morgantown, Indiana. The Indiana Sheriffs' Association provides this leadership camp to all boys and girls in the 7th and 8th grades. It is designed for youth wanting to learn more about a potential career with law enforcement, and

provides educational and entertaining experiences for campers throughout Indiana. Sheriff officers service as instructors.

For those interested, contact your youth's school counselor or local Sheriff's Office for an application. Arrangements can also be made to provide a registration fee via organization or local business, for those who would need it for their children to attend.

# Dubois County one of grant recipients

by Alexa Tabor  
ING Writer

Congratulations were given to several Indiana Counties and communities on recently gaining access to \$9,670,334.54 through the statewide 2024-1 Indiana Department of Transportation Community Crossing Matching Grant program. The grant goes toward improving local roads and infrastructure in

these counties/communities including: Dubois County, Perry County, Pike County, Spencer County, Cannelton, English, Ferdinand, Huntingburg, Jasper, Milltown, Orleans, Tell City, and Winslow. The call for projects will officially open on July 1 of 2024 and close July 31 of 2024.

These efforts are thanks to the Community Crossings Match-

ing Grant Program, which was launched in 2016. It provides funding to cities, counties and towns all across the state of Indiana. Community Crossings is also a partnership between Hoosier communities and INDOT, to invest in infrastructure projects that aid with economic development both rurally and in urban settings.

# Garlic Mustard Pull at Ferdinand State Forest

Join us Wednesday, April 24th, from 4 pm to 7 pm EDT to help pull and remove invasive garlic mustard plants from Ferdinand State Forest. Pulling this plant is easy, but volunteers must be physically able to bend over and pull the plant gently out of the ground. No experience is needed as experts will be on hand to guide volunteers in identifying and removing the garlic mustard plants.

Volunteers will meet at the Ferdinand State Forest Gatehouse, at the property entrance. Come prepared with work gloves, long pants, and sturdy shoes.

This event is co-hosted by the Friends of Ferdinand





Jasper resident Bill Potter holds garlic mustard at 2023 pull. Photo by Carla Striegel-Winner.

State Forest and the Invasive Species Awareness Coalition of Dubois County. Follow either group on Facebook for event updates. RSVPs are

not required, but for more details call/text Carla Striegel-Winner at 812-639-9628, or email carlastriegel@gmail.com.


# Times and locations for early voting in Dubois County

**WHEN AND WHERE TO Vote**

Early Voting Sites:	Election Day Sites:
<p><b>Courthouse Annex</b> 602 Courthouse Square, Jasper Tuesday, April 9 – Friday, April 12 8 a.m. – 4 p.m. (Wednesday until 6 p.m.) Monday, April 15 – Friday, May 3 8 a.m. – 4 p.m. (Wednesdays until 6 p.m.) Saturday, April 27, and May 4 8 a.m. – 3 p.m.</p> <p><b>35<sup>th</sup> St. Fire Station</b> 118 E 35<sup>th</sup> St, Jasper Monday, April 29 – Friday, May 3 10 a.m. – 6 p.m. Saturday, April 27, and May 4 8 a.m. – 3 p.m.</p> <p><b>Huntingburg Event Center</b> 110 E 14<sup>th</sup> St, Huntingburg Saturday, April 27, and May 4 8 a.m. – 3 p.m.</p> <p><b>Tri-County YMCA, Ferdinand</b> 131 E 16<sup>th</sup> Street, Ferdinand Saturday, April 27, and May 4 8 a.m. – 3 p.m.</p> <p><b>Roaming Board</b> April 29 – May 3 (10 a.m. – 6 p.m.) Monday – St Henry CK of A Tuesday – Haysville Fire Dept. Wednesday – Schnellville Fire Dept. Thursday – Dubois Library Friday – Birdseye Fire Dept.</p>	<p><b>6 a.m. – 6 p.m.</b></p> <p><b>Jasper Moose Lodge</b> 2507 N Newton St, Jasper</p> <p><b>Thyen-Clark Cultural Center</b> 100 3<sup>rd</sup> Ave, Jasper</p> <p><b>St. Mary Comm. Center-Ireland</b> 2835 N 500 W, Jasper</p> <p><b>Huntingburg Event Center</b> 110 E 14<sup>th</sup> St, Huntingburg</p> <p><b>Holland United Methodist Church</b> 205 2<sup>nd</sup> Ave, Holland</p> <p><b>St. Anthony Community Center</b> 4665 S Cross St, St. Anthony</p> <p><b>Tri-County YMCA, Ferdinand</b> 131 E 16<sup>th</sup> St, Ferdinand</p> <p><b>Dubois Ruritan Park</b> 5430 E Jasper Dubois Rd, Dubois</p> <p><b>Celestine Community Club</b> 7742 E Ellsworth Rd, Celestine</p>

**Election Day**  
May 7, 2024



# Soup-port the Arts event: April 21

JASPER - A souper special afternoon is being planned to support the arts.

All are invited to attend the 2nd annual "Soup-port the Arts" fundraising event to be held April 21, 2024 from noon until 2 p.m. at the Jasper Thyen-Clark Cultural Center.

Local chefs will be preparing a variety of delicious soups for attendees to enjoy. The cost of a ticket



provides access to "a souper tasty experience" while supporting arts in the community.

To ensure a place is set for you go to [www.jasperarts.org/soup](http://www.jasperarts.org/soup).

# Huntingburg Fire Dep't. Open House 5/18

HUNTINGBURG - An Open House will be held May 18 from 11 a.m. - 3 p.m. at the Huntingburg Fire Department. Come for a day of activities, food and fun! The Fire Department will have games for kids, smoke alarm information, fire extin-

guisher training, Stop the Bleed training and more. The HVFC Auxiliary will be selling chicken dinners for \$15 per plate. You will receive 1/2 grilled chicken, baked beans, slaw and bread. There will also be baked goods and drinks offered.

## NEWS

• *MEDS from front*

nate the environment.

There are reasons why expiration dates are stamped on medication containers. Chemical compositions and potency can change and become altered with age. Keeping expired and unused medicines in the home is not safe. Some medicine looks like candy to a child, and some may be tempting to a teen or someone with a problem.

The Dubois County Sheriff's Department will supervise the collections at the Dubois and Holland Fire Stations, and the Indiana State Police will supervise the Jasper Post site.

This project impacts the substance abuse and environmental stewardship of Dubois County communities. The partners of this Dubois County Medication Collection are the DEA, Indiana State Police, Dubois County Sheriff's Department, Dubois County Solid Waste Management District, Dubois County Substance Abuse Council, Dubois County CARES, and Dubois Community Fire Stations.

For general information or if you have questions, contact: Carla Striegel-Winner, Dubois County Solid Waste Management District; 812-482-7865, info@duboiscountycycles.org

## Daughters of Isabella Mother's Day Dinner

by Kathy Bachman

The Daughters of Isabella Jasper Circle #140 will host their Mother's Day Dinner on Monday, May 13, 2024 at St. Joseph Parish Center in Jasper. Doors will open at 5:30pm, with the catered dinner being served at 6:30pm. Cost of the meal is \$10 per member. Members are welcome to invite a guest.

Reservations should be made by May 3 to Regent Kathy Schneider at 812-309-9108 or Financial Secretary Betty Mehringer at 812-482-3661. The Daughters of Isabella International Organization was founded in 1897 in New Haven, Conn. as a Catholic women's organization. The Jasper Circle was founded in 1921.

## Tree give away

In Celebration of Earth Day, the Friends of the Patoka River National Wildlife Refuge will be giving away trees free of charge on Saturday, April 20. There will be several Oak species as well as Persimmon, Pecan, and Bald Cypress.

The trees can be picked up at the IGA's located in Princeton and Oakland City from 10 am -1 pm CT and at the Jay C's in Petersburg from 11am - 2pm ET. Plan to bring a bag or a bucket to take your bare root tree home with you. The tree give away is in support of conservation efforts.

# Funding expects yield of \$11B in generational quality of place investments

Governor Eric J. Holcomb announced plans to award \$500 million to 15 regions representing all 92 counties to support quality of place and quality of life initiatives statewide. The funding, made available through the expansion of the Indiana Regional Acceleration and Development Initiative (READI), was approved by the Indiana Economic Development Corporation (IEDC) board of directors at a special session hosted by the governor and Secretary of Commerce David Rosenberg. READI 2.0 will grow the state's overall program commitment to \$1 billion, marking an unprecedented state-led investment in cultivating vibrant, modern and sustain-

able communities that attract and retain top talent.

"Indiana is leading the way in future-focused investments in our economy and in our communities, ensuring that all Hoosiers of today and tomorrow have the opportunity to prosper," said Gov. Holcomb. "READI has already resulted in more than \$12.6 billion invested in quality of place and quality of life assets. The second iteration of the initiative – READI 2.0 – along with additional committed investments from the Lilly Endowment, will bring billions more to Hoosier neighborhoods, preparing communities, industry and talent for the next generation and beyond."

In February, the

15 regions submitted proposals for READI 2.0 funding, outlining each region's vision for its future as well as growth strategies and action plans to improve its quality of life, quality of place and quality of opportunity. An external review committee evaluated the applications based on a variety of factors, including economic development potential, alignment with the state's priorities, such as population growth, per capita income growth, growth in employment opportunities, educational attainment, housing units developed, childcare capacity and innovation activities as well as the level of focus on rural communities, and the degree of regional collaboration.

# Slow Down for the First Line of Defense

National Work Zone Awareness Week is April 15-19 this year. In 2021, according to the American Road & Transportation Builders Association, there were 956 work zone fatalities, and an estimated 106,000 work zone crashes. Flaggers work at the start of construction areas, warning drivers to be alert and slow down.

It's an interesting contradiction – many drivers will complain about deplorable road conditions, and nonetheless bristle at the first sign of road construction and what they see as unnecessary delays.

Furthermore, the first people drivers typically see before a work zone, and the people they may take their anger out on, are the flaggers, warning motorists of construction ahead and urging them to slow down. "What an easy job," our irritated driver may very well think, "standing out here on this beautiful day and doing nothing but making me late."

In fact, flaggers aren't there to irritate motorists, but to keep us all safe. "Flaggers are there to help guide and protect you through the work zone," said Terrance Whitecotton, Illinois Laborers' and Contractors' Joint Apprenticeship and Training Program Administrator.

Patience is obviously critical to the job. "I really try to be nice, but some think we're just a bother to them and they can be very rude and annoyed," said Christy Walford, a 23-year Laborer with the Laborers' International Union of North America (LIUNA) Local 159 in Decatur, Ill. "I'm the first person they see, so I often take the majority of the anger."

Working as a flagger is far from an easy job. There are specific

requirements for training that vary by state, and most certifications have to be renewed on a regular basis. "LIUNA training tends to have higher standards, and non-union states tend to have much looser requirements overall," said Joe Weinhardt, Apprenticeship Advisor for the Missouri Laborers' and Contractors Training Center.

Despite the training, and contrary to appearances, it's a physically demanding and dangerous job. "I've done scaffolding and been up on heights and in circumstances that can scare you, but nothing compares to being on a highway and having a truck rush by you at 50 miles an hour or more," said Joe. "And to stand there for eight straight hours is rough on your legs and back, in all kinds of weather."

Christy, who has spent the majority of her 23 years with LIUNA working as a flagger, agrees with Joe. "It can be very hot, standing out there on asphalt for eight hours or more, or it can be cold and windy," she said. "And that wind can really take that panel wherever it's blowing. And you can't get distracted, because all it takes is one person who's not paying attention and someone can get hurt."

Flaggers are there to protect the crews working on the roads, but also to help keep motorists safe. "I think flaggers are more important than most people realize," said Sean Coakley, Director of the Indiana Laborers' Training Trust Fund. "They set the precedent for the motoring public and set the mood for how they might progress through the work zone. They need to be organized and professional. It's a tough job."

Once a driver is

stopped, it's still not a good idea to relax and check social media. "You never know what's coming up behind you," said Christy. She has had to dive into a ditch several times because a car was coming straight at her, despite all she could do to get the driver's attention.

"It's terrifying," she said. "I do my best, but if they don't see me I have to get out of the way and get on the radio to warn my people down the road."

And at the end of the day, the flaggers and the work crews just want to go home, just like the drivers. "We are there to protect our workers, but also make sure the general public gets through safely. We want everyone to go home to their kids, their families, their homes," Christy reflected.

"Slow down, be prepared to stop, and avoid distractions," said Terrance. It's really just as simple as that – respect the work these people do to try to improve our roads, and understand they are out there risking their lives to keep us all safe.

"Think about the flagger, and that's their office. They're out there trying to earn a living and put food on their family's table," Joe concluded. "They just want to make it home alive, and it's up to you whether they make it or not."

The theme for this year's National Work Zone Awareness Week is "Work zones are temporary. Actions behind the wheel can last forever." And while LIUNA can do everything possible to train flaggers and equip them with all available safety gear, the one thing it can't protect these people from are other humans behind the wheel. It's up to all of us to make sure road workers make it home.

# Gov. Holcomb, IDHS announce personal protective equipment for volunteer fire stations across IN

INDIANAPOLIS – Governor Eric Holcomb and the Indiana Department of Homeland Security today announced a \$10 million state investment in new personal protective equipment (PPE). This new equipment will allow volunteer firefighters across Indiana to better serve their communities.

Most Indiana communities are served by volunteer fire departments, and many operate on shoestring budgets and with dilapidated equipment. Some wear protective gear and self-contained breathing apparatus (SCBA) that may be more than a decade old.

Through Gov. Holcomb's 2023 Next Level Agenda, \$17.7 million was allocated to firefighters through PPE and new training facilities for volunteer stations across Indiana. This investment marks the first time the Indiana General Assembly has dedicated funds specifically to firefighters. The only other funding source for firefighters is the tax revenue from the sale of fireworks in Indiana.

"While most people run from dangerous situations, firefighters run toward them to serve their community," said Gov. Holcomb. "This investment is long overdue in our state. Nothing could be more important than for these brave men and women to be both properly suited and trained. It's how we can best serve them as

they serve us."

The \$10 million will purchase 940 complete sets of PPE and SCBA, benefiting 66 fire departments across every Indiana fire district. The selection process addressed the poorest volunteer departments first and those with the oldest equipment. The attached map outlines the areas where the equipment will be delivered.

"I travel extensively across the state, and I'm shocked sometimes at the rags that some of these men and women are wearing on fire scenes. They run into burning buildings and are supposed to feel protected," said Indiana State Fire Marshal Steve Jones. "The volunteer fire service is the backbone of Indiana fire protection. This investment is long overdue, and we will be working hard to find additional funding to enhance safety even more in the years to come."

The funds are administered by the Indiana Fire and Public Safety Academy, led by the Indiana State Fire Marshal and the Indiana Department of Homeland Security. The vendor, MES Inc., will work directly with individual firefighters to measure and fit the equipment before delivery.

IDHS accepted submissions for several months in 2023 to determine the highest need departments. The application process is now closed.

# 2024 Student Climate Film Festival April 19

Green Drinks Dubois County is proud to host the 2024 Student Climate Film Festival to be held April 19th at the Astra Theater in Jasper. Doors open at 5 p.m. and the program starts at 6 p.m. The event is free to attend, and we encourage all area students, family, friends, and anyone interested in seeing these short environmental documentaries produced by area high school students to come and enjoy these films. The evening will feature four 7-10-minute student produced documentaries including How Climate Change Affects the Growth of Invasive Species, Spreading Sustainable Living in Southern Indiana, Awareness of Our Ecological Footprint, and Climates Effects on Ski

Resorts. In addition to the student documentaries, we will also be showing an 8-minute professionally produced documentary titled "Gen Z Mental Health: Climate Stories followed by a brief discussion and a Q&A session with representatives from Life Springs.

Several environmental organizations will have tables set up in the lobby of the Astra with information and representatives to answer questions. Sponsors include Earth Charter Indiana, Sierra Club Hoosier Chapter, Hoosier Environmental Council, EDP Renewables, the Southwest Indiana Citizens for Quality of Life, and Day of Wood.

For more information contact Mark Nowotarski at 148markn@gmail.com

To place an ad or submit a story call: 812-827-2232 or Larrahj.workman@gmail.com

# Funeral Notices



## Dawn Noelle Flatt

Dawn Noelle Flatt, 59, of Jasper, passed away on April 9, 2024 in Jasper. A Celebration of Life will be held at 6:00 p.m. E.D.T. on Thursday, April 18, 2024 at Nass and Son Funeral Home in Huntingburg. Visitation will be held from 3:00 p.m. to 6:00 p.m. E.D.T., Thursday prior to the service.

## Karla Sue (Evans) Poth

Karla Sue (Evans) Poth, 69, passed away on April 10, 2024 at Deaconess Midtown, Evansville. Funeral service for will be held at 11:00 a.m., E.D.T., Wednesday, April 17, 2024 at Nass and Son Funeral Home in Huntingburg. Burial will follow at Dale Cemetery. Visitation will be held one hour prior to the service on Wednesday.

## Frankie DeWayne Dunn

Frankie DeWayne Dunn, 76, of Princeton, passed away in Evansville on April 9, 2024. A funeral mass was held April 13, 2024, at St. Joseph Catholic Church in Princeton. Interment followed at St. Joseph Catholic Cemetery in Princeton where Retired Military Veterans conducted full military honors.

## Claire Marie Stone

Claire Marie Stone, 88, of Princeton, IN, was called home to the Lord April 7, 2024. The funeral service was held April 13, 2024 at Colvin Funeral Home in Princeton. Interment was at Decker Cemetery in Patoka.

## Madalyn Gay (Smith) Mitchem

Madalyn Gay (Smith) Mitchem of Princeton, passed away on March 8, 2024. A celebration of life will be held at 11:30 a.m. on Saturday, April 27, 2024 at Hillside United Methodist Church, 828 W Archer Road, Princeton, IN. Visitation will be from 9:30 a.m. until 11:30 a.m. on Saturday the 27 at the church. Interment will follow at Columbia White Church Cemetery in Princeton.

## Luella M. White

Luella M. White, 101, of Princeton, passed away April 13, 2024, at Deaconess Gateway Hospital in Newburgh. The funeral service will be held at 10:00 a.m. Thursday, April 18, 2024 at Colvin Funeral Home in Princeton. Interment will follow at Mt. Olive Cemetery in Mt. Olympus. Visiting hours will be held from 4 until 7:00 p.m. Wednesday at the funeral home.



**To place a full obituary, including a photo, call 812-827-2232 for details and pricing. Obituaries and funeral notices should be received by 9 a.m. Tuesday to ensure inclusion in that week's paper.**

## HEALTH AND COMMUNITY

# Indiana's Youth Mental Health Crisis

by Cameron Williams, Youth First, Inc.

Indiana has a youth mental health crisis. To set the stage, let's address a few facts.

According to the Centers for Disease Control and Prevention, the most current Youth Risk Behavior Survey data (1991-2021) has found that 46.9 percent of Indiana high school students have "felt sad or hopeless almost every day for 2 or more weeks in a row." The same survey found that over 22 percent of Indiana's high school students seriously considered suicide, with 17 percent of them making a plan and 10.2 percent of Indiana high school

students actually attempting suicide.

As indicated by the data, our youth are having a mental health crisis that has worsened every year since the Covid-19 pandemic. An American Federation of Teachers survey conducted in 2020 found that 95 percent of educators agreed that "social and emotional support for students has never been more important than it is now."

Unfortunately, in 2022 the Indiana Youth Institute reported that the state of Indiana has the worst counselor to student ratio in the United States, at 628 students per one counselor. The ratios for other mental health professionals

are significantly worse, with only one psychologist for every 2,698 students and only one social worker for every 2,788 students.

I'm not presenting these statistics to create fear or make the situation seem hopeless. Rather, I hope to clarify just how serious the state of Indiana's youth mental health crisis truly is, with the hope that it will inspire some change. Thankfully, there are actions that can improve the current situation.

Parents and community members can ask their local schools how many counselors, social workers, or psychologists are available for students

to see. They can advocate for mental health training and/or specifically trauma-informed-care training for the teachers and school staff. Parents and community members can also present the statistics found in this article to their local school board, politicians, and governing bodies. If these statistics are presented with information about what services and mental health professionals are available at the school system in their community, a compelling case can be made to improve or increase the services available to the students and youth of that community.

Youth First, Inc. has done an outstanding job of providing services and improving the lives of students at Indiana schools, but there are still many areas in the state of Indiana that currently do not have access to social workers or other mental health professionals in schools. Sharing the relevant data and information that accurately portrays the state's youth mental health crisis and advocating for change can make a difference for Indiana's youth. If change is enacted now to save our youth, Indiana can foundationally alter its future course and build the road

to a better, brighter future.

Cameron Williams is a Youth First Social Services Designee at Throop Elementary School and Paoli Jr./Sr. High School in Orange County. Youth First, Inc. is a nonprofit dedicated to strengthening youth and families. Youth First provides 90 highly trained mental health professionals (primarily master's level social workers), prevention programs, parent engagement coordinators, and bilingual support personnel to 125 schools across 14 Indiana counties.

To learn more about Youth First, visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.

# Alcohol Awareness Month: Some Dubois County Numbers

As Dubois County CARES recognizes April as Alcohol Awareness Month, the nonprofit organization is sharing some lesser known statistics about Dubois County students from the 2023 Indiana Youth Survey.

The survey is administered by Prevention Insights of Indiana University's School of Public Health in partnership with the Dubois County Coalition for Adolescent Resilience and Empowerment Strategies. Dubois County students in grades six through 12 participate in the survey annually.

The first look is at "age of first use," the age adolescents were when they first started using alcohol.

Research has shown that the younger a person is when they begin using alcohol, the more likely they are to experience

alcohol dependence and abuse. Compared to those who begin drinking at age 21 or older, those who begin drinking before age 14 are more likely to experience alcohol dependence later in life.

Here are the local numbers:

Sixth grade: 90.6 percent never used; 6.1 percent started by age 10; an additional 3.3 percent started before age 14.

Seventh grade: 91.1 percent never used; 4.8 percent started by age 10; an additional 4.1 percent started before age 14.

Eighth grade: 88.2 percent never used; 4.1 percent started by age 10; an additional 6.1 percent started before age 14.

Ninth grade: 89.2 percent never used; 1.9 percent started by age 10; and additional 4.4 percent started before age 14.

Tenth grade: 83.1

percent never used; 1.3 percent started by age 10; an additional 4.2 percent started before age 14.

Eleventh grade: 75.1 percent never used; 1.9 percent started by age 10; an additional 4.3 percent started before age 14.

Twelfth grade: 72.7 percent never used; 0 percent started by age 10; an additional 4.6 percent started before age 14.

Now take a look at drinking and binge drinking, specifically how these numbers increase for students deemed mentally stressed. The survey defines binge drinking as consuming five or more alcoholic drinks in a row. The questions about drinking covered the past month; the questions about binge drinking specified in the past two weeks.

Based on answers to a particular subset of survey answers,

the administrators were able to break down the drinking and binge-drinking results for those students who are mentally healthy versus those deemed mentally distressed.

Here are those survey results:

Sixth grade: 3.3 percent reported drinking; of those mentally healthy, 1.9 percent reported drinking; of those mentally distressed, 6.1 percent reported drinking. Sixth-graders were not asked about binge drinking.

Seventh grade: 5.3 percent reported drinking; of those mentally healthy, 3.6 percent reported drinking; of those mentally distressed, 10.4 percent reported drinking. 1.6 percent reported binge drinking; of those mentally healthy, .6 percent reported binge drinking; of those deemed mentally distressed,

4.7 reported binge drinking.

Eighth grade: 5 percent reported drinking; of those mentally healthy, 1.4 percent reported drinking; of those mentally distressed, 14.6 percent reported drinking. 2 percent reported binge drinking; of those mentally healthy, .3 percent reported binge drinking; of those deemed mentally distressed, 6.6 percent reported binge drinking.

Ninth grade: 5.4 percent reported drinking; of those mentally healthy, 2.6 percent reported drinking; of those mentally distressed, 13.6 percent reported drinking. 1.2 percent reported binge drinking; of those mentally healthy, .3 percent reported binge drinking; of those deemed mentally distressed, 4.1 percent reported binge drinking.

Tenth grade: 10 per-

cent reported drinking; of those mentally healthy, 8.6 percent reported drinking; of those mentally distressed, 15.7 percent reported drinking. 3 percent reported binge drinking; of those mentally healthy, 2.6 percent reported binge drinking; of those deemed mentally distressed, 4.6 percent reported binge drinking.

Eleventh grade: 17 percent reported drinking; of those mentally healthy, 11.7 percent reported drinking; of those mentally distressed, 31.7 percent reported drinking. 7.6 percent reported binge drinking; of those mentally healthy, 5.1 percent reported binge drinking; of those deemed mentally distressed, 14.7 percent reported binge drinking.

Twelfth grade: 17.4

• **AWARENESS on back**

NEWS

**Dubois County Dept of Child Services to host Kid's Fest Event April 29**

JASPER - In light of April being Child Abuse Prevention Awareness Month, the Dubois Co. Dept. of Child Services will host Kid's Fest on April 29. There will be kid's activities, a K-9 demonstration,

emergency response vehicles, food (while supplies last) and more. The event starts at 5 p.m and will go until 7 p.m. In the case of rain, the event will be held on April 30.

**Living with COPD**

JASPER - Did you know that 24 million Americans have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD)? This disease may restrict air flow, cause trouble breathing and includes emphysema and chronic bronchitis. If you or if someone you care for is living with COPD, join us for an educational meeting on the 2nd Tuesday of each month. The next meeting is scheduled for, Tuesday, May

14, 2024, from 12:00-1:30 p.m. in the Memorial Hospital and Health Care Center Mary Potter Meeting Room, located inside the hospital at 800 W 9th St., Jasper, IN For more information about "Living with COPD", please visit Memorial Hospital's website at [www.mhhcc.org](http://www.mhhcc.org) and click on "Classes & Events," or call 812-996-5232 or 812-996-1528. Pre-registration is not necessary, and there is no cost to attend.

• **CASES from front**

Judge Nathan Verkamp, but was limited to a total sentence of 10 years at the Indiana Department of Correction. On February 27, 2024, after hearing victim impact statements and arguments from the parties, Judge Verkamp sentenced Mr. Maynard to a total sentence of 8 years at the Indiana Department of Correction. Mr. Maynard will be required to register as a sex offender.

Beginning on March 20, 2024, there was a two-day jury trial involving criminal defendant Jason Brown, 42, Evansville. After several hours of deliberation, a twelve-person jury found Mr. Brown guilty of twelve counts of Invasion of Privacy, all Class A misdemeanors. The Court declared a hung jury on the final two

counts of Stalking as a Level 5 felony and a Level 6 felony. The State of Indiana dismissed both stalking counts due to the jury being unable to reach a verdict on these counts. On March 22, 2024, Special Judge Daniel Murrie sentenced Mr. Brown to a total sentence of 2,160 days in jail at the Dubois County Security Center, followed by 1,800 days on supervised probation upon completion of his jail sentence.

Dubois County Prosecutor Beth Schroeder commends the victims and their families for their bravery in coming forward about the crimes and having the strength to participate in the judicial process.

In Dubois Superior Court, on January 31, 2024, Cassandra Cole, 44, Jasper, entered in a Plea Agreement with the Dubois Coun-

ty Prosecutor's Office that called for her to plead guilty to the charge of Dealing in Methamphetamine, a Level 2 felony. Under the agreement, the sentence was left to the discretion of Dubois Superior Court Judge Anthony Quinn but was limited to a total sentence of 17.5 years at the Indiana Department of Correction. After hearing testimony and arguments from both parties, Judge Quinn sentenced Ms. Cole to 17.5 years at the Indiana Department of Correction. The Court ordered that Ms. Cole must serve 10 years before being eligible to participate in the treatment-based Recovery While Incarcerated Program at the Indiana Department of Correction. Upon completion of that program, the Court will consider a modification of her sentence.

Also in Dubois

Superior Court, on February 27, 2024, Brian Shoemaker, 47, Jasper, entered into a Plea Agreement with the Dubois County Prosecutor's Office that called for him to plead guilty to the charge of Dealing in Methamphetamine, a Level 2 felony. Mr. Shoemaker was sentenced pursuant to the Plea Agreement to 10 years at the Indiana Department of Correction.

The Dubois County Prosecutor's Office team consists of four deputy prosecutors: Evan Biesterveld, Dan Wilkinson, Tiffany Houchin, and Jenelle Murling; as well as an investigator, victim advocate, and six administrative staff persons. Prosecutor Schroeder appreciates the hard work and dedication of every member of her team and commented that the office could not run smoothly without each one of them.

**Place an ad or submit a story, contact [Larrahj.workman@gmail.com](mailto:Larrahj.workman@gmail.com)**

**"Check-In Time" for breast-feeding moms**

JASPER - Memorial Hospital and Health Care Center offers a support group, "Check-In Time" for breast-feeding moms. This "Check-In Time" program allows new and experienced breastfeeding moms to have open discussion with Certified Lactation Consultants while also including weight checks for baby, mom-to-mom support, and mom and baby transitions at home such as pumping and returning to work as well as adding solids.

"Check-In Time" will be held on Wednesday, May 1, 2024 from 4:45 - 5:45 pm. in the Board Conference Room ABC at Memorial Hospital, 800 W 9th Street.

Moms are encouraged to bring their baby anytime throughout the hour to get weighed and/or to bring their breast pump to check the pressure. No pre-registration is required.

For more information on this group, please visit Memorial Hospital's website at [www.mhhcc.org](http://www.mhhcc.org) call the OB Lactation Service at 812-996-0383.

**To place an ad or to submit a story: [larrahj.workman@gmail.com](mailto:larrahj.workman@gmail.com)**

**Congratulations to Our Team!**

Memorial Hospital and Health Care Center has designated April as Caregiver Service Recognition Month. All month we are celebrating our caregivers and their years of special service at Memorial Hospital. Thank you to all these individuals and our entire team for all they do each and every day to provide quality and compassionate care!

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**45 Years of Service**

Donna Deen  
Margaret Hochgesang

**40 Years of Service**

Tamara Billings

**35 Years of Service**

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Darlene Pauw

**30 Years of Service**

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Angela Day  
Dr. Stephen DeWitt  
Melissa Hawkins  
Amy Hopf  
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Jody Stenffenagel  
Charlotte Stephenson  
Bobbie Yoder

**25 Years of Service**

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Rachel Beck  
Melissa Belcher  
Joni Blaker  
Christine Gogel  
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Allyson Hoffman  
Genevia Rowe  
Cynthia Starling  
Daniel Theising  
Kelly Uebelhor  
Courtney Vaal

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Sarah Hellman  
Linda Kuebler  
Rachel Lampert  
Dr. Kevin Lusk  
Ronica Maki  
Janalee May  
Darlene Merkel  
Michele Messmann

Brooke Nichter  
Dr. James Poirier  
Mark Recker  
Emily Schipp  
Abby Schmitt  
Michelle Swartzentruber  
Shawna Verkamp  
Donni Warren

**15 Years of Service**

Kendra Albright  
Michelle Ash  
Brandie Beck  
Heather Berg  
Erica Bettag  
Kimberley Blume  
Sara Boehman  
Erica Bolin  
Jane Bauer  
Brian Catt  
Tammy Conkle  
Trista Durholz  
Mary Enlow

Dr. Ryan Flamion  
Deborah Giesler  
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Gail Goodness  
Laura Gutzell  
Kelly Haaff  
Lynee Heichelbech  
Alisa Hildenbrand  
Dena Kamman-Rasche  
Steven Kiser  
Shauna Knepp  
Linda Lechner  
Rachelle Lechner

Laura Mizerak  
Gregory Nicholson  
Theresa O'Bryan  
Jenna Schaeffer  
Abby Seifert  
Kayla Thackrey  
Beth Uebelhor  
Barbara Weisman  
Gail Wendholt  
Asha Werne  
Rebecca Yoder

**10 Years of Service**

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Brandon Breidenbaugh  
Rachelle Buffenbarger  
Sarah Burger  
Gabriel Cassidy  
Stephanie Chambers  
Kristina Collins  
Jonathan Cropp  
Amber Englert  
Sharon Epple  
Kendra Friedman  
Abigail Guinn  
Erin Gunselman  
Marny Hammond

Sara Hardin  
Wilbert Hauch  
Brandi Hellman  
Jessica Hitt  
Kathryn Knies  
Erin Kuczanski  
Rebecca Lampert  
Lawrence Langer  
Sharon Livingston  
Teresa Lowe  
Stephanie McGuire  
Tara McPherson  
Amanda Merrimon  
Alicia Nash

Dr. Gregory Pfister  
Melanie Powell  
Alice Pund  
Brittany Rahman  
Staci Roesner  
Sandra Scherzinger  
Lyndsay Schueffer  
Brent Schuler  
Patricia Seitz  
Samantha Stevens  
Tori Sturgeon  
Jaima Voegerl  
Ashley Ziegler

**5 Years of Service**

Willa Alcantara  
Michaela Anderson  
Megan Archer  
Paige Bastin  
Madison Begle  
Kathleen Begle  
Karen Bettag  
Erika Beyke  
Lacey Braun  
Olivia Burger  
Michelle Catt  
Jennifer Cave-Bauer  
Ross Clerk  
Sheila Cochren  
Emily Condra  
Leanna Cooper  
Lyndsey Correll Eckert  
Samantha Cunningham  
Anthony Dant  
Donna Denny  
Catherine DeWitt  
Michael Dilly  
Kara Dorsam  
Jenna Edwards  
Linda Erny  
Emily Ferguson

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Kim Fleck  
Cassidy Fromme  
Misty Gogel  
Terri Hamilton  
Jessica Hilsmeier  
Keylie Holding-Rojas  
Sarah Hornaday  
Kalen Jochum  
Silence Keller  
Natalie King  
La'Kiegha Knies  
Matthew Lacy  
Hillary Lawyer  
Meghan McKisson  
Ethan Merkel  
Laura Messmer  
Alan Messmer  
Carrie Mitchell  
Alice Moesner  
Bethany Mosier  
Tyler Nelson  
Allysia Overton  
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Christopher Reed  
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Samantha Rose  
Emily Sander  
Karen Sander  
Benjamin Sanders  
Travis Schilling  
Kyla Schmidt  
Sandra Schnaus  
Landyn Schneider  
Dr. Kyle Schroering  
Emily Stoll  
Mary Stoll  
Rose Stoll  
Teia Stolz  
Meredith Voegerl  
Sherrie Streeter  
James Taylor  
Amber Tempel  
Jennifer Trujillo  
Michaela Turner  
Dr. Vishal Viswam  
Lynetta Wagler  
Rachel Wagner  
April Welp  
Remona Wright

# SPORTS

## HIGH SCHOOL GOLF

### WILDCAT INVITATIONAL Schnarr claims medalist honors, Jasper finishes second

Staff Report

JASPER — Caleb Schnarr was the medalist while Jasper finished second as a team in the Wildcat Invitational on Saturday, April 13.

Jasper turned in a solid performance.

Schnarr shot a 73 to lead the Wildcats.

Following Schnarr for Jasper, Thomas Seger shot a 76.

Behind Seger, Luke Shappard fired a 78 for the Wildcats.

Rounding out Jasper's attack, Levi Welp posted an 83 and Luke Dahmer delivered a 90.



Jasper golfer Caleb Schnarr shot a 73 to finish as the medalist in the Wildcat Invitational on Saturday, April 13. Photo courtesy of Jasper High School Boys' Golf

## HIGH SCHOOL BASEBALL

### Rangers double up Marksmen 4-2

ING Staff Report

FERDINAND — Forest Park doubled up Tell City 4-2 on Tuesday, April 9.

Sage Stout claimed the win on the mound for the Rangers. Pitching out of a starting role, Stout recorded eight strikeouts over five and two-thirds

innings.

Reid Howard relieved Stout on the mound for Forest Park and posted the save. Howard struck out two Tell City batters.

Tell City pitcher Talon Jennings took the loss. Jennings pitched a complete game and logged five

strikeouts.

Forest Park scored four runs on five hits. Howard (one RBI), Trevor Berg (three hits, one RBI), Jaxon Lueken (one hit, one RBI) and Joel Bueltel (one hit, one RBI) each produced offensively for the Rangers.

Tell City plated two runs on three hits.

### Patriots beat Pioneers 11-2

ING Staff Report

LINCOLN CITY — Heritage Hills pulled away to beat Boonville 11-2 on Saturday, April 13.

The Patriots scored first and never trailed. Heritage Hills led 11-1 at the conclusion of the fifth inning.

Colton Hopf and Luke Krzykowski split time on the mound for the Patriots.

Heritage Hills plated 11 runs on nine hits. Hopf (two hits, one RBI), Krzykowski (one RBI), Micah Toler (one hit, two RBIs), Peyton Gray (one hit, one RBI), Andersen Smith (one hit, one

RBI) and Aiden Fischer (one hit, one RBI) each made an impact offensively for the Patriots.

Boonville pushed across two runs on eight hits. Seth Williams (two hits, one RBI) paced the Pioneers at the plate.

## GIRLS' HIGH SCHOOL TENNIS

### Forest Park outlasts Heritage Hills 3-2

ING Staff Report

LINCOLN CITY — Forest Park outlasted Heritage Hills 3-2 in girls' high school tennis on Friday, April 12.

The Forest Park-Heritage Hills girls' tennis results follow.

Forest Park 3, Heritage Hills 2

Number 1 Singles:

Kenley Bell (Heritage Hills) defeated Addison Schneider (Forest Park) 1-6, 6-3, 2-6.

Number 2 Singles: Ali Wahl (Forest Park) defeated Ella Commins 6-2, 6-3.

Number 3 Singles: Arissa Hall (Heritage Hills) defeated Rayven Meyer (Forest Park) 6-4, 2-6, 2-6.

Number 1 Doubles: Avari Schneider and

Ashlyn Dilger (Forest Park) defeated Miah Rahman and Becca Heeke (Heritage Hills) 7-5, 6-6 (tiebreak 7-9), 6-2.

Number 2 Doubles: Jaylynn Egloff and Mariah Schaefer (Forest Park) defeated Ella Wetzel and Ashley Tappley (Heritage Hills) 2-6, 7-5, 6-4.

## HIGH SCHOOL SOFTBALL

### Evansville Reitz 6, Jasper 2

ING Staff Report

JASPER — Evansville Reitz pushed past Jasper 6-2 on Friday, April 12.

Visiting Evansville Reitz scored first and never trailed. Evansville Reitz plated two runs in the top half of the first inning.

Evansville Reitz led 3-0 before Jasper pushed across its first run in the bottom half of the fourth frame. Clinging to a 3-2

lead, Evansville Reitz scored three runs in the top half of the seventh inning.

Evansville Reitz pitcher Ella Ellerbrough claimed the win in the circle. Ellerbrough pitched a complete game, limiting Jasper to two runs on four hits while recording 11 strikeouts.

Romey Werner started in the circle for Jasper and suffered the loss.

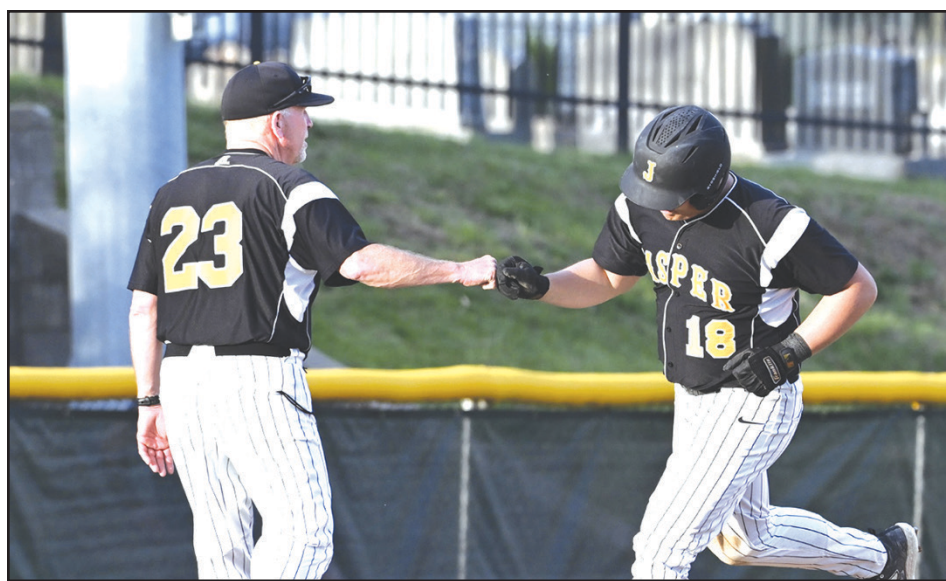
Replacing Werner in the circle, Elise

Lampert pitched in relief for the Wildcats.

Evansville Reitz scored six runs on 10 hits. Molly Bell led Evansville Reitz at the plate, finishing two-for-four with a home run and three RBIs.

Olivia Young (two hits), Keira Giesler (one hit, one RBI), Brooke Williams (one hit) and Brianna Barrix (one RBI) each contributed offensively for Jasper during the matchup.

## Baseball Game Highlights



Photos: Jasper vs Heritage Hills High School Boys Baseball Varsity game - Jasper vs Heritage Hills - Regular Season Game Apr. 15th, 2024 @ Ruxer Field - Jasper, IN. If you would like to purchase one of these you can from www.astrikephotography.com.

Photos taken by Astrike Photography.



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SPORTS

# Meet official responsibilities and communication clarified in H.S. swimming and diving rules

ING Staff Report

INDIANAPOLIS — Language in the 2024-25 NFHS Swimming and Diving Rules Book will be changed in an effort to ensure consistent notification protocols when violations regarding swimming attire are detected.

This revision was one of two changes recommended by the NFHS Swimming and Diving Rules Committee at its March 17-19 meeting in Indianapolis. All changes were subsequently approved by the NFHS Board of Directors.

The change comes in conjunction with one of the committee's fundamental goals, which is to increase communication between coaches and officials to promote the flow of a swim meet.

"One thing I love about the committee is all the different perspectives, from coaches representation to officials representation and even administrative representation," said Rod Garman, chair of the NFHS Swimming and Diving Rules Committee and assistant executive director of the Kansas State High School Activities Association.

"I think our sport is in a great spot."

In Rule 4-4-2e, language was changed to bring the rule in line when violations of Rule 3-3-2 are detected. Rule 3-3-2 describes the types of legal suits for males and females. According to the new language, the referee shall advise the coach that the swimmer may not compete until their suit is made legal.

This change ensures that the referee directly communicates with the head coach of the athlete if there is a violation and will bring less disqualifications if an athlete has an illegal uniform. Previously, if the coach of the athlete was not able to be reached without delaying the meet, a verbal announcement of the violation sufficed.

Sandy Searcy, NFHS director of sports and liaison to the NFHS Swimming and Diving Rules Committee, said the committee believes that the consistency of language between rules will help bring a better meet experience.

In Rule 4-1-4, the word "clerical" was removed to help clarify the authority of

a meet official. This change is intended to create a more efficient and effective process for fixing problems that may arise during a swim meet.

"The committee believes that the majority of problems that arise during a meet are minor and can be easily fixed if the official's authority stays consistent with the scope of their authority during the actual competition – without having to be addressed by outside entities, including state associations," Searcy said.

A complete listing of the swimming and diving rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on "Activities & Sports" at the top of the home page and select "Swimming and Diving."

According to the 2022-23 NFHS High School Athletics Participation Survey, swimming and diving is the 10th-most popular sport for boys with 116,741 participants in 7,831 schools, and the ninth-most popular sport for girls with 140,711 participants in 7,937 schools.

# SHS Varsity vs Evansville Christian School Win



The Raiders improve to 4-2 on the young season as they defeated Evansville Christian 9-0 on Friday night at League Stadium in Huntingburg. The Raiders were good in all phases of the game on Friday offensively collecting 15 hits and pitching and defense allowing zero runs in the Friday night contest. Photos from Southridge Baseball Facebook page.

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## INSPIRATION

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

## A dog named Joe

by Teresa LeNeave

Let me tell you a story of a dog named Joe. Joe ran away from home a little over two years ago. His family consisted of a mom, a dad, a little boy and a young teenage girl. They lived in the country on many acres where Joe could run, play, chase rabbits and deer every day of his life. Every once in a while, he saw a few coyotes. Why would he run away when everything that would make him happy was right there at home?

When he disappeared, his family's first thoughts were that he was caught in a trap or attacked by coyotes. They searched every acre of their farm and even asked the neighbors if they could search their grounds. Joe was nowhere to be found. The kids cried and the parents were disappointed. Joe was part of their family. Without a moment's notice, he was gone.



Although Joe was gone, his family never forgot him. For months, as they drove to work or went anywhere in a vehicle, they scanned the roads and fields hoping for just a glimpse of him. Every once in a while, the kids would jump on the 4-wheeler and scout the farm again hoping to find some trace of him. Eventually, they decided he was dead and they decid-

ed to move on.

They got another dog to replace Joe. Two years passed and then, out of the blue, someone called and asked what Joe looked like. They thought they had found him. As quickly as Joe left, Joe came home. No one knows where he had been for the past two years, but one thing they did know: he was glad to be home. When he wagged his

tail, he wagged his entire body. Joe was as excited as his family.

Immediately, his family began to make plans for Joe's well-being: a new collar, his favorite dog food and lots of attention.

If Joe thought he was special before, now he really got the royal treatment! Joe was home. He was where he belonged. He was in the right

place. He got the best bed. He got the best food. He got the newest dog collar.

That's like the love God has for us. No matter how far you run from God, no matter where you've been or what you've done, God still loves you. You may have been gone for two years or twenty years, but God still loves you. He's still waiting for you to come home.

Joe, the lost dog, is a great example of being loved by our Heavenly Father.

The truth is we get to live every day in the presence of Jesus. *"In Him we live, we move and we have our being"* (Acts 17:28).

God doesn't dwell on our past ... and if we want to be like him, we can't dwell on our past, or anyone else's past. God is Creator. A Creator forgets the past because he is constantly working on a current project. He's constantly got bigger plans for the future.

Jesus said God is like the father who

sat on his porch waiting on his prodigal son to return home. When

he saw him coming down the road, he didn't care that his child smelled like the pig pen. His nasty clothes and dirty face didn't repulse him. He ran straight to his son and threw his big arms around his neck and welcomed him back home. He never asked him where he'd been or condemned him for leaving. He was just overjoyed to have his child back.

Like a dog named Joe, you can be welcomed back into the family of God. Like the family of the dog named Joe, we must welcome the lost back as well. Just be overjoyed they are home. (I don't even know where I heard the story of a dog named Joe, but I've never forgotten it or the message it holds.

Every time I think of it, I can't help but remember God's love for His children).

## An Optimist chooses to see life differently

Dr. Billy Holland  
billyhollandministries.com

The older we are, the more we can see how the world has changed. The Bible reveals the human race fell from God's favor when Adam and Eve decided to disobey God in the Garden. Since that separation curse, all humans are now born with a depraved nature. Our spirits and minds can be transformed through God's power, but this does not mean the optimist ignores reality or has blind faith. So how can we regain a positive attitude and discover restored spiritual security with our Creator? For those who are truth seekers, God's word explains the problem of sin, and also reveals the solution is found in Jesus Christ who is the way, the truth, and the life.

Whatever your political and theological views, we can agree there is much concern about what is happening around the world and where we are headed as a civilization. We have the Middle-East conflicts that often include Israel, an upcoming presidential election in the fall, and the Christian community predicting the coming of Christ will be soon, just to name a few. A troubling aspect of many people's disagreements is how they base their opinions on what someone else has told them instead of researching for themselves. Since God knows everything, the best solutions for every problem is to listen to Him, but rarely is this mentioned or sought after.

Amid our worries about the cultural moral decline, ad-

vancing artificial intelligence, and our family's future, everything is not all gloom and doom. God is moving and miracles are being seen all around us. Like you, I read the editorial sections and watch the news, and mostly what I gather is someone repeating over and over how bad everything is. However, we do not need to be bombarded with negativity about how the world is falling apart at the seams. We need to hear that God created all things, and is in total control of everything! We have the choice to jump on the bandwagon of fear, or we can decide to be an agent of change and make a positive difference.

Isn't it refreshing to know that all is not lost and we can shine for God as bright as we desire? Perspective is a keyword to

consider because it allows us to discern and think carefully about what has been said. When someone relays a story, we should remember they are relaying a view of what they believe. For example, when we hear that no one can be trusted in our government and how society is evolving into a majority of mindless zombies, we should realize this is a "glass half empty" view. In reality, many kindhearted and loving individuals are demonstrating what Christ died for them to be. This is not the hour to give up and hang our harps on the willow trees. It's a day to examine our hearts and choose to obey and fulfill our calling because we love God.

Each day we maneuver our way through the daily grind while trying to maintain our sanity

at the same time.

Nonetheless, let us be reminded that if we are going to be an information sponge, we should be careful how we interpret what we absorb. Yes, the masses have serious problems, but we should not burn down the forest just to get rid of poison ivy. Everyone is not evil or a dangerous liberal, and neither is every member of the modern generation brainwashed with humanism. No matter what the majority deems politically correct, as Christians we are to be helping build God's Kingdom with love. This includes praying for those who have yet to meet God.

There is a huge difference between spectators who do a lot of complaining and participators who spend their time and energy trying to accomplish God's will.

May we examine our convictions carefully and be willing to accept and follow God's truth that sets us free from sin and gives us peace and joy. Be encouraged, the darkness of discouragement will never overcome the eternal light of God's compassion and mercy. Instead of pointing out all the people who do not care, we could start identifying and appreciating those who do. What will you decide? May we scrutinize our convictions and intentions and be willing to listen and embrace the Alpha and Omega who is, who was, and who is to come.

*Dr. Holland lives in Central Kentucky with his wife Cheryl, where he is a Christian author, ordained minister, worship leader, and community chaplain.*



by Gary Miller  
gary@outdoortruths.org

There's nothing like the sound of a gobble at daylight. If you're close enough, it seems that it reverberates throughout the hollows and ridges. It will truly make you wide

awake like nothing else. The method most of us use to cause a tom to gobble is by using some kind of shock call. For the non-turkey hunters, a shock call is simply a loud noise that is made that causes a gobbler to react to the sound

by gobbling. There are also other calls that are used like an owl hoot. I'm not totally sure but I think the turkey despises the old hoot owl so much that when they hear one, they just fuss back at it by gobbling. But whether you shock one or owl hoot or crow call, the results are the same; a turkey is located.

It seems to me the old gobbler is a cantankerous bird. When something unexpected happens, he fusses. When some other crea-

ture wants to sing out, he fusses. When something is different or interrupts his normal routine, he fusses. But what he doesn't realize is that by his responses and reactions he lets everyone know where he is. And in turkey hunting that's good for the hunter and not good for him. He sort of reminds me of some people I know. They are fine when everything goes their way and when everything is as it should be, and when there are no unexpected interrup-

tions or unplanned circumstances. But when something happens out of the ordinary, they fuss and complain. It may be the clerk at the grocery store who smashes his bread or the waitress at the restaurant who gets his order wrong, but again, the results are the same.

What he doesn't realize is that by his actions he is letting everyone know where he is. He is telling the world around him that what you see

might not be what you get. He is telling everyone what is really inside. I think he forgets about his own imperfections and his own mental lapses. He seems to demand more from others than he does from himself. I hope you're not that way because the true test of Christian character is not how we act during the expected but how we react when we are shocked by the unexpected.

## CARING FOR SENIORS

### Seniors: backstroke your way to improved health

Exercise provides a number of measureable benefits for people of all ages, including older adults. Swimming is one exercise that may be especially beneficial for seniors.

Many people learn to swim in childhood and sharpen that skill as they get older. Though swimming devotees may get in the water for fun rather than fitness, this popular, joyful and relaxing pastime may be the ideal exercise for seniors looking to improve their overall health, particularly because it is very low-impact.

Because the water provides buoyancy while swimming, there is little risk of injury and minimal strain on the body. Water exercises, including swimming, work all the muscle groups, so it can be a complete exercise, says American Senior Communities. Swimming also is a great cardiovascular exercise that can strengthen the heart muscle and improve lung function and endurance. Because it lowers



blood pressure and improves circulation, swimming is a great way to get the heart pumping.

A gentle, 30-minute swim can burn up to 200 calories, which is more than walking. A faster swim can burn calories more quickly than running or cycling. However, since water supports up to 90 percent of the body's weight, this activity will put less stress on muscles and joints while one is exercising.

Individuals with mobility issues or arthritis pain may find that swimming helps relieve discomfort and improves range

of motion. Again, because the water is doing much of the work holding up the body, it will take the stress off of joints, helping a person to feel better while stretching and moving gently in the water.

Even seniors who don't know how to swim can still reap the benefits of water exercise. Walking in shallow water, or using a kickboard to stay above the water can be effective. Using foam dumbbells or even pushing and pulling one's arms through the water can serve as a great resistance exercise that builds strength.

### Boost energy with the right foods

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish.

Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

- **Whole grains:** Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.
- **Lean protein**



**sources:** While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

- **Nuts:** Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and

carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.

- **Fruits and vegetables:** Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

**• AWARENESS**  
from Pg. 4

17.4 percent reported drinking; of those mentally healthy, 13.4 percent reported drinking; of those mentally distressed, 30.1 percent reported drinking. 8.2 percent reported binge drinking; of those mentally healthy, 6.3 percent reported binge drinking; of those deemed mentally distressed, 14.5 percent reported binge drinking.

These statistics indicate why CARES spends time and resources on teaching

young people coping skills and making them aware of mental health resources available to them.

"We want our youth to deal with life stressors in a healthy way," said Candy Neal, director of Dubois County CARES. "We don't want them to use alcohol or substances to deal with stress. Using alcohol or other addictive substances hurts a person's physical, emotional and mental state – that has been proven time and time again."

### Possible causes of low energy in dogs

Dogs' love of activity endears them to millions of animal lovers, and it's one of the first distinctions people make between canines and other popular pets, such as cats.

It's not uncommon for dogs to look for a place to lay down and relax after a play session. And certain dog breeds, such as English bulldogs, tend to be less physically active than others. However, low energy levels throughout much of the day and an unwillingness to get up and run around could be signs of something serious in dogs that typically embrace physical activity.

The United Kingdom-based People's Dispensary for Sick Animals notes that lethargy in dogs may indicate a host of problems. Identifying the cause of low ener-

gy in dogs can be the first step toward helping man's best friend get back to being his or her energetic self.

**Potential causes of lethargy**

The PDSA notes that various medical conditions can contribute to low energy in dogs. A veterinarian should be consulted immediately if a dog's energy levels suddenly dip. That's because certain issues that compromise canine's energy levels could prove fatal if left untreated.

Infections are a potential cause of lethargy in dogs. According to the American Veterinary Medical Association, canine distemper is a serious disease caused by infection with the canine distemper virus. Vaccination can prevent canine distemper, but dogs that are not vaccinated can suffer

a range of symptoms, including lethargy, if they are infected with the virus.

Obesity is another potential cause of lethargy in dogs. The PDSA notes that overweight dogs tend to move around less, so pet owners may need to alter pets' diets and exercise routines to help them lose weight and become more physically active. Overweight dogs are at an elevated risk of developing diabetes, which the PDSA notes is one of a handful of hormonal issues, including Cushing's disease and hypothyroidism, that also can cause low energy in dogs. Each issue is serious and dog owners are urged to work with their veterinarians to help dogs lose weight.

Dogs also can suffer from heart disease, which can cause low energy. PetMD

notes that many dogs develop heart disease as they age. The most common forms of heart disease in dogs are heart valve disease, myocardial (heart muscle) disease, heartworm disease, and arrhythmia. Heart disease in dogs affects blood flow and makes it hard for the heart to pump blood, which can make dogs tired.

Additional causes of low energy in dogs include anemia, kidney disease and liver disease. Certain medications also can cause low energy in dogs, so it's vital that pet owners discuss potential side effects of any medicine prescribed to their dogs.

Low energy in dogs can be a warning sign of various issues. Dog owners are urged to contact their vet immediately if dogs exhibit signs of low energy.

**PET SPOTLIGHT OF THE WEEK**

DUBOIS COUNTY  
*Humane Society*  
*Pirelli*

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make himself invisible. Pirelli needs a home without children. If you have a quiet home and want to give this handsome boy a try please apply at [www.dubois-countyhumane.org](http://www.dubois-countyhumane.org)

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