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December  
2020

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Elkhart  
Council  
on Aging  
forges

## 'CARING CONNECTIONS'

By DAVID HAZLEDINE  
Staff Writer

For many Elkhart County families, 2020's holiday celebrations will be very different from any other in memory. Some of the most affected will be seniors.

For 45 years, Council on Aging of Elkhart County has been one of the only nonprofit organizations dedicated solely to the needs of the county's seniors and, like everyone else, COA has been forced to adapt to the vexing problems posed by the COVID-19 pandemic. Among those adaptations is a new program, Caring Connections, dedicated to simply calling seniors one to three times per week, depending on the need.

"Last year was our agency's best year ever in servicing the most seniors in our history," exclaimed CEO David Toney. "And remember that was while we were fighting COVID, which makes it even more impressive." For example, COA's activity center, which normally saw almost 70 visitors on Wednesdays and Thursdays has been closed since mid-March.

However, even as COA is seeing an increased need, the second spike in COVID cases has led to a shortage of

**A YEAR LIKE NO OTHER** — From left to right are Council on Aging of Elkhart County officers David Toney, CEO; Tina Fraley, CFO; and Kendra Nowak, transportation manager. According to Toney, in the 2019-2020 fiscal year COA experienced the highest demand of its 45 years, in spite of its activity center being shut down since March due to COVID. "It's a strange year ... like no other," he said. COA also kicked off a new program, Caring Connections, to stay in touch with clients in the coming months. Photo provided.

volunteers due to fears of infection. At the time of this writing, Elkhart County was third in the state for COVID cases. Caring Connections, on the other hand, is finding enthusiastic volunteers because it can be done by phone.

The goal of Caring Connections is simply to help keep seniors spirits up, an antidote to the negativity so often found in the media. "They can reminisce, tell stories and, at the same time, we can make sure they feel comfortable," said Toney. "When we were kids they held our hand. Now we're trying to return the favor."

Though the activity center is closed, COA's other two main services, transportation and in-home services, are already surpassing the record-breaking activities of the 2019-2020 fiscal year. And a quick look at some statistics gives an insight into the

needs COA meets.

Particularly applicable to Caring Connections is the fact only around 30% of COA clients have family in the county. "That surprised me," said Toney.

In addition, 56% of COA clients are below poverty level and 96% of clients are dependent on COA financial assistance for transportation, while 99% of those transportation trips are for medical care service. "We are the only organization who will take seniors someplace without money," Toney stated.

Toney calls senior transportations COA's "flagship program." From 6 a.m. to 6 p.m., Monday through Friday and on a limited basis on Saturdays, drivers trained in CPR and first aid provide transportation to a wide variety of personal care services.

During the pandemic, COA's vans

are regularly sanitized, along with other facilities. These and related precautions have added approximately \$40,000 to COA's bottom line. "Everything is adding up," Toney commented.

In-home services provided 7,132 hours of homemaking, attendant and respite care in 2019-2020. Government insurance provided 2,022 hours of service at no fee to clients and Medicaid supported 3,881 service hours. "We cater to them," said Toney. "We clean, cook, go shopping and provide companionship ... They're not watching TV when we're with them." However, volunteers are currently harder to find even as demand increases.

"It's a strange year ... like no other," concluded Toney. "It's taking us somewhere we've never been."

For information, to request services or to volunteer, visit [www.elkhartcoa.org](http://www.elkhartcoa.org).



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**Key Positions**

# Kenton King: Warsaw Municipal Airport's 'only original fixture'

By RAY BALOGH  
Staff Writer

Kenton King, in his job as line supervisor at Warsaw Municipal Airport, has outlasted his predecessor and “the lady who hired me,” and is working under this fourth airport manager and third mayor. “I’m the only original fixture here,” said the 64 year old, who lives “right beside the airport” with Deborah, his wife of 13 years, and their family dog.

King started at the airport in 1988, doing jobs such as mowing the grass and snow plowing the runways, ramps and parking lots. He also fuels aircraft, handles the employees’ work schedules and does “anything else the airport manager wants me to do.”

It isn’t so much his duties have changed during that time, but his knowledge and experience have progressed over the years, such that “if something breaks down, I’ve been here

enough years that I know what to do and how to get it fixed.”

King’s 32-year gig in Warsaw is his second job in aviation. He wore many hats as the only employee at the Wabash Airport from 1979 to 1987, right after his four-year stint in the U.S. Navy.

He has compiled enough years as a city employee in Warsaw he has been eligible for retirement for a while, but he is not ready to leave his labor of love, at least for the next couple years.

“I still like coming here, well, at least most days. It’s a good job and it keeps me active,” he said. “I feel like I’m the type of person who has to be busy. If I’m no longer working here, I’ll have to take a part-time job somewhere just to keep active.”

Though immersed in aviation work for more than a third of a century, King has never had an inkling to earn his own pilot’s license. “I’ve never wanted to be a pilot, though I don’t mind going up. I have no fear of flying, I just have no desire to do it.”

Not that he doesn’t pilot planes in another sense. For the past “25 to 30 years,” King has enjoyed his signal hobby of flying remote control airplanes, often using the north end of the Warsaw airfield or the parking lot at the athletic complex west



**ESSENTIAL WORK** — Kenton King starts a fresh pot of coffee in the terminal at Warsaw Municipal Airport. He keeps the joe brewing for the assemblage of pilots who trade stories and solve global problems every Saturday and Sunday morning, no matter what the weather. “We don’t charge for coffee. One of them brings rolls for breakfast and they talk for about 3 1/2 hours. If you don’t have coffee, you might as well turn out the lights and lock it up.” Photo by Ray Balogh.

of Warsaw. “I have about 30 RC airplanes at the house. The biggest wingspan is 87 inches.”

King said the “favorite aspects” of his job are “once in a great while getting to see a really cool looking plane you just don’t see very often” and “meeting people from all over the United States. The pilot community as a whole are very nice people, really like a family.”

Though the event was scuttled by the pandemic this year, the legendary annual Experimental Aircraft Association air show in Oshkosh, Wis., brings the greatest rush of air traffic to the Warsaw facility. “They will come from all over the place to fuel up, because our prices are lower than most other airports. This is really a very nice airport, though a lot of people who live here in Warsaw don’t know a lot about it.”

King said DePuy-Synthes in Warsaw, owned by Johnson & Johnson, flies in doctors from

Europe about once a week to tour its facilities. The corporate jets take on 1,000 to 1,500 gallons of fuel at a time, providing welcome revenue for the airport. King drives the 3,000-gallon refueling truck and also the 1,000-gallon tanker that dispenses avgas for smaller aircraft. “It is important that we have this airport,” he said.

Though the pandemic has dented sales, King is optimistic business “will pick itself back up again. This is just a rough patch.”

King and his wife like to travel, making two trips a year to the Smoky Mountains, where they tied the knot on one of the range’s mountaintops. They have also visited Disneyland and Disney World, Myrtle Beach and Las Vegas, flying commercially.

King’s identical twin brother, Calvin, plied a 20-year career in the Navy and now “works on Navy ships every day” in Virginia Beach.

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# Paul McCartney claimed 'It wasn't fun anymore'

On the night of Dec. 27, 1960, — a chilly Tuesday evening — 1,500 music fans jammed into the spacious Litherland Town Hall in Liverpool, England. Promotional posters promised fans a grand night of dancing and rock 'n' roll, thanks to the debut of “the Sensational Beatles (Direct from Hamburg).” Attendees that night, who logically assumed that the band came from Germany, would remark later how good the quartet’s English skills were whenever the group members chatted with the audience.



By Randal C. Hill

Actually, all four Beatles had grown up in Liverpool. For the previous five months, though, they had been playing long sets of American Top 40 hits in bars and dance clubs in the gritty Reeperbahm district of Hamburg. In doing so, they had morphed from a ragtag bunch of minimally talented musicians into a respectable “cover” band that had become popular as headliners.

Beatles waited behind a curtain drawn across the dance hall stage, the emcee snapped the crowd to attention with “And now, everybody, the band you’ve been waiting for! Direct from Hamburg —” But before the word “Beatles” could be uttered, a nervous Paul McCartney burst through the curtain, screaming his best high-octane Little Richard imitation:

‘I’m gonna tell Aunt Mary ‘bout Uncle John’  
‘He said he had the mis’ry but he got a lot of fun.’

“Long Tall Sally” instantly fueled the crowd’s rush to the stage to revel in the Beatles’ half-hour set as the leather-jacketed young artists staked their claim to history.

According to numerous rock historians, “Beatlemania” was ushered in that night. Within two years, the Fab Four became UK stars, and by 1964 they ruled the international pop music world.

Flash forward to Aug. 29, 1966. The Beatles are scheduled to play a concert at San Francisco’s Candlestick Park. Fans headed to that performance don’t realize that this will be the final live show of the quartet’s career. (The foursome will keep the announcement to themselves until they return to England.)

Who could blame the band for their decision? Worldwide fame, it seemed, had robbed the musicians of everything enjoyable about performing before an audience. The group’s powerful Vox amps had become all but useless against the nightly screamfest that rolled over the band like an oceanic tide. So pronounced was John Lennon’s malaise that he had begun calling the Beatles’ live act a “freak show.” Ringo Starr offered

no argument. (“Nobody was listening at the shows.”) Even normally positive Paul McCartney confessed, “It wasn’t fun anymore.”

That night at Candlestick Park, the home of the San Francisco Giants baseball team, the Beatles performed on an elevated platform erected over second base and surrounded by a chain-link fence for their last live gig. The world’s leading rockers, amid chilly swirls of fog,

performed their final concert in a cage.

Their show, as usual, ran half an hour, and the last song sung was “Long Tall Sally.”

For those who could hear him, it was said that Paul McCartney had never sounded better.

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**Spotlight**

# David Stackhouse: An 'Indiana farm boy' takes to the skies

By **RAY BALOGH**  
Staff Writer

David Stackhouse, 52, has lived his entire life on the family farm north of Bourbon — except for 1 1/2 years, when he lived only a mile and half east

of the 120-acre homestead.

"I grew up pulling a disc and plow, and raised chickens, horses, and up until about five or six years ago, donkeys," he said.

Though he has always been firmly rooted in terra firma,

recently his avocation has taken him a new direction — skyward. Stackhouse earned his private pilot's license 10 years or "about five airplanes ago," as he put it.

"It was a bucket list kind of thing," said the former tool and die maker. "My primary interest was flying the family, but flying also gets me back and forth to business meetings."

Stackhouse now works as a business consultant in tooling, management and oversight. "Some people hire me just for my advice, which is astounding to me. My wife won't even listen to me," he quipped.

He used to travel "around the globe two or three times a year" until the COVID-19 pandemic "put a stop to that and changed the dynamics."

Stackhouse estimates he has flown more than 1,000 hours since his "80 to 100 hours" of training and said he has "easily flown to or over 80 percent of the states in the continental United States."

He owns a hangar at Warsaw Municipal Airport, in which he also maintains the office for his sole proprietorship, Alpha LLC. He has owned, in succession, a Cessna, 172, Cirrus SR22, Cherokee 140 and 235, and his current airplane, a Cessna 182.

All his aircraft have been four-seaters, just enough for him; Susan, his wife of 30 years; and their son, Trenton to take their annual trips to their favored vacation spot, Michigan's Upper Peninsula. They spend two or three weeks in a rental there, with Stackhouse spending another few weeks alone on the peninsula, fishing and hunting ducks.

Stackhouse said "every flight is a bit adventurous" and noted he has endured bird strikes and ice conditions. His



**PRE-FLIGHT CHECK** — David Stackhouse checks the oil level on his Cessna 182 in his hangar at Warsaw Municipal Airport. He noted the 1968 aircraft and he are "the same age." Photo by Ray Balogh.

"strangest, most memorable" experience, however, came in November 2010 after he landed in El Paso, Texas, a business destination he travels to a couple times a month.

"I was sitting there on the ramp and a jet pulled up. The door opened and out come these two big aviation MPs. A white van pulled up and they drag this guy in shackles from the jet to the van. The guy in shackles had a deadly looking stare.

"About a month and a half later, I was watching a promo on TV for a '20/20' feature story that night and I realized the guy they were extraditing in El Paso was Russian arms dealer Viktor Bout, known as the Merchant of Death. He passed by me within six feet. They had arrested him in Bangkok, Thailand."

That unsettling episode aside, Stackhouse said, "you see so many beautiful things and meet wonderful people" as a private pilot. "Everybody is in the same system and are always looking out for each others' safety," he said.

He is particularly enamored

of the bird's-eye view of God's creation, particularly in the autumn. "You see the trees as round balls of color and along the creeks and rivers you see lines of color."

Stackhouse has pastored the Baugo Church of the Brethren northwest of Wakarusa for the past 12 years, and has seen his flying experience come in as a welcome tool. "I was in the Upper Peninsula when a member of our congregation passed away. I was able to take the 2 1/2-hour flight back home to meet with the family and conduct the funeral. It would have been a 12-hour car ride and I would have missed being able to help as I did."

After he "fully retires," Stackhouse hopes to shuttle missionaries and medical patients for Angel Wings Ministries and transport children to hospitals for the Masons and Shriners.

He said folks older than he is can also learn to fly. "There is no age limitation to start," he said. "All you need are relatively good math skills and good eye-hand coordination. But you have to be willing to take the time and you have to be humble. Don't be arrogant, because that's when you get yourself into trouble."

Stackhouse said learning to fly can teach some life lessons as well. "You can't think at the speed of flying, so you have to think ahead. That is the first thing you are taught. Planning well and not just living in the moment is a good learning tool for life."

Stackhouse compiled a "thought provoking" collection of "a bit of my ramblings" in "My Little Book," which he wrote on a four-hour flight and published in 2012. For the project he conjured the pen name Yooperwantab, "Yooper Want to Be." The book, also available for 99 cents in e-book form, has "sold on every continent except Antarctica," he said.

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## What Seniors Think

**“How, if at all, have your Christmas plans been forced to change this year?”**



**JOHN BAUER  
INDIAN VILLAGE**

It will be about the same. We used to get all together, but my wife's got an immune system issue, so just immediate family comes.



**RUTH SHEPHERD  
NORTH WEBSTER**

Mine haven't changed: I have to work. I'll be at CVS so everybody else can celebrate.



**TERRI RITTER  
SYRACUSE**

They haven't, really. We don't have large family gatherings. I just have three grown kids and four grandchildren and they all live close, so our plans won't really change.



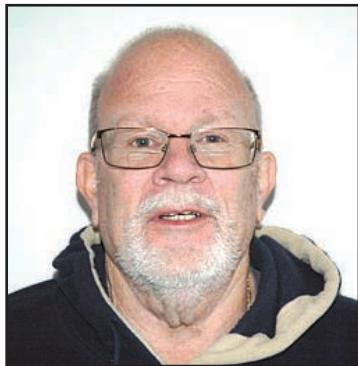
**CRAIG CHARLTON  
WARSAW**

Our plans haven't really changed too much. We have a close-knit family and we want to continue to have our small group and continue to go about our lives. It doesn't bother me. We have been faced with worse viruses.



**DOUG JONES  
LEESBURG**

I am kind of a wait-and-see guy. I have no really solid expectations, but it comes together at the end. We typically have a large gathering with about 20 family members. Everybody lives in Kosciusko County and we host every year because we have the biggest house. In reality we kind of go with the flow and this year it is up in the air. We don't know yet because we don't have all the facts.



**MIKE SEARFOSS  
LEESBURG**

I'm not sure if our plans have changed. Our grandson and his wife are coming home from Camp Lejeune in North Carolina with the newest great-grandson, who will be two months old when they arrive. We usually keep our holiday gatherings small.

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## Delaying retirement gains appeal

By CECIL SCAGLIONE  
Mature Life Features

As our life spans and the qualifying age for collecting full Social Security benefits climb, so do the physical and financial needs to keep working past the traditional “retirement” age.

While most workers dream at some time or other of chucking the job and enjoying the rest of their lives traveling or gamboling with the grandkids or just soaking in sunsets by the beach, more and more are looking at extending their work life for many reasons:

- It keeps them busy and in touch with what's going on.
- They remain in contact with long-time colleagues and friends.
- Their work still invigorates them and keeps their mind and body healthy.

Adding to the ease of continuing your career past the 65-and-quit ceiling is the expanding technology that allows individuals to work at home.

Meanwhile, many folks who have retired fill their day-to-day lives by volunteering at the multitude of nonprofit organizations out there.

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## Finance

## Understanding Social Security —

**Benefits will increase in 2021**

By **MONA HARTER**  
District Manager, South Bend  
Social Security Office

Nearly 70 million Americans will see a 1.3% increase in their Social Security benefits and SSI payments in 2021.

Federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases. This change means prices for goods and services, on average, are a little more expensive. Social Security's Cost of Living Adjustment (COLA) helps to offset these costs.

January 2021 marks other

changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change. Read our press release for more information at [www.ssa.gov/news/press/factsheets/cola-facts2021.pdf](http://www.ssa.gov/news/press/factsheets/cola-facts2021.pdf).

We will mail COLA notices throughout the month of December to retirement, survivors and disability beneficiaries; SSI recipients; and representative payees.

Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice

online via the message center inside "my Social Security" in early December, without waiting for the mailed notice.

In order to receive the online notice, you need to have a "my Social Security" account that was created by Nov. 18, 2020.

Those with a "my Social Security" can opt out of re-

ceiving a mailed paper COLA notice and other notices that are available online. You can choose text or email alerts when there is a notice in message center by updating your preferences at [www.ssa.gov/myaccount/opt-out.html](http://www.ssa.gov/myaccount/opt-out.html), so you always know when we have something important

for you.

Be the first to know! Sign up for or log in to your personal account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Go to "message center preferences" and choose email or text to receive courtesy notifications.

This way you won't miss your online COLA notice.

**Ask SHIP —****Is affordable insulin available on Part D?**

**I have diabetes and my insulin costs are overwhelming. During this open enrollment period, is there a plan I could choose to better cover my insulin costs?**

The new Part D Senior Savings Model aims to reduce Medicare expenditures.

About 30% of all 2021 stand-alone Medicare Part D plans and Medicare Advantage plans with drug coverage will offer coverage of different types of insulin at a maximum copay of \$35 per month.

While your current health insurance plan may elect to participate in this program, not all do. You may need to switch plans to get this new benefit. So you'll need to switch before the end of the Medicare open enrollment period (Oct. 15 to Dec. 7).

For 2021, over 1,600 plans nationwide will offer these benefits, with plan options for beneficiaries in each state.

Plan benefits will include a maximum \$35 copay for a month's supply and start Jan.

1 with coverage in the deductible, initial coverage and coverage gap phases of Part D.

People with Medicare can find a drug plan participating in the Part D Senior Savings Model through the Medicare plan finder at [Medicare.gov/plan-compare](http://Medicare.gov/plan-compare). The online plan finder tool now has a filter to include insulin savings.

By clicking the "insulin savings" option, plans that offer capped out-of-pocket costs for insulin will be highlighted. The filter will be promoted with a call-out action for users who enter covered insulin in their drug lists.

The Part D Senior Savings Model aims to reduce Medicare expenditures while preserving or enhancing quality of care for beneficiaries. It aims to provide additional Part D prescription drug plan (PDP) choices for beneficiaries who receive Part D coverage through both stand-alone PDPs and Medicare Advantage (MA) plans that provide Part D prescription drug coverage (MA-PDs).

These model-participating plan benefit packages (PBPs) will provide stable, predictable copays for insulins that beneficiaries need.

If you or someone you know



has questions about the Part D Senior Savings Model, the plan finder tool, MyMedicare.gov, or any other Medicare related topic, call SHIP at (800) 452-4800 or (866) 846-0139 TDD, or go online to [www.medicare.in.gov](http://www.medicare.in.gov).

You can also find SHIP on Facebook and Twitter.

SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance.

## Need Help with Medicare Costs?

If you make less than \$1,900 per month (single) and are on Medicare, then you might qualify for assistance with prescription drugs and expenses for your medical care.

-  Extra help to pay for your prescription drug plan.
-  Medicare Saving Program to help pay for your Part A and B deductibles and co-pays.

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## Dad &amp; Mom's Country Wisdom —

# Demonic power

By JIM GEYER

**(EDITOR'S NOTE: Jim Geyer offers the wisdom he gleaned from his experience on the farm in this book "Dad & Mom's Country Wisdom: Everything I Know about the Bible I Learned Down on the Farm." This is the second of two parts on the chapter titled "Demonic power.")**

The story of what Jesus did sure left me with several questions that no one seemed able to answer. Why did Jesus allow the demons to enter the herd of swine? Why couldn't the demons just float in space? (Later I learned they needed a place of habitation.) Was the owner of the swine a Jew or a Gentile? If the owner was a Jew, was he raising those pigs to sell to Gentiles since Jews were forbidden to eat pork?

Why were the local people so upset about the loss of the herd, rather than rejoicing that Jesus had set a man free from the demon's power? Human nature has not changed. People still complain more than they praise.

In my lifetime, I have sadly and with concern learned that there are still demon-possessed people today. Yes, even in the USA, which is supposedly a civilized nation, not just in so-called "third world countries."

Our society is increasingly occupied with the occult. Millions each day read and believe their horoscope rather than God's word. The celebration of Halloween becomes increasingly satanic-influenced. Thousands each month seek the advice of palm readers, so-called spiritual mediums and sorcerers. Whole gangs of youth use devilish symbols to identify themselves and invite Satan himself to be their leader. Thousands each year commit suicide, perhaps under the influence of, or actually possessed, by demons.

People, including youths, have confessed they have

committed horrendous crimes because Satan told them to do it. Magazines, books, movies and television shows portray Satan and his demons as beings who have no more power than a human being. People wear T-shirts that say, "The devil made me do it." They openly flaunt their ignorance of their own sin nature and the evil power of Satan. How tragic.

Scripture has 164 direct references to Satan as the devil, as well as many indirect references. There has been, in the past and ever increasingly today, a major spiritual battle between God and Satan, good and evil, darkness and light, lies and truth, wickedness and righteousness. Sadly, even tragically, few Christians recognize the scope of this spiritual battle

and the only way one can overcome any type of demonic influence is in the name and blood of Jesus, prayer and the word of God. Jesus set the example when he refuted the devil by using his father's (and his) word when he was tempted 40 days and nights in the wilderness.

I love to read the accounts in the Old Testament of godly kings who destroyed the temples, alters, satanic idols of false gods, etc. I would have loved to help them. I can picture myself with an axe or sledgehammer in hand and a stick of "dynamite" in the other hand, destroying Satan's strongholds.

Paul, writing to the Ephesians (6:10-18), told us to put on the whole armor of God in order to withstand all Satan and his demons throw at

us. Satan is the father and master of murder, deceit, lies, greed, depression, defeat, destruction, discouragement, false imitation; he is a thief, ravenous as a roaring lion masquerading as an angel of light and instigator of all manner of debauchery. Satan and his demonic activity and influence, coupled with man's sinful nature, erupts into a myriad of sins. The root cause of man's lust, troubles, pride, greed and diseases is sin. Sin will cost a person more than they want to pay, take them farther than they want to go and keep them longer than they want to stay.

It would be great if fathers, local church leaders and national leaders, like the godly kings of Israel of old, destroyed the "temples of Satan."

Do you and your family have on the whole armor of God? I trust and pray you do. Without the whole armor of God, Satan and his satanic influence will destroy your family.

*Jim Geyer is an ordained minister who has conducted more than 200 seminars and workshops on leadership. He received a masters in educational administration and supervision and has worked as both a Christian school administrator and business owner. He is the published author of several Christian magazine articles and numerous instructional manuals for Christian schools and churches.*

*For more information about Jim Geyer and "Dad & Mom's Country Wisdom," write to [jjgeyer@outlook.com](mailto:jjgeyer@outlook.com) or call (574) 349-7723.*

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## Sports

## Ganshorn nearing six decades as swim instructor

By D. SUZANNE BRUEMMER  
Staff Writer

The halls are empty at Wawasee High School, as students are learning online. But the swimming pool is alive with activity.

And Sue Ganshorn is in her element.

Wawasee's elementary schools are still in session and a class of fourth graders are learning the sidestroke. They lie on the floor, practicing the scissor kick. Ganshorn strides down the row, stooping often to reposition legs. Then it's everyone into the pool.

"In your positions!" she calls. All eyes lock onto her.

"Bend, apart, together. Bend, apart, together. Whack 'em together! Good job."

The children clamber onto the pool's edge and Ganshorn coaches them through preliminary diving. "Arms over your ears, nose between your knees. Fall in!" One by one, kids roll into the water and emerge grinning triumphantly.

This is Ganshorn's 59th year as a swim instructor. And she's far from resting on her laurels.

At 77 and officially retired, she grins, "I've had both hips replaced. But it hasn't slowed me down!"

Indeed, five days a week Ganshorn wakes up at 4:30 a.m. to

work out. She walks regularly. In warm weather she plays tennis three times a week. She kayaks, bicycles, plays pickleball and enjoys downhill and cross-country skiing. She tracks it all on her Apple phone and an app called RunKeeper.

Clearly, fitness is an enjoyable habit for the Syracuse resident. "My other passion," she confides, "is cleaning, painting and organization."

Ganshorn credits her healthy lifestyle to her upbringing. "I lived on a farm, so I was outside all the time," she recalls. She has fond memories of exploring the barn and soaring in one door and out the other on its swing.

"It's unfortunate we don't instill that in kids today," she says.

She enjoyed organized sports at school, though girls' options were limited. And she took readily to water sports on the local lakes.

A stint working for the Syracuse parks during junior high launched her into teaching swimming at Lakeside Park and the Wawasee Amusement Company (Waco). She flips through a photo album from those days in the 1960s. Here's a swimmer diving through a flaming ring. There's the group that swam the length of Lake Wawasee.

Ganshorn went on to teach physical education for 32 years, mainly at Syracuse Elementary. Meanwhile, she continued to teach swimming.

Sue and her husband, Jerry, have a home on one of the channels at Lake Wawasee, so water sports remained a constant. They especially enjoyed hosting their church's youth group. Over the years, Ganshorn calculates, thousands of young people have splashed into the channel from the rope swing that swoops out from their property.

Thousands more have learned to swim from her.

"I love all ages," she notes. "I taught infant swimming for a very long time. I am presently teaching third- through eighth-grade swimming for Syracuse, Milford and North Webster. I get excited every time I teach."

Why's that?

"Are you kidding?" she asks. She points back to the pool with visible pride in the children's progress. "Is there any bigger reward?"

Ganshorn encourages an active lifestyle at every age. You may not be up to her energetic routine, but that's OK. "Find organizations or activities to keep involved in," she suggests.

Start with something you enjoy and find achievable, whether it's walking, swimming or a



**LIKE THIS** — Sue Ganshorn demonstrates a swimming stroke for Bentley Anacleto, bottom center, during a class at the Wawasee High School pool, while Rowan Burnham, center, concentrates on his kicking. A lifelong athlete, Ganshorn is in her 59th year as a swim instructor. Photo by D. Suzanne Bruemmer.

low-impact sport like pickleball. Then, she advises, "Find a friend who has the same interests. If you have somebody that keeps you accountable — somebody who shows up on the days you're not so motivated — you're more likely to get off the couch and

keep it up." She has a friend who does this with her.

If you're not sure where to start, Ganshorn says she'd be happy to help you connect with local recreational groups and resources. Give her a call at (574) 457-6907.

# Professional Forum

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## Assisted Living

**Q: Is there Physical Therapy available for seniors in Assisted Living?**

**A: YES!** In addition to the individualized care seniors receive at their Assisted Living community, some aging adults might also require regular physical therapy. Temporary physical therapy might be necessary after an injury or surgery while conditions such as osteoarthritis, Parkinson's Disease, stroke, and other chronic diseases might require a long-term treatment plan.

**Benefits:** Physical therapy for seniors is aimed at reducing/eliminating pain, improving mobility and balance, managing various vascular conditions, and avoiding surgery if possible. It is a great first step in overcoming any age-related malady.

**What to expect:** Whether your senior loved one resides in Independent Living, Memory Care, Respite Care or Assisted Living, their community should coordinate



**Sue Roesner, MSOL**  
Community Relations Manager

with the necessary health professionals to provide onsite services. The specific services will depend on your loved one's condition but can include walking, massage, stretching, strength training or hydrotherapy.

Physical Therapists (PTs) are board certified and licensed to carry out these treatment plans. Make sure you enlist a reputable PT from your primary care physician or other trusted source.

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## Elder Law

**Q. What are the legal effects of dying without a Will?**

**A.** Assets like life insurance proceeds, or non-probate assets like a Transfer-On-Death account, automatically transfer when you die regardless of whether or not you have a Will. That said, the state of Indiana, as does every state, has a series of laws that determine every possible contingency for distributing your possessions should you call Indiana home and die without a Will. This series of laws is called "Intestate Succession": you are "intestate" or "not testate" if you do not have a Last Will and Testament, and "succession" refers to your property passing on. The state generally favors your immediate family and then, by degrees, your extended family.

However, if you have no remaining heirs among relatives that are descendants of your grandparents, your intestate property will "escheat" (revert) to the State. Please consider that the laws will take effect not only if you have no Will, but potentially also if your Will can't be located, if you remarry or divorce, if you destroy your Will before making a new one, if your current Will is considered legally deficient somehow, if one of your heirs (especially your residual heir) predeceases you, if they disclaim their gifts under the Will (for example, for tax considerations), or if a gift somehow fails under the law.



**Kurt R. Bachman**

Member of the National Academy of Elder Law Attorneys, Inc. and a Veterans Affairs Accredited Attorney

A Will that is completely valid in Indiana, for example, may not meet the legal requirements to dispose of your real estate in Illinois, in which case the laws of Intestate Succession (though in that case, those of Illinois) will apply. The Intestate Succession laws may also affect you as an heir. If you don't like the state's rules, you can always draft a Will to avoid them. In order to ensure that your estate stays out of the wrong hands, a Will is the primary and most trusted vehicle that people have used for centuries.

Please consult with your local elder law attorney to ensure that an innocent application of Indiana's Intestate Succession laws does not cause an injustice in your family.

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# Nutrition Sites And Menus For December 2020



**IN ELKHART COUNTY**

**Bristol:** United Methodist Church, 201 Division, Loretta, (574) 848-7182  
**Elkhart:** Funtimers, St. Paul's United Methodist Church, 405 W. Beardsley, Elkhart, (574) 320-5863; Riverside Terrace, 181 N. Elkhart Ave., Sherrie Cobb, (574) 320-5995; Stratford Commons, 2601 Oakland Ave.,

Connie, (574) 320-5996  
**Goshen:** Greencroft, 1801 Greencroft Blvd., Lina, (574) 971-6016; Maple Leaf Commons, 2926 Elkhart Rd., Candy Jerome, (574) 238-8760

**IN KOSCIUSKO COUNTY**

**Mentone:** Community Room, 201 Main St., Linda, (574) 353-7555

**North Webster:** Community Center, 301 N. Main, Suite D, Linda, (574) 834-1193  
**Pierceton:** 205 N. First St., Tammy Jefferson, (574) 526-1060  
**Silver Lake:** Lions' Building, SR 14 E., Lauren Eicher, (260) 450-2416  
**Syracuse:** Syracuse Community Center, 1013 N. Long Dr., Carolyn, (574) 457-2631

**Warsaw:** Retired Tigers, 320 W. Main St., Janet Harrison, (574) 267-0037; Warsaw SAC, 800 N. Park Ave., Nancy Zinz, (574) 267-0026

**IN MARSHALL COUNTY**

**Bourbon:** Senior Center on North Harris, Jan, (574) 342-7031

**MONDAY**

**TUES.**

**WEDNESDAY**

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<p>Your donation counts. Even small donations make a big difference. We provide over 160,000 meals each year to seniors. Suggested Donation: \$4.25</p>	<p><b>1</b> Wasted meals are costly. Please, if you cannot make it for any reason, please call to cancel.</p>	<p><b>2</b> Asian Chicken Balls Mini Egg Roll Meal &amp; Pork Burger W/Squash Meal</p>	<p><b>3</b></p>	<p><b>4</b> Penne Pasta &amp; Cobbler Meal &amp; Turkey Dinner Meal</p>
<p><b>7</b> Swedish Meatballs With Gravy &amp; Noodles</p>	<p><b>8</b></p>	<p><b>9</b> Pollock Bites W/Rice Meal &amp; Chicken Fritters Meal</p>	<p><b>10</b></p>	<p><b>11</b> Ham &amp; Beans W/Cobbler Meal &amp; Sliced Beef W/Gravy Meal</p>
<p><b>14</b> Spaghetti Italian Vegetables Spiced Apples Bread</p>	<p><b>15</b></p>	<p><b>16</b> Turkey Rice Casserole Meal &amp; BBQ Chicken Thigh Meal</p>	<p><b>17</b></p>	<p><b>18</b> Potato Crusted Fish Meal &amp; Special Holiday Ham Meal</p>
<p><b>21</b> Stuffed Peppers Creamed corn Cauliflower Bread</p>	<p><b>22</b></p>	<p><b>23</b> Chicken Chop Suey &amp; Biscuit &amp; Gravy Meal</p>	<p><b>24</b> CLOSED FOR THE HOLIDAY</p>	<p><b>25</b> CLOSED FOR THE HOLIDAY</p>
<p><b>28</b> Chicken &amp; Noodles Mashed Potatoes Green Beans Cookie</p>	<p><b>29</b></p>	<p><b>30</b> Smoked Sausage Casserole Meal &amp; Beef Stew W/Cobbler Meal</p>	<p><b>31</b> CLOSED FOR THE HOLIDAY</p>	<p>All Meals Served With Milk Menus Subject To Change</p>

## Healthy choice

Every Sunday morning, we Zoom with our fellow church members. We begin by praying ... that the link will work. I don't like Zoom. I always fear I'll end up in the center square and I'm not as funny as Paul Lynde on Hollywood Squares. Or worse, I'll be in a bottom square and I'm not as good looking as the father on the Brady Bunch.



**IN A NUTSHELL**  
By DICK WOLFSIE

It's good to see everyone, although some people just put up a photo of themselves because they are having a bad hair year. I have two problems. First, I hate being on camera. That's exactly what I did for 40 years on TV, but I made my photographer pull way back once I turned 65. I wanted viewers to know they were still watching the news and not a rerun of "The Walking Dead." When we have Wi-Fi issues

during Zoom services, my face freezes and people don't know if I'm thinking about the sermon or have just fallen asleep. One of the newer church members forgot to mute herself and said to her husband, "He had a lot more personality on TV." Not only that, but I slouch, so I look like I married a younger woman — and one who's two feet taller than I am. And then, all you can see is the very top of my head. I know this because several people have texted my wife and asked her why my hairline receded so much during the pandemic. We sometimes use Facetime. We never know whether to choose the vertical or horizontal orientation on the phone. Mary Ellen and I sat on the couch once and experimented with different positions. (That sounds like a lot more fun than it was.) Last week, we decided to Facetime with our friends the Goslings at dinnertime and enjoy our meals while we chatted. The Goslings heated a pizza they bought from Trader Joe's. We picked one up from a local pizzeria.

I'm not a competitive person, but our pizza looked a lot tastier than theirs, meaning it was greasier and less healthy. Without any warning, Dan reached out of frame for a garden salad they had prepared. Mary Ellen immediately switched off the camera. "What are you doing?" I asked my wife. "I'm so embarrassed. They are having vegetables. We just have pizza. This is not good for my reputation as a health-conscious person. They have green food," she said. "All our food is red and brown." "It's a pepperoni pizza, dear. And I'm sure the Goslings won't even notice." "Of course they will! See how thin and fit they both are? I bet they even have spinach on their pizza. This is so humiliating." With that, Mary Ellen ran to the fridge, returning to the conversation a few seconds later with a coffee mug filled with a healthy side dish. "I'm sorry," she said to Dan and Noelle. "I forgot the carrot sticks. We eat carrot sticks at every meal. Even break-

fast. And between meals. And that darn pizza place forgot to put the broccoli and cauliflower on my half of the pizza."

We had a lovely dinner. The Goslings were so much fun to talk to, even though they were in a vegetative state.

**FACT:** A 20-OZ SODA CONTAINS MORE SUGAR THAN 6 DONUTS OR 18 COOKIES

Sugary drinks are America's largest source of added sugar and are directly linked to chronic diseases like diabetes, heart disease and some cancers. A better, healthier future starts with one small change.

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Dining/Leisure/Entertainment

# 'My Sweet Lord' was Harrison's first single

## George Harrison

The Beatles ruled the music world from 1963 until 1970, when they released their "Let It Be" album. With the arrival of that LP, they collectively threw in the towel as the world's top recording act and each ex-member then went to work carving out his own solo career path.

Leading the way was George Harrison, who had spent most of his Beatle years in the long shadow cast by bandmates John Lennon and Paul McCartney. When



By RANDAL C. HILL  
A Boomer Blast To The Past

Harrison's first single of "My Sweet Lord" (released from his "All Things Must Pass" album) streaked to No. 1 right out of the gate, Harrison managed to stand alone in the spotlight for once and bask in the warm glow of worldwide adulation.

For a while, Harrison, raised a Catholic, had abandoned the faith when he was 12. As an adult, he chose to embrace Hinduism and, with "All Things Must Pass," created a version of the 16-word Hari Krishna mantra while utilizing images of the Hindu god Krishna in his album art.

"My Sweet Lord" became the best-known expression of Harrison's spirituality, his lengthy single (it had a running time of 4:39) detailing Harrison's desire to become close to God. This is evident in the refrains of "Hallelujah"

(a Jewish/Christian term meaning "Praise God") and the Hindu term "Hare Krishna," which offers devotion to Lord Krishna. Drawing from different religions for his song might have struck some folks as strange, but Harrison apparently wrote his lyrics as a call to spirituality minus the taint of sectarianism.

But then the issue of money — lots of it — suddenly raised its (often ugly) head. Some alert listeners noticed that the musical pattern of "My Sweet Lord" was identical to that of the No. 1 1963 Chiffons hit "He's So Fine." In 1971, the power people behind Bright Tunes — the company that held the publishing rights to the Chiffons' million-seller — sued Harrison for copyright infringement, when his 45 was still on the charts.

Harrison tried over and

over to settle the issue out of court, but Bright Tunes wasn't interested in what he had to offer. Finally, in 1976 a judge ruled that Harrison had indeed plagiarized "He's So Fine" but that he had probably done so unintentionally. Still, the ex-Beatle was ordered to fork over some of the proceeds from "All Things Must Pass," plus 75% of the income generated by the tune in question. The total bill came to \$1.6 million — quite a punch-in-the-gut even for such a wealthy musician.

For the next three years, Harrison, bitter and discouraged, released no new music to his loyal fans. As he told a Rolling Stone writer, "It's difficult to just start writing again after you've been through that. Even now when I put the radio on, every tune I hear sounds like something else."

By the way, he admitted later that much of "My Sweet Lord" came from the 1969 international hit "Oh Happy Day" by the Edwin Hawkins Singers, and not from "He's So Fine."

## Keep healthy with common sense

By CECIL SCAGLIONE  
Mature Life Features

Sniffle season is here, that time of year when we try to defend ourselves from the colds, coughing and running noses that surround us. The stubborn COVID-19 has added more hurdles in our struggle to survive. Not to mention the annual arrival of the flu.

Oldsters are under a darker shadow since they are more vulnerable to the coronavirus than the younger population. Add to that the disabilities that grow as one ages — arthritis, joint and organ inflammation, emphysema and autoimmune diseases that attack any and all parts of the body.

The mantra — wear a mask, wash your hands, maintain distance, stay home if you're sick — has been accepted as basic for protecting ourselves and our loved ones. But reports of opening and closing businesses, second and third waves, and conflicting analyses and announcements by an array of politicians, medical experts and television talking heads can add to the confusion.

Amid all this chatter is re-

sistance to available medical defenses. Rightly or wrongly, only 30% of the population gets a flu shot each year. And some folks are already proclaiming they won't take a COVID-19 vaccine when it gets here.

All this clamor can distract us from what we know about staying healthy. So here's a friendly reminder of the basics:

- Get enough sleep. Eight hours every day.
  - Eat right. Plenty of fruit and vegetables, as fresh as possible, should be in your daily diet.
  - Stay active. A 10- or 15-minute daily walk works wonders. Just walk around the block! It's not only healthy, you'll get to know your neighbors. You'll come to enjoy the time and might even decide to do it twice a day. As winter sets in, and snow and ice get in the way of this neighborhood jaunt, find a gym, community center or mall where you can walk safely each day.
- And as with anything involving your health and well-being, discuss all your problems and plans with your family doctor.

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# Monitor your prescriptions

By CECIL SCAGLIONE  
Mature Life Features

As we age and acquire sundry types of aches, pains, disabilities and diseases, we build a medicine cabinet bulging with pills and potions prescribed to lessen the pain and thwart the invasion of debilitating disorders.

As a result, we can wind up with conflicting cures.

For example, dosages designed to support a diseased liver might cause our diabetes pills to turn against us. Or a prescription for a newly acquired affliction might cause severe skin rashes, stomach upsets or dizziness and loss of balance.

Adding to the confusion is the intake of any supplements (vitamins, etc.), which also may tussle with whatever else is in your system.

Many medications come with their own set of issues. Some blood pressure drugs and painkillers can cause depression. Certain combinations of medications can bring on confusion and instability, which may then be misdiagnosed as dementia.

Coping with medications gets worse as we age because our bodies lose their resiliency and ability to combat any ill effects. Compounding the problem is that most of us acquire more and more medications as we age.

If you haven't done so yet, write down all the prescriptions and supplements you take, in what dosages and how often. Make an appointment with your family doctor (now known as your primary care physician) and go over the list carefully.

Before agreeing to replace a current prescription with a new medication, discuss with your doctor how it will fit in.

Do the same before deciding to ingest a new health drink or power bar.

If you're given a new pre-

scription after a hospital stay or consulting with a specialist, review the situation with your family doctor before ingesting the medication.

If, when you do make changes or additions, you experience dizziness, blurred eyesight, upset stomach, memory lapses — anything — sit down and review the matter with your doctor. Ask if there is any way you can drop a medication by doing more exercise, improving your diet, getting more rest or any other lifestyle changes.

If your doctor agrees you can stop taking a certain medication, ask if there will be any ill effects if you drop it too quickly.

It's also a good idea to use one pharmacy for all your prescriptions. The druggist can be another source of information on the interaction between different types of drugs.

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# Limber up your legs

By CECIL SCAGLIONE  
Mature Life Features

Hockey great Gordie Howe reportedly said it years ago: "The legs go first."

Maintaining leg strength and flexibility ranks high on the list of physical activities that will slow the aging process and ward off illness.

Simple things, such as walking, swimming, jogging, hiking and biking, not only lengthen one's life but make those ex-

tended years more comfortable and enjoyable.

When you can't get out to exercise, you can still keep those legs limber with a few simple moves.

While watching television, stand up from the chair.

If you can do this and sit back down without requiring any form of support, you're doing OK.

Then sit on the edge of the chair and extend one leg out in front of you. Reach down with both hands and try to touch the toes on your extended leg with-

out bending the knee.

Work on this until you can get your fingers within four to six inches (or closer) of your toes.

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**Faith**

# Warsaw woman puts God's gift of compassion to work

By DAVID HAZLEDINE  
Staff Writer

Warsaw's Sandy Hatcher takes a very hands-on approach to her faith. Her work for World Compassion Network, a faith-based organization providing disaster relief around the world, has not only helped others, but continues to strengthen her own spirituality and that of her family, sometimes in the most unlikely of settings.

Hatcher, who is also a real estate agent, first became aware of WCN because it shared a building with another organization with which she was involved. "I loved what they did," she recalled, "how they help people wisely and through local churches." Now, a decade later, she is a full-time employee and has gone on missions to Honduras, a developing Central American country devastated by hurricanes.

WCN has three "arms": Local, national and international disaster relief, distributing supplies such as food, water and shelter; missions, spreading the gospel message through events and helping build churches; community care, compassionate projects organized locally such as Run for Hunger 5K and many others, where proceeds stay in Kosciusko County. A recent We Care event held in conjunction with Winona Lake Grace Brethren Church raised \$10,000 for COVID-19 relief.

Though her job description is "office manager," Hatcher explained she and her co-workers "wear different hats." Whatever her task, she said, "I get to be around strong Christians."

Disasters, such as the hurricanes in Central America, afford these strong Christians the opportunity to not only become instruments of Christ's compassion but also to bear witness to "God's hands mov-



**AGENT OF COMPASSION** — Warsaw's Sandy Hatcher, right, traveled to Honduras to assist with hurricane relief with World Compassion Network, a faith-based organization that closely coordinates with local churches in the countries it serves. At left is Minda Zapata, wife of a Honduran WCN pastor. Hatcher is also a real estate agent. Photo by David Hazledine.

ing" on behalf of those suffering. Hatcher described the levelling effect of a disaster, seeing a relief line with "a woman with a Gucci purse standing behind a homeless person ... there's no power, nothing to buy ... It helped my faith grow."

Not only did it grow her own faith, but her family's as well. Hatcher took her 18-year-old grandson to Honduras. Before leaving, she said, his concerns revolved around an iPhone he wanted; afterward, he expressed his amazement at the joyfulness of people who lack all of the material things our culture hungers for. "You come back changed," said Hatcher, "it's a glorious thing to see."

On one trip, Hatcher accompanied a Honduran pastor to a prison in the nation's capital, Tegucigalpa, a city rife with gang violence. The pastor used the Bible to teach English. "Prisoners walked around free," said Hatcher. "The guards won't go in with you."

Telling stories is a major component of WCN's missions,

giving individuals the opportunity to testify and pray for one another. "Some tell really deep stuff."

Hatcher was grieving the death of one of her grandsons, an event which had also resulted in her estrangement from her daughter-in-law. When it was her turn, Hatcher stood on a bucket and related the story of her grandson, surrounded by gang members she described as covered in tattoos. Her story was followed by a laying on of hands and a prayer. The next day she received a text from her daughter-in-law.

Hatcher quoted WCN co-founder Joe Wilkie, who said, "We tell the story of how God moves hearts."

"I have always loved others. God put that in me, having empathy and compassion." WCN allows Hatcher to use these gifts for God's glory. "It helped me tell the story of how God works."

For more information on World Compassion Network, visit [www.w-c-n.org](http://www.w-c-n.org).

## SUDOKU

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

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For Answers See Page 19

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# Eat your veggies to stay hydrated

By **CECIL SCAGLIONE**  
Mature Life Features

An increasingly familiar sight is that of individuals carrying a bottle of water somewhere. It's a good reminder to themselves, and to us observers, to drink enough water to maintain a healthy body and lifestyle.

Medical experts as well as health fanatics badger us to drink six to eight 8-ounce glasses of water every day. That's two quarts.

Studies indicate as much as 75% of the population exhibits some level of dehydration.

Lack of sufficient water in your system can leave you light-headed and lead to loss of balance and even losing touch with reality.

The medical community has softened up a bit and identified enjoyable means of maintaining a healthy liquid intake. Along with water, coffee, tea, fruit juice and even soft drinks are acceptable ways to hydrate our bodies.

Even better, according to recent reports, is to munch on plant food.

You can adjust whatever vegetable you pick — carrots, cucumbers, kale, tomatoes, beets or

sweet potatoes — to your taste by packing them into a blender and making a smoothie. Toss in

an orange, apple, banana or berries to sweeten it to your taste. For your snacks during the

day, have a pear, wedge of lettuce or a slice of watermelon. Mature Life Features, copyright 2020

## The correct way to use nasal spray

By **CECIL SCAGLIONE**  
Mature Life Features

Whether you're allergic to pollen or pets, it can seem like the sniffles never go away. Many folks rely on a handy nasal spray, whether prescribed by their doctor or not, to help them curb the sniffing and sneezing.

A lot of them don't spray properly.

Most tilt their head back like they're going to use eye drops instead of a nasal spray. Spraying in this position can irritate the nasal tissue. And you're likely to get more liquid than spray, which will make your nose run.

To spray properly, tilt your head toward the floor, insert the nozzle of the bottle into

your nostril and aim the spray toward your ear. Mature Life Features, copyright 2020

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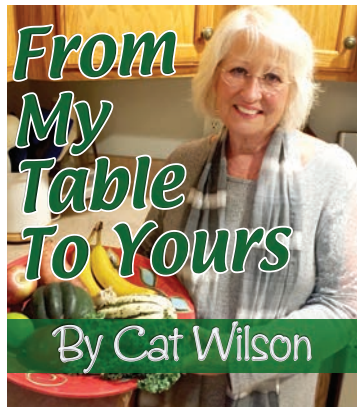
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# Fruits, veggies and the holidays



After a most beautiful fall and Indian summer, we are settling into the whirlwind called “the holidays,” which would normally consist of more social

engagements, family gatherings and a party atmosphere from Thanksgiving until New Year’s Day, but ... yep, we are still in the COVID-19 season that will last into 2021. OK, so gatherings will be smaller and you won’t have to bake, and eat the usual holiday fair and put on the holiday 10 pounds. This year, you can start your New Year’s resolution early and make healthy side dishes and desserts that won’t leave you feeling like you need a nap.

In your everyday planning consider how you can get more fruits and vegetables into your dishes. Adding vegetables will

displace higher calorie foods. A few examples would be:

**Breakfast**

Add veggies to potatoes. Have a fruit bowl instead of a piece of fruit so you get the nutrients of each type.

Add fruit to your oatmeal. Add a smashed banana to your oatmeal as it cooks to give it a smooth banana flavor and more nutrients.

Add raw greens like kale or spinach to your smoothie.

**Lunch**

When making soup or stews mince up some extra onion, celery and carrots and put them in the pot to help thicken, flavor and again, add nutrients.

Create a veggie sandwich or add a mound of veggies on your sandwich to get your raw cruciferous veggies in for the day.

Make a side dish of fruit or raw veggies instead of chips.

Add fruit or a serving of raw broccoli to your salad.

**Dinner**

Add chopped veggies to your spaghetti sauce and serve over spaghetti squash.

Turn your chili into veggie chili with celery, carrots and corn.

Add extra veggies to potato salad like grated carrots, chopped cauliflower and pickles.

Grate carrots and zucchini into just about any casserole.

This week I made a turkey meatloaf for my husband and it wasn’t until he was eating the leftovers that he noticed vegetables inside the meatloaf because I had minced them fine before adding them and did not have to use breadcrumbs or crackers to bind the meat. Sneaky, right?



**VEGETABLES DISPLACE HIGHER CALORIE FOODS** — Try a vegan vegetable chili this winter in your everyday planning to consider how you can get more fruits and vegetables into your dishes. Adding vegetables will displace higher calorie foods.

Every bite counts and if you fill up on veggies and fruit you will eat less of the high calorie foods. Remember that enjoying the holidays doesn’t have to mean a food free-for-all. Keep your senses so you won’t have to play the regret game come January.

Wishing you all good health, happiness and God’s blessings.

**Vegan Vegetable Chili Ingredients:**

- 1 large yellow onion, diced.
- 2 large bell peppers, any color, diced.
- 2 medium carrots, diced.
- 2 stalks celery, diced.
- 2 cloves garlic, minced.
- 2 tablespoons chili powder.
- 1 tablespoon ground cumin.
- 2 teaspoons dried oregano.
- 1 (28-ounce) can diced tomatoes, preferably fire-roasted (do not drain).

2 (4-ounce) cans roasted green chilies, undrained-optional.

2 (15- to 15.5-ounce) cans beans, such as pinto, black, kidney, cannellini or garbanzo, drained and rinsed.

1 to 2 cups low-sodium vegetable broth, divided.

1 (15-ounce) can whole kernel corn, drained or 1 cup frozen.

Water sauté using a few tablespoons of water — add the onion, bell peppers, carrot, celery and garlic. Cook, stirring, until just tender, 8 to 10 minutes.

Add the chili powder, cumin, oregano and stir to coat veggies.

Add the tomatoes and their juices, green chilies, beans and 1 cup of the broth. Stir to combine.

Bring to a boil. Reduce the

**Continued on page 15**



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**Cheers**

Those having friends who are senior citizens 65 years or older who will be celebrating birthdays or anniversaries soon may send their names and addresses to include them in the Cheers Report. Also, know people listed in this column? Then send them cards to remember them on their special day.

**DECEMBER Elkhart County**

- 1 — Ilene Swank, East Lake Nursing and Rehabilitation Center, Elkhart
- 4 — Willie Adams, Thomas Strukel, East Lake Nursing and Rehabilitation Center, Elkhart

- 5 — Jose Casian, East Lake Nursing and Rehabilitation Center, Elkhart
- 10 — Sheila Brown, East Lake Nursing and Rehabilitation Center, Elkhart
- 19 — Bruce McKee, East Lake Nursing and Rehabilitation Center, Elkhart; Martha Cranmer, Greenleaf Living Center, Elkhart
- 25 — Barbara Miller, East Lake Nursing and Rehabilitation Center, Elkhart
- 26 — Vivian Rood, East Lake Nursing and Rehabilitation Center, Elkhart
- 28 — Mary Davenport, East Lake Nursing and Rehabilitation Center, Elkhart

**Fruits, veggies**

Continued from page 14

heat as needed and simmer uncovered until the chili thickens to your liking, 30 to 40 minutes. If you prefer a looser chili, add up to 1 cup more broth.

Add the corn and stir to combine.

Note: I will often add a 12 ounce can of V8 as part of my broth for

extra flavor and nutrients.

Add salt and pepper at table.

Feel free to add any other vegetables such as diced cauliflower, green beans or believe it or not — radishes. Radishes very much take the place of potatoes when slow cooked.

Add any desired toppings.

Adapted from thekitchn.com.

**Take care, caregiver**

By CECIL SCAGLIONE  
Mature Life Features

If you aren't caring for a diseased or disabled relative, you probably know someone who does. About one out of four people in the U.S. and Canada is a caregiver for a family member or friend.

An interesting sidelight indicates some 6 million American seniors live with grandchildren — and half of these elderly are the caregivers in the household.

Statistics can serve as headlines on the subject, but do little to expose the stress and heartbreak caregivers undergo. They can become overwhelmed and forego or forget about caring for themselves.

It's important to know that if you don't take care of yourself first, you can't take care of anyone else.

In addition to following the usual motherly advice to eat well and get plenty of rest, it's important to recognize that

caregivers frequently face stress-induced depression, fatigue, feelings of guilt and helplessness, and the array of their own aches and pains.

If you're a caregiver, experts in the field suggest you start by seeking out and meeting with other caregivers. It's a giant step toward getting useful advice on working with your own charge.

How do you handle your father's finances? Your aunt's diet as she bounces in and out of dementia and forgets to eat? Their refusal to take care of themselves and skip visits to the bathroom that you have to clean up?

And all of this without a thank you.

You have to teach them how to handle the remote so they can watch television when you're not around. You have to learn how to give someone a shower. You may have to show them how to open a snack package they like to dive into. Keeping track of their medi-

cations and medical appointments is your responsibility, along with making sure they eat well, sleep well and have not developed any new symptoms or sores.

It's a 24-hour job. At the same time, it's essential to squeeze in time to care for yourself and your health. You need to visit with friends, to get out from under the caregiver cloud and relax.

Consider having a friend, family member, volunteer or paid proxy fill in for you for a few hours each week so you can take in a movie or other pastime.

Taking care of yourself is not selfish. You're keeping yourself strong so you can care for your loved one.

Talking with other caregivers helps. So does consulting with your doctors and such volunteer organizations that focus on problems you face, such as the Alzheimer's Foundation and American Cancer Society.

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# Ball State professor engineers social distancing software

## INSIDE INDIANA BUSINESS

A professor from Ball State University has engineered a COVID-19 early warning system. The university says the software is being developed for the TIPPERS system and can monitor social distancing and send alerts to help curb exposure during pandemics.

Associate professor of information technology Chris Davison is collaborating with researchers at the University of California-Irvine for the project. Davison said the software uses Wi-Fi connectivity with a mobile device and sensors to track and monitor activity as well as adherence to social distancing and crowded spaces.

“We’ve developed a system to alert people to the location of an infected person, also known as a hot spot,” said Davison. “Your mobile device would receive a message, alerting you when you near an area with an infected person or an area that is too crowded and isn’t safe.”

According to Davison, the system can be used to warn people if they’ve been at risk of exposure to the virus. Davison said the system can also be used by organizations to monitor their social distancing policies throughout a building, including large conference rooms and offices.

In addition to testing being done at Ball State, Davison said the system is also being tested by the U.S. Navy

through the Department of Defense. The Navy first tested the mobile system in 2019 and then revised it to include COVID-19 in 2020.

“In the Navy’s tests, sailors

are quickly told when an infected person moves from one area, or bubble, to another,” said Davison. “The alert would tell you to stay away from pier 13 because it is a contami-

nated space.”

The university says the monitoring system doesn’t collect private information and seeks permission to collect and use location data.

# Santa and food drive in Mentone

Mentone Chamber of Commerce and the Mentone Fire Department will be hosting a Santa drive-thru from 10 to 11:30 a.m. Saturday, Dec. 5, in the parking lot near the Mentone Fire Department.

Also during that time, the Mentone Fire Department will be doing a drive-thru food drive for Helping Hands. Participants are asked to enter the parking lot off Main Street

and proceed to the back of the fire department, exiting onto Broadway Street. No one is allowed to exit their vehicles.

Santa will hand goodie bags to the kids and the fire department will take any food donations from vehicles.

The chamber is also having a Christmas decorating contest for anyone who lives in Mentone or within a two-mile radius of the town. Decorat-

ing can begin now and judging will take place Dec. 23. This event is sponsored by Hartzler Funeral Services. First place will win \$200, second place will win \$100 and third place will win \$50.

Anyone who participates and lives outside of town within a two-mile radius is asked to send a private message to the Mentone Chamber of Commerce Facebook page.

# ASSISTED LIVING, NURSING AND REHABILITATION GUIDE

<p><b>Courtyard Healthcare Center</b>                    2400 W. College Avenue, Goshen, IN 46526                  (574) 533-0351 • <a href="http://www.courtyardhcc.com">www.courtyardhcc.com</a>                  Rehabilitation Unit, Skilled Licensed Nursing, Semi-Skilled Nursing or Intermediate Care, Therapies: Speech-Occupational-Respiratory-Physical, Long Term Care, Temporary Care, Private/Semi-Private Rooms, Pet Visitation Allowed, Medicare and/or Medicaid</p>	<p><b>Grace Village Retirement Community</b>                    337 Grace Village Drive, Winona Lake, IN 46590                  (574) 372-6200, (800) 892-5125  <a href="http://www.gracevillage.org">www.gracevillage.org</a>                  Assisted Living, Rehabilitation Unit, Skilled Licensed Nursing, Semi-Skilled Nursing or Intermediate Care, Therapies: Speech-Occupational-Respiratory-Physical, Long Term Care, Private/Semi-Private Rooms, Pet Visitation Allowed, Medicare and/or Medicaid</p>
<p><b>East Lake Nursing &amp; Rehabilitation Center</b>                    1900 Jeanwood Drive, Elkhart, IN 46514                  (574) 264-1133 • <a href="http://www.ASCSeniorcare.com/eas">www.ASCSeniorcare.com/eas</a>                  Rehabilitation Unit, Skilled Licensed Nursing, Semi-Skilled Nursing or Intermediate Care, Therapies: Speech-Occupational-Respiratory-Physical, Long Term Care, Temporary Care, Private/Semi-Private Rooms, Pet Visitation Allowed, Medicare and/or Medicaid</p>	<p><b>Greencroft — Goshen</b>                    1225 Greencroft Blvd., Goshen, IN 46527-0819                  (574) 537-4000 • <a href="http://www.greencroft.org">www.greencroft.org</a>                  Assisted Living, Rehabilitation Unit, Skilled Licensed Nursing, Intermediate Care, Therapies: Speech-Occupational-Physical, Long Term Care, Private/Semi-Private Rooms, Pet Visitation Allowed, Medicare and/or Medicaid</p>
<p><b>Eastlake Terrace</b>                    3109 E. Bristol Street, Elkhart, IN 46514                  (574) 266-4508 • <a href="http://www.meridiansenior.com">www.meridiansenior.com</a>                  Licensed Assisted Living, Physical &amp; Occupational Therapy On-Site, Nurses 24 Hours Per Day, Private Apartments, Respite Care, Activities, Studio/1 BR/2 BR Apartments, Pet Friendly.</p>	<p><b>Greenleaf Health Campus</b>                    1201 East Beardsley Avenue, Elkhart, IN 46514                  (574) 206-0086 • <a href="http://www.trilogyhs.com">www.trilogyhs.com</a>                  Assisted Living, Rehabilitation Unit, Alzheimer’s Unit, Skilled Licensed Nursing, Semi-Skilled Nursing or Intermediate Care, Therapies: Speech-Occupational-Respiratory-Physical, Long Term Care, Temporary Care, Private/Semi-Private Rooms, Pet Visitation Allowed, Pharmacy On Premises, Medicare and/or Medicaid</p>
<p><b>Elkhart Place</b>                    27833 County Road 24, Elkhart, IN 46517                  (574) 295-9058 • <a href="http://www.enlivant.com">www.enlivant.com</a>                  Licensed Assisted Living, Affordable Studio and One-Bedroom Apartments, 24-Hour Healthcare Staffing, Daily Planned Activities, Therapy and Other Services, Pet Friendly. Stop in for a tour today!</p>	<p><b>Hubbard Hill Retirement Community</b>                    28070 CR 24., Elkhart, IN 46517                  (574) 295-6260 • <a href="http://www.hubbardhill.org">www.hubbardhill.org</a>                  Rehabilitation, Healthcare, Assisted Living, Maintenance Free Homes, Private Rehab Suites, Licensed Locally Owned, Non Profit Faith Based, Physical, Occupational, Speech Therapies, Medicare, Pet Friendly, Beautiful</p>
<p><b>Elkhart Meadows - Auguste’s Cottage Memory Care Facility</b>                    2600 Morehouse Avenue, Elkhart, IN 46517 • (574) 295-8800  <a href="http://www.ASCSeniorcare.com/elkhart-rehabilitation-center/">www.ASCSeniorcare.com/elkhart-rehabilitation-center/</a>                  Rehabilitation Unit, Skilled Licensed Nursing, Semi-Skilled Nursing or Intermediate Care, Therapies: Speech-Occupational-Respiratory-Physical, Long Term Care, Temporary Care, Semi-Private Rooms, Pet Visitation Allowed, Medicare and/or Medicaid</p>	<p><b>Lake City Place</b>                    425 Chinworth Center, Warsaw, IN 46580                  (574) 267-3873 • <a href="http://www.enlivant.com">www.enlivant.com</a>                  State Licensed Assisted Living, Private One Bedroom And Studio Apartments, Companion Apartments, Furnished Short Term Stay Apartments, Daily Planned Activities, Pet Friendly, Veterans Aid Available</p>
<p><b>Golden LivingCenter Elkhart</b>                    1001 W. Hively Avenue, Elkhart, IN 46517                  (574) 294-7641 • <a href="http://www.goldenliving.com">www.goldenliving.com</a>                  Assisted Living, Rehabilitation Unit, Alzheimer’s Unit, Skilled Licensed Nursing, Intermediate Care, Therapies: Speech-Occupational-Respiratory-Physical, Long Term Care, Respite Care, Private/Semi-Private Rooms, Pet Visitation Allowed, Medicare and/or Medicaid</p>	<p><b>Advertise Your Community Here</b>                    Reaches <b>YOUR</b> Target Market                  Adults Living Life After 50  <a href="http://www.seniorlifene newspapers.com">www.seniorlifene newspapers.com</a></p>

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Elkhart —

# World War II: War Mothers and Dads' Christmas

By PASTOR GREG LAWSON  
M.Min., MSW  
Guest Writer

(EDITOR'S NOTE: This is the second part of a two-part series.)

—o—

In addition to the war contributions of the mothers and dads in Elkhart, other war mothers and dads contributed a vital item that was a matter of life or death.

Any soldier, even an Elkhart soldier, on the fighting front might be saved "through an Elkhart mother's gift of blood." History reveals that "about two dozen Elkhart mothers" ... were "helping sustain the lives of their own and other sons through regular donations to Red Cross plasma banks."

It was Christmas Eve 1943 and a soft, peaceful layer of snow covered the streets of Elkhart. As we watch and listen in, we find "a large group of mothers preparing for a trip to Chicago's blood bank at 8 North Wabash Ave." the Tuesday following Christmas.

One mother had already donated "four pints of blood" and she planned on donating a fifth pint once the mothers reach Chicago. This mother had a very good reason as two of her sons were in the service.

It would be a special trip for a Bristol mother as she planned her fifth donation of blood in honor of her son, Sgt. Richard Replogle. All Mrs. Bion Jones knew was that Richard was "spending his first Christmas as a soldier on the fighting front in Italy." It's not known if he returned alive from the war. Mrs. Jones had another son, Berne, who was in Camp Wheeler, Ga., for his basic training.

While Richard and Berne were in the service, their wives, the former Margery Day of Bristol and Mary Lou Grove of Wakarusa, respectively, waited for them at "1000 1/2 North Michigan" street in Elkhart.

This story is just a very brief sample of the many Elkhart mothers who gave blood during WWII; precious blood and plasma that might save their own sons, but surely the lives of soldiers they may never know.

We recall Mrs. Gertrude Dunivan of 1923 Lane St., who took time off from her war job at Conn instrument factory to donate blood in Chicago; a fourth trip for her after she was given a "silver pin" on her third trip.

There was also Mrs. Jennie Temple, the mother of an



**ELKHART RESIDENCE** — Shown is 1000 N. Michigan St. in Elkhart. Richard and Berne Replogle's wives stayed in the upper floor, 1000 1/2, while Richard and Berne were in WWII service. Does anyone know what happened to the Replogles after the war? Photo by Greg Lawson.

Army Air Corp. bombardier. It would be Jennie's third donation to the Red Cross. Jennie's husband, Irvin, was a New York Central Railroad conductor who surely met hundreds of soldiers as they traveled the rails during WWII. Their house may still stand at 2240 Morton Ave. in Elkhart.

Special note is given to Mrs. H.C. (Beatrice) Helms of 814 W. Marion St., Elkhart. Beatrice was on her way to Chicago to donate her fourth pint of blood. Later, she planned another trip at which time

she planned to donate another five pints, one each for the five members of her family in service; obviously not all five pints at once.

The names of the Helms brothers are not known at the time, but news accounts give some mention that three of the brothers were in the Navy and two of the five brothers served in "The Great War," which was later called World War I. It's also reported that one of the brothers was "a survivor of the sinking of the Arizona at Pearl Harbor on Dec. 7, 1941."

Last, but not least by any means, was Mrs. Bert (Goldie) Whitehead of 2401 S. Main, Elkhart, who was planning her fourth trip to Chicago.

The war mothers and dads are all gone now and likely are all of their sons who served in World War II. Perhaps there are the grandchildren or great-grandchildren of those mothers and dads who have been mentioned in this story.

(Information welcome to: Pastor/Dr. Greg Lawson, 1801 E. 3rd St., Mishawaka, IN 46544.)

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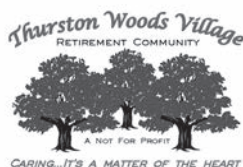
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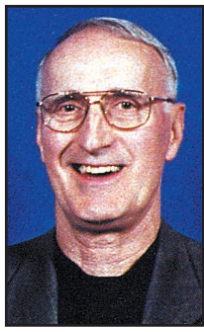
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**Travel**

# Mixing horticulture and culture

One of the leading cultural destinations in the Midwest is just a few hours away in Grand Rapids, Mich. It's the Frederik Meijer Gardens and Sculpture Park that includes a botanical garden, a Japanese garden, children's garden, a sculpture park, natural wetlands and an amphitheater that hosts concerts featuring major artists.



**GREAT ESCAPES**  
By ROD KING

While exploring the sculpture collection, visitors will come across works by the likes of Auguste Rodin, Henry Moore, Roxy Pain and many more. In fact, the collection has

works of more than 200 internationally-acclaimed artists. But Meijer Gardens is not just for art and plant lovers. It's a place for family fun, as well.

Sculptures of a couple of huge bears greet visitors to the children's garden. Here there are a number of specific areas on different subjects ranging from the Great Lakes garden to a winding sculpture walk that promotes curiosity and exploration. It's dotted with animal sculptures and works made of bicycle parts that look like animals. They even provide live entertainment spring, summer and fall.

Another great stop is Michigan's Farm Garden complete with 1930s era farmhouse, barn, windmill, sugar shack and, of course, flower and vegetable gardens.

One of the most outstanding venues is the 8-acre Japanese garden that effectively uses



**CHILDREN OF THE WORLD** — Statues representing children from around the world have their own plaza across from the entrance to the children's garden. Photo by Rod King.

space to highlight contrasts between still and rushing water, quietly intimate and expansive open spaces and

manicured and natural areas. Contemporary sculptures are placed throughout the garden. Some of the plants, like bamboo

and Japanese maple, are from Japan. Most, however, are native Michigan species.

Inside, the 15,000-square-foot, five-story tall Tropical Conservatory features a rock landscape with waterfall and flowing creek and a variety of exotic plants from around the world. Next to it is the arid/desert garden, carnivorous plant house and a greenhouse which changes its flower displays with the seasons. March and April is a great time to escape the cold and mingle with more than 7,000 butterflies flying freely in the Tropical Conservatory.

A brand new, 60,000-square-foot welcome center is presently under construction and is expected to be open in mid-2021. It's all part of a \$115 million expansion and renovation project that includes a

**Continued on page 19**



Jean and Virgil Gassaway from Chesterton enjoyed a 5-week cruise around South America and Antarctica. Falkland Islands, in the South Atlantic Ocean, is one of the stops they plucked their Northwest Senior Life newspaper out and posed for a picture.

This group of 778 islands has a controversial history. With both Argentina and the UK assuming the land was theirs, an undeclared war developed in the 1980s, resulting in a British victory.

Most come to this group of islands to see the wildlife: seals, whales, sea lions and penguins. The penguin population outnumbers the people population. Shipwreck diving, birdwatching and fishing expeditions draw the tourists as well. The mountainous and hilly landscape makes for great vistas, especially since the islands are treeless.

Stanley, the capitol of the Falkland Islands, accounts for about 72% of the population of the group of islands. Even then, only approximately 3,000 residents dot the entire country. Places to visit in Stanley include the Historic Dockyard Museum, Falkland Island Totem Pole, the Gnome Garden at Kay's B&B, the Shipwreck of Lady Elizabeth and Christ Church Cathedral, unusual for its whale jawbone arched entrance. Farther out, travelers enjoy Bertha's Beach, a penguin populated beach and Boot Hill, a mysterious assortment of footwear atop stakes.

Being a British territory, the official language is English.

Thank you Gassaways for sharing your adventure with Senior Life.

## Here is a challenge for you...

If you are taking a vacation and plan to travel, take along Senior Life and take a picture of a friend or yourself reading Senior Life. The photo may be taken anywhere in the United States or abroad, but needs to be in front of an identifiable landmark.

Send the photo along with your name, address, telephone number and photo identification to:

**Senior Life, P.O. Box 188, Milford, IN 46542**

Senior Life will pay you \$25 for the picture if it's published. Winning photos will be published monthly.

\*Remember to identify your photo (include names of people in photo from left to right, date taken and specific location for our publishing purposes, plus any interesting information about the location).

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**Travel**

# DD Resales looks forward to spring trips

The state is on the cusp of winter, but people can look forward to two spectacular trips planned for May 2021 by DD Resale's owner, Dennis Donathen. Fun times, expert planning and the fabulous locations of the Smoky Moun-

tains and Mackinac Island are on the agenda for next spring. The first trip is May 17-22, 2021, and is to the Smoky Mountains. The trip includes:

- Motorcoach transportation.
- Five nights lodging.

- Eight meals: five breakfast and three dinners.
- Admission to Titanic: The World's Largest Museum Attraction.
- Five live shows.
- Free time in historic downtown Gatlinburg.

- Guided tour of the Great Smoky Mountains National Park.
- Cost is \$589 per person, based on double occupancy. Save \$10 per person if a \$75 deposit per person is made before Jan. 31, 2021.

- Guided tour of Mackinaw City.
- Visit to Mackinac Island, including a guided carriage tour.
- Boat ride through the Soo Locks, free time and sightseeing in Sault Sainte Marie.
- Gaming excitement.
- Admission to The Cross in the Woods.

The second trip is just a couple of days later in case people want to do both. The trip is May 24-28, 2021, and is to Mackinac Island and northern Michigan. The trip includes:

- Motorcoach transportation.
- Four nights lodging.
- Eight meals: four breakfast and four dinners.

Cost is \$490 per person, based on double occupancy. Save \$10 per person if a \$75 deposit per person is made before Jan. 31, 2021. More details can be found at [www.grouptrips.com/ddresales](http://www.grouptrips.com/ddresales) or Donathen can be reached at (574) 220-8032.

## TravelStarz closing permanently

By BECKY WIEGAND  
TravelStarz

I've been considering this for months now and finally feel it's time to close TravelStarz permanently.

It's been an excruciating, trying time mentally and

financially in 2020, and I foresee it not getting any better in 2021. I just won't go through another year like 2020. I want to thank all the loyal travelers for the past 20 years. It's likely been the most wonderful and fun years of my life and I want to close with good

memories in mind. Before I close my email address, etc., I will post a personal email address to keep in touch, if you choose to do so. I will also disconnect my business phone at the end of the year and will post my cell phone number, should anyone want to keep in touch. It's been a long thought process in making the decision, but I find it's best for me.

Please know that everyone will receive refunds on the trips you have either made a deposit or payment on, but with the hundreds that I have to write, please be patient — they will be coming.



**CHILDREN'S GARDEN** — Sculptures of two larger than life bears welcome kids and their parents to the children's garden, which includes animal sculptures made of bicycle parts and characters from "Jungle Book." Photo by Rod King.

## Mixing

Continued from page 18 transportation center, learning center and rooftop sculpture garden. Meijer Gardens is open year-round and goes all out on its holiday decorations. Brightly lit and beautifully decorated trees celebrating traditions of countries from around the world turn it into a magical place. Visitors will find an amazingly intricate model railroad display and they can bundle up and take a tram ride through a winter wonderland.

Admission is \$11 for seniors (65+), \$14.50 for adults (14-64), children (5-13) \$7, children (3-4) \$4 and children (2 and under) free. Hours are 9 a.m.

to 5 p.m. Monday, Wednesday, Thursday and Friday; 9 a.m. to 9 p.m. Tuesdays; and 11 a.m. to 5 p.m. Sundays. There's no charge to park. For more information check out the internet at [www.meijergardens.org](http://www.meijergardens.org).

There's something for everyone at this 158-acre cultural attraction. Plan to spend between two and three hours taking in the unique art and the beautiful flower displays. And while there, have an enjoyable lunch in the café under an extensive Dale Chihuly glass sculpture on the ceiling. The gardens are closed Thanksgiving Day, Christmas and New Year's Day.

### ANSWERS:

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

**DD RESALE PRESENTS**

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# Leesburg man works '50 Jobs in 50 Days' for area non-profits

By DAVID HAZLEDINE  
Staff Writer

In early December four non-profit organizations will each be receiving a check for \$625, thanks to a fundraising program spearheaded by Leesburg's Jimmy Cavender. Proceeds will be donated to North Webster American Legion Post 253, KC Riley Kids Fund, Cardinal Services of Indiana and Bailey R. Moore Foundation.

Cavender hopes his efforts will inspire individuals and corporations alike to join him in assisting non-profits, which have been hard hit by the COVID-19 pandemic. "They need all the help they can get."

Rather than running a 5K or jumping into an icy lake, Cavender, who already works

full time at Chore-Time Brock, found sponsors to donate a minimum of \$50 in exchange for two hours of labor. The program, "50 Jobs in 50 Days" actually took 51 days due to some rain delays and ran from Sept. 26 thru Nov. 15. The four organizations split 100% of the proceeds.

During that time, Cavender was joined by an estimated 100 volunteers working roughly 500 hours performing a wide variety of tasks: landscaping, cleaning gutters, insulating a crawl space and much more.

"Most jobs required helpers," he noted. "It brought out a lot of volunteers ... a lot of labor."

Cavender, who is a member of the Post 253 Sons of the American Legion and Legion Riders, was able to use the



**VOLUNTEERS** — Among the many volunteers who helped Jimmy Cavender, above right, with his "50 Jobs in 50 Days" fundraiser was his sister, Dawn Cavender, who helped him on multiple jobs, including this hedge trimming work on a channel of Lake Wawasee. Photo provided.

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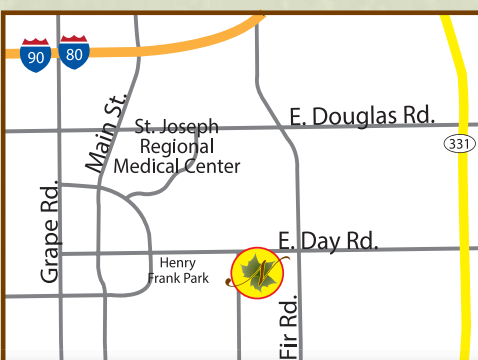
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legion as a base of operations. "They really helped me launch this," he said, helping print fliers and finding jobs through the post's Facebook page and website.

In fact, starting after Thanksgiving, Cavender plans to continue the program, focusing solely on American Legion and tentatively named "Working for the Legion." Anyone interested in being a sponsor or a volunteer may contact Cavender at (574) 529-3346. For information on how to donate to Legion 253, call (574) 834-4297

Visit the following websites to donate: KC Riley Kids, [www.kcfoundation.org/donors/donate-now/](http://www.kcfoundation.org/donors/donate-now/); Bailey R. Moore Foundation, [bmoore-foundation.com/](http://bmoore-foundation.com/); Cardinal Services, [cardinalservices.org](http://cardinalservices.org).

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