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Postal Patrons

The Hometown Treasure P.O. Box 70 Shipshewana, IV 46565



"There are always more things to learn." —Caleb Yater

Caleb Yater is a junior at Westview Jr-Sr High School and is part of both the Jazz band and Dynamic Singsations and has outstanding grades. He plays trumpet in Jazz, Concert and Marching Bands. When asked if he enjoyed it, he said, "Yes, it's one of my favorite things to do." He also sings bass in Dynamic Singsations, the show choir group at Westview.

aleb does not have a ton of free time when you factor in the hours he puts into band and choir. There are hours that must be put into playing an instrument and singing songs correctly and accurately. When asked how much work is needed to be good at trumpet, he answered, "You definitely need to be dedicated to whatever instrument you choose and practice whenever you can. It's just like studying for a test." He is an extremely talented individual.

While you might think it would be difficult to balance all of these extracurricular activities and maintain good grades, Caleb has magnificent grades to compliment his trumpet playing and singing skill. When asked about his inspiration, he told of his friend from the church he attended who played and said, "I decided I wanted to do that, too." When asked about whom he looked up to and who helped through his playing he had this to say. "Mr. Brown has been one of the most helpful people in my trumpet playing ever since I started. Former Westview students Ryan Klaassen and Bryant King have also helped me become a better trumpet player." He is quite the inspiration himself

as well. Caleb has inspired his younger brother to play trumpet, too.

Through everything he does with his trumpet playing, he also is an excellent bass in Dynamic Singsations. He can sing at an outstanding low range. When asked how he enjoys it, he replied "I love to sing. There isn't a day that goes by where I don't sing at least a little bit. Singing is one of my favorite things to do."

"I practice to get better every day," he told us. He also made the comment, "I definitely have learned a lot about singing as a bass, but I am nowhere close to reaching my full potential and discovering all of the ways to use my voice for music." Caleb's commitment to his goals and his ability to focus on continuing to get better,



regardless of how good he already is, will no doubt make him successful in his pursuits.





Westview School Corporation Administrative Offices 1545 S 600 W, Topeka, IN 46571 260.768.4404 | eashy@westview.k12.in.us

A kylar Welty is a junior in high school and has always been a crafty person. When she first joined art class here at Westview, she always created more art and put in more effort than necessary. When she made it to her high school art classes, she knew that she was going to enjoy the class. Mrs. Martin ended up becoming her favorite teacher. Skylar enjoys ceramics and painting. She likes painting her favorite people and places.

Skylar suggests doing the things you enjoy. For instance, she does her school work and keeps on task with it so that she is able to enjoy her after-school hours as well. She puts the best effort she can towards her projects. Her recent ceramics project, an ice cream tea pot, has shown her creative growth through art. One of her favorite projects she did during her semester of ceramics was called a coil, taking different sized strands of coil and transforming it into something new and beautiful.

One thing Skylar has learned is that, no matter what, you cannot do art incorrectly. A mistake can always be turned into something else and make an even better project.

In addition to ceramics, Skylar takes Human and Social Services, where she learns to use her creativity to help others. For example, they are raising money and use creative ways to design eye-catching pictures of how and why we should donate to help people. Though she has felt stress with being junior year this year and trying to figure out where she wants to be and what she wants to do, she has always had her friends there to encourage her.

According to Skylar, while high school can be a challenge, you just need to try your best and you will get through it. Procrastinating can put you in a spot where you are stuck, where you cannot finish everything well. When she signed up for classes, she knew she wanted to take a fun extra class, and it turned out to be her favorite. She suggests planning, taking chances, and expanding your knowledge while learning from everyone around you.

Fun facts about Skylar: Westview likes to host many events, but one of Skylar's alltime favorites is going to the semi-formal. It was a chance for her to relax and just have some fun with everyone. She likes the color green, she had a pet snake, and some hermit crabs. She tries to spread cheer to others at Westview, and she is thankful for other people who cheer her up as well.



"YOU CAN GO AS FAR AS YOUR LIMIT ALLOWS YOU." - Skylar Welty



## The Hometown Treasure

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Phone: 260-463-4901 • Fax: 260-463-7257 e-mail: *news@lagwana.com* You may call or stop by during office hours: Monday - Friday, 8 am-5 pm

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#### - ADVERTISING INFORMATION -

Deadline for July 2021 Issue:

**12 noon, Tuesday, June 22** *Thursday, June 17 if you need a proof.* 

July Issue Date is Tuesday, June 29

Discounts for ads running more than once. Call for details! **260-463-4901** Or email **htads@lagwana.com** 

#### — **SUBSCRIPTION RATE** — One Year: \$35

The Hometown Treasure reserves the right to not print any submitted advertisement or press release. Refunds for errors on advertising shall be limited to the amount paid for the first insertion for such advertising.



# Principal's Dozen WJHS - April 2021

<u>Back Row (left to right):</u> Heidi Miller, Serena Lambright, Gwendolynn Owsley, Milan Miller, Bentley Ryall, Cameron Privett, and Nora Schlabach. <u>Front</u>: Ashley Bontrager, Eden Mauck, Morgan Rich, Audrianna Martin, and Brina Williams. Photo Submitted

Westview Junior High School recognized the above students during the month of April for their efforts in academics, hard work in class, caring, leadership, citizenship, athletics, or random acts of kindness to others. ()





# Student Ambassadors WHS - April 2021

<u>Back (left to right)</u>: Jacob Peruski, Landon Bennett, and Kirstin Stutzman. <u>Front</u>: Chloe Hagerman, Hope Miller, and Nicholas Bontrager. Photo Submitted

Westview High School has selected six students to receive Student Ambassador of the Month honors for April 2021. These outstanding students were selected by their teachers for doing a noteworthy accomplishment, a generous act, displaying great improvements or having an outstanding individual achievement. Students like these make Westview a great place to attend! **1** 

# Crushed But Not Broken Hope for Tomorrow

Mission Statement

Crushed But Not Broken is a non-profit, faith-based organization. Our mission is to provide shelter and hope to women and children in a domestic violence situation.

> DAN'S FISH FRY/BAKE SALE FUNDRAISER We will also have Chicken this year!!

> > June 19 FROM 4-8 PM The TOPEKA FIRE STATION

ADULT Fish \$10.50....ADULT Chicken \$11.00 CHILDREN (6-12) Fish \$6.00.....Chicken \$6.50

There will be two sides and dessert included!! 5 AND UNDER ARE FREE!!! BUY AT THE DOOR OR CONTACT SHELI EMENHISER AT 260-350-4131 FOR PRE-SALE TICKETS

ALL PROCEEDS WILL GO TO CRUSHED BUT NOT BROKEN



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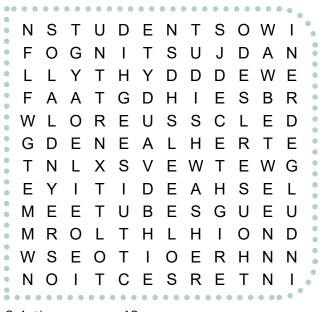
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# Word Search

(find all the underlined words) by Erika Byler

Left-Over Letters Spell Out A Message From Erika! Enter remaining letters starting at the top and going left to right.

Adjusting to a flexible part-time <u>schedule</u> has been interesting, I have got to say. I can <u>suddenly</u> sit and read for most of the day if I want to! Unfortunately, I really should not, but I have <u>indulged</u>

days cleaning up the <u>disaster</u> zone that was left by two back-to-back plays, with no down time in <u>between</u>! I love my <u>students</u> and the <u>theatre</u>, but I was definitely running low on <u>energy</u> by the end of tech week for the show. It did not help that on the day of our last dress rehearsal, a van went through t a stop sign and hit my car as I was going through the <u>intersection</u>! But, no one was hurt, the show went well, the kids had fun, and finally, finally, I feel a bit like I have caught up on cleaning the <u>house</u>. The most exciting thing? We are getting a <u>dishwasher</u>! <u>Right</u> now it is just a big ol' box <u>sitting</u> in our kitchen, but soon we will be able to load it up and just let it go! I can not wait!

myself a couple times. I have also spent several

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by Brenda Yoder, LMHC, Advocate for Elijah Haven, Speaker, Writer & Life Coach

# **Five Things to Know About Expectations**

An expectation creates premeditated resentment.

When I recently heard this statement, it resonated with me. It is one of the most accurate statements I have heard about human nature.

We all experience resentment or bitterness. The child, parent, friend, or spouse who has disappointed you. The situation you thought would turn out differently. The list can go on.

Expectations are not all bad. Clear expectations are helpful, so parties know what needs to be done by whom. But most of us encounter expectations that are not clearly defined or communicated. These expectations are in relationships, and in our hopes and dreams for situations. When expectations fall short, we are left with a variety of emotions.

Bitterness and resentment are two of them. Unmet expectations can ruin relationships. How can you avoid letting this happen?

1. Get rid of the dream. Idealistic dreams set you up for unrealistic expectations. In marriages, you expect your spouse to be the perfect husband or wife. Children have ideals of parents and vice versa. These are unrealistic. We are all human in relationship with imperfect, flawed individuals. Relationship problems arise when parties set unrealistic expectations for what the other person should or should not do. The result is bitterness, anger, resentment, and disappointment.

**2. Set realistic expectations.** You cannot expect a person with cancer to pass a physical with clear health, and you cannot expect a child with intellectual disabilities to understand concepts that are inappropriate for their learning capabilities. In these cases, realistic expectations are set depending on what the person is capable of. The same is true for interpersonal relationships. You cannot expect a child to reason as an adult, and you



cannot expect an adult with addiction to just kick their unhealthy behavior. Look at the context of your situation or relationships and set expectations which are plausible and attainable.

**3. Communicate, do not assume.** Disappointment over unmet expectations often happens because things are assumed and not rightfully communicated. How is a spouse to know you wanted them to do something if you do not ask them or tell them? Yet how many of us get upset because our spouse does not respond a certain way or do something we wish they would? Clear, open communication eliminates assumptions and establishes appropriate expectations.

**4. Give grace.** When unmet expectations happen, give grace to the person or situation, and to yourself. Realize people will fall short of how you think they should respond or act, just as you disappoint others reciprocally. Forgive one another and extend grace.

#### 5. Keep expectations simple.

You do not have to lower expectations to avoid disappointment or problems, but you also do not need to complicate them. Keep expectations simple, attainable, and appropriate. For your marriage, just love your spouse.

Laugh with them. Forget that they pick their teeth in public or do not tell you they love you every day. Focus on the positive things but keep expectations within confines of what is safe and healthy. Too many expectations create drama—just keep it simple.

Where do you need to revamp your expectations of others, so you can get rid of bitterness, resentment, anger, or disappointment? What relationships need this response from you? 1

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- 1 Hadleigh Bontreger, Jared Fry, Zayne Geigley, Janelle Kurtz, Seth Lambright, Austin Miller, Ninna Neely
- 2 Fatima Al Gurmi, Martha Beachy, Kaitlyn King, Jenise Miller, Jaxon Stutzman, Aaron Williams
- 3 Caleb Bontrager, Melody Lambright, Michael Looney, Kenya Munoz
- 4 Ryan Mast, River Rheinheimer, Austin Schlabach, Amber Stoltzfus
- 5 Lisa Hershberger, Benjamin Lambright, Austin Miller, Curtis Miller, Avery Myers, Jesse Schmucker
- 6 Rayne Chaffins, Matthew Harris, Gavin Miller
- 7 Kaitlyn Fry, Haiden Garcia, Alvin Hilty, Grace Miller, Jared Schlabach
- 8 Finley Gingerich, Blake Miller, Luke Miller
- 9 Bella LaMere, Jenna Miller, Angelina Mishler, Preslee Rahn
- 10 Kaylin Smith
- 11 Ryan Hunsberger, Serena Otto, Kendyl Reinhold
- 12 Crystal Miller, John Yoder, Megan Yoder, Keaton Zimmerman
- 13 Braxton Baker, Ryan Bontrager, Caleb Miller, Olivia Miller, Alisa Yoder
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- 23 Kayla Bontrager, Adrian Miller, Elyannah Miller, Amanzis Palmer, Jameson Williams
- 24 Trinity Antal, Bentley Bailey, Gabriel Chupp
- 25 Jalen Bontrager, Jeremiah Lambright,
- 26 Trevor Miller, Landon Troyer
- 27 Luke Bontrager, Jayna Otto, Ethan Rainsberger
- 28 Janelle Bontrager, Tatum Davis, Noah Feipel, Earl Lambright, Serenity Troyer, Kohler Yoder
- 29 Mariah Miller, Andrea Yoder, Austin Yoder, Jessica Yoder, Lukas Yoder
- 30 Tresa Lambright





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- Heavy eyelids
- Inability to cry when emotionally stressed
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# Office Hours:

# Westview Jr./Sr. High Quarter 3 High Honor Roll

In addition to the GPA requirements (3.5 or above) for High Honor Roll, students must be enrolled in at least 5 credit hours and have no grades lower than a C-.

#### Grade 7

Hyde Al Yahiri, Noriah Aldhuraibi, Jayden Beachy, Kara Beechy, Kristen Bender, Adrian Bontrager, Alyssa Bontrager, Jalayna Bontrager, Janessa Bontrager, Jason Bontrager, Lisa Bontrager, Loraine Bontrager, Noah Bontrager, Darin Borkholder, Breann Cory, Chayenne Diaz, Hunter Egli, Doretta Fry, Marc Fry, Michelle Fry, Madison Grossman, Marla Hochstetler, Ava Hostetler, Dakota Hubbard, Alyssa Kauffman, Briana Kaufman, Brayden Lambright, Hailey Lambright, Janell Lambright, Aaron Lehman, Ashley Lehman, Austin Lehman, Janissa Lehman, Jenna Lehman, Keith Lehman, Audrianna Martin, Lanita Mast, Miley Mast, Mykayla Mast, Eden Mauck, Amanda Miller, Ava Miller, Ina Miller, Isaiah Miller, Jacob Miller, Jana Miller, Katie Miller, Kevin Miller, Kristen Miller, Landon Miller, Logan Miller, Megan Miller, Milan Miller, Myra Miller, Wendall Miller, Lilly Mullet, Isaac Nissley, Kailey Nissley, Shawn Raber, Aaron Roth, Bentley Ryall, Darin Schlabach, Nora Schlabach, Jina Slabach, Brett Springer, Alex Troyer, Melody Troyer, Jordynn Wasson, Annette Whetstone, Jalayna Whetstone, Brina Williams, Benjamin Wingard, Elyse Wingard, Angela Yoder, Jared Yoder, Kaitlyn Yoder, Katurah Yoder, Kurtis Yoder, and Miciah Yoder.

#### <u>Grade 8</u>

Hussein Aldawshan, Derek Beechy, Ashley Bontrager, Cole Bontrager, Ian Bontrager, Isaiah Bontrager, Jethro Bontrager, Lilly Bontrager, Micah Bontrager, Michelle Bontrager, Natalie Bontrager, Clarinda Byler, Brittney Chupp, Mason Clark, Audrey Eash, Loren Eash, Caden Engle, Gavin Engle, Jaxon Engle, Lakota Everitt, Kyle Frey, Aaron Fry, Eric Fry, Micah Geyer, Kara Gingerich, Silas Haarer, Sara Herschberger, Grace Heyerly, Grace Hochstetler, Olivia Jasso, Asher Kennedy, Gwenda Lambright, Serena Lambright, Sierra Lambright,

continued on page 13

# LaGrange County Library

#### **Shipshewana Branch**

250 Depot St. • 260-768-7444 T - F • 11:00 am - 5:00 pm Saturday • 9:00 am - 12 pm Curbside Pickup: T - F • 10:00 am - 2:00 pm

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#### LaGrange - Main Branch

203 West Spring Street • 260-463-2841 M - Th • 10:00 am - 12:00 pm, 1:00 pm - 6:00 pm Friday • 10:00 am - 12:00pm, 1:00 pm - 5:00 pm Saturday 9 am - 12 pm Curbside Pickup : M - F • 9:00 am - 5:00 pm

#### **Topeka Branch**

133 North Main Street • 260-593-3030 T - F • 11:00 am - 5:00 pm Saturday • 9:00 am - 12:00 pm Curbside Pickup: T - F • 10:00 am - 2:00 pm

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Below are the events planned for June. If you have any questions, please call the library at 260-463-2841 for further information.

#### Youth Department Multiple Branches or Virtual Activities

<u>Virtual Pre-School Story Time</u> Facebook • Tuesdays, June 1, 8, 15, 22, & 29 • 10 am

#### <u>In-Person Preschool Story Time</u> Main • Tuesdays, June 1, 8, 15, 22 & 29 • 10:30 am **Topeka** • Tuesdays, June 1, 8, 15, 22 & 29 • 11 am Shipshewana • Tuesdays, June 1, 8, 15, 22 & 29 • 1 pm No registration required.

#### <u>New Activity Bags out for Pick-up (limited supplies)</u> All Locations • Monday, June 7 Origami Animal Bookmarks Each bag contains activity sheets and a simple craft for 2 children.

<u>Teen Activity - Board Games (limited registration)</u> **Main • In-Person •** Monday, June 14 • 4 pm Ages: 6<sup>th</sup> - 12<sup>th</sup> Grade Please call the main library (260-463-2841) by Monday, June 7 to register.

<u>Art (limited registration)</u> **Main • In-Person •** Wednesday, June 16 • 4 pm Theme: Painting Shelter Pet Portraits Ages: 8 - 18 Please call (260-463-2841) to register by Wednesday, June 9. <u>Space is limited.</u>

<u>STEM (limited registration)</u> **Main • In-Person •** Wednesday, June 23 • 4 pm Theme: From Farm to Ice Cream Ages: K - 5<sup>th</sup> Grade Please call the main library (260-463-2841) by Wednesday, June 16 to register.

#### Hug-a-Tree and Survive (limited registration)

Topeka • In-Person • Thursday, June 24 • 1 pm All ages welcome. MUST register in advance. Deputy Jackie Harris and Deputy K-9 Xenia will teach children how to survive in the woods should they become lost. Free gift for each child! Please call the Topeka library (260-593-3030) to register.

#### <u>Elementary Book Club (2<sup>nd</sup> - 5<sup>th</sup> Grade)</u>

Main • In-Person • June 25 • 2 pm Reading: *The Trouble with Chickens* by Doreen Cronin Pick up book beginning May 25 at LaGrange or you may request to pick up at the branches. Clubs meet June 25 to discuss book , fun activity and get next book.

#### <u> Teen Book Club (6th - 12th Grade)</u>

Main • In-Person • June 25 • 3 pm

Reading: Stargirl by Jerry Spinelli

Pick up book beginning May 25 at LaGrange or you may request to pick up at the branches. Clubs meet June 25 to discuss book , fun activity and get next book.

(Facebook - m.facebook.com/lagrangelibraryindiana)

• Masks are recommended in the buildings

Social distancing will be observed.

0

All Programs at LaGrange Public Library <u>Summer Reading Challenge</u> Live to Read, Read to Live All Locations • In-Person • June 5 - July 31

Adult Interest

For every 3 books that you read this summer you may put an entry into the library's prize drawing for 1 of 5 awesome prizes!

#### Gentle Flow Yoga with Farra

Main • In-Person • Mondays, June 7, 14, 21 & 28 • 10 - 11 am
 Main • In-Person • Thursdays, June 3, 10, 17 & 24 • 10 - 11 am
 Please bring a yoga mat, a rug, or a blanket. The first class is free! For each further class, a \$5 donation is suggested.
 <u>Space is limited</u>. Call 260-463-2841 to register.

<u>Make-N-Take</u>

Patriotic Porch Decoration **Main • In-Person •** Wednesday, June 9 • 6 pm Cost is \$20 per person.

<u>Space is limited</u>. Reservation and \$10 deposit due by June 2 at the Main Library.

Canning for Beginners

Main • In-Person • Friday, June 11 • 2 - 4 pm Cost: \$2 (or donation) Master Canner Nancy Block will describe how to get started, supplies, methods, processing times, canning safely, and more. *Register by June 4 at the library, or call 260-463-2841 x1030.* 

#### Second Saturday Book Club

Main • In-Person • Saturday, June 12 • 11 am This month's book is Ordinary Grace by William Kent Krueger Copies of the book are available at the Main Library's Adult Information Desk.

#### Beekeeping: How to Get Started

Main • In-Person • Saturday, June 12 • 1 pm Local beekeeper Jim King will instruct on beekeeping followed by a Q&A session. This is a free program. Register by June 5 at the library or by calling 260-463-2841 x1030

Patchwork Trails

Tuesday, June 15 • 6 pm Krider World's Fair Garden 302 Bristol Ave., Middlebury, IN. Join us as we explore nature and combine exercise, education, friendship, and fun. No fees or registration required. *Please meet in the parking lot.* 

#### <u>Cord Making</u>

Shipshewana • In-Person • Thursday, June 17 • 12 pm Topeka • In-Person • Friday, June 18 • 12 pm Main • In-Person • Friday, June 25 • 10 am Learn to turn yarn, string, or thread into a sturdy cord using a simple tool called a lucet. Program is free, but space is limited. *Please call 260-463-2841 x1030 by* 

June 10 to register.

#### The following health and safety measures are currently enforced at all library locations:

The Hometown Treasure · June '21

- Children are allowed in the library if accompanied by an adult.
- Computers and study rooms are available for one-hour sessions by appointment only.

Find more information at www.lagrange.lib.in.us or call 260-463-2841.

This page sponsored by





# June Contest Sponsored by Tiffany's Restaurant and LaGwana

Harley & Ella Schrock of 37700W, Topeka, correctly identified last issue's farm as

# Mystery Farm

#### **OVER \$50 WORTH OF PRIZES!**

1st Prize: Tiffany's Restaurant, Topeka, \$25 Gift Certificate, lighted pen, notepad set, and a copy of The Honeyville Journal from LaGwana Printing. <u>2nd Prize(s)</u>\*: Lighted pen, notepad set, and *The* 

Honeyville Journal from LaGwana Printing. 3rd Prize(s)\*: The Honeyville Journal.

\*Additional 2nd and 3rd prizes will be awarded for every 50 entries over 100 received. RULES:

- 1) Identify farm shown by owner's name, by address, or by road and nearest intersecting road.
- 2) Mail to Hometown Treasure Mystery Farm, P.O. Box 70, Shipshewana, IN 46565. Please include your name and address.
- 3) Entry deadline: June 22, 2021. Allow time for mail delivery.
- 4) Winners will be drawn and prizes mailed.
- 5) Correct entries listed in our next issue!

being owned by Marvin & Ella Hochstetler, 3845S 400W, Topeka. Congratulations! They won a 1 Year Subscription from The Connection, a lighted pen, a notepad set, and a copy of The Honeyville Journal from LaGwana Printing. Second prize went to Calvin & Susan Miller, 6370W 400S, Topeka. Third prize went to Harvey N. Miller, 6545S 300W, Topeka.



There were 27 correct entries this month. Others that guessed correctly were: Mervin & Edna Yoder, Dan & Loretta Miller, Paul O. Schrock, David & Alta Schrock, Vernon & Ella Mae Bontrager, Lavern & Susan Miller, Melvin & Karen Graber, Verlin & Mary Bontrager, Mervin C. Mast, Wilbur & Doreen Herschberger, Steven & Darla Weaver, Lee & Edna Fern Miller, Ervin Jr. & Wilma Bontrager, Steven & Sharon Miller, JoAnn Bontrager, Albert & Mary Mullet, Jr & Esther Beechy, Samuel Bontrager Jr., Richard & Marla Yoder, Edward & Ruby Herschberger, Steven & Irma Hostetler, John & Barbara Miller, Richard & Elva Lehman, Merle & Wilma Hochstetler, Daniel & Velda Bontrager, Jason & Doris Lambright, & Wilbur & Mary Herschberger.





Coloring Contest: kids **age 6 and younger**. Sponsored by Hostetler's Store's Dips Ice Cream Shoppe this month! Winner gets a FREE ICE CREAM TREAT OF CHOICE at Dips Ice Cream Shoppe, 260 Morton St., Shipshewana. Winning drawings will be on display at Dips Ice Cream Shoppe. ALL PARTICIPANTS come in and claim your drawing for A FREE ICE-CREAM CONE at Dips Ice Cream Shoppe in July. Mail submission to: LaGwana, Coloring Contest, PO Box 70, Shipshewana, IN 46565. **Entry deadline is June 22, 2021.** 

Address:



By Connie Lehman, Wellness Program at Topeka Pharmacy

# Pain in the Night

Aargh! There is nothing quite like being awakened in the night by the intense pain of a leg cramp. Crying out, scooting out of bed to stand on the leg and waiting until the muscle finally relaxes is one way to deal with

#### **Leg Cramps Basic Facts**

- Although painful sometimes for hours afterwards, cramps are generally harmless.
- » Leg cramps happen more frequently as we age.
- » 75% of all reported leg cramps happen at night, for unknown reasons.

# What increases the risk of leg cramps?

- » Too much sitting.
- » Standing or working on concrete floors.
- » Overuse of the muscle with exercise.
- » Shortening of the leg tendons with age.
- Chronic conditions, like vascular disease, which restrict the flow of blood.
- » Chronic conditions, like neuropathy, which damage nerves.
- » Many medicines have the possible side effect of muscle cramps. A healthcare provider or pharmacist can provide information about medication side effects if it is a concern.



them. Other tried and true ways to relieve leg cramps are: walking around, applying heat (or an ice pack) to the muscle, and stretching. But why do leg cramps happen? Is there any way to prevent them?

#### How to Prevent Leg Cramps Checklist

- » Stretch calf muscles daily, especially before bed. Stretch calf muscles by standing an arm's length away from a wall and lean forward, keeping the heels flat on the floor. Feel the stretch for 15 seconds and repeat 2 more times.
- » Keep bed blankets and sheets loose around the feet. Try not to sleep with toes pointing down.
- » If the day involves sitting a lot, get up and walk around every hour or so.
- » Avoid standing for hours, especially on concrete.
- Avoid overdoing exercise like running or leg weight-training. Stretch well after exercise.

#### Unproven but Popular Prevention/Remedies

- » Take B-complex vitamins or magnesium.
- » Try the over-the-counter Relax AM-PM®.
- » Put a bar of soap under the bottom sheet near the feet for prevention (No one can explain any possible reason why this works for some people!).
- According to some, drink a small amount of pickle juice to relieve leg cramps fast.

Topeka Pharmacy is here to help answer your questions about everyday medical concerns. Call us at 260-593-2252 or stop by today.

#### H. Honor Roll ... cont. from page 9

Alvin Lehman, JoAda Lehman, Joshua Lehman, Karl Lehman, Jackson Massey, Janell Mast, Kiana Mast, Brian Miller, Caleb Miller, Curtis Miller, Daryl Miller, Derek Miller, Heidi Miller, Ida Miller, Jane Miller, Leah Miller, MaKayla Miller, Marla Miller, Norma Miller, Sara Miller, Brianna Munoz, Diamond Noe, Isaiah Otto, Tristan Pearson, Matthew Raber, Morgan Rich, Morgan Riegsecker, Jonathan Roth, Alexzander Sanchez, Kyle Schlabach, Sharla Schmucker, Kason Schrock, Tyler Schrock, Lindsey Schwartz, Dylan Shrock, Matthew Slabach, Sorcha Stewart, Sheila Stoltzfus, Amy Troyer, Keith Troyer, Kelsie Ward, Alexis Warren, Annagail Warrener, Jacob Watts, Ava Williams, Ella Williams, Jordan Williams, Katura Wingard, Kerry Wingard, Laurene Wingard, Megan Wingard, Brandon Yoder, Bryan M. Yoder, Bryan R. Yoder, Erika Yoder, Jacob Yoder, Kamden Yoder, Kylie Yoder, Lucas Yoder, Nicole Yoder, Tyler Yoder, Velda Yoder, Velma Yoder, and Benjamin Yutzy.

#### <u>Grade 9</u>

Eli Atra, Caleb Bontrager, Mia Bontrager, Nicholas Bontrager, Hope Bortner, Carson Brown, Katie Engelage, Sharla Frey, Chloe Hagerman, Luke Helmuth, Benton Hershberger, Judson Hershberger, Braden Kauffman, Brady Lehman, Precious Litton, Kaylin Mahon, Karli Miller, Douglas Minix, Teague Misner, Christien Noward, Kaitlin Nuzum, Luna Osorio, KeeLee Palmer, Jacob Peruski, Braden Rogers, Wade Springer, Madeline Stults, Sierra Stump, Kirstin Stutzman, Abriana Suddarth, Audrey Taylor, Nevaeh White, Mason Wire, Kjersten Yater, Melissa Yoder, and Scott Yoder.

#### Grade 10

Ashwaq Aldhuraibi, Kylen Bender, Ava Brown, Brianna Caldwell, Isabella Carmona, Ella Clark, Alexis Cline, Jordan Collyer, Alyssa Cory, Kaitlyn Cupp, Skye Growcock, Hope Haarer, Chadwick Hershberger, Ethan Hibbs, Isaiah Hostetler, Bailey Kenner, Aidan Koehler, Ethan Konkle, Sara Lapp, Evan Litwiller, Collin Martin, Jaxon May, Adrian Miller, Chase Miller, Gaven Miller, Justin Miller, Kamryn Miller, Lyndon Miller, Maria Miller, Katelyn Mishler, Matthew Mortrud, Linda Mullett, Na-

continued on page 28

# Coloring Contest Winners

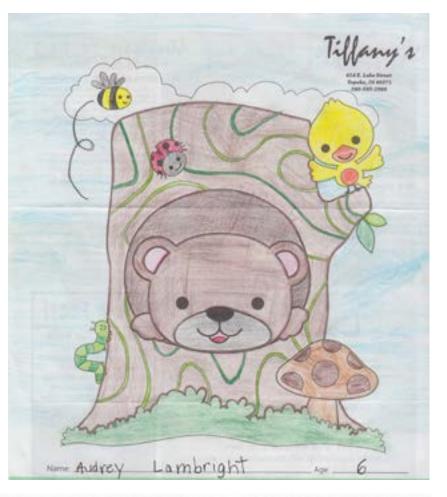
Six year old Audrey Lambright of 450N, Shipshewana was our winner for the May Coloring Contest. She won an ice cream treat of choice at Tiffany's in Topeka.

Everyone else that sent in a page can stop by Tiffany's for a free small ice cream cone through June.

Runners-up were Lilly Miller, age 6; Jenna Grace Yoder, age 5; Leah Grace Petersheim, age 4; Angie Bontrager, age 3. Honorable Mentions: Luke Andrew Lambright, age 6; Alayna Grace Yoder, age 6; Jeana Troyer, age 6; Crystal Yoder, age 6; Kenlin Yoder, age 6; Alayna Lambright, age 6. Check out page 12 for this month's coloring page.

Be SURE to include all your information on the coloring page, even your age! ... we don't want you to miss out! Remember, the contest is only for children up to six years old. ①

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MAY 29TH - JUNE 5TH



by Brittney Schori, Extension Educator, Purdue Extension - LaGrange County

# Ways to Trim Your Grocery Bill Before Shopping

Grocery prices are not stagnant. The price of the foods sold in the grocery store or supermarket change with the economy. Prices go up and down to match periods of low inflation and surges of high inflation. During times of high inflation and higher food prices, saving money on groceries can be a challenge. A smart spending plan at the grocery store is one way to make ends meet and strengthen spending power. Begin your smart spending plan by creating a food budget. It just takes a little time and know-how to put this into practice. Then, create a shopping strategy to support your food budget. Below are some specific money-saving ideas to consider before you navigate the grocery store aisle.

1. Know how much you are spending. When you spend \$60 at the supermarket one week and \$100 the next, you may not realize that your monthly grocery bill is one of your biggest expenses. Save your receipts and analyze them – you will be amazed at how much you spend on groceries and how much you can save by shopping more carefully. Take the time to create a food budget and follow it.

2. Plan for more family meals. Plan ahead instead of stopping at fast food restaurants on the way home from work. Make meal planning a family affair. Write up a menu of the meals and snacks you plan to prepare for the week, while making sure they are affordable and fit your food budget.

## 3. Invest in a good inexpensive

**cookbook.** With some new recipes, you can be more creative with the groceries you bring home. Look for healthy recipes that you can prepare in a short amount of time. Be sure to check the internet for new and exciting recipes to fit your budget. There are many resources that can offer you creative opportunities for healthy meals.



4. Cruise through your fridge daily. Check foods on hand and plan to use them before they go bad.

**5. Plan every shopping outing.** Experts say that planning meals in advance and making detailed shopping lists can cut your grocery spending by 20% or more. Check your pantry before you go shopping to be sure of what you need. Review store flyers and build your list around what is on sale and the best coupon deals. Buying in bulk, when possible, can often help save money in the long run. **6. Cook once, eat twice.** Plan meals with recipes that can be doubled easily. Serve one and label and freeze the other for a later date. Often it does not cost much more to make a double recipe.

**7. Use coupons!** You will find coupons in women's and general interest magazines. Also, go online and search for "grocery coupons" and several sites will come up for free coupons.

> 8. Do not do all your shopping at the supermarket. Toiletries, for instance, are usually cheaper at discount stores. A little comparison shopping could save you a lot of money.

> **9. Avoid food shopping at convenience stores.** They are generally more expensive than supermarkets. You could trim your food bill by as much as 19% if you have the time to shop at a couple of different stores.

#### 10. Consider fuel costs.

Do not drive many miles out of the way to a store to save a few more pennies.

**Editors note:** This is an article Brittney submitted to the *Hometown Treasure* in 2019. She switched to a Purdue Extension office in another county. We will rerun a few articles while people get established in their new positions. We wish Brittney the best at her new location!

Source: Kathleen T. Morgan, Dr. M.H., DTR Family and Community Health Sciences





#### BREAST CANCER: BEST PROTECTION IS EARLY DETECTION!!!...

Breast cancer will affect an average of one in seven women during their lifetime and is the second most common cause of cancerrelated deaths in women.

Regular screenings are a good way to keep your health in check. Cancer screenings help to save lives as mammograms can find cancer before symptoms are present. Diagnostic mammography is used when an abnormality is found during screening or in women who have breast complaints, such as a breast mass, nipple discharge, breast pain or skin irritation.

Knowledge is the key ingredient to make better health decisions.

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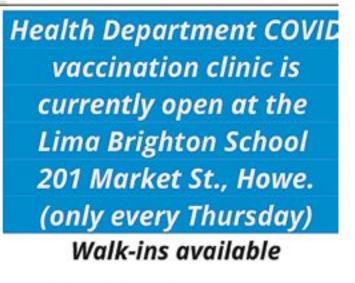
\*\*Please note: For women without insurance, a high deductible or resources to pay, funding (\$\$\$) is available\*\*

# COVID-19 VACCINE Snapshot

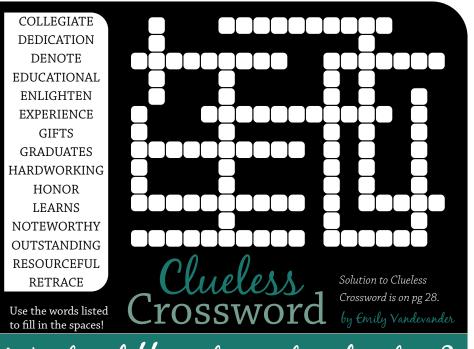


# THE COVID-19 VACCINE IS HERE. IT'S TESTED, SAFE AND EFFECTIVE.



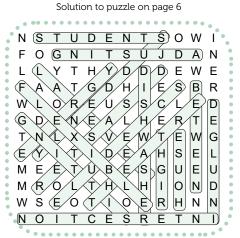


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The Hometown Treasure - June '21

New Hours!

# **Topeka Elementary Staff Retirements**

Two very familiar faces at Topeka Elementary are shown in front of the school's display board honoring them as they will retire at the end of the school year. Third grade teacher, Tobi Culp, with a total of 39 years in teaching and the last 37 at Topeka Elementary, is shown on the left and Esther Miller, cafeteria manager, with 32 years at Westview, starting at Shipshewana-Scott as a teaching assistant, then working at the high school for two years in the cafeteria, and then the last 29 at Topeka Elementary, is shown on the right. Mrs. Culp says retirement will allow her more time to read, work in her yard, travel, get back into

# Topeka Elementary



music, and spend more time with her granddaughters and husband. Mrs. Miller plans to continue to deliver cakes for special events, travel with her husband who drives charter buses, work in her gardens, and relax more. These two will be greatly missed by the students and staff of Topeka Elementary who wish them much happiness in their new adventures.0

# **Topeka Elementary Annual Picnic**

Topeka Elementary hosted its annual school picnic on Wednesday, May 12. The weather cooperated and made for a great day. The students and their visitors enjoyed lunch on the lawn followed by recess/activity time.



Kindergartner Shayla Strater with her sister Savana Strater.



#### Vincent Vogt and teaching assistant Tony Koluder.

(Photos Submitted)



Keagan Willis

**Field Trip!!!** Recently students in Westview's PLUS Program celebrated their hard work throughout the year by spending a day at the Potawatomi Zoo in South Bend. (Photos Submitted)



Left: Brayden Walz, Lacey Ramey, and Malia Weaver-Shaffer try out the slide.

<u>Right:</u> Mildred McClellan took some time out of her day to feed the goats.

This page made possible by the

# WESTVIEW SCHOOL CORPORATION



Groups enjoying a game of tug-o-war.



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Special Weekend Hours!

June 18-19 BAM - APM

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- Farmstead Inn Breakfast Staff Antique Auction Clerks
- Auction Restaurant Grill Cook/Dishwasher

# Shipshewana Swap Meets





Space size: 20' x 25' Cost per Space: \$20 Parking/Vehicle: \$5\* June 19th parking is \$5 due to Flea Market being open

on the same date. \$3 for all other dates. 2021 Remaining Dates: June 19, Aug 7 Sept 18 & Oct 16



345 S Van Buren St • Shipshewana, IN 260-768-4129

SAT., JUNE 19, 2021



# Riley's Hospital Can Drive

The students of Westview Elementary have been busy! In April, they collected over 178,000 aluminum cans! A local facility will recycle the cans and the proceeds will be donated to Riley Hospital for Children. Two years ago, Westview Elementary donated \$1292.00 to the hospital.

Mrs. Rodriguez's, Mrs. Gongwer's, and Mr. Davis's classes brought in more than 16,500 cans each with Mrs. Gongwer's class bringing in a total of 19,313 cans. To reward students for their hard work, a school-wide drawing was held for a pizza party at each grade level. The Westview Elementary PTO will provide a pizza party for Mrs. Mowry's and Miss Huyvaert's classes. Good job Westview Elementary! 1 (Photos Submitted)



# **Earth Day**

Earth Day was once again a partnership between a local Topeka business and Topeka Elementary School (TES). Michael Hough, Director of Health, Safety, and Environmental from Nisco showed an online presentation to students about the importance of a pollination garden within the environment. Also taking part in the presentation was TES principal Becky Siegel. In the near future, Nisco will be installing a pollinator garden at TES for the students to continue to learn from and to help the school and community do its part to help the environment. 🚺

# Westview Elementary



Shipshe-Scott Elementary

# **Read Across America**

Third grade students at Shipshewana-Scott Elementary participated in a Read Across America challenge. They read books and then take an Accelerated Reader test. The third grade has read and passed 6032 books this year! () (Photo Submitted)



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# Westview Hires New Athletic Director

Westview Junior-Senior High School is pleased to announce the hiring of William Bostain as the new Athletic Director. Mr. Bostain was approved by the Westview School Board at the May 13 regular board meeting.

The hiring process involved interviews with four potential candidates and Mr. Bostain was the top choice. He brings a love of sports



and education to his new position. Mr. Bostain currently serves as the Industrial Technology teacher at Norwell

(Photo Submitted)

Middle School. He teaches projectbased learning classes and works with robotics programming at school. His resume also includes coaching middle school football and wrestling. During his master's degree program, Mr. Bostain was an athletic director intern in Huntington.

Westview principal, Rich Cory, said that Mr. Bostain stood out from the other candidates because of his strong academic focus as a teacher. The interview committee believed that Mr. Bostain would do a great job working with our coaches, our students, and our community. "Westview has a strong tradition of having great sports programs and we look forward to (Mr. Bostain) continuing to keep our programs at a high level," said Mr. Cory.

Mr. Bostain and his wife, Michelle, have two daughters, Elena and Rylie. They will be relocating to the area this summer.

# Westview High School

# **Drew Litwiller Signs with Manchester**



 Back row (left to right): Rich Cory (principal), Brae Beadles (coach), Evan Litwiller, Darlene Matthews
 (athletic director), and Melody Hochstetler (athletic secretary). Front: Brad Litwiller, Drew Litwiller, and

 Angie Litwiller.
 (Photo Submitted)

# **Westview Small Engines Go to State**



<u>Left to Right</u>: Andrew Baughman, Aiden Wisler, Chad Hershberger, Ronnie Raley, and FFA Advisor Paul Baker. (Photo Submitted)

The Westview Engines teams placed third and twelfth at the State FFA Small Engines Competition on Saturday, April 24. The contest had 29 teams from around the state participate. The contest consisted of the assembly of an engine from its parts in 75 minutes, Customer Service, Tool and Parts Identification, Exam Knowledge, and Five Electrical and Measurement Skills Stations. The third place team of Ronnie Raley and Chad Hershberger will receive a \$4000 scholarship to Universal Technical Institute for their efforts.

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# **June Park News**

Saturday, June 5, 7:30 – 11:30 am

## **Rainbow Pit, Pigeon River FWA** Parking Lot D2

A limited supply of poles and bait will be provided. A pit toilet is available. June 5-6 is Indiana's Free Fishing Weekend. Call 260-367-2164 for directions or Pigeon River fishing questions.

**Patchwork Trails Walk** Tuesday, June 15, 6 pm Krider World's Fair Garden Parking Lot 302, 312 Bristol Ave, Middlebury, IN

Patchwork Trails combines exercise, education, friendship, and fun! Each walk will showcase seasonal beauty unique to each property. We will look at what is blooming, what is singing, what is flying, and what is underfoot.

**Forest Bathing** Saturday, June 19, 10:00 am **David Rogers Memorial Park** 2355W 550S, Wolcottville, IN

The Naturalist will introduce participants to nature journaling after taking a short, quiet sensory walk. This program is for adults and youth aged 12 and older. **RSVP is** required; limited to 25 walkers. RSVP to Leslie Arnold at 260-463-4022

or larnold@lagrangecounty.org.

## **Chain O' Lakes Butterfly Count**

Friday, June 25, 12:30 pm Chain O' Lakes State Park Stanley Schoolhouse Parking Lot, 2355E 75S, Albion, IN Everyone is welcome to help count butterflies at different locations in the park. The ability to identify the most common butterflies is helpful but not

Free Family Fishing required. Become a citizen scientist and contribute to national research. Paperwork and nets provided. RSVP to Leslie Arnold by June 20 at (260) 363-4022 or larnold@lagrangecounty. org.

# MONTHLY

**Fiber Guild** Wednesday, June 9, 10:00 am - 3:00 pm **Maple Wood Nature Center** 

Open to any fiber art. Bring projects to work on, get inspiration, and make new friends. Bring your own sack lunch. Donations for Parks are appreciated. RSVP to Leslie Arnold at 260-463-4022.

## Make-n-Take Homemade Butter in a Jar Saturday, June 12, 10:00 am - 2:00 pm

**Maple Wood Nature Center** Homemade Butter in a jar! This does contain dairy. Come anytime, stay as long as you want!

## **Sewing Group** Wednesday, June 23, 9:30 am - 3:30 pm **Maple Wood Nature Center**

Bring your own sewing machine. Get help and direction with a project, share ideas with others, and make new friends. Bring a sack lunch. Please bring a \$5.00 donation for LaGrange County Parks. RSVP to Linda Grobis at (260) 351-3609.

## Folk Jam Sunday, June 27, 1:30 - 5:00 pm-**Maple Wood Nature Center**

Jams are mostly folk, country, and bluegrass music, with other styles occasionally added. For questions or for more information, and RSVP, contact Erv Troyer, at 463-2247, reo43@aol.com. 🕕

## SUMMER DAY CAMPS **By Gone Days**

Monday, June 28 thru Friday, July 2, 9:00 am – 3:00 pm David Rogers Memorial Park 2355W 550S, Wolcottville, IN

Outdoor games and pioneer activities are shared at the historic log house village. Finish the week with the traditional Campfire Cook Out. Meets daily. For first through sixth grades. The cost for this camp is \$50.

**Little Nature Bound** Wednesday, July 7 thru Friday, July 9, 9:00 am – 11:30 am **Dallas Lake Park** 505W 700S, Wolcottville, IN Play nature games, take wild hikes, and make crafts. Snack time is included. A parent or another adult is welcome to stay and play. Meets daily. For children five years old or turning five by December 31, **2021.** Sorry, no siblings of other

ages may attend. The cost for this camp is \$25.

### **Nature Bound**

Monday, July 12 thru Friday, July 16, 9:00 am - 3:00 pm Monday, July 19 thru Friday, July 23, 9:00 am - 3:00 pm Monday, July 26 thru Friday, July 30, 9:00 am - 3:00 pm

**Dallas Lake Park** 505W 700S, Wolcottville, IN Bring your own sewing machine. Have fun outside! Nature games, environmental education, outdoor skills, and hands-on activities are all part of Nature Bound. Also, enjoy swimming, hiking, games, and crafts! Three sessions of Nature Bound to choose from. Meets daily. For first through sixth grades.

The cost for this camp is \$50.

Please call the Parks office to register for these camps! Call 260-854-2225.

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# **Cancer Services Events**

#### The Secret to Living to 100 Virtual

Friday, June 4, 1:00 - 2:30 pm Friday, June 18, 11:00 am -12:30 pm Monday, June 21, 11:00 am - 12:30 pm

**In-Person** Tuesday, June 8, 1:00 - 2:30 pm Wednesday, June 23, 11:00 am - 12:30 pm Cancer Services of Northeast IN

6316 Mutual Dr, Fort Wayne, IN 46825 Discover the food habits of those that live to the century mark. This event is presented by Sue Delagrange, MS., RDN., LD. **Registration is required.** 

#### Spiritual Forest Therapy Walk In-Person

Monday, June 14, 10:00 am – 12:30 pm Nature Center Metea County Park, 8401 Union Chapel Rd, Fort Wayne, IN 46845 This is a very low impact activity that supports healing and wellness in natural environments. Staff will be at the front entrance to the park. This is an event facilitated by Christy Thomson, Certified Forest Therapy Guide. **Registration is required.** 

## Navigating our Healthcare System

Thursday, June 24, 11:00 am – 12:30 pm Cancer Services of Northeast IN 6316 Mutual Dr, Fort Wayne, IN 46825 This presentation will discuss aspects of our current system and ways to become an advocate for change. Presented by Dr. Jon Walker, Retired Physician. **Registration is required.** 

#### **Mindfulness for Well-being** Wednesdays, June 2 - July 21, 2021,

6:00 – 7:30 pm **Virtual** 

6316 Mutual Dr, Fort Wayne, IN 46825 This eight-class series is an indepth introduction to mindfulness and its foundational practice of meditation. For a full understanding and benefits, participants should commit to attending all eight classes and a daily at-home practice of 20-30 minutes. This event is facilitated by Janet Lynch, MS Ed, Certified Mindfulness Instructor. **Registration is required.** 

To register for these events, e-mail Ann Hathaway at ahathaway@cancer-services. org or call 260-484-9560 ext. 351. 1

# A Note from the Naturalist

Summer 2021 is bursting with fun, outdoor experiences for everyone! The Parks page has information about the summer day camps and monthly educational programs. We are sorry there will not be swim lessons offered this summer at Dallas Lake Park. Summer camps are already filling up, so please contact the Park Office at 260-854-2225 to register your child.

Park staff is especially excited to begin the new loop of trail through Mike Metz Fen, also known as Duff Lake Fen, in May. When completed, the trail will also have a small shelter and pit toilet amenity.

The new trail loop will be about two miles long and will include an estimated 3500 linear feet of boardwalk. The trail completion is currently planned for next spring. The total project will be completed by September 2023. Fund support for this project comes from a Land & Water Conservation Grant from the National Parks Service through the Indiana DNR, Olive B. Cole Foundation, LaGrange County Community Foundation, LaGrange County, and Park budget.

Note that all LaGrange County offices will be closed Monday, May 31 for the Memorial Day holiday.

Respectfully,

# Leslie A. Arnold, Naturalist

# **12th Annual Paddle for Parkview**

## Virtual event allows participants to choose paddle date

The 12th Annual Paddle for Parkview, supporting the Parkview LaGrange Foundation (PLF), will be virtual again this year, allowing participants to choose their paddle date while following health and safety guidelines.

Paddles can be scheduled any available weekday (Monday through Friday) May 3 through Aug. 13 at the Trading Post in Mongo, IN. In lieu of a meal or snacks, participants will receive a gift card to a LaGrange County restaurant. T-shirts will also be provided to those who register before June 30.

Farmers State Bank is the presenting sponsor of this year's Paddle for Parkview, which will support the PLF's scholarship program. Scholarships are awarded each year to LaGrange County residents who are pursuing or furthering their career in healthcare.

"In the last year, we have seen how vital healthcare workers are to our community. The PLF scholarship program is a great way to show them your support as they begin or further their career," said Jordi Disler, president, Parkview LaGrange Hospital. "The Paddle for Parkview is more than a fundraiser. It's an engaging way to be active and enjoy the outdoors with your friends and family. We're grateful to our loyal paddlers and hope we can meet for our traditional event when it's safe again."

To register for the Paddle for Parkview, visit <u>Parkview.com/La-</u> <u>GrangePaddle</u>. The deadline to register and schedule your paddle is July 13. **①** 

#### H. Honor Roll ... cont. from page 13

talie Privett, Lucille Rensberger, Paige Riegsecker, Dawson Shrock, Emily Stutzman, Stacy Stutzman, and Ella Yoder.

#### Grade 11

Abdurakhmonov. Mukhammadamin Alexys Antal, Mason Atra, Brennan Beachy, Landon Bennett, Abigail Bontrager, Bohdy Bontrager, Easton Bontrager, Jasmine Bontrager, Spencer Conatser, Lillian Eash, Penelope Eash, Gramm Egli, Kaylyn Gates, Isaac Heyerly, Elijah Hostetler, Megan Kauffman, Brookelyn Lambright, Alana Miller, Hailey Miller, Nathan Miller, Jackson Minix, Jaime Mullet, Isaac Niccum, Alayna Nissley, Sean Nordman, Hunter Porter, Isaac Rogers, Anthony Sanchez, Allie Springer, Brandon Tester, Aiden Wisler, and Caleb Yater.

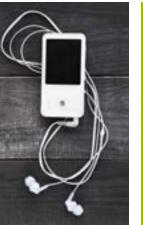
#### <u>Grade 12</u>

Kaylee Adelmann, Belal Al Yahiri, Hadel Alammari, Addison Bender, Kaitlyn Burton, Douglas Calvillo, Spencer Carpenter, Samantha Castillo, Emily Christner, William Clark, McKenna Collier, Caleb Cory, Andrew Cupp, Hannah Davidson, Deann Fry, Isabelle Helmuth, Brady Hostetler, Mary Hostetler, Keegan Kohlheim, Drew Litwiller, Hannah Martin, Hallie Mast, Amber McHenry, Rosamaria McMahon, Logan Mc-Namara, Andrea Mendoza, Alexis Miller, Andrew Miller, Ava Miller, Gloria Miller, Inah Miller, Luke Miller, Lyndon Miller, Melissa Miller, Nicole Miller, Rochelle Miller, Briceida Mojica, Cassandra Moreno, Nicholas Mortrud, Joseph Mullett, Hannah Neff, Chandler Pushman, Kelsey Rich, Abdul-Rahman Saleh, Hannah Schwartz, Katrina Schwartz, Takota Sharick, and Nicole Stutzman.

continued on page 46











# **Class Officers & Co-Valedictorians**

View



Drew Litwiller





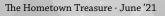
Alexis Miller





Hallie Mast







s of 2021

Doug Calvillo





Joseph Mullett

# Jordi Cochs Clapers By Courtney Young

Jordi Cochs Clapers, 16, decided to participate in an exchange student program because he wanted to experience life from a new perspective outside of Barcelona. He chose to visit the United States because it is a great country to live and experience a different culture. Previously, he had visited New Jersey with another exchange student program and traveled to many places across the US in the summer when he was 13.

At home in Spain, Jordi has three

brothers. Jordi's father is a Business Manager at a multinational company. His mom is an HR Consultant.

His family at home seems a bit smaller in comparison to his host family here, where Dan and Dawn Byler have seven children, four girls and three boys, and two grandsons. The house wasn't too crowded since the three oldest are married. As you may know, Dan and Dawn are part founders of LaGwana Printing, which publishes The Hometown Treasure.

Jordi enjoyed a lot of classes at Westview, but he especially favored Study Hall, P.E. and Marketing. He also played soccer, which was a different experience than playing at home in Barcelona.

He really appreciated the variety of fast food restaurants in the US. When asked about the differences between here and home, he said it was interesting that he could have classes with other people. The most surprising thing for him was that teenagers can drive at age 16 (compared to age 18 in Spain).

While Jordi was visiting the US, he missed everything in Barcelona. Now that Jordi is back home, he misses his host family and going to school in the US. His future plans are to attend college and keep traveling! 🕕





Above: First day of school. Left to right: Keegan, Clarinda, Jordi, Andrew, Krista and Matthew. Right: Trip to the Ft. Wayne Zoo. Left to right: Jordi, Keegan, Dan, Parker and Andrew.



"Mask on, mask off." -2021 Class Officers



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Calvillo, Miller and Mullett,

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Yellow Rose



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Coral



Boys: Red Girls: White



Red & White

Doug Calvillo, Alexis Miller N

and Joseph Mullett have been named co-valedictorians for Westview Jr-Sr High School's Class of 2021.

Doug Calvillo is the son of Cindy Calvillo of Shipshewana. He is active in the National Honor Society, Vice President of the Senior Class, wrestling, cheer, volleyball manager, and, Weight-lifting Club. Doug plans to attend Rice University to pursue a degree in Biochemical Engineering.

Alexis Miller is the daughter of Daryl and Stephanie Miller of Topeka. She is active in the

The Hometown Treasure · June '21

National Honor Society, Student Council, Community Service Club, soccer (4 years), cheer (3 years) and softball (2 years). Alexis plans to attend the University of Tampa and major in Allied Health to become a physical therapist.

Joseph Mullett is the son of Alvin and Esther Mullett of Shipshewana. He is active in the National Honor Society and Weight-lifting Club. Joseph plans to attend Arizona State University to study Robotics Engineering.



Students with this logo are members of the National Honor Society: must have a cumulative grade point average of 3.5, and are evaluated on the basis of service, leadership and character. Indiana Academic Honors Diplomas are designated with a gold ribbon on their name. These students must earn 47 credits in specified academic areas and maintain a 3.0 GPA.

Student Portraits provided by Stopher-King

Congratulations Westview High School 2021 Graduates

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Addison Legeanne Bender



Raegan Layne Bender

Kayle Cheyann Bolling



Timothy John Brandenberger



Kaitlyn Alexandra Burton



**Benjamin Jay Byrkett** 



Hailee Nicole Caldwell

Douglas Jason Calvillo

view f ass of 2021



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#### Student Portraits provided by Stopher-King





Andrew Jonathan Cupp



Hannah Rose Davidson



**Blake Allen Diehl** 

Aislyn Rae Fry



Deann Rose Fry



**Gavin James Fulks** 



Isabelle Grace Helmuth

**Bryan Hernandez-Ballines** 

2021 view < of

# Topeka Clinic Dr. John Egli

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Indiana Academic Honors Diplomas are designated with a gold ribbon on their name. These students must earn 47 credits in specified academic areas and maintain a 3.0 GPA.

#### Student Portraits provided by Stopher-King

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FRURIP MAY FUNERAL HOME by Brian & Jennifer May

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Hallie Marie Mast

Amber Lynne McHenry

Rosamaria Clare McMahon



Logan Lynn McNamara



Andrea Valeria Mendoza



**Alexis Nicole Miller** 



Andrew David Miller

Ava Rene Miller





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**Cael Reece Misner** 



**Nicholas Aaron Mortrud** 



Sacha Lynn Mitchell

Briceida Gwynevere Mojica



**Cassandra Moreno** 



**Janice Nicole Mullet** 



Joseph Ray Mullett

Hannah Elizabeth Neff





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X

Krissia Jean Schlabach



Katrina Bethann Schwartz



Payton Elizabeth Schreiber

Jordan Lucas Schrock



Hannah Rose Schwartz



**Peyton Louise Schwartz** 



Takota Lynn Sharick

**Kyla Leigh Smart** 



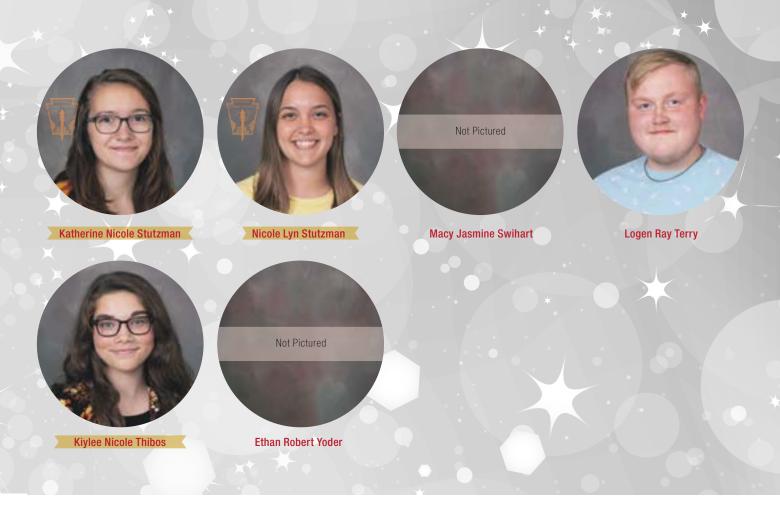
## Congratulations Graduates!

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Indiana Academic Honors Diplomas are designated with a gold ribbon on their name. These students must earn 47 credits in specified academic areas and maintain a 3.0 GPA.

Student Portraits provided by Stopher-King







2021 Junior High Boys Track Team: <u>Back (left to right)</u>: Coach Lyle Bontrager, Braidon Schwartz, Cameron Privett, Nate Stump, Brian Miller, Jalin Yoder, Jacob Watts, and Coach Don Williams. <u>Third</u>: Coach Erin Bontrager, Carson Niccum, Noah Bontrager, Jaden Yoder, Ian Bontrager, Nathan Peruski, Tristan Pearson, Chandler Johnson, and Coach Mike Brown. <u>Second</u>: Brandon Schwartz, Bentley Ryall, Caleb Hochstetler, Curtis Miller, Jacob McCoy, Landon Gingerich, and Daniel Yoder. <u>Front</u>: Cole Bontrager, Austin Schlabach, Wyatt Murray, Alex Yoder, Dom Sweet, Rook Bontrager, Milan Miller, and Austin Miller. Photo by Abby Wenger



2021 Junior High Girls Track Team: <u>Back (left to right</u>): Coach Lyle Bontrager, Jordynn Wasson, Madison Grossman, Annagail Warrener, Gwen Owsley, and Coach Don Williams. <u>Third</u>: Coach Erin Bontrager, Olivia Bontrager, Memphis Bontrager, Jolene Eash, Emilia Mendoza, Leigha Schrock, and Coach Mike Brown. <u>Second</u>: Jasmine Litton, Lilly Mullet, Rebecca Miller, Dena Miller, and Lynette Miller. <u>Front</u>: Kyla Fryer, Ashley Bontrager, Grace Heyerly, Ava Williams, Rayne Chaffins, and Adelyn Rainsberger. Photo by Abby Wenger

#### Westview Jr./Sr. High **Ouarter 3 Regular Honor Roll**

In addition to the GPA requirements (3.0 - 3.499) for Honor Roll, students must be enrolled in at least 5 credit hours and have no grades lower than a C-.

#### Grade 7

Gurmi Al Gurmi, Johnna Bailey, Lilyan Bennett, Kevin Borntreger, Makenna Feipel, Eric Fry, Luke Hall, Kyleigh Hershberger, Janae Lehman, Jasmine Litton, Lora Mast, Braxton Miller, Carter Miller, Hailey Miller, Kaiden Miller, Lyndon Miller, Lynette Miller, Becky Moore, MaiCee Orozco, Corra Owens, Nathan Peruski, Hannah Schlabach, Lucas Troyer, Savannah Vliet, Kurtis Whetstone, Brylee White, Alex Yoder, and Jaden Yoder.

#### Grade 8

Faith Beechy, Bethany Bontrager, Kayla Bontrager, Patricia Clemons, Jolene Eash, Kara Fry, Titus Fry, Ryan Gingerich, Michael Hargrove, Beau Jackson, Kenlyn King, Jared Lambright, Kurtis Mast, Dena Miller, Jaylin Miller, Karen Miller, LaWayne Miller, Lonnie Miller, Shanna Miller, Adelyn Rainsberger, Karlie Schrock, Brandon Schwartz, Brandon Slabaugh, Janessa Stutzman, Alayna Troyer, Derek Yoder, Jaylen Yoder, Marlene Yoder, and Ryan Yoder.

#### Grade 9

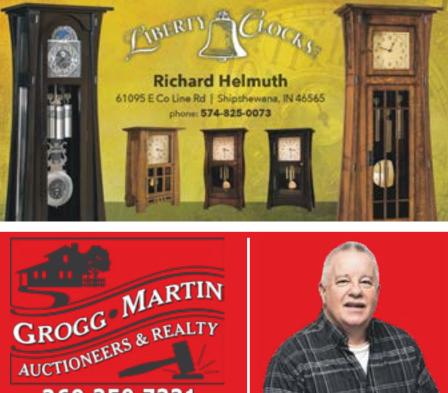
Mariah Aljaradie, Mohammed Alziadi, Kristie Bolling, Shawn Crittendon, Alammari Hamood, Joshua Heidorn, Riley Helman, Ciara Mikel, Hope Miller, Mahasen Omarouf, Ireley Sherman, Mackenzie Smith, Jacqueline Trethewey, Colin Yoder, and Danika Yoder.

#### Grade 10

Kaylee Barger, Andrew Byler, Faith Christner, Alyssa Collier, Jace Everitt, Courtney Hall, Braden Helman, Kyle Hochstetler, Savannah Hoover, Jethro Hostetler, Aidan Kohlheim, Diana Mendoza, Adrian L. Miller, Cora Miller, Tyler Miller, Evangeline Niccum, Nathaniel Nissley, Paige Schwartz, Samantha Stump, Julia Trethewey, Paige Waldenville, Brady Yoder, and Regina Yoder.

#### Grade 11

Andrew Baughman, Hailey Bibbee, Sarabeth Drew, Amina Omarouf, continued on page 53



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## HISTORICAL FEATURE

CAN Olive Bontrager Memory

There are still a few people who remember the days when hobos were regularly seen passing through communities like Shipshewana and Topeka. But for us Baby Boomers, we have only seen pictures of hobos and heard the stories. One such story can be found in an article written by Roger Slagle for *A Patchwork Sampler* (page 32). In that article, the late Olive Troyer Bontrager (1907-1998) shared a story about Oakie Huff, the town hobo.

Ell'ho

No one is quite sure where the term "hobo" originated. The Merriam-Webster Dictionary says that the first known use of the word hobo was in 1888; they also report that the origin of the word is unknown. Others theorize that it stems from hoeboy, meaning "farmhand," or is an abbreviation of "homeward bound." It could also be an abbreviation of "homeless boy." Most local people simply referred to these transients as "bums," "hobos," or "tramps." However, hobos and tramps saw themselves quite differently. Unlike the tramp who only works when he is forced to, and the bum who does not work at all, the hobo saw himself as a traveling worker. Many of the hobos had homes and families. However, with no available

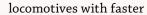
by Harold D. Gingerich jobs they chose, for the sake of trying to feed their families, a solitary life on the road finding work wherever they could.

H. L. Menchen, in his 1937 book *The American Language* wrote, "Tramps and hobos are commonly lumped together, but see themselves as sharply differentiated. A hobo or bo is simply a migrant laborer; he may take some longish holidays, but sooner or later he returns to work. Lower than either is the bum, who neither works nor travels, save when impelled to motion by the police."

Hobos and railroads are often linked together, and for good reason. Following the Civil War in the 1860s, it was not uncommon for soldiers on both sides to return home by hopping freight trains. Soldiers on both sides often discovered they had no home to return to, and no job. Because they had grown accustomed to the nomadic lifestyle of the military, they ended up wandering the country looking for work. In the search for work, many of them boarded west bound freight trains hoping to find a better life in the American west.

In 1906, a professor, Layal Shafee, published his findings after an exhaustive study. He put the number of these "tramps" in the United States at about 50,700 (about .06% of the U.S. populations at that time). By 1911, when *The New York Telegraph* published his article "What Tramps Cost the Nation," Shafee estimated that the numbers had risen to 70,000. The number of hobos increased dramatically during the 1930s and the era of the Great Depression. With no jobs and no prospects at home, thousands of men decided to catch a "free ride" and hopped a freight train to try their luck somewhere else.

With the end of World War II, railroads began to replace their steam





and more efficient diesel models. That also made jumping on a freight more difficult unless it was in a railyard. But the railyards were also filled with railroad detectives. In addition to that, a booming postwar prosperity led to a rapid decline in the number of hobos.

Exactly when Olive Bontrager first met Oakie Huff is not clear. But the story begins with Olive teaching in a one room school and Melvin Bontrager being one of the school trustees. To get paid, Olive had to go to Melvin's store on Morton Street in Shipshewana (the old Buggy Wheel Restaurant) and have him write her a check. Well, over the course of time, one thing led to another and on May 19, 1938,

pital. She was born July 30, 1907. Shipshe hh. to Corwana. and nelius Emma (Farver) She Troyer. graduated from Shipshewana School fligh attended and Goshen College and Michigan Univeralty

Olive Bontrager 11/12/98



On Jan. 24, 1929, she married Ralph Weaver. He died July 12, 1929. On May 19, 1938, she married Melvin frager. He died in 1988.

She was a teacher for 43 years, working in the Shipshewana and Middlebury area. She was the owner/operator of Bonnet Motel in Middlebury from 1955 to 1975.

She was a member of Silverwood Indiana Church. Mennonite Association Teachers Eikhart Retired Teachers Association and Phalo Book Club.

Surviving are a daughter, Harri-et Warren, LaGrange; two sons, David Weaver, Charlotte, Mich. and Joseph Bontrager, Chark's Summit, Pa.; nine grandchildren, five great-grandchildren; and three stepgreat-grandchildren.

She was preceded in death by six sisters and three brothers.

Friends may call from 1 to 4 and 6 to 8 p.m. Saturday at Yodar-Culp Funeral Home, and from 2:30 to 3 p.m. Sunday at Silverwood Mennomite Church. Services will be at 3 p.m. Sunday in the oburch. The Rev. Ken Bontreger will conduct the service. Burial will be in Shore Cometery, Shipahewana.

Memorials man by directed to Beifer Project International.

Olive and Melvin were married. What she related to Roger Slagle involved two of her children. So, the incidents with Huff must have taken place sometime in the 1940s.

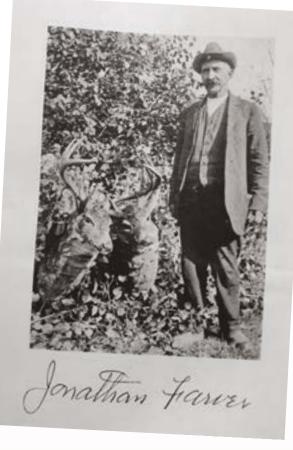
"He was very dirty, wearing the same clothes all the time," Olive told Roger. "Once he came into the store, and Mel gave him a new pair of pants. Oakie went back to the woodshed and put them on." From that day on, he had a fondness for the Bontrager children, Joe and Harriet. Roger wrote that, "Olive remembers Oakie going over to the restaurant and getting the children ice cream cones. He'd bring them back, one in each hand, melting all over his dirty grimy hands."

Whatever happened to Oakie Huff is a mystery. In researching for this article, the only "Okie" Huff I could find was born in 1887 and he spelled his first name with an "a." The census of 1900 showed him living in Marcellus (Cass County), Michigan. If this is the same Oakie that Olive knew in Shipshewana, we will never know.

Olive was the daughter of Cornelius and Emma (Farver) Troyer. Her grandfather was Abraham Farver (1828-1893), a cabinet maker and farmer, who played a significant role in Shipshewana's early history. Her uncle, Jonathan Farver, built the Farver Lumber Company with his brother, William. The History of Northeast Indiana (Vol. II, page 303), published in 1920, devoted four long paragraphs to Jonathan, along with a signed photograph.

Olive was born on July 30, 1907, the youngest of ten children. She

The Hometown Treasure · June '21



attended the Farver School (built by her grandfather) for eight grades before going on to graduate from Shipshewana High School. Following a year at Goshen College, she started teaching in 1925 at Pashan, a one room school near Shipshewana. Olive taught for 43 years in the Shipshewana and Middlebury area before retiring.

On January 24, 1929, Olive Troyer married Ralph Weaver. Unfortunately, he died on July 12 of that same year. Several months later Olive gave birth to their son, David.

Olive and Melvin Bontrager would enjoy 50 years of married life. He died in 1988. Olive died on November 12, 1998 and was buried in the Shore Cemetery. 🚺





2021 Junior High Boys Tennis Team: <u>Back (left to right</u>): Coach Tyler Miller, Isaac Drake, Jaxon Engle, and Max Engle. <u>Middle</u>: Gavin Engle, Mason Clark, Carver Stump, Bryan Yoder, and Dylan Shrock. <u>Front</u>: Ethan Miller, Jackson Vaughn, Luke Stults, and Cameron Yoder. <u>Not Pictured</u>: Kaden Hostetler and Kason Schrock. Photo by Abby Wenger



2021 Junior High Girls Tennis Team: <u>Back (left to right</u>): Coach Tyler Miller, Lanita Mast, and Miley Mast. <u>Front</u>: Camryn Christner, Ava Hostetler, and Kristen Bender. Photo by Abby Wenger



## FEATURED ADVERTISER

# Shipshewana Fitness Center "Where Movement is Medicine."

By Harold D. Gingerich



"Movement keeps you going," is the motto of Phil and Dorothy Hooley, the owners of the Shipshewana Fitness Center and Shipshe Nutrition. Located at 505 E. North Village Drive in Shipshewana, they have every-

Nathan, Dorothy, and Phil Hooley.



Phil and Dorothy Hooley.

thing you need to get you going and keep you going. Plus, in their nutritional bar, Dorothy can whip up your favorite smoothie, energy bomb, or fat burning combo.

When Shipshewana Fitness opened in August of 2004, it was just for women. After Dorothy had to have a knee replacement, the doctor told her that she had to start exercising or she would need the other knee replaced. That was when she started going to Curves in Middlebury, which catered to women. "After a while I decided that is just too far to drive three times a week to exercise," Dorothy recalls. "So, I decided to go online and see what I could find. Plus, Phil and I looked at each other and said, 'We don't want to be on the amount of medicine that people our age are on.' There is so much interaction between the medicine; you take one pill and then a different one to counteract the first one...we don't want to live to be 120 (years old), we just wanted to be healthy and have

Many people spend most of their life losing their health to try and gain wealth, and then spend the end of their life losing their wealth trying to gain their health. quality of life."

The Hooleys rented the center section of the building at their current location, but when people started coming through the doors, they quickly realized they needed more space. Today they utilize the whole building with rooms for cardio, muscle and weight training, tanning beds, and a hydromassage bed. By just spending 30 minutes on the machines in their Circuit Room, you can exercise every muscle group in the body. Later this summer they will be adding an infrared sauna.

Phil says that most of their clients are over the age of 60. "We want to keep them healthy and enjoying life." Shipshewana Fitness welcomes Silver Sneakers members. Silver Sneakers is a health and fitness program designed for adults 65 and above that is included with many Medicare plans.

Phil and Dorothy have been active members of the community for years. Phil graduated from Shipshewana High School in 1965. Dorothy, whose maiden name was Hershberger, graduated from Bethany Christian in 1958. When asked how they met, both started to grin. Both had done some "cruising" in Goshen, but it was a phone call to Dr. Martin's office that got the two together. I worked for Dr. Martin," Dorothy laughs, "and he (Phil) came in there for something; and it was my voice on the phone that got him!" At that point, Phil chimed in, "Yeah, and I had to keep calling back to find out who she was...and I asked Paul Miller about her. I asked Paul, 'Do you think she would go out with me...he said yeah; and that's how it began."

The Hooleys were married on June 6, 1970, at the Clinton Frame Mennonite Church by Vernon Bontrager. Phil and Dorothy have two sons: Allen who is married and lives in Ft. Wayne, and Nathan who lives at home and works in the business. "He (Nathan) is the brains behind us," quipped Phil. Dorothy was quick to add that Nathan has had training as a personal instructor so he can help people develop a personalized training program.

Starting something new is not unusual for Phil and Dorothy. "I remember when our Sunday School class at Shore was studying the book 'Choosing to Be Fully Alive (Even When You Feel Half Dead)' by Jim Carlson," Dorothy recalls. "Something just stirred in me, and I said, 'We have to do something!'" That something turned out to be Rainbow Years Learning Ministry (childcare and education) that was established in 1995 and is still serving the community today. The Hooleys continue to be active members of Shore Church.

The COVID-19 pandemic did present a real challenge for Shipshewana Fitness. Because of Health Department restrictions they were forced to close for several months beginning in March of 2020. Fortunately, they are open again Monday through Thursday from 5:30 am to 8 pm, Friday from 5:30 am to 4 pm, and Saturday from 5:30 am until noon.

Shipshewana Fitness has membership packages that fit every budget. So, whether you need to start exercising or if you just want to lose a few extra pounds, stop in and see them or give them a call at (260) 768-4705.



The Hometown Treasure  $\cdot$  June '21





Marolyn Yoder is shown toning up her muscles.

Their website (shipshewanafitness.com) provides a great overview of both their facilities and their membership packages. You can also find them on Facebook. ()



**2021 Junior High Golf Team:**Back (left to right): Coach Ervin Fry, Caiden Schrock, Jacob Seneca, Luis Osorio, Devyn Whetstone, and Silas Haarer.Caedmon Gates, Luke Haarer, Brett Springer, Arron Roth, and Raylynn Meyers.Photo by Abby Wenger



**1**ST

GIRLS 10-12 Olivia Bontrager - (L-R) Adelynn Miller, Olivia Bontrager, Brylee Yoder, and Taylor Heflin.



2 ND GIRLS 10-12 Trey Swin

**Trey Swiss** - (L-R) Alyssa Hochstetler, Kendra Nisley, and Amber Miller.



1<sup>ST</sup>

GIRLS 13-15 Angie Eash - (L-R) Anita Swartzentruder, Kari Lambright, Angie Eash, and Kaitlin Nisley.



**Kristen Miller** - (L-R) Kristen Miller, Sheila Stoltzfus, Janae Lehman, and Glenda Miller.





AGES 10-12		AGE
<b>1</b> <sup>st</sup> <b>Zechiah Miller</b> - 22 pts <b>2</b> <sup>nd</sup> <b>Kevin Miller</b> - 14 pts	Prize: \$176 Prize: \$59	1 <sup>st</sup> 2 <sup>nd</sup>
AGES 16-18		OP
<b>1</b> <sup>st</sup> Josh Miller - 15 pts	Prize: \$46	<b>1</b> <sup>s</sup>
<b>2<sup>nd</sup> Jared Miller</b> - 14 pts	Prize: \$15	2"

 AGES 13-15

 1<sup>st</sup> Jaden Yoder - 17 pts
 Prize: \$260

 2<sup>nd</sup> Anson Chupp - 10 pts
 Prize: \$86

#### OPEN DIVISION

1 <sup>st</sup> Lavern Yoder - 24 pts	Prize: \$44
<b>2<sup>nd</sup> Blake Egli</b> - 23 pts	Prize: \$14

BOYS 10-12

Juice Boxes - (L-R) Seth Bontrager, Daniel Yoder, and Austin Schlabach.





**BOYS 13-15** Elijah Lehman- (L-R) Luke Fry, Elijah Lehman, Landon Troyer, and Jaden Bontrager.



### BOYS 10-12 $2^{ND}$

Justin Miller - (L-R) Micah Yoder, Evan Miller, Justin Miller, and Marcus Yoder.





BOYS 13-15 - NO PHOTO Emmanuel - (L-R) Joshua Wickey, Emmanuel Wagler, and James Schmucker.



BOYS 16-18

**7ND** 

BOYS 16-18 **Lyndon Miller** - (L-R) Luke Miller, Bryce Schrock, and Lyndon Miller.



**OPEN DIVISION - NO PHOTO** ST Team Dale Schlabach

2<sup>ND</sup>

#### **OPEN DIVISION - NO PHOTO**

Who's Got Next Kenton Weaver, Sam Sharp, Luke Stephens, and Shandon Miller.

#### 23 BASKETBALLS GIVEN AWAY Had to be present to win. Missing 8 names-papers blew away!

Ethan Yoder **Kyle Yoder Steven Miller** Kenlin Miller Darrin Slabach **Ryan Miller** Jeremiah Bontrager **Branden Schwartz Jonas Wagler Matthew Yoder** 

Jerel Miller Lyle Hershberger **Anthony Miller** Landen Lambright **Aaron Lambright** 

BALL





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