

Pastor Sandos to serve Delphi church

Delphi First Presbyterian Church has a new stated supply pastor, Louis Sandos.

Pastor Sandos brings 41 years of experience in ministry. He has served several churches around Indiana, Illinois, Michigan and has served as a missionary in Mexico. He also served as director of Geneva Center for several years. Pastor Sandos and his wife, Jan, have been long-time

residents of Rossville.

Delphi Presbyterian Church is located at the corner of Main and Indiana streets, across the street from the Delphi Public Library.



Sandos

'Companion' in concert at Hickory Grove Church

The community is invited to Hickory Grove Church to be ministered to by the music of "Companion" at 6:30 p.m. on April 9. Companion is comprised of Brian and Karen Dinger.

The Dingers say, "Music is often an expression of journey, sometimes that of triumph, sometimes of struggle and sometimes simply of the joy that only comes from knowing Christ. In the Bible we see mapped out before us the journeys of those God chose to work

through. We see their struggles, their failings, their triumphs and cautious, but unyielding faith in God. We desire to be used of God in the same way. Our ministry is sharing what God has given us."

Hickory Grove is located five miles south of Idaville and eight miles north of Delphi on Carroll County Road 700W. For more information call the church at 574-965-2731 or Pastor Ken Smith 574-826-4307.

There is no charge for admission.

FOCUS ON THE FAMILY

By Dr. James Dobson

Parents who set reasonable limits create happy homes

QUESTION: Sometimes I feel as though my children fight and argue as a method of attracting my attention. If this is the case, how should I respond?



Dr. Dobson

DR. DOBSON: You are probably correct in making that assumption. Sibling rivalry often represents a form of manipulation of parents. Quarreling and fighting provide an opportunity for both children to "capture" adult attention. It has been written, "Some children would rather be wanted for murder than not wanted at all." A pair of obnoxious kids can tacitly agree to bug their parents until they get a response - even if it is an angry reaction.

One father told me that his son and his nephew began to argue and then beat each other with their fists. Both fathers were nearby and decided to let the fight run its natural course. During the first lull in the action, one of the boys glanced sideways toward the passive men and said, "Isn't anybody going to stop us before we get hurt?!"

The fight, you see, was something neither boy wanted. Their violent combat was directly related to the presence of the two adults and would have taken a different form if the boys had been alone. Children will "hook" their parents' attention and intervention in this way.

Believe it or not, this form of sibling rivalry is easiest to control. The parent must simply render the behavior unprofitable to each participant. I would recommend that you review the problem (for example, a morning full of bickering) with the children, and then say: "Now listen carefully. If the two of you want to pick on each other and make yourselves miserable, then be my guest (assuming there is a fairly equal balance of power between them). Go outside and fight until you're exhausted. But it's not going to occur under my feet anymore. It's over! And you know that I mean business when I make that kind of statement. Do we understand each other?"

Having made the boundaries clear, I would act decisively the instant either boy returned to his bickering. If I had separate bedrooms, I would confine one child to each room for at least 30 minutes of complete boredom without radio, computers or television. Or I would assign one to clean the garage, the other to mow the lawn. Or I would make them take a nap. My purpose would be to make them believe me the next time

I asked for peace and tranquility.

It is simply not necessary to permit children to destroy the joy of living. And what is most surprising, children are the happiest when their parents enforce reasonable limits with love and dignity.

QUESTION: I have observed that elementary and junior high school students - even high schoolers - tend to admire strict teachers. Common sense would tell us that they would like those who are easier on them. Why do you think they are drawn to the disciplinarians?

DR. DOBSON: You are right; teachers who maintain order and demand the most from their students are often the most respected members of the faculty, provided they aren't mean and grouchy. One who can control a class without being unpleasant is almost always esteemed by her students. That is true because there is safety in order. When a class is out of control, particularly at the elementary-school level, the children are afraid of each other. If the teacher can't make the class behave, how can she prevent a bully from doing his thing? How can she keep the students from laughing at one of its less able members? Children can be vicious to each other, and they feel good about having a teacher who is strong but kind.

Second, children love justice. When someone has violated a rule, they want immediate retribution. They admire the teacher who can enforce an equitable legal system, and they find great comfort in reasonable social expectations. By contrast, the teacher who does not control her class inevitably allows crime to pay, violating something basic in the value system of children.

Third, children admire strict teachers because chaos is nerve-wracking. Screaming and hitting and wiggling are fun for about 10 minutes; then the confusion begins to get tiresome and irritating.

I have smiled in amusement many times as second- and third-grade children astutely evaluated the relative disciplinary skills of their teachers. They know how a class should be conducted. I only wish all of their teachers were equally aware of this important attribute.

Send your questions to Dr. Dobson, c/o Focus on the Family, PO Box 444, Colorado Springs, CO 80903; or to his Web site at www.family.org. These questions and answers are excerpted from books authored by Dr. James Dobson and published by Tyndale House Publishers. Dr. Dobson is the founder and chairman of the board of Focus on the Family, a nonprofit organization dedicated to the preservation of the home and Judeo-Christian values. Copyright 1997 James Dobson, Inc. All rights reserved. International copy secured.

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DIRECTORY OF AREA CHURCHES

SS=Sunday School SW=Sunday Worship

AMERICAN UNION NON-DENOMINATIONAL: Vernon Stingley, pastor. SW: 10 a.m.

AT THE WELL PRAYER OF FAITH CENTER, ROSSVILLE: 16 Cason St., Michael Pierson Sr., pastor. SS: 9:30 a.m., SW: 10:30 a.m. & 6 p.m., Fri. Night Live worship service 7 p.m.

BRINGHURST UNITED METHODIST: Larry DeVos, pastor. SS: 9:30 a.m., SW: 10:30 a.m.

BROOKSTON CHURCH OF CHRIST: 206 N. Prairie Street, Brookston. Ron Guzman, minister. SS: 9 a.m., SW: 10 a.m. & 6 p.m.

BUCK CREEK UNITED METHODIST: 4915 Ferret St., Buck Creek. Joe Hornick, pastor. SS: 9 a.m., SW: 10:15 a.m.

BURLINGTON FIRST BRETHREN: 205 W. 8th St., Rev. Dr. Peter Roussakis, pastor. SW: 10:00 a.m., SS: 9:00 a.m.

BURLINGTON CHURCH OF CHRIST: Tim Pohlan, pastor. SW: 9:30 a.m. & 6 p.m., Children's Church: 10 a.m., SS: 10:30 a.m., Youth Groups: 6 p.m.

BURLINGTON UNITED METHODIST: Rev. Chuck Rockey, pastor. SS: 10:50 a.m., SW: 9:30 a.m.

BURNETTSVILLE FIRST BAPTIST: Second & Main, Burnettsville. SW: 10:00 a.m., SS: 11:15 a.m.

BURNETTSVILLE CHRISTIAN: Sixth & Washington, Burnettsville. John Wright, pastor. SW: 9:30 a.m., SS: 10:30 a.m.

BURNETTSVILLE CHURCH OF THE BRETHREN: First & Main, Burnettsville. SW: 9:30 a.m., SS: 10:30 a.m.

BURROWS PRESBYTERIAN: SS: 10:30 a.m., SW: 9:30 a.m.

CALVARY CHAPEL CARROLL COUNTY: Will be meeting at the Delphi Middle School gym on Monroe Street. The worship service begins at 10:30 AM. All are welcome!

CAMDEN UNITED METHODIST: Dan Gottschalk, pastor. SS: 9 - 9:45 a.m., SW: 10 a.m. Sun. Nite Praise 6:02 p.m.

CLYMERS UNITED METHODIST CHURCH: 4003 W 400S. Clymers Kevin Drane, pastor. SW: 10:30 a.m. SS: Same as worship.

COLBURN ROAD BAPTIST: Bill Cadle, pastor. SS: 10 a.m., SW: 11 a.m. & 6 p.m.

COLBURN UNITED METHODIST: Michael Ermil, pastor, SW: 9 a.m., SS: 10:20 a.m.

COMMUNITY BIBLE MINISTRIES: 1/2 mile north of SR 22 on CR 1150W. Patrick Kamm, pastor. SS: 9 a.m. SW: 10:15 a.m.

DELPHI CHURCH OF CHRIST: 405 Cottage Street, Delphi. Lowell Kibler, minister. Sunday Bible study: 9:30 a.m., SW: 10:30 & 6 p.m., Wed. Night 7 p.m.

CROSSROADS COMMUNITY CHRISTIAN: 3570 E 200S, Bringhurst, Dan C. Butcher, pastor, SW: 9:30 a.m. SS: 10:30 a.m. Youth group 6:30 p.m., Bible study Wed. 6:30 p.m.

CUTLER PRESBYTERIAN: Pastor Jim Long SS: 9:30 a.m., SW: 10:30 a.m.

DEER CREEK UNITED PRESBYTERIAN: Highway 29 in Deer Creek. Rev. Cheryl Montgomery, interim pastor. SW: 10:30 a.m. SS: 9:15 a.m.

DELPHI CHRISTIAN CHURCH: 315 E. Main St. Delphi. Andrew Paris, minister. SW: 9:30 a.m., SS: 10:45 a.m. Wed. Bible study: 7 p.m.

DELPHI COMMUNITY CHURCH OF GOD: 321 W. Main Street, Delphi. Rev. Virgil Moss. SS: 9:30 a.m., SW: 10:30 a.m. & 6 p.m.

DELPHI PENTECOSTAL: Hwy. 25 East, Delphi. Tim Stewart, pastor. SS: 9:45 a.m., SW: 6 p.m.

DELPHI UNITED METHODIST: Union & Monroe Streets, Delphi. SW: 8:45 & 11 a.m., SS: 10 a.m., Todd Ladd, pastor; Sheila Wilimitis, youth pastor.

DELPHI WESLEYAN: North Union Street, Delphi. Rich & Carol Schenck, pastor. SS: 9:30 a.m., SW: 10:30 a.m. & 6 p.m.

EASTLAWN UNITED METHODIST: SR 24 & Logan Street, Idaville. Ernie D. Elder, Jr., Pastor. SW: 10 a.m., SS: 9 a.m.

FAITH CHURCH OF CHRIST: SR 29, Burlington. Steve Cole, minister. SW: 9:30 a.m. & 6 p.m. a.m., SS: 11 a.m., Wed. Bible study 7 p.m.

FAITH LUTHERAN: CR 800 N, west of Hwy. 29. Thomas J. McShannock & Sandy Hutchens, pastor. SS: 9 a.m., SW: 10:10 a.m.

FELLOWSHIP BAPTIST CHURCH: Hwys. 29 & 26, Middlefork. Jim Anderson, pastor. SS: 9:30 a.m., SW: 10:30 a.m. & 6 p.m.

FIRST APOSTOLIC CHURCH: U.S. 421 North, Tippecanoe Township. Gilbert R. Ingram, pastor. SW: 10 a.m. & 6 p.m.

FIRST ASSEMBLY OF GOD: US 421N., Pittsburg. Brent Oliver, pastor. SW: 9:30 am, Wed. Family Night: 7pm

FIRST BAPTIST CHURCH OF CAMDEN: Chad Hoesman, pastor. SW: 9:30 a.m., SS: 10:45 a.m., Sun. Youth Service 5:30 p.m. Sun. Bible study: 7:30 p.m.

FIRST BAPTIST: Indiana & Franklin Streets, Delphi. William Glenn, pastor. SS: 9:30 a.m., SW: 10:30 a.m. & 6 p.m.

FIRST PRESBYTERIAN: Main & Indiana Streets, Delphi. Rev. Louis Sandos. SW: 9:30 a.m., SS: 10:30 a.m.

FLORA FIRST BAPTIST: 115 W. Columbia Street, Flora. Interim pastors. SW: 9 a.m., SS: 10 a.m.

FLORA FIRST BRETHREN: 115 N. Washington Street, Flora. Dan Herendeen, pastor. SS: 9:30 a.m., SW: 10:30 a.m.

FLORA FIRST CHRISTIAN (Disciples of Christ): S. Center Street, Flora. Pamela Ditson-McCall, pastor. SW: 9:30 a.m., SS: 10:30 a.m.

FLORA GRACE BRETHREN: 103 S. Willow St., Flora. James Franklin, pastor. SS: 9:30 a.m., SW: 10:30 a.m., Wed. Prayer Service: 7 p.m.

FLORA PRESBYTERIAN CHURCH: 211 S. Center St., Flora. Charles Compton, pastor. SS: 9:15 a.m., SW: 10:15 a.m.

FLORA UNITED METHODIST: 107 E. Main Street, Flora. Larry DeVos, pastor. SW: 9 a.m., SS: 10:15 a.m.

FLORA VALLEY VIEW SOUTHERN BAPTIST: Route 2, Flora. Bill Godbey, pastor. SS: 9:30 a.m., SW: 10:30 a.m. & 6 p.m.

GRACE MISSIONARY BAPTIST: 1101 Dreifers Ave., Delphi. Danny Jewell, pastor. SS: 10 a.m., SW: 11 a.m. & 6 p.m.

HICKORY GROVE CHURCH: CR 700 W., Jefferson Township, Ken Smith, pastor. SS: 9 a.m., SW: 10 a.m.

HILLSIDE MISSIONARY BAPTIST: Hwy. 22, 2 miles E. of Burlington. Doyle Buckner, pastor. SS: 10 a.m., SW: 11 a.m. & 6 p.m.

HISPANIC CHRISTIAN CENTER: 108 W. Main. Delphi. Dimas Palacio, pastor. SS: 10 a.m., SW 12noon, Tue. & Wed. 7 p.m.

IDAVILLE CHURCH OF GOD: 11073 E 50 N, Idaville. Keith Raderstorf, pastor. SW 8:30 & 10:30 a.m., SS: 9:30 a.m.

JUBILEE FELLOWSHIP: CR 50 N, Flora. Scott Gamel, pastor. SS: 9:00 a.m., SW: 10:00 a.m.

LIVING FAITH CHURCH OF THE BRETHREN: 310N 250W. Jeff Tomson, interim pastor. SS: 9 a.m., SW: 10 a.m.

LIVING STONE CHURCH: Meets at the Freedom Center in Delphi. SS: 11 a.m., SW: 9:30 a.m. contact (765) 589-3507

LOCKPORT NON-DENOMINATIONAL CHURCH: East of Patton. Nord Zoolman, pastor. SS: 9:30 a.m., SW: 10:30 a.m. Sun. Bible Study: 6:30 p.m.

LOWER DEER CREEK CHURCH OF THE BRETHREN: CR 300 N, SE of Camden. SW 10:15 a.m., SS: 9:00 a.m.

MT. ZION INDEPENDENT BAPTIST: 102 N. Connelly Street, Delphi. Alfred Smith, pastor. SS: 10:15 a.m., SW: 9 a.m., & 6 p.m.

OAK GROVE CHRISTIAN: 11810 N & 900 W, Monticello. Interim pastor, Don Arterburn. SW: 10 a.m.

PINE GROVE MISSIONARY BAPTIST CHURCH: Crooked Road, 1 mile E of Delphi. Justin Wagner, pastor. SS: 10 a.m., SW: 11 a.m. & 6 p.m.

PITTSBURG MISSIONARY BAPTIST: John Wagner, pastor. SS: 10 a.m.; SW: 11 a.m. & 6 p.m. Bible Study: Thurs. 6:30 p.m

PLEASANT HILL PRESBYTERIAN CHURCH: 5490 North SR 39, Frankfort. Donna Enerson, pastor. SS: 9:45 a.m., SW: 10:30 a.m. Everyone welcome.

PYRMONT CHURCH OF THE BRETHREN: Pastor. Howard Hendrickson SS: 9 a.m., SW: 10:15 a.m.

RADNOR CHURCH: Ed Selvidge, pastor. SW: 9 a.m., SS: 10 a.m.

ROCKFIELD CHRISTIAN: Bob Cree, pastor. SW: 9 a.m., SS: 10 a.m.

ROCKFIELD PRESBYTERIAN: SW: 9:30 a.m.

ROSSVILLE BIBLE FELLOWSHIP: 16 Cason St., S. Corporate Prayer 9:00 a.m., S. Fellowship 9:30 a.m., SW 10:00 a.m.

ROSSVILLE CHURCH OF THE BRETHREN: 109 N. Plank Street, Rossville. Pastor, Bob Pfeifer. SS: 9 a.m., SW: 10 a.m.

ROSSVILLE PRESBYTERIAN CHURCH: 5434 W Slate Rd 26, Rossville, IN. Rev. Gretchen Schneider SW: 9 a.m., SS: 10:20 a.m.

ROSSVILLE UNITED METHODIST: Main & Gaddis Streets, Rossville. Rick Jones, pastor. SS: 9:15 a.m., SW: 10:30 a.m.

SHARON AMERICAN BAPTIST: St. Rd. 29, Carrollton Township. James Lund, pastor. SS: 9:30 a.m., SW: 10:30 a.m.

ST. JOSEPH'S CATHOLIC: 207 N. Washington Street, Delphi. Peter Vanderkolk, pastor. SW: 8 a.m. & 10:30 a.m.

ST. MATTHEW'S LUTHERAN CHURCH: 1301 S. Washington St., Delphi. Dale Larson, pastor. SS: 9:30 a.m., SW: 10:30 a.m.

ST. PETER'S LUTHERAN: Church & Cumberland Sts., Camden, 2 blocks West & 1 block North of SR218 and SR75. Dale Larson, pastor. SW: 8:30 a.m.. SS: Same as Worship.

WHIRLWIND MINITRIES: meet at Burrows Fire Department, Greg & Michelle Britt, pastors. SW: 9 a.m. (574) 652-2280

YEOMAN UNITED METHODIST: Dave Inskip, pastor. SS: 9:30 a.m., SW: 10:30 a.m.



Five stepping stones to good health

By Joanne Lytton
Extension Educator

March is National Nutrition Month, and spring is just around the corner. What a great time to analyze our diets and follow these easy five steps to live a healthier lifestyle.

- 1.) Serve more grains, vegetables and fruits. This is one of the changes in the dietary guidelines. Choosing a variety of these foods provides many health benefits. One quality of whole grains, vegetables and fruits is that they provide a feeling of fullness without the added fat. Add flavor by using onions, herbs, spices or vinegars. Avoid frying these foods or adding butter, margarine, bacon fat, cheese or gravy.
- 2.) Consume lean meat and trim portions of meat. Loin and round cuts have less fat. Trim visible fat. Remember that lean meat still contains fat and cholesterol. Trimming the fat and buying lean cuts will reduce the cholesterol but will not make it cholesterol free. Lean meat has less fat. A serving size of meat is three ounces, which is the same weight as a deck of cards.
- 3.) Wean yourself away from

whole milk and high-fat dairy products. Only the fat has been removed from skim milk, not the nutrients. Fat-free or skim milk offers the same amount of calcium, Vitamin D and other nutrients as one percent, two percent and whole milk.

4.) Use less fat while cooking. By changing food preparation, the fat content can be trimmed without losing flavor. For example, broil, bake, boil, steam, grill, stir-fry or microwave foods rather than frying them. Try the flavored non-cooking sprays when stir-frying vegetables. The garlic spray adds a slight touch of flavor.

5.) Start keeping a food diary. Keep track of the most often eaten foods, the amount eaten and the number of grams of fat consumed. The Nutrition Facts label with the serving size and total fat for that serving size are the only pieces of information needed. Make a challenge to start trimming away some of the unwanted fat. Be sure to calculate the actual serving, not the serving on the label.

Use these five stepping stones to reach the goal of a healthier, leaner style of eating.

American Heart Association
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Channel 2

Programming for April 2-5 is listed below:

Sun., April 2 - No worship service to be aired.

Mon., April 3 - 7 p.m., Worship service from Living Faith Church of the Brethren (taped 4/2); memory tape from earlier tapings of various events "Celebrating Our 25 Years on the Air."

Wed., April 5 - 7 p.m., WRTV Auto Tour through Flora, taped in 1995; memory tape of ice storm of 1991 in Carroll County.

Pray for people who were in hurricanes

...which thou hast prepared in the presence of all peoples... Luke 2:31 Pd. Adv.

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