



Coffee Beat will host Southern Oblivion

The March 10 Coffee Beat will feature Southern Oblivion beginning at 7 p.m. The band is acoustic/electric featuring two veterans of the rock and blues scene, brothers Rick and Dennis Alexander, with Ben Flora and Aaron Walker. The group plays the music of the Beatles and Bob Dylan, and the blues and folk that inspired them. Accomplished musicians, the Alexander brothers add a new dimension to the bands' guitar-based sound with driving bass, mandolin, harmonica and vocal solos. Music and coffee are free. Photo provided

Kids and diabetes

By Bill Stanczykiewicz

One of the top health concerns in Hoosier schools does not need to prevent students from reaching the top of the mountain.

That is the encouraging message from Kris Freeman, America's top-ranked cross country skier. Freeman has become a world-class athlete despite living with diabetes.

Diabetes is the second most chronic disease affecting children. According to the American Diabetes Association, one in three children born in the year 2000 eventually will live with diabetes, which is why the disease is considered to be one of the top five health concerns for schools and youth organizations.

More alarming, children as young as 10 years old are developing Type 2 diabetes, a disease often described as "adult-onset" because it typically affects people after age 40. A link exists between weight and Type 2 diabetes, which is a significant challenge in Indiana. Between 2003 and 2005, the Hoosier State saw a 3.5 percent increase in the number of high school students who were overweight, moving Indiana ahead of the national average.

Type 1 diabetes develops when the body's immune system does not produce the hormone insulin that is needed to convert glucose (sugar) into energy. Type 2 occurs when the body becomes resistant to insulin or does not produce sufficient amounts of the hormone.

As a result, people with diabetes are two to four times

more likely to suffer heart attacks and strokes. Diabetes is the leading cause of kidney failure and adult blindness, and the ailment reduces life expectancy by seven to ten years.

Diabetes also is the single most costly chronic disease in America. The national bill for diabetes-related hospital stays totaled \$10.2 billion in 2003, and nearly one-third of all Medicare payments went toward medical care for diabetics.

That is why it is important for parents, teachers and youth workers to learn the warning signs of diabetes, especially since the time-consuming test to diagnose diabetes often is not part of the routine physical exam given to schoolchildren or student athletes. The warning signs can include extreme hunger, frequent urination, fatigue, nausea and vomiting, itching skin, blurred vision, a fruity or sweet breath odor and heavy, labored breathing.

Once diagnosed, diabetes can be managed with medication and proper diet. Children should be encouraged to be physically active at least 30 minutes per day. Ensure that children eat properly at regular intervals, including between-meal snacks that boost blood sugar levels.

At schools and youth agencies, diabetic children need a private area to perform routine medical tasks, and the adults in charge should be aware that many children can administer their own medical treatment for diabetes.

With this type of awareness, a child with diabetes can enjoy normal activities, including

sports, afterschool activities and field trips. Just ask Kris Freeman.

Since being diagnosed with diabetes in 2000, Freeman has won the U.S. cross country skiing championships twice. He competed in the 2002 and 2006 Olympics, and in 2010 he will try to become the first American to medal in this Nordic sport since 1976.

While the cause and cure of diabetes remain a mystery, Freeman's success demonstrates that the chronic disease can be managed. Freeman checks his blood sugar and injects medication up to 10 times per day, and he eats 5,000 carefully-planned calories to maintain proper levels of blood sugar.

Last summer, Freeman visited "Camp Until a Cure," hosted by the Diabetes Youth Foundation in Indiana. Freeman spoke with young diabetics between the ages of 8 and 15 about their common ailment, how he manages, and how he refuses to let diabetes be an obstacle to success.

At the subsequent Lilly for Life Achievement Awards, hosted by Eli Lilly & Company, Freeman said the children and youth encouraged him to continue scaling to new heights. "Their stories inspire and motivate me to continue to train hard and pursue my Olympic dreams," Freeman said. "To them I say, 'Believe in yourself, and everything is possible.'"

Know the warning signs, especially since the test for diabetes is not part of standard physical exams for kids. And be confident that young people who are diabetic can be active. Very active.

Anyone who doubts that life can still be sweet despite diabetes should try to keep up with Kris Freeman on the cross country trail.

Bill Stanczykiewicz is President & CEO of the Indiana Youth Institute. He can be reached at iyi@iyi.org.



Hershman appointed to Property Tax Replacement Board

Senator Brandt Hershman (R-Wheatfield) has been appointed to serve as the only Senate appointee on the Indiana Property Tax Replacement Board. The appointment was made by Senate President Pro-Tem David Long.

"I value Sen. Hershman's experience and his strong interest in solving the challenges we face in reforming property taxes," Long said. "I am confident he'll represent the Senate and the interests of Hoosiers well on this board."

Hershman serves on the Senate's Tax and Fiscal Policy Committee and as the Majority Whip.

The Property Tax Replacement Board consists of three voting members and two non-voting ex-officio members, one from each chamber. Hershman will help provide a legislative presence for the board.



Black History Month speaker enlightens DHS students

Marvin Boatright of Indianapolis addressed two student assemblies Feb. 28 in the Little Theatre as part of Black History Month activities at the school. Sponsored by Carroll County at the Crossroads' Diversity Task Force, Boatright was the first speaker in history to honor Black History Month at the school, according to principal Barry Stone. "We are trying to incorporate cultural diversity into student activities," Stone said, noting the school administration sets the tone for classes and teachers. "We want to provide an opportunity for our kids to learn about different cultures." Task force member Jackie Partlow said she has known Boatright for many years and when a speaker was needed for this purpose, she contacted him to fill the bill. "The school was willing to work with us this year," Partlow said, "and we appreciated their cooperation with this project." Comet photo by Debbie Lowe

Republican Women to host Cheri Daniels

Indiana's First Lady Cheri Daniels will address the Carroll County Republican Women at their annual membership meeting set for March 19 at Gracie's Restaurant in Flora.

Dinner will be served at 6:30 p.m., with the program following. Reservations are required at \$12 each and are due by March 15 by contacting Tammy Dyer 765-566-3917 or Beth Myers 574-686-2635. All Carroll County Republican Women are encouraged to attend and invite others throughout the county to enjoy an evening with Indiana's First Lady.

Annual dues are \$20 and may be paid at the membership meeting. Those submitting dues prior to the meeting will receive their membership cards on the 19th.

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Library News

Delphi Public

In Stitches Fiber Arts will be meet March 19 at 6:30 p.m. Stitching, spinning, quilting or knitting artists should attend. Bring a project to work on and a snack to share. This is a good starter group to attend.

Children, grades one through five, can participate in "American Girl Tea Party," March 27 from 1:30 to 3 p.m. Pre-school to third-grade children will enjoy "Fun with Lily's Purple Purse" at the Northwest branch, March 28 at 10:30 a.m. Games, challenges, snacks and fun await children in grades two through five with "Time Warp Trio" March 29 at 1:30 p.m. Call (765) 564-2929 to register.

"An Evening with Gene Stratton Porter" will be presented by entertainer, teacher and musician Vickie Fuller-Kibellus April 4 at 6:30 p.m. The artist will portray the turn-of-the-century naturalist in costume and speak of the author's childhood in Wabash County, her love of nature and her career as one of America's most successful authors. The presentation will include humor, music, song and inspiration for positive living and is suitable for the entire family.

A Pastel Drawing Class, taught by Sara Daly-Brosman, is planned for April 14 from 9 a.m. to noon. Aspiring artists ages 14 and older will have the opportunity to try both oil and soft pastels. There is a small material fee due upon registration.

Flora-Monroe Township

The last day to pick up prizes in the Cabin Fever adult winter

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reading program is this Saturday. The reading club was a fun way to get through this never ending winter. Don't forget to pick up your last prize. It will help you celebrate St. Patrick's Day in style!

"Introduction to Email" is tomorrow (Thursday) at 10 a.m. Participants will have an email address by the end of class, and will be able to compose, send, and reply to messages. Registration is required for this free class. Sign up at the main desk or call the library, 967-3912.

The Saturday Morning Book Club will meet next on St. Patrick's Day, March 17. The group will discuss "A Thousand Acres" by Jane Smiley (snowed out in February). Members are asked to bring goodies to share with an Irish theme. New members are always welcome.

The theme for the next story-time is St. Patrick's Day. Everyone gets to have the luck o' the Irish on St. Patty's Day! Leprechauns, rainbows, wearin' of the green, and of course a lil' blarney! Storytime is Tuesday mornings at 10 a.m.

The library's Dial-a-Story is open 24 hours a day. The current story playing is, "The Coyote and the Woodpecker." The story beginning Friday will be, "Five Peas in the Pod." Call Dial-a-Story at 967-3814.

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