



BRIEFLY

GOSHEN
Breakfast fundraiser is set for April 27

The Goshen High School Alumni Reunion Committee will host a pancake, eggs and sausage breakfast fundraiser April 27 from 8 to 11 a.m. The event will take place at Grace Community Church, 20076 C.R. 36.

Proceeds from the event will be divided between the Goshen High School Dollars for Scholars program and the alumni reunion in September.

Charges at the door for the breakfast will be \$5 for those age 13 and older and \$3 for children 5-12 years of age. Children 4 and younger may eat for free.

Everyone is invited. For advance tickets or other questions, call Brenda at 903-5086.

GOSHEN
Reunion organizers following up on invitations

The Goshen High School Class of 1969 has sent out invitations for its 50th high school class reunion scheduled for Sept. 7. The reservation payment deadline was April 15.

Those who are still interested in attending the 50th reunion or did not receive an invitation should contact the 50th Reunion Committee at 574-533-2045 or send an email to wogoman69@yahoo.com.

LAGRANGE
Foundation offering two scholarship opportunities

The LaGrange County Community Foundation will offer two scholarship opportunities this spring.

The Community Foundation is accepting applications for the Natalie Kauffman Nursing Scholarship and the Electric Utility Industry Scholarship through June 3.

The Natalie Kauffman Nursing Scholarship supports a Lakeland High School graduate who has been accepted into nursing school. To be eligible, students must have a minimum grade-point average of 3.2, submit a high school and college transcript, and complete a 500-word essay titled: "Why I Want to Be a Nurse." The \$500 scholarship can be used for tuition, books and academic fees.

The Natalie Kauffman Nursing Scholarship was established in 2017 in memory of Natalie Kauffman, a 2010 Lakeland High School graduate who studied nursing at Indiana University-Purdue University Fort Wayne.

The Electric Utility Industry Scholarship supports a LaGrange County graduating senior who is planning to pursue a career in the electric utility industry or related field. The one-time scholarship award of \$1,000 can be used for tuition, books and academic fees.

To eligible, the applicant must be a graduating senior who lives in LaGrange County and is a LaGrange County REMC member. The applicant must plan to attend an accredited college, university, trade school or technical school and pursue studies toward a career in the electric utility industry.

Applications for both scholarships are available online at www.lccf.net/scholarships.

INDIANA
Trout season on inland streams opens April 27

Thousands of stocked trout will be available to Indiana anglers on opening day of inland stream trout fishing April 27.

In order to protect stocked trout, certain streams are closed to all fishing from April 15 until opening day. In addition, some sections of streams are designated as year-round "catch and release only," and "artificial lures or flies only."

The DNR will have stocked 23,425 rainbow trout in 17 streams covering 12 counties for the opener. The stocked trout come from Curtis Creek Trout Rearing Station near Howe in LaGrange County and average roughly 11 inches in length.

Anglers can catch trout on natural live bait, including worms and wax worms. Corn and small marshmallows, either plain white or colored, are also popular. Artificial lures such as spinners and flies entice trout as well, DNR officials said.

YOU SHOULD KNOW ...

GET FIT GET HEALTHY

Entech earns Wellness Warrior award

SHEILA SELMAN
THE GOSHEN NEWS

(This is Part 1 of a two-part series on Get Fit Get Healthy.)

GOSHEN — Getting healthy can be hard. It involves deciding to make healthier choices every day and fighting that inner voice whining to eat an entire bag of potato chips.

Fortunately, through Goshen Health's Business Health Advantage Get Fit Get Healthy program, there's a voice urging encouragement.

Get Fit Get Healthy partners with workplaces to help their employees become healthier and more active. It's a benefit to not only the employee, but the company as well, according to Goshen Health.

One of those employers, Entech Inc., Middlebury, has more than 100 employees and their spouses involved in the program. Entech produces all sizes of micronized rubber powder and crumb rubber powder.

Chief Financial Officer Matt Troyer said, "Our goal is to have a healthier work force and really to help people be able to do that through thinking about lifestyle. And with ... Get Fit Get Healthy, you get individual coaching on living a healthy lifestyle between diet and exercise."

In doing this type of program, which is not a contest but a way to give people the tools for life-long health, the culture of the workplace changes. Get Fit Get Healthy, in working with companies, provides access to care services outside of coming to work every day.

"One thing we saw, especially from Entech, was their commitment to being a wellness warrior. A lot of companies will not involve spouses," Joel Conrad, director of Get Fit Get Healthy, said.

"They've also done so many different things, like taking barriers away from people being able to access care. So they've implemented another program called Direct Care, which is a partnership with a provider office — physicians' offices — that are close to them that allows access to being seen by the physician a lot easier. They've even brought in providers on site to do physicals for the drivers and things like that. So, it's more than just



PHOTO CONTRIBUTED

EMILY FITT AND JENNIFER WILLEY (second and third from left), accept the Wellness Warrior Award. Also shown are Get Fit Get Healthy's Linda Allen, Kristin Hicks and Joel Conrad.

your typical worksite wellness. It is truly altering a culture to provide access to care and additional services outside of just coming to work every day."

That's why Entech recently received the Get Fit Get Healthy's Wellness Warrior Award during a banquet recognizing companies and individuals for their participation.

Troyer explained that about five or six years ago, Entech CEO Lavon Detweiler heard about the program and thought it would be really interesting to see what would happen if the company started Get Fit Get Healthy.

Entech employees have been participating every year since then.

Each September, employees have their blood drawn and tests are done for a variety of standard health metrics, including cholesterol. Their waist circumference is checked, along with blood pressure. Challenges are created for employees, there is education and they are paired with a coach. The screening is the kick-off point and then Get Fit Get Healthy staff takes the aggregate information and works with the company's team to develop a plan for the year and what's going to best fit them, Conrad said.

"There is nothing cookie cutter about what Entech and Jomar

(another participating company in Middlebury) do," Conrad said chuckling.

"That's true," Troyer said. Matt Cripe, direct care liaison and account coordinator for the Entech group, said, "There are always new, innovative ideas and Entech is in support of those." Buy-in is from the top to the bottom, he said, and that is the only way to make this type of program work.

Troyer said there are a number of initiatives. Throughout 2018 there were several challenges they posed to participants, and if they were successful, a reward like a \$25 gift card could be given. During 2018, Entech did a water challenge (drinking a certain minimum ounces of water each day for a month), a stretching challenge (stretching for so many minutes a day for about a month), and a weight challenge (a holiday weight challenge where September through January participants would maintain or lose weight).

In the end, the hope is employees and their families will embrace healthier lifestyles, which in the end benefits the company with less absenteeism and lower health insurance costs.

Cripe said he knows one of the company's truck drivers who now puts his bicycle on the back of his truck so that wherever he travels, he can go bike riding.

"We do hear stories like that," he said.

Troyer added another story of two Jomar employees, one living in Millersburg and one in Goshen, who started biking to work.

"One more thing I would say," Troyer said, "going back to the results that we've seen from the program — when we look at, of course we're not able to look at specific individuals and their health, but you know we get the global results or the general results of our testing — there have been positive results or positive improvements in blood pressure and cholesterol. The metrics, I guess you'd say, that we look at have definitely gotten better over the last three or four years as we've gotten further and further into the wellness program with Get Fit Get Healthy."

Companies interested in more information about Get Fit Get Healthy can visit <http://businesshealthadvantage.com/> or call 574-535-9166.

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Goshen's canopy goal attainable with residents' help

When my article on wind turbines went to press two Saturdays ago, I was driving past more turbines, only this time in Costa Rica. In addition to Costa Ricans' harnessing of wind, water and geothermal energies, writing about wildlife is tempting. After all, where else on earth is there a country smaller than West Virginia — about 0.03% of total land mass on Earth — home to more than 5% of the world's wildlife?

The country's biodiversity is due in part to its tropical climate, as well as its position on the isthmus between North and South America.

But the Costa Rican people deserve credit, too, for preserving and maintaining more than 25% of their forests through parks, reserves and other legal protections. Together with ecotourism, small-scale farm communities and other sustainable development practices, the Tico phrase "pura vida," or pure life, captures the country's ethos.

While it's also tempting to write about cloud forests and dry forests — both unique and rare in their own right — the main connection between there and here that seems most beneficial to discuss right now is the concept of forest canopy. In the cloud forests of Monteverde, we were able to walk above the canopy using suspension bridges, below on designated trails and even between using ziplines.

In less than a week, our Tree



Greg Imbur
LOCAL COLUMNIST

City will celebrate our urban forest canopy during Arbor Day, a family-friendly event. Besides hosting music, games and fun activities, the city gives away different varieties of saplings for planting. There are songs, speeches and tree-planting ceremonies.

Historically, Arbor Day was a holiday in which many citizens participated. At the National Arbor Day Foundation's website, you'll learn more about efforts to plant 100 million trees in forests and communities nationwide, inspiring 5 million new tree planters in four years, when the 150th anniversary of Arbor Day arrives.

Locally this year, our city forester and the city Tree Board are launching a new tree canopy campaign, sometimes referred to as "45 by 45." Basically, it's an ambitious goal to double the city's canopy from 22% to 45% by 2045. If it helps, think of a 1% increase annually, so that we've reached 25% by 2025, 30% by 2030 ... maybe we could even get to 50% by 2050? In

any case, like tree planting during the Great Depression, or Victory Gardens of World War II, this canopy goal will require residents' involvement and investment on a grand scale.

So what can you do? If you live in a subdivision, where many yards have one token tree — and a small, ornamental, non-native one at that — I'd encourage you to plant more trees. Examine, too, land around your home, church, place of work or anywhere in town you find yourself regularly. If there are no trees, why is that space un(der)utilized? Are you ready to plant more shade trees? Would you help support organizations like Trees for Goshen? Would you and your friends volunteer to water city trees this summer, if needed?

Even if trees surround your home already, many trees will come down in the next 20 to 30 years due to storms, disease and other causes. The lifespan for trees may be longer — or shorter — than that of humans, but the state of the urban canopy will only be as healthy as the aid from humans living under and among those trees.

There are many places where tree planting might seem unlikely, but I hope more folks will question and reconsider conventional yard aesthetics. The more trees (and less grass), the easier it is to leave leaves where they are, reducing your annual labor and increasing carbon sequestration. Though we still leave

some yard "waste" curbside, we use leaves for mulch, in compost, and along property borders.

I'd also like to respectfully question practices of garden centers and professional landscapers. Resist siren songs of "pest-free" trees, since many non-native ornamentals can create lifeless environments.

While I delight in a "textured" understory, our yard's canopy trees are oak, maple and tulip poplar.

And while utility providers offer electricity and other services, I eagerly await the day when urban forests aren't restricted or limited by overhead lines, lines increasingly vulnerable as storm patterns intensify or increase in frequency.

The benefits of doubling our city's canopy are manifold, including increased property value, storm water management, shade and cooling of cityscape. When we select a diverse range of native trees for our urban forest canopy, we help preserve and maintain biodiversity in Michiana, because trees provide many life-giving benefits to other kingdoms of life as well.

Happy Earth Day and Arbor Day. Come to Shanklin Park next Friday afternoon, and plant more trees for the good of Goshen, please.

Greg Imbur invites you to join him and his family for adventures in the field, and "stories in the land." Send your observations about the place where you live to greg@maplecitymarket.com.