

Obituaries

Charles Myers

Charles Myers, Keizer, Ore., formerly of Syracuse, died Saturday, June 28, 2025.

Arrangements are currently pending at Titus Funeral Home of Syracuse.

Joyce Selvey

Joyce Selvey, 88, Syracuse, died Wednesday, June 25, 2025, in her residence.

Arrangements are currently pending at Titus Funeral Home of Syracuse.

It takes a bit of work to get a good night's sleep

By CECIL SCAGLIONE
Mature Life Features

When you've been caught napping, it could mean you've been sleeping on the job, missed the moment of decision, or was simply unprepared.

But to many in the know, naps are good for you. A short mid-day "nooner" can shed stress and restore your strength to face the rest of the day.

Much of the world claims napping spoils their ability to sleep at night. Many medical experts concur and support the practice of getting a good eight hours sleep every night to maintain your mental health and physical stamina.

Insomnia is a well-known term covering a wide range of sleep issues. Surveys blame lack of sleep for costing several billions of dollars in decreased economic output because of memory lapse, dulled concentration, and inability to complete everyday tasks.

Sleeping poorly is not a sign or symptom of getting old. Studies indicate poor sleep is a result of poor sleep habits.

Friends help when friends pass away

By CECIL SCAGLIONE
Mature Life Features

Having a coffee or chat with a friend will help assuage your grief when another friend dies. Reviewing old times with someone will help soften the blow after a pal has passed away.

Grief counselors suggest you concentrate on the good times you had with the deceased to lighten the load of grieving. It also helps to write down some of those memories and send them to members of the dead person's family along with your expressions of sympathy.

There are a couple of don'ts: don't try to forget them and don't feel guilty.

Thinking of how you might have visited more often or made a few more phone calls or sent a couple more emails only fuels your grief. So does trying to shut out the times you spent together.

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A widespread cause of a wrecked night sleep is noise that can startle you awake. A widespread cure for this is white noise, a constant comfortable sound, such as bubbling water or a whir of a fan to counter the sharp sounds.

Setting the room temperature at a constant and comfortable level also helps you get a good night's sleep. As does darkening the room with blinds and curtains to keep out the light of passing vehicles and the rising sun.

When it comes to your bed, think of the three bears' beds — one was too soft, the other too hard and the third "just right." Getting a good night's sleep depends on your bed being "just right." Today's array of pillows, cushions, mattresses and adjustable beds will help you find the most comfortable night of sleep.

Your daytime lifestyle also affects your night's sleep. Discuss your issues with your family doctor before making any changes, but your schedule and diet can affect how you drop off at night.

Waking up at the same time every day may help solve your sleepless problem. Is dropping off to sleep — taking a nap — in front of the television set affecting your ability to get a good night's sleep?

Late-night snacks could be keeping you awake.

Physical exercise is a good sleep-inducing practice. A walk, swim or bike ride, tai chi or yoga session, or visit to a local gymnasium for a light workout all help loosen up your muscles so you can fall into relaxing sleep at night.

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Local students named to dean's list

The following local students were recently named to the dean's list of their respective colleges/universities:

Indiana University Kokomo
Syracuse — Randall Mason McKinney

Manchester University
Leesburg — Adaline Haynes, Kandall Hill, Christina Morrow
Milford — Leo Wrage
Syracuse — Brianna Moreland

Viewpoint

Response to why there is a tax

Dear Editor:

In response to letter to the editor, "Lake Wawasee residents keep paying, but for what" in the June 29 issue:

Here are some facts:
Publicly available information for the Turkey Creek Dam and Dike Conservancy District where financial information for the district is, or will be, publicly available:

Indiana Gateway
Indiana Gateway contains various information that a unit of government is required to file annually. The relevant information on this website that is filed by the district is as follows:

Annual Financial Report — Contains information on the finances of the district for each year filed (beginning cash balance by funds, receipts, disbursements, and ending cash balance by fund).

Contains other miscellaneous information for many units of government, but for the District the only other applicable schedule in this report is the capital assets which contain the District's capital asset ledger

Budget — Contains all relevant information for the district's budget that is submitted for the Department of Local Government Finance's approval each year. This includes the requested appropriations, estimate of revenues, and actual property tax distributions among other things.

All of the information can be found through this link by navigating from here to the relevant reports: gateway.ifonline.org/report_builder/

Department Of Local Government Finance Website

The DLGF website contains the county budget order which shows for each year the district's net assessed value, tax levy, approved budget by fund, and tax rate.

• Contains other reports for each county containing financial information, but the other reports are not relevant

to the district

• This link goes directly to Kosciusko County's page on the DLGF website where the budget orders can be found: in.gov/dlgr/county-specific-information/kosciusko/

Indiana State Board Of Accounts Audit Database

The audit database contains all audits for units of government going back several years. Audits are posted on this website typically within days after completion of the audit by the State Board of Accounts or another audit firm the State Board of Accounts outsources the audits to if applicable

While the District has not yet been audited since being formed, once it is audited in the near future, the audit will be post on this website and can be found at the following link: audit.sboa.in.gov/.

For Turkey Creek Dam & Dike Conservancy District freeholders that have been following The Mail-Journal coverage of every board meeting since the conservancy district was formed, they would know following the completion of the initial repair of the Flood Control Device our engineering vendor performed an above water inspection and provided a list of recommended repairs that would minimize deterioration in the future.

Additionally, the conservancy board commissioned an underwater inspection (which had never been done before) that revealed additional repair recommendations necessary for proper operation of the actual flood control gates and would minimize deterioration of the underwater structure in the future.

These repairs will begin the week after July 4 and are scheduled to be completed in August, at which time the TCDDCD will be able to submit its final work report to the DNR on the Dam & Dike project.

As for the "hundreds of dollars in extra taxes each year for projects that have been completed?" claim, the financial reports

will clearly document this is untrue.

From a broad overview perspective, approximately 47% of the tax our freeholders pay is placed in a separate fund that is dedicated to be used at some future date when the flood control structure needs further major repairs and/or complete replacement.

Approximately 53% of the taxes our freeholders pay is for the general operation of the conservancy district, financial management advisors (Baker Tilly Municipal Advisors), legal advisor (Blachly, Tabor, Bozik & Hartman Attorneys), insurance on the dam and dike required by the State Board of Accounts and lake level management & reporting. Board members receive no compensation or expense reimbursement.

As was represented since the inception of the conservancy district below is an overview representation of total tax charge by appraised value of the freeholder's property. The goal has always been to protect the value of the freeholder's property on Lake Wawasee, Syracuse Lake and Mudd lake by ensuring the flood control device and dike assets were replaced where needed, properly maintained and that when the time came for full replacement, funds will have been set aside to cover that replacement cost.

Estimated Tax 2025

The estimated annual tax payment on residential homeowners is:

- \$300,000 Assessed Value: \$57.60.
- \$500,000 Assessed Value: \$96.
- \$750,000 Assessed Value: \$144.
- \$1,000,000 Assessed Value: \$192.

As always, the TCDDCD Board will remain transparent and continue to take actions that will protect and enhance conservancy district freeholder's home and property value.

TCDDCD Board of Directors
William Pipp, president

Bowen Health

Continued from page 2

And soon, dental. We are beginning to offer dental in the lovely new building that's under construction, to open on Sept. 8," he said.

Also under construction under the CMAC umbrella is Bowen's transitional living facility.

"Really important thing to round out the continuity of care for our patients to get them back on their feet, to get them the skills they have to be successful in our society and in our community," Groeller said. He pointed out Bowen's in-patient hospital in Pierceton.

"This, again, really supplements our entire umbrella of services, if someone does have an urgent need, in a psychiatric crisis. We have the opportunity to put them in that facility," Groeller said.

Next, he talked about Bowen's

Crisis Receiving Services. "I also recognize that the Crisis Receiving Unit at our Pierceton facility is largely grant funded right now. Going forward, we're unsure what that looks like, so there are opportunities for funding there, but currently at each one of our clinics, we can receive patients in crisis. We spend time with them to talk about what's next, to get them out of crisis, to connect them with services. They may end up at the Crisis Receiving Unit in Pierceton, but point being is, we need the patients where they're at in our clinics. We transport patients, we'll help them with food, just to get them back under control. This is uncompensated things, things that we're proud to do. Just taking a holistic approach at our patients," Groeller explained.

For any services at Bowen Health, he said they offer a sliding fee discount program. They do offer some reduced fees. Groeller said Bowen provided roughly \$350,000 to Kosciusko residents as part of the sliding fee discount program. "For those folks who have patient responsibility left, that may not have the ability to pay that patient responsibility, Bowen has provided roughly \$450,000 uncompensated care. Those are the ones that get written off," Groeller said.

The CMAC side of things are "very important" to the overall offering in continuity care of Bowen Health, he said. "Those do not operate at the break even point. We're roughly \$1.5 million in the red on the transitional living facilities," he stated. "Nonetheless,

the organization remains committed to building facilities we can be proud of as community members, facilities that really help their patients and people that stay there, get a leg up and feel proud of where they're going and their accomplishments."

Bowen's in-patient hospital also is a very costly facility to run, Groeller acknowledged. They're roughly \$2.5 million in the red

running that facility, but Groeller said Bowen remains committed to that overhaul continuity of care between all of its patient services and "taking a look at the whole patient and trying to meet them where they're at."

Groeller said Bowen, going forward, is really excited about the ability to continue to be the designated CMAC for Kosciusko County.

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