

Prom Show at the North Park Mall  
draws a big crowd over the weekend.  
Details on Page \_\_\_\_\_



State Representative Tim Harris encourages local  
residents to 'Have a Heart for the Hungry.'  
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January 13 - January 19, 2005



# THE COURIER



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## Wireless Internet Access Trial Period Begins In Upland

By Sheri Ann Richerson  
The Courier Editor

Gregg Ballinger owner of the True Value Hardware, Inc. in Upland presented a proposal for the use of the Upland Water Towers for wireless internet to the Upland Town Council at the Wednesday night meeting.

"I have tried unsuccessfully to get DSL at my hardware store," Ballinger said in his opening comment. He then said he wanted to put in high

speed wireless internet access that would primary serve State Road 22.

Ballinger requested the use of the south water tower so he could put some equipment up for the high speed wireless internet access. He requested permission to use the tower to run the equipment for a six week trial period before he committed to a contract on a T1 line. Ballinger also requested that he have sole use of the south tower for three years if his experiment was successful with the option to renew for three more years. He also said that although he has no plans to use the

north tower he would like to include it in the agreement.

Ballinger plans to offer three access points such as the city hall, police and fire departments free access to the line in trade for use of the tower. He also plans to set up a hot spot somewhere in town that could be used especially during festivals.

"I believe this is a community service I would be offering," Ballinger said. "I am not competing with anyone. There are many underserved customers in Grant County."

"I am all for this," Joe Romine, council member said. "We just need to make sure all the legal documents are in place. I will make a motion that we allow this for six weeks but no one else will be allowed on the tower."

"We do need a copy of your liability insurance," John Bonham, council member told Ballinger.

Ballinger did agree to provide the copy of the liability insurance and the council voted to allow the six week trial period.

## Blackford Community Hospital Move Successful For Everyone Involved



Front to back - Larry Henderson, and Ella Smith, BCH EMS and Linda Lincoln, RN, transport Harold Sargent to the new Blackford Community Hospital.

By Sheri Ann Richerson  
The Courier Editor

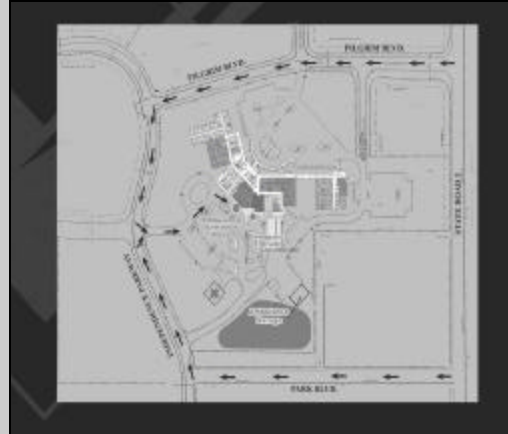
It has been almost a month since the new Blackford County Hospital opened its doors. The official move to the new facility was January 19, 2005. The new 45,000 square foot facility is located about a half mile from the old facility. The address is 410 Pilgrim Boulevard which can be easily accessed from State Road 3.

Patients were transferred from the old hospital using Blackford Community Ambulance

services. There were no additional charges to the patients for the transfer according to Blackford Community Hospital President Steven West.

The new hospital is one of three hospitals in the region that is in the Cardinal Health System. The other two are Ball Memorial Hospital in Muncie and Jay County Hospital in Portland. Cardinal Health System is a network of hospitals, physician offices, home health care agencies, pharmacies and rehabilitation centers.

"The old facility served the community well for over eighty years but its design was no



This map shows the entryways to the new Blackford Community Hospital as well as the dimensions of the new facility.

longer able to meet the challenging demands of healthcare," System President and Chief Executive Officer Robert Curtis said. "It would have required a substantial change and significant capital to meet the health care needs of the community."

"Blackford County residents will benefit from this new facility with improved patient care, newer technology and better access to quality health care," West said.

Some of the features of the new facility include a full service Emergency Department

with private rooms, a separate entrance that can be accessed from Independence Parkway or Pilgrim Boulevard and ample parking near the emergency room door entrance. There are also two spacious rooms for surgery, four private recovery rooms, a new cardiopulmonary rehabilitation program and expanded community education programs to name just a few of the improvements.

"We want residents to easily find their way around the hospital and signage is apparent," West concluded.

## Something To Smile About; Studies Show Chocolate Really Is Good For You

By Sheri Ann Richerson  
The Courier Editor

Another Valentine's Day has come and gone. If you are like many people you just couldn't resist eating that box of chocolates you received. You might have been tempted to buy just a little more at the half price sale the day after. The good news is eating chocolate in moderation is a healthy choice.

From fighting tooth decay to having beneficial effects on the cardiovascular system, chocolate has come a long way in being accepted as a healthy choice in snack foods. While not all chocolate is healthy and an overabundance can be bad for you as overdoing anything can, read on to learn why a chocolate bar a day can give you many health benefits.

Chocolate does contain sugar which can often counteract the antibacterial agents that cacao contains. However, recent studies have shown that cacao can help fight tooth decay.

Remember the old wives tale about chocolate causing acne? Well, that too has been disproved. The Pennsylvania School of Medicine and the United States Naval Academy both conducted a study and ruled that rather the participants ate chocolate or not, it did not change their skin condition.

Chocolate can even be considered a relaxant. The smell of chocolate has been shown to increase theta waves in the brain which will result in being more relaxed. Even though cacao contains caffeine and theobromine it will not make you jittery. One ounce of milk chocolate contains the same amount of caffeine as one cup of decaffeinated coffee.

Chocolate also contains flavonoids and anti-oxidants which are naturally occurring ingredients found in the cacao plant. Recent studies have shown that the flavonoids may have a potentially beneficial effect on cardiovascular health. The anti-oxidants are believed to prevent or even delay certain damage to the body's cells and tissues.

So, does all of this mean a chocolate bar a day will help you to live a longer and healthier life? A Harvard University study found that men who ate chocolate lived one year longer than those who didn't. Research is underway to find out if chocolate contains chemicals that keep blood vessels elastic and increase beneficial antioxidants in the bloodstream.

Milk chocolate and dark chocolate are the two most popular kinds on the market. Both were previously were thought to be unhealthy. Dark chocolate contains twice as many antioxidants as milk chocolate and is the better choice. Milk chocolate is higher in saturated fats and calories simply because of the addition of milk.

So the next time you get to feeling guilty about eating chocolate, remember if the amount of chocolate you are eating is in moderation you are doing something that scientists are finding out is good for you.

That news should make both you and your valentine feel much better about eating and giving chocolate.