

June is Alzheimer's and Brain Health Awareness month

Inside you will find many sources related to Alzheimer's and Brain health. June is an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias

are a major public health issue. Everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be cured or even slowed.

The best way to treat

Alzheimer's is to try to prevent the disease in the first place. Exercise, eating right, restorative sleep, and stress management are all great ways to potentially prevent Alzheimer's and practice self-care.

10 Early Signs and Symptoms of Alzheimer's

(credit to www.alz.org)

Memory loss that disrupts daily life: One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

Challenges in planning or solving problems: Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change? Making occasional errors when managing finances or household bills.

Difficulty completing familiar tasks: People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have

trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.

Confusion with time or place: People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-

Continued on page 14



At left Caleb Reid is pictured with one of the trees planted for his Eagle Scout project.

Reid earns Eagle Scout rank


Caleb Reid completed his Eagle Scout project of planting trees at the Knoxville Middle School in September, 2023. An Eagle Scout project is required to be something that will serve the community and make it a more inviting place to live and work. Caleb's project was funded by Knoxville

Rotary Club, and consisted of planting four trees by the basketball court at the middle school.

The Eagle Scout project consisted of an in-depth process, which included Caleb deciding what he wanted his project to be, obtaining funding for the trees, organizing the

planting of trees, which included a written plan which had to be approved by a District Commissioner and asking for help from his fellow scouts and leaders with the physical work of planting. After the actual planting was completed, the project then required

Continued on page 11




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HERSCHEL
A SWEET 1 YEAR OLD LAB MIX. HE'S VERY FRIENDLY AND GETS ALONG WITH OTHER DOGS. NOT SURE ABOUT CATS, BUT HE SHOULD BE GOOD WITH KIDS. HE WEIGHS 52 POUNDS.



BLADE
AN APPROX. 1 YEAR OLD BLACK LAB. THIS BOY LOVES TO PLAY BALL AND GETS ALONG WITH OTHER DOGS AND CATS. HE WEIGHS 70 POUNDS AND WOULD LOVE TO FIND HIS FURREVER HOME.



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 <p>410 W Montgomery, Knoxville Nestled in Knoxville stands a testament to architectural magnificence \$495,000</p>	 <p>REDUCED 807 S. Taylor St., Monroe Welcome home to this charming & unique 4 bed, 2 bath property \$337,000</p>	 <p>REDUCED 211 E South St., Knoxville One level living at its best. Berm home near the downtown district. \$187,000</p>	 <p>SALE PENDING 103 7th St., Bussey Are you looking for a home with space? If so, this is the one! \$269,000</p>	 <p>SALE PENDING 1847 150th Place, Knoxville Rural oasis on 6.8 acres, this cozy older home offers a peaceful retreat \$180,000</p>	 <p>SALE PENDING 513 W South St., Knoxville Welcome to this recently updated home in an established neighborhood \$172,000</p>	 <p>SALE PENDING 814 E Robinson St., Knoxville Nice 1.5 story home with 3 bedrooms and a non-conforming \$128,000</p>
<div><p>VETERANS DISTRICT KNOXVILLE, IA</p><p>Knoxville's newest neighborhood is ready to welcome you home. Buildable lots now available.</p></div>			 <p>SOLD 405 E. Marion St., Knoxville Charming older home with timeless appeal, 3 bedrooms & 1.5 baths \$230,000</p>	 <p>SOLD 602 E Washington, Knoxville 3 bed, 2 bath, new home, 1200 sq. ft., qualifies for tax abatement \$275,000</p>	 <p>SOLD 1210 N Depot St, Knoxville Adorable 3 bedroom home on a quiet dead end street \$189,000</p>	 <p>SOLD 701 West St, Harvey 2 bed, 1 bath home, with over 900 sq. ft., features 2 car garage \$153,000</p>
			 <p>SOLD 1158 Jesup St. Knoxville Lake views and one level living on 1.5 acres with extra garage space \$323,000</p>	 <p>SOLD 214 W Robinson St., Knoxville Mid Century alert for this beautiful 2-bedroom home with big space. \$220,000</p>	 <p>SOLD 614 E Montgomery St., Knoxville Charming 2 story home that boasts new flooring throughout and many updates. \$195,000</p>	 <p>SOLD 409 S Park Lane Knoxville We are pleased to work with First Presbyterian Church on their current church. \$225,000</p>

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Pleasantville Pig Out presented by McKay Group June 14th and 15th

Friday's events include inflatables, north end beer garden, Liza's sushi, Kate's cookies and Neva Alden in concert.

Saturday will start with car show registration. There will also be a barbeque

competition, face painting, Street Sweets, Pho Wheels. The events will end with Lucas Beebe and Grind taking the stage. More detailed information can be found on the Facebook page for the event.

Melcher-Dallas Annual Coal Miner's Day June 21st-23rd

Coal Miner's Day is Friday, June 21st through Sunday, June 23rd in Melcher-Dallas

The annual event brings food trucks starting Friday at 5 pm, and a bags tournament at 6:30 pm. The Melcher-Dallas Fire Department's first annual Coalminers Water Fights will also take place on Friday. The kids water fight starts at 5:30 pm, with the fire department's water fight at 7:30 pm.

Saturday starts with a car show registration beginning at 8 am, then the Coal Miners Day 5K Run/Walk at

9 am. The National Anthem will be in the park at 10:30 am. with the parade and the car show at 11 am.

At 11:30 am the Coal Miner's Museum will be open. There will also be a meal at the fire department, a vendor show at the park, bingo, kids games, inflatables, tractor pulls, the car show judging, the Quilt of Valor Presentation at the American Legion, and a raffle ending at 5 pm.

Sunday concludes the event with a 9 am golf tournament.

Knoxville awarded \$650,000 Community Development Block Grant for Downtown square revitalization

The City of Knoxville, in its continuing effort to support commercial revitalization and economic development in the Knoxville Downtown Square, is thrilled to announce that it has been awarded a Community Development Block Grant (CDBG) totaling \$650,000.

With the grant award, along with matching 25% contributions from the City and participating property owners for ten building facades, roughly \$1.2 million will be invested into the Square for improvements.

"Downtown revitalization has been a pinnacle goal for Knoxville over the past few years. Creating a municipal façade grant program really sparked interest from downtown property owners to invest in their building," said Heather Ussery, Knoxville City Manager.

"With City Council support, Knoxville has been able to apply for multiple IEDA affiliated grants for downtown revitalization. These wouldn't be possible without the local match funding from the City and most importantly the financial commitments from the property owners themselves. The CDBG grant award is no different. This is a major investment to Knoxville's downtown and an opportunity to continue our efforts in transforming the vitality of the Square for years to come."

The City's application and efforts for this opportunity, led by Economic Development Director, Glenn Lyons, City Manager Heather Ussery was assisted by Mid-Iowa Planning Alliance and Curtis Architecture.

About the CDBG

Program & Knoxville's Application

According to the Iowa Economic Development Authority, which administers the grant process through its Downtown Revitalization Program, the CDBG program is federally funded through the U.S. Department of Housing and Urban Development that provides grants on an annual basis to states and some local communities to help develop viable communities.

All CDBG funding must meet one of the three eligible national objectives:

Benefit to low- and moderate-income persons.

Aid in the prevention and elimination of slum and blight.

Meet an urgent need.

The City of Knoxville's CDBG application focused on the elimination of slum

and blight and to meet urgent needs, incorporating a direct connection with its Downtown Municipal Façade Program. The City's program, established in 2022, was developed to maintain, preserve and improve downtown aesthetics with the goal to build a destination where local businesses can thrive and people of all ages and backgrounds can connect, create and celebrate.

Participating Square properties that committed and will benefit from the CDBG award include: 320 E Main, 322 E Main, 108 N Third, 110 N Third, 304 E Robinson, 302 E Robinson, 207 S Third & 209 S Third.

Preliminary renderings can be found at knoxvilleia.gov.

SUPPORT LOCAL
SHOP LOCAL SPEND LOCAL
EAT LOCAL ENJOY LOCAL



Casey and Lindsay Crozier are the proud parents of a baby girl. **Emma Cynthia Crozier** was born May 14, 2024 at Pella Regional Health Center. She weighed 7 pounds, 9 ounces and was 19 inches long. Emma was welcomed home by big brothers, Wyatt and Henry, and big sister, Natalie. Maternal grandparents, Steve & Karol Hoehns. Paternal grandparents, Steve & Cindy Crozier.

welcome baby



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Tips for Everyday Care for People With Dementia

Early on in Alzheimer's and related dementias, people experience changes in thinking, remembering, and reasoning in a way that affects daily life and activities. Eventually, people with these diseases will need more help with simple, everyday tasks. This may include bathing, grooming, and dressing. It may be upsetting to the person to need help with such personal activities. Here are a few tips

to consider early on and as the disease progresses:

Try to keep a routine, such as bathing, dressing, and eating at the same time each day.

Help the person write down to-do lists, appointments, and events in a notebook or calendar.

Plan activities that the person enjoys and try to do them at the same time each day.

Consider a system or

reminders for helping those who must take medications regularly.

When dressing or bathing, allow the person to do as much as possible.

Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.

Use a sturdy shower chair to support a person who is

unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores.

Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.

Serve meals in a consistent, familiar place and give the person enough time to eat.

SIMPLE AUCTION

Sale of house and Lot 42 in "Eagle Rock Addition", a subdivision of part of the W 1/2 of the SE 1/4 of 17-76-19 West of 5th P.M. as shown by plat recorded in Book 93, Page 281, Land Deed Records of Marion County, Iowa.

Address: 1065 146th Court, Knoxville, IA 50138

Sale by: Gina Endrzejewski, Administrator of the Guy Luciano Estate, ESPR043770 in Marion County, Iowa

Lot is 0.22 acre mil. House is in bad shape. Septic tank. Sale is subject to court approval (only one beneficiary).

Auction location: Johnston, Hicks & Griffith, Attorneys
109 N. Third St., Knoxville, IA 50138
Phone: 641-842-2197

Date and time: Saturday, June 29, 2024, at 10:00 A.M.

Sale is with reserve. Sale of house and appliances is "as is".

Minimum bid is \$10,000.00 Taxes: Around \$120.00 per year

In-person bidding only, so be there if you are interested. You may send an individual to represent you, but there is no open phone line bidding.



The Roberts family of Knoxville.



The Johnson family of Bussey, pictured with Twin Cedars construction trades students and Habitat for Humanity of Marion County representatives.

Marion County Habitat for Humanity celebrates three new homeowners

Marion County Habitat for Humanity held three recent home dedication ceremonies. Sam Roberts and her three children were handed the keys to their new home in Knoxville. Pierce and Kayla Raleigh and their two young children have a new home in Pleasantville. Sharla Johnson and her three girls have moved into their forever home in Bussey.

Habitat for Humanity of Marion County, Iowa builds new homes for qualifying applicants in Marion County. Habitat also has a Critical Home Repair program that offers home repairs essential to safely remain in the home. If you're interested in purchasing a home with an affordable, low-interest mortgage and down payment assistance, go to <https://www.hfhmci.org/new-home-application>

and fill out an application. Or call for a paper copy. 641.828.8844



The Raleigh family of Pleasantville, pictured with Habitat for Humanity of Marion County representatives. .

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Short Years Partnership



A Monarch perched on button-bush which will be blooming in throughout June.

June Nature Notes: It's almost Summer!

Thursday, June 20 will officially be the first day of Summer. The Strawberry Moon this year is a Solstice Full Moon, which happens about every 20 years when the moon coincides with summer solstice.

This month will bring more of a 'calm' from the speed of spring. Numerous birds are going through their nesting season and young are going to be out and about with their parents learning the ropes of woodland, prairie, and wetland ecosystems. The young eagles will be branching soon and will be entering their next journey of learning flight, hunting experiences, and trying to figure out why their presence creates issues with songbirds. They may get a few bonks on the head and a major "chewing out" from red-winged blackbirds and other birds that are raising a family in the area.

Mammals continue to rear their young. Young fawns and does were spotted the latter part of May.

Bluegills are currently spawning. Little fish are gathering in pools feeding on small insects that thrive in the water. Pond lily leaves will be unfolding, and blooms will be on their way to create a shaded haven

for dragonflies, damselfly, butterflies, Northern water snakes and frogs. The Boreal chorus frogs have been changing from their tadpole stage and gaining lungs and finding wetland homes within the vegetation. Many toad tadpoles are currently in the shallows.

Numerous turtles have been seen crossing the roads to their summer ponds and laying eggs.

This is a favorite time of year when our real-life dragons and damselfly begin appearing. Now that we have had rains and filled ponds, wetlands, creeks, and streams, I will gear up to monitor these extraordinary insects in our areas. Dragons and damselfly provide information about our water quality and issues of Iowa environmental concerns within our watersheds. The first part of June seems to be a great time to begin noting the diversity of species and will continue through Fall.

National Pollinator Week will be June 17-23. Pollinator Week was initiated and is managed by Pollinator Partnership and sixteen years ago the U.S. Senate's unanimous approval and designation of a week in June. This marks a necessary step

toward addressing the urgent issue of declining pollinator populations. Bees, birds, butterflies, bats, beetles, moths, wasps, flies and hummingbirds play an important role to ecosystems, economies, and agriculture. Take a walk in the prairie, meadows, and woodland edges and see what you can find. If you are looking for family or public activity ideas, you can find it at www.pollinator.org

The first generation of monarchs have been seen on occasion, but not in good numbers. Butterflies that have been observed and will continue in our areas include summer azures, wood satyrs, hairstreaks, tiger swallowtails, silver-spotted skippers, peck's skippers, least skippers, sooty wings, pearl crescents, question marks, black swallowtails, American Snouts and Viceroy. The Melissa blue butterfly is a great find, but encounters are not real common, but will keep an eye out.

The prairies and cliff areas around the lake are home to many wildflowers. These flowers have been located around Cordova Park; alumroot, spiderwort, blue-flag iris, beardtongue, daisy fleabane, yarrow, yellow

pimpernel, four o'clocks, Venus looking glass, and the Iowa State flower the wild rose. Prairie and prairie restorations are boasting foxglove beardtongue and we will be seeing the native pale purple coneflower this month. Keep your eye out for the common milkweed and purple milkweed blooms as they attract many of our insect species. June is great month for foraging mulberries, wild raspberries, with blackberries following.

Non-native plants that are currently blooming are Queen Anne's lace, and the wild parsnip. The wild parsnip impacts our environment, but the largest concern is the ability to inflict burns to skin of people if they happen to encounter the sap from the plant. The sap causes your skin to be extra sensitive to ultraviolet light, called phytophotodermatitis. If you are out in the pastures, roadsides, or any disturbed areas, wear gloves, long sleeves, and long pants. This plant was brought to North America by European settlers and grown as a root vegetable.

Happy earth walking...
Marla Mertz

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First United Methodist Church Free End of the Month Meal

Where: First United Methodist Church, 313 E. Montgomery

When: June 26, 2024, 5:00-6:30 p.m. *(time change)

Who: All are welcome for food & fellowship.

Menu: Pulled Pork Sandwich, Cole Slaw, Chips, Cookies & Drink

Knoxville Public Library to host "Lawyers in Libraries"

Join us on Thursday, June 27, at 5:30 p.m., for our Lawyers in Libraries Program sponsored by The Iowa State Bar Association's Legal Access Committee. This program will focus on the powers

and limitations of a last will and testament, the basics of probate, information on how court costs are calculated and an overview of how trusts work and when it may be helpful to use one. Lawyers in Libraries is a

joint effort by The Iowa State Bar Association, the State Library of Iowa, Iowa Legal Aid and the Polk County Bar Association Volunteer Lawyers Project to help provide free legal information to Iowans across

the state. This spring and summer, lawyers are making one-hour presentations followed by question-and-answer sessions at local public libraries throughout the state.

Inventory Reduction Sale!

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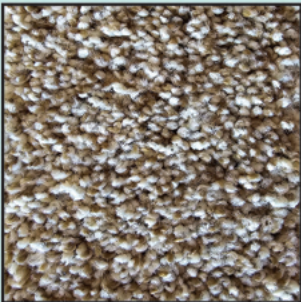
	Length (12' width)
Verona	16' 4"
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10U Prowlers at State
Knoxville's 10U Prowlers brought home a hard fought third place finish in the USSSA 10U C State Tournament June 8 & 9. The Prowlers played 6 games finishing 5-1 on the weekend and 17-3-1 on the season. Pictured: (back row) Kapri Curry, Hallie Boender, Lia Fuller, Audrey Spriggs and Gracie Devore. (front row) Jadyn Marshall, Mya Weldon, Sophia Scott, Lyla Swayne and Noelle Carlson. Congratulations ladies!

Would you like to recognize a birthday, anniversary, graduation or have another congratulations announcement you would like to place?

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June 14th, 15th & 16th ONLY



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black yellow green orange
blue yellow pink orange
blue red pink black yellow
red green blue orange
yellow black red blue pink
orange yellow green black
blue red green orange blue

Kids! Adults? Test your mental flexibility

Look at the image to the left. Quick — say aloud what color you see in every word, NOT the word you read. Go from left to right, from top to down. Ready. Set. Go!

Not easy, right? This task is called the Stroop Test, and is used in neuropsychological evaluations to measure mental vitality and flexibility, since performing well requires strong attention, inhibition and self-regulation capability (also called executive functions).

Marion County Historical Society Hall of Fame inductees announced

The fifth group of individuals and couples who were instrumental in the establishment and development of the Marion County Historical Society have been selected to be inducted into the Hall of Fame. Including these five, a total of 24 are honored to date.

“The board is excited to be able to honor this group of people who did so much to create and nurture the Historical Village for Marion County”, said current board vice-president Craig Agan.

Josephine Cooley, Roy S. Cooley, Carmen Cooley Gilliland, Angie & Bill Hardin, and Beverly Wood Jones will enter the Hall of Fame during the society’s annual Pioneer Day celebration on June 8, 2024. Inductees will be honored at 2:45 in the Valley Chapel at the Historical Village on the grounds of the Marion County Park.

The society was originally

established during a meeting at Belknap’s Jewelry Store on March 21, 1955. Articles of incorporation were formed and the group became a 501(c)3 non-profit corporation for the purpose of educating and preserving the history of Marion County. All inductees have been important in this mission.

The board invites you to join them at Pioneer Day for a pancake breakfast from 8- 10:30 followed by a light lunch of beef burgers or walking tacos from 11-1, all for a nominal charge. Daytime activities include historic displays, demonstrations, multiple live music performances, and the Hall of Fame ceremony at 2:45. Village historical buildings will be open for visitors with a free will donation accepted.

For more information on this special day contact Craig Agan at 641-891-0445 or Dan Carlson at 641-891-4124, or any board member.

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Free grab & go summer meals for youth

Summer Meals will begin on Monday, June 3rd and run through Sunday, August 4th. Pickup days will be Monday, Wednesday and Fridays at the following locations and times:

Knoxville High School, South Front Drive, 11:30 to 12:30 pm, Monday, Wednesday, and Friday.

Bussey City Hall, Noon to 1pm, Monday, Wednesday, and Friday.

Melcher Dallas Public Library, Noon to 12:30 pm, Monday, Wednesday, and Friday.

Pleasantville UMC Community Bldg., 11:30 to 12:30 pm, Monday, Wednesday, and Friday.

This year we welcome the Pella Community to the KFYI Summer Meal Program. Meals will be available at the Pella Public Library each Thursday, 11:30 to 12:30 pm. Please note that there will be no meals the week of July 4th for Pella. Enter the alley between the Pella Public Library and Pella Community Services off of Liberty for pick up.

Pella kids will be getting 3 breakfast and 3 lunch each Thursday.

All children up to age 18 are eligible for meals. Please note we DO NOT provide baby or infant food. There is no enrollment or sign up. You will, however, need to provide the number of children in your household you are picking up for each time you pick up.

Parents and Legal Guardians are eligible to pick up meals for children. Also eligible to pick up this year are siblings and

grandparents – if you are responsible that day for the children.

Please NOTE: This year daycares are NOT eligible to get meals. Daycares have their own program called CACFP which they should utilize.

Menus are posted on Facebook each Sunday prior to the start of the week. Don't hesitate to ask a question if you have one.

PLEASE share with family and friends to get the word out.



Caleb dedicated the trees in honor of Irl H Clark III (l), a longtime Knoxville Boy Scouts supporter and his grandfather, Leland Crozier (r).



Reid earns Eagle Scout rank

Continued from page 1

approval from the District Commissioner and was sent to National for final Eagle Scout approval.

Caleb dedicated one tree to Irl H Clark III. Irl was a Boy Scout leader, who was always willing to help with troop 377. Irl attended Boy Scout camps, and spent countless hours parking cars at the races for Boy Scouts. Irl always made camp and parking fun, and always had a smile on his face and a story to tell. Irl was an amazing leader and

mentor for the Boy Scouts. Unfortunately, Irl passed away in the spring of 2023.

Caleb dedicated a second tree to Leland Crozier, Caleb's grandpa. Leland loved the outdoors, and when his health made it possible, enjoyed hunting. Leland was greatly loved by his family. Unfortunately, Leland passed away several years before Caleb was born, and was never able to meet any of his grandkids because of his early passing.

In memory of Irl and Leland, two maple leaves,

which are made from aluminum and have an engraved plaque with their names on it, are displayed on the north side of the gazebo in the courthouse lawn.

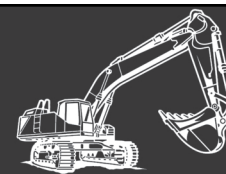
Only approximately six percent of Boy Scouts will achieve the respected title of Eagle Scout. This performance-based achievement has high standards that not everyone will earn. The rank of Eagle Scout is the highest honor that can be achieved in the Scouting program. Colleges, businesses, the military and

community service leaders all have great respect for anyone with the Eagle Scout title.

Caleb is sixteen years old, and just completed his sophomore year at Knoxville High School. Caleb is the son of Bob and Bev (Crozier) Reid. Caleb is grateful for the lifelong skills, and friendships made, through Boy Scouts.

Congratulations to Caleb Reid for earning his Eagle Scout rank!

Story and photos submitted.



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Knoxville Senior Center Congregate Meals Menu

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		12	13	14
Knoxville Senior Center 308 E Montgomery St Knoxville, IA 50138 641-842-6070	Reservations Required by 10 a.m. the day prior. Contact Martha Dykstra Site Coordinator for reservations, information or with questions.	Fish Filet Spinach Salad Peaches Crisp	Meatloaf Mashed Potatoes & Gravy Carrots Pineapple	Tuna Salad Sandwich Lettuce Salad Mixed Fruit Turnover
MENU SUBJECT TO CHANGE				
17	18	19	20	21
Chicken Kiev Baked Potato & Sour Cream Asparagus Fruit Cocktail	Pork Roast Scalloped Potatoes Peas Strawberries	Tomato Basil Soup 1/2 Egg Salad Sandwich Garden Salad Pears Apple Dessert	Citrus Turkey Roast Maple Mashed Sweet Potatoes Green Beans Mango & Pineapple	Grilled Chicken Salad Cucumbers & Onions Applesauce Strudle Bites
24	25	26	27	28
Pepper Steak over Rice California Blend Veggies Tropical Fruit Pudding	Lemon Pepper Fish Quinoa & Kale Blend Mixed Veggies Peaches Crisp	Taco Bake Spanish Rice Corn Grapes	Orange Glazed Chicken Fried Rice Oriental Vegetables Pork Egg Roll Chocolate Cherry Dessert Cherries	Deli Wrap Lettuce & Tomato Pears Cookie

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Stephanie Labenz MS, RD, LD
Stephanie Labenz MS, RD, LD



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HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

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10 Early Signs and Symptoms of Alzheimer's

Continued from page 1

related change? Getting confused about the day of the week but figuring it out later.

Trouble understanding visual images and spatial relationships: For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change? Vision changes related to cataracts.

New problems with words in speaking or writing: People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change? Sometimes having trouble finding the right word.

Misplacing things and

losing the ability to retrace steps: A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

Decreased or poor judgment: Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change? Making a bad decision or mistake once in a while, like forgetting to change the oil in the car.

Withdrawal from work or social activities: A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or

activity.

What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.

Changes in mood and personality: Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

What to do if you notice these signs?

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Make an appointment with your doctor as soon as you can. Early detection improves the chances of benefiting from treatments that may provide some relief of symptoms. This can help maintain a level of independence longer, and improve chances of participating in clinical drug trials that help advance research.

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Carson McCarl sneaks by brother to win first ever 410 feature at Knoxville



Carson McCarl

By Bill Wright

Carson McCarl emerged victorious with a last lap pass in a race that saw five lead changes and plenty of excitement on Vermeer Night Saturday at the Knoxville Raceway. The former 305 and 360 track champion's win was his first in the 988 Lifeline 410 class and earned him \$6,000 aboard his own #27 car. Aaron Reutzel maneuvered lapped traffic well in a non-stop 360 main event, and Chase Young sneaked in a late pass to win his third career Pro Sprints main event.

The start of the 20-lap 410 feature got a slow start. Kelby Watt struggled to take off, collecting several cars, including Lynton Jeffrey, who had to retire. Once green, Tasker Phillips led Carson McCarl, Austin McCarl, Dusty Zomer and Zach Hampton. On lap four, Tyler Druke spun, bringing out the caution.

Aaron Reutzel entered the top five once the race went green again, as the battle up front intensified. Phillips was riding the cushion on the high side, while Carson McCarl was cruising on the bottom. The latter shot into the lead on lap six. Two laps later, Phillips used the cushion to get back by McCarl as the two nearly came together. They avoided

disaster and continued their battle.

Carson came back to the point low in turn four at the halfway point. Meanwhile, Zomer was on the move, gaining third from Austin McCarl on lap 12, and sliding by Phillips on lap 14 for the second spot. His car appeared to be fastest on the track as he gained quickly on the leader.

Unfortunately, in turn three, he spun. Phillips clipped him on the high side and tumbled into turn four, while Randall, who had moved into fourth performed a direct hit. Randall's car flipped violently and burst into flames. Fortunately, he was able to clear the wreckage and fire crews were on the scene quickly. All drivers were uninjured.

Once things were cleaned up, Carson McCarl led Austin McCarl, Kerry Madsen, Reutzel and Hampton back to green. Austin used the middle of turn two to work by his brother for the point, and it looked like he would cruise to the win. However, on the last lap he got into the infield berm in turns one and two, and Carson worked back around him to shoot down the back stretch, and lead the final two laps for his first ever win here. He joins grandfather Lenard, father Terry and brother

Austin as 410 winners at Knoxville.

Carson was followed by his brother Austin, Madsen, Reutzel and Cole Macedo, who started sixteenth. Hampton, hard-charger Sawyer Phillips, AJ Moeller, JJ Hickie and Jamie Ball rounded out the top ten. Randall set quick time over the 30-car field, while Tasker Phillips, Madsen and Ball won heats. Dustin Selvage claimed the B main.

"I felt good the whole race," said an emotional Carson McCarl in Victory Lane. "I just thought the top was way too choppy and it wasn't going to be the place to get the win. I went up there a couple of times and about dumped it. I just had to be patient. I was able to get my wing working and was able to get by Tasker. We came together here on the front straightaway early in the race, and I thought

it was going to take us both out. With Austin behind me on that restart, I knew he was going to go to the top. I just thought it would be too choppy and if I hit my marks and could get to the exit that I'd be fine. He got around me there, and I had nothing to lose. I cranked the wing back and just started driving it as hard as I possibly could. All night, I just felt really good."

Sawyer Phillips led lap one of the 18-lap 360 feature, but it was all Aaron Reutzel after that.

"It's always crazy, the lapped traffic with the 360's," said Reutzel in Victory Lane. "It seems like we catch them a lot faster, and they're usually all racing. It makes for a lot of fun. It definitely gets interesting at times. Our car was pretty good tonight. We were off a little early, but it got better and better on the long run. This is the motor (Moyle) we won the 360 Nationals with (2022). It hasn't finished worse than second. This might be the last night on it before being refreshed. It has a hell of a track record."

Matt Allen led from the pole early in the 15-lap Pro Sprints feature. Mike Mayberry, AJ Johnson, J Kinder and Chase Young trailed. On lap two, Young jumped from fifth to third,

while Kinder moved into fourth.

Up front, it appeared to be a two-man race. Allen stayed glued to the bottom, while Mayberry was running his trademark middle line. Though Young gained on them, the two kept close. On lap thirteen, Mayberry got around to lead, but Allen jumped back by with a slim margin of .006 of a second on lap 14. Coming for the checkers, the two made contact in turn four. Allen suffered the biggest loss, tipping over and ending his night. He was unhurt, while Mayberry sustained minor damage.

The green, white, checker finish made it a 16-lap race. While Mayberry went back to the middle, Young, who restarted second, stuck the bottom of one and two and led the final two lap to gain his third career win here in his #26 car. Mayberry, Brandon Worthington, Kinder and Johnson followed. Toby Mosher, Rob Kubli, Ryan Navratil, Josh Jones and Kody Hildreth rounded out the top ten. Allen set quick time, and Worthington and Kubli were heat winners.

"I had to get around a couple of cars early," said a happy Young. "(The leaders) kind of got away, but lap after lap, I could tell I was catching them. I overheated the brakes a little bit so I 'whoa-ed' back a little bit. Then we had the big red. I assessed (Mayberry's) car under the red and it didn't look right at all. I wasn't going to give that away. I'm just happy to be back up here."

Join us Friday and Saturday, June 14 and 15 for Premier Chevy Dealers weekend featuring the NOS Energy Drink World of Outlaws! Can the strong local

Knoxville contingent knock off the Outlaws? The Pro Sprints will also be in action Friday, and the 360 class will support the Saturday show. For more information on the Knoxville Raceway, visit us online at www.KnoxvilleRaceway.com!

410 A main

(started), 20 Laps, NT: 1. Carson McCarl (1); 2. Austin McCarl (6); 3. Kerry Madsen (9); 4. Aaron Reutzel (7); 5. Cole Macedo (16); 6. Zach Hampton (3); 7. Sawyer Phillips (20); 8. AJ Moeller (11); 9. JJ Hickie (8); 10. Jamie Ball (12); 11. Matt Juhl (14); 12. Josh Schneiderman (13); 13. Jace Park (22); 14. Scotty Johnson (24); 15. Tyler Druke (23); 16. Brandon Wimmer (10); 17. Kyle Reinhardt (19); 18. Chris Martin (18); 19. Dustin Selvage (21); 20. Dusty Zomer (4); 21. Tasker Phillips (2); 22. Chase Randall (5); 23. Kelby Watt (15); 24. Lynton Jeffrey (17). Lap Leaders: T. Phillips 1-5, C. McCarl 6-7, T. Phillips 8-9, C. McCarl 10-14, A. McCarl 15-19, C. McCarl 20. Hard-charger: S. Phillips.

360 A main

(started), 18 Laps, 5:46.1: 1. Aaron Reutzel (3); 2.

Tasker Phillips (4); 3. Sawyer Phillips (1); 4. Jamie Ball (5); 5. Terry McCarl (6); 6. Tyler Groenendyk (7); 7. Ryan Giles (14); 8. Jack Anderson (17); 9. Clint Garner (11); 10. Kade Higday (2); 11. Timothy Smith (10); 12. Ben Brown (12); 13. Cole Garner (16); 14. Cam Martin (13); 15. Tony Rost (15); 16. Joe Beaver (9); 17. Alex Hill (22); 18. Tuesday Calderwood (8); 19. Ryan Leavitt (18); 20. Nathan Mills (19); 21. Alex Vande Voort (21); 22. Corey Timmerman (22); 23. Russ Hall (23); DNS - AJ Moeller. Lap Leaders: S. Phillips 1, Reutzel 2-18. Hard-charger: Giles.

Pro Sprint A main

(started), 1. Chase Young (5); 2. Mike Mayberry (2); 3. Brandon Worthington (8); 4. J Kinder (4); 5. AJ Johnson (3); 6. Toby Mosher (6); 7. Rob Kubli (7); 8. Ryan Navratil (9); 9. Josh Jones (10); 10. Kody Hildreth (11); 11. Devin Kline (14); 12. William Kline (13); 13. Jeff Wilke (12); 14. Matt Allen (1) DNS - Bob Hildreth. Lap Leaders: Allen 1-12, Mayberry 13, Allen 14, Young 15-16. Hard-charger: Worthington.

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