

Jackson Street.  
 Pennington mentioned that there is still cleanup work to be completed. "With the rain and mud, it's going to take a while," Pennington said.

Lake John Hay where a sanitation basin is being constructed and a storage area for chlorine is being relocated.

That project is in response to an agreed order imposed by the

Temple & Temple Excavating and Paving works on Jackson Street, finishing

Indiana Department of Environmental Management which stipu-

lates the city reduce the level of byproducts from the disinfection

# 1 in 3 Indiana kids are clinically overweight or obese

## Obesity a growing problem

### St. Vincent chaplain climbing mountains to fund LIFE for Kids program

By **MARCIA WALKER**  
 Leader-Democrat Staff Writer  
 marcia@salemleader.com

"You don't learn from standing on the top. You learn from the climb up . . . and the climb down."

Even as he was growing up in the midst of Hoosier cornfields, mountains spoke to Wally Glover, a native of Bedford who now lives in Columbus.

"Mountains call to me," the chaplain for St. Vincent hospitals in Salem and Bedford,

explained. "Mountains are a sacred blessing . . . they are mentioned a lot in the Old Testament and New Testament."

Initially, Glover answered the call by skiing, feeding his interest with trips to West Virginia, Colorado, Montana and Wyoming. But lately he has responded by heading overseas, tackling some of the world's highest peaks including the base camp for Mt. Everest, Mt. Kilimanjaro, Mt. Elbrus and Mt. Kosciuszko.

Glover has also combined his passion for mountains with another passion, helping peo-

ple, youth in particular. His expeditions to hike mountains in foreign lands are dubbed 2 Trek 4 Kids.

Not only does the 64-year-old want to challenge himself physically and mentally, Glover also uses the expeditions to raise awareness and money for a program called LIFE (Lifetime, Individual, Fitness and Eating) for Kids. LIFE is a lifestyle program for young people who are dealing with obesity.

Glover said the idea for climbing mountains was planted in his mind while visiting the website everestnews.com. "This voice spoke," Glover recalled, describing the spiritual experience. "I heard it very clearly: 'You know, you could do that.'"

Glover said he blew the idea off, but several months later, heard the voice again, this time in a stronger, more compelling way. "'You could do that,'" Glover said, recalling the message. "'You could do that — trek to Mt. Everest base camp.'"

Glover remembers questioning himself. Although he was in pretty good shape, he had no mountaineering skills. Then, inexplicably, the next click of his computer mouse brought Glover to the website trekkingmteverest.

That was in 2006. And the rest, as they say, is history.

"In 2007, I was on my way to Mt. Everest," Glover recalled.

Since then, Glover has hiked four of what trekkers refer to as the Seven Summits, the highest mountains on each of the seven continents. He has raised more than \$70,000 to help establish three youth obesity programs in southern Indiana.

There are any number of youth-related programs Glover could have chosen to support, but he has special reasons for selecting one

See OBESITY A GROWING ... Page 3



Hallie Wynn, Salem, is one of the participants in LIFE for Kids, a program which teaches families healthier eating habits and other lifestyle changes. She's pictured here with Chaplain Wally Glover, left, and Dietician Jackie Kramer.

### Deaths

Sybil A. Atkins, 96  
 Bije Lewis, 81  
 See page A-2.

### Reader Poll

Are you saving for your retirement? We want to know! Be sure to vote in this week's poll at salemleader.com and check out the Savvy Senior tips on this topic on A-2, along with last week's poll results.

### Sports

--Lady Musketeers are now 9-0 on the season.  
 --Still time to register for YMCA Rookie Basketball.  
 --New Beginning wins church league tournament.  
 See Sports, B-2.

### Don't miss ...

--Suggestions for spiritual resolutions for 2012, A-4.  
 --Tips for gauging your financial readiness for retirement in Savvy Senior, A-2.  
 --Perfect attendance pays at EWES, Education, B-8.





# ...Obesity a growing problem

CONTINUED FROM PAGE 1

aimed at helping kids who are overweight.

"It was a passion of my beloved Aunt Angie," Glover said. "She was overweight as a kid . . . she promoted nutrition and exercise throughout her 95 years and I honor her and my Godmother who helped raise me."

Youth obesity was also identified in a community needs assessment in Jennings County. Pediatric clinical staff at Jennings also mentioned that particular health issue.

"Three things all independent of each other," Glover said. "That was a pretty good direction from the Holy Spirit. I pitched the idea to my CEO and the foundation board and there was unanimous support."

Glover is preparing for his fifth expedition, to Mt. Acongagua in Argentina, 22, 841 ft., once again seeking pledges to support LIFE.

Mt. Acongagua is known for unrelenting winds, severe heat and bitter cold. Temperatures on the summit have been known to drop to minus 30 degrees. Glover will be outfitted with crampons and a hard hat and carry an ice ax; the dangers include avalanches and rock falls.

In addition to physical challenges, Glover, who will be gone most of January, said he has to deal with emotional challenges as

well, homesickness in particular. He has two adult sons and a grandchild.

"To be gone that long is a significant challenge in itself," Glover said. "You're cold, not eating what you would eat at home . . . it's a barren, stark environment. And you can't call 911 if there's a problem."

To prepare, Glover is often up at 4:30 a.m., hiking near his Columbus home, a 40-pound pack on his back. On days when he is at St. Vincent Salem, Glover often spends his lunch break hiking, once again with a pack on his back. He said Salem is a good training ground because of the hilly terrain.

Glover said his strong faith helps prepare him mentally.

"You need to be strong mentality . . . I think a good faith base, spiritual base helps with that," he said.

Glover will be traveling with a group of eight; plus three guides.

After Acongagua, Glover has two more mountains to climb if he wants to complete the Seven Summits. Those are Denali in Alaska and Vinson Massif in Antarctica. Will he go after the remaining two?

Glover prefers not to look that far ahead, instead focusing his efforts entirely on the task immediately in front of him.

"You do these things one mountain at a time," he explained.

## About LIFE for Kids

LIFE for Kids was launched at St. Vincent Salem last February under the direction of Jackie Kramer, registered dietitian.

"LIFE stands for Lifetime Individual Fitness and Eating," Kramer said. "It's a year-long program for overweight children. We focus on goal setting and accomplishing those goals. Participants do fitness and nutrition activities."

Melissa Richardson, marketing and public relations manager for St. Vincent Salem, described LIFE as a lifestyle program. "It's more of an educational program," she said. "Participants are encouraged to get exercise, to eat nutritionally. It teaches them how to make smart choices."

The youth meet 15 times a year. Two of the visits are with both a physical therapist and behavioral therapist.

"We try to make it fun for kids and also educate the parents," Richardson said.

Participants are weighed in at each session, but the focus is on all aspects of following a healthy lifestyle. The program is tailored to meet individual needs. "It's not a cookie cutter program that everybody has to fit into the mold," Richardson said. "It's customized to each child."

The cost is \$500, but scholarships and financial assistance are available through the hospital.

Kramer said her motivation for starting the program is the shape youngsters are in. "I have very young kids with adult diseases," she said. "If I can help one child out of all the kids I see, I feel the program is successful."

For information, contact Kramer, 896-0104, or your child's physician.



## Sounds of

The Canton United Methodist  
Jenne Voyles, James Elliott,  
Minton, Rylan Webb and Rhonda

## MONEY

## Boosting your plan contributions

BY JASON ALDERMAN  
Practical Money Skills for Life

For the first time since 2001, the IRS has increased the amount people can contribute to their 401(k) and other defined contribution plans. Effective Jan. 1, the maximum annual contribution grows by \$500 to \$17,000, thanks to an increase in the Department of Labor's Consumer Price Index for Urban Consumers (CPI-U), a common measure of inflation. The IRS uses to determine whether it's not to increase dozens of tax-related numbers from year to year.

That's good news for people who want to boost their tax-advantaged retirement savings. Here's an overview of what will and won't change in 2012 with the more common retirement saving plans:

Defined contribution plans. In addition to increasing the maximum allowable annual contribution to 401(k), 403(b), 457(b) and federal Thrift Savings plans to \$17,000, these additional factors apply:

People over 50 can also make an additional \$5,500 in catch-up contributions (unchanged from 2011).

The annual limit for combined employee and employer contributions increased by \$1,000 to