

SUNDAY

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

NORAD is ready to track Santa's flight

For several years now your favorite Montgomery County daily has helped little (and not so little) boys and girls track Santa through the North American Aerospace Defense Command tracking website linked on our website's front page. The NORAD Tracks Santa website, www.noradsanta.org, that launched Dec. 1, features Santa's North Pole Village, which includes a holiday countdown, games, movie theater, holiday music, webstore and more.

The official NORAD Tracks Santa app is also in the Apple App and Google Play stores, so parents and children can count down the days until Santa's launch on their smart phones and tablets. Tracking opportunities are also offered through social media. Starting at 4 a.m. EST on Dec. 24, website visitors can see updates as Santa makes preparations for his flight. Then, at 6 a.m. EST, trackers worldwide can call to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) where they will either speak with a live phone operator or hear a recorded update. Due to COVID concerns, the NORAD Tracks Santa Operations Center will have fewer phone operators, so callers who do not reach a volunteer will hear a regularly updated recording as to Santa's current location. Anytime on Dec. 24, Ama-



The front page of ThePaper24-7.com has a link to the website and a countdown going until Santa leaves the North Pole to spread presents to all the good children.

zon Alexa users can ask for Santa's location through the NORAD Tracks Santa skill for Amazon Alexa, and OnStar subscribers can press the OnStar button in their vehicles to locate Santa. Santa Trackers can also use the Bing search engine to learn of Santa's location.

Tracking Santa has been a tradition since 1955 when a local newspaper advertisement informed children they could call Santa directly – only the contact number was misprinted. Instead of reaching Santa, the phone rang through to the crew commander on duty, U.S. Air Force Colonel Harry Shoup, at the Continental Air Defense Command Operations Center, the predecessor to NORAD. Col. Shoup was quick to realize a mistake had been made, and assured the child he was Santa. Shoup then assigned a duty officer to continue answering calls. Thus, a holiday tradition was born, which NORAD has carried on since it was created in 1958. Each year since, NORAD has reported Santa's location on Dec. 24 to millions of children and families around the world.

NORAD Tracks Santa is truly a global experience, delighting generations of families everywhere. This is due, in large part, to the efforts and services of numerous program contributors.



THE THEATER

The Theater links to the NORAD Tracks Santa YouTube channel where viewers can watch videos and short films about Santa Claus and NORAD.

THE ARCADE

In The Arcade anyone can enjoy a plethora of fun and entertaining holiday themed games such as Gift Craft, Polar Plunge, Santa on Skates and Santa Adventures in Candyland.

GIFT SHOP

In the NORAD Gift Shop you can order apparel by following a few easy steps: Choose YOUTH or ADULT, Select your styles, Select SIZE, COLOR, UP-CHARGE and then click Add to Cart. You will be taken to your cart where you can follow the prompts to a secure page to enter shipping information and pay by credit card.

THE MUSIC STAGE

In The Music Stage you can listen to some of Santa's favorite songs live on the website such as "Santa Claus is Back in Town" by Rampart Winds and "Let it Snow Let it Snow Let it Snow" by Blue Steel.

NORAD HQ

In NORAD HQ you can read all about NORAD's mission and find out how and why they track Santa Claus so accurately every year without fail. In HQ you can find out what route Santa uses and how NORAD believes Santa fits down chimneys.

THE LIBRARY

In The Library you can learn all about your favorite Christmas topics and holiday traditions and finally get an answer to those nagging questions such as "How fast is Santa's sleigh?" and "How long could Santa be at each house to make it all around the world in one night?"

TODAY'S QUOTE

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."
Helen Keller

TODAY'S JOKE

How will Christmas dinner be different after Brexit?
No Brussels!

TODAY'S VERSE

Psalm 37:1 Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.

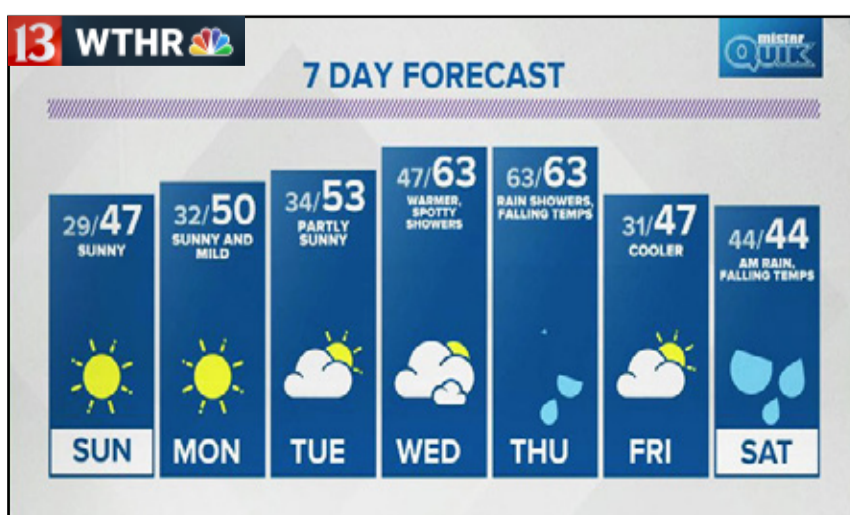
TODAY'S HEALTH TIP

Walking at least six miles per week can help reduce age-related memory loss. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.



HONEST HOOSIER

Christmas is a week and six days away. One of my favorite memories is watching some Christmas shows on TV. There weren't that many, so they seemed more special.



*We wish you a very
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happy, healthy & blessed
New Year!*

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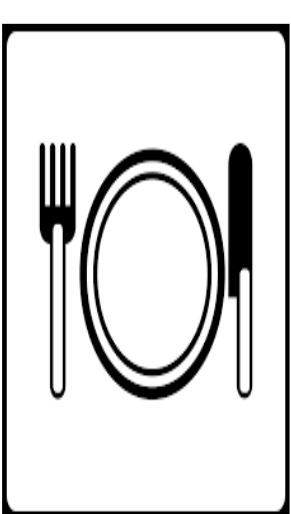
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HONEST HOOSIER



The Mighty Wabash River flows through Cass County. Mighty good fishin' in those parts!

I ndiana

Facts & Fun



Number %00 ÷ Stumpers

1. What is the county's population per square mile?
1. How many towns does the county have?
3. What percentage of the county is made up of Logansport?
4. How old is Cass County?

Answers: 1. 93.9 per square mile 2. 7 towns 3. About 2.57% 4. 189 years

- Cass County was founded in 1829 and named after General Lewis Cass.
- As of 2010 the county had a population of 38,966 individuals and was 414.85 square miles.
- Logansport, the county seat, is home to the oldest high school mascot in Indiana, Felix the Cat.
- Cass County has one city, Logansport, and seven towns.
- Logansport is 10.68 square miles and has a diverse transportation history.

Got Words?

Cass County was named in honor of General Lewis Cass who was crucial in generating treaties with Native Americans for land. How do you think General Cass's role played a part in the formation of Cass County and the lifestyles of it's residents.

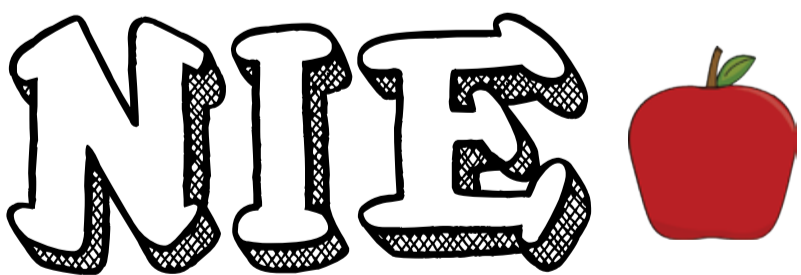
Word Scrambler

Unscramble the words below!

1. NGELEAR CSAS
2. GRLNPSOATO
3. LEIFX
4. STTIOPATRNOARN
5. ASCS YCTNUO

Answers: 1. General Cass 2. Logansport 3. Felix 4. Transportation 5. Cass County

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SUNDAY

Indiana the Strong

Sunday, Dec. 12, 2021

B1

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Test for bovine respiratory disease may save cattle industry millions



Photo credit: Purdue University photo/Tom Campbell

Mohit Verma, professor of agricultural and biological engineering in Purdue University's College of Agriculture, works in his lab. Verma successfully developed an on-site bovine respiratory disease test.

Sous-vide cooking inspired an idea that took promising technology out of the lab and into the barn. Researchers at Purdue University successfully developed an on-site bovine respiratory disease test that provides results within an hour.

The team of researchers has been steadily advancing the point-of-care technology to address the disease, which is the most common and costly disease affecting cattle in the world.

"We wanted to see if the technology is tough enough for the farm and how messy we could get," said Mohit Verma, assistant professor of agricultural and biological engineering, who led the research. "We weren't overly cautious with cleanliness because we want the test to be easy to use. Respiratory disease can quickly spread from animal to animal, and it can be devastating. Quick diagnosis leads to the proper treatment and reduces unnecessary use of antibiotics."

The team also added an easy-to-read color change from red to yellow to indicate the test results, he said. A paper detailing the work was published in the journal *Veterinary Research*.

"We've been working to improve our test to get it out of the lab and into the hands of farmers and veterinarians, and it worked very well in the field," Verma said. "One key to

achieving this advancement was using a sous-vide water bath to maintain the temperature needed for it to work, around 149 degrees Fahrenheit. My brother was doing sous-vide cooking and the idea just clicked. It is something easy to bring to a farm, fill with water and allow the test to be run."

Bovine respiratory disease, or BRD, is responsible for half of all cattle deaths from disease in North America and costs the beef industry \$900 million annually, he said. Several strains of bacteria and viruses can cause the disease, which makes it difficult to effectively treat.

"Some of the bacteria that cause BRD have become resistant to certain antibiotics," Verma said. "Unfortunately, because the standard test can take several days to provide a result, the farmers need to treat the cattle before they know the pathogen responsible. This can lead to use of an ineffective antibiotic or overuse of antibiotics."

The technology created by Verma's team can identify three strains of bacteria among the top four that cause BRD: *Pasteurella multocida*, *Mannheimia haemolytica*, and *Histophilus somni*.

A nasal swab collects the needed sample, and the swab is put into a small vial with corresponding primers and reagents developed by the team that serve as

biosensors for the bacteria. The vial and its contents, which is called an assay, are heated in the water bath to enable the chemical reactions. If the bacteria for which the test is designed is present, the assay changes color.

The technology tests for DNA from the bacteria and uses a method of nucleic acid amplification called loop-mediated isothermal amplification, or LAMP. When the bacterial DNA is present, LAMP amplifies it. As the level of nucleic acid increases, it changes the pH of the assay, which triggers the color change.

The advantage of LAMP over other methods is that it does not require extraction and processing of the samples, which can be lengthy and expensive, and it produces results in under an hour, Verma said. Its results matched those from a polymerase chain reaction, or PCR, test 60%-100% of the time.

Ana Pascual-Garrigos worked on the project as an undergraduate student in biochemistry and is first author of the paper. Additional members of the research team and co-authors of the paper include Jennifer Koziol, from Purdue's College of Veterinary Medicine; Aaron Ault, from Purdue's School of Electrical and Computer Engineering; Timothy Johnson and Jon Schoonmaker from Purdue's Department of Animal Sciences; Deepti Pillai from Purdue's Department of Comparative Pathobiology; and Murali Kannan Maruthamuthu, Josiah Levi Davidson and Grigori Rudakov from Purdue's Department of Agricultural and Biological Engineering.

"It was exciting to be working toward a product that could greatly impact the cattle industry," said Pascual-Garrigos, who is now pursuing her Ph.D. at the University of Cambridge. "This research shows it is possible to have more point-of-care solutions around the globe."

Verma and his team advanced the technology

to this stage through a \$1 million USDA-NIFA grant. In a parallel project, Verma is using the same technology for a saliva-based test for COVID-19. The BRD technology is part of his startup company Krishi Inc. The startup received \$100,000 from the Purdue Ag-Celera fund earlier this year.

The next step in their pursuit of putting the technology into the hands of veterinarians and farmers is to develop paper test strips. These strips could include multiple assays, such that one strip could identify the presence of several different pathogens. They also plan to apply the same approach to tests for other infectious diseases in cows and pigs, and to investigate the potential for detecting food contamination.

"This platform is very versatile," Verma said. "We just need to change the matrix we are using - develop new primers and assays - for different pathogens. We are working to apply our technology to address other health issues, and we believe it has potential for quick detection of new viruses to help prevent global pandemics."

The preliminary research Verma's team conducted to obtain the \$1 million USDA-NIFA grant was funded by a startup Agricultural Science and Extension for Economic Development (AgSEED) grant. AgSEED was established through Crossroads funding from the Indiana legislature to foster the state's leadership in plant and animal agriculture and rural growth. Verma also received seed funding from the Disease Diagnostics INventors Challenge, created by the Purdue Institute of Inflammation, Immunology and Infectious Disease in partnership with the Department of Comparative Pathobiology, which contributed the funds to realize the pilot project; the Indiana Clinical and Translational Sciences Institute; and the Indiana Consortium for Analytical Science and Engineering.

Ivy Tech Foundation names new president

Ivy Tech Community College has named Courtney Roberts Senior Vice President of Development for the College and President of the Ivy Tech Foundation. As leader of the Foundation, Roberts will partner with donors to invest in Ivy Tech Community College students, faculty, and programs to build stronger communities and a better Indiana. She joins the College January 4, 2022.

"Courtney Roberts is a proven leader and philanthropic force in our state, nation and world, and I'm very pleased she will be joining the College and Foundation to help us further our impact on students, employers and communities," said Sue Ellspermann, president of Ivy Tech Community College. "Her vision and passion for creating shared value in communities across the globe will serve us well and further our mission."

As president of the Ivy Tech Foundation, Roberts will focus on reaching the five-year statewide capital campaign goal of \$285 million by June 2023 and plan future campaigns to grow Ivy Tech's philanthropic impact on students and communities around the state.

"Ivy Tech is a critically important institution in the State of Indiana. Not only is it fueling the economic engine of Indiana's workforce - training Hoosiers for the careers that will grow our future economy - it also plays an essential role in advancing access to higher education and opportunities for individuals and communities," said Roberts. "I'm honored to be part of Ivy Tech's efforts to make Indiana a more equitable place for all who call this state home."

Roberts comes to the Foundation following a 14-year tenure with Eli Lilly and Company. She held a number of positions in public policy, government affairs and corporate responsibility, most recently serving as the Director, Social Impact: Global Health Philanthropic Partnerships. In this position, Roberts led a team responsible for Lilly's philanthropic global health efforts in the United States, Sub-Saharan Africa, Mexico, India and China. This includes the implementation of Lilly's \$12 million, eight-year pilot program to address social determinants of health that are barriers to diabetes care in three underserved Indianapolis neighborhoods. She also led Lilly's philanthropic product donation response to natural disasters and global crises, which most recently included the company's donations of



COVID-19 therapeutics to low-middle income countries.

Roberts is a 2018 recipient of the Indianapolis Business Journal's Women of Influence distinction and a member of the inaugural class of Hoosier Women Forward.

She is a consummate volunteer, serving over the years as a member of the Butler University Alumni Board of Directors and a member of the Timmy Global Health Board of Directors. She currently serves on the boards of Local Initiatives Support Corporation (LISC) Indianapolis, AMPATH's Development Board, and the Christel House Advisory Committee. Additionally, she has served as the Mayor's appointee to the City of Indianapolis Board of Public Works.

Roberts earned her Juris Doctor degree from the Indiana University McKinney School of Law and holds a Bachelor of Arts degree in history and political science from Butler University. While attending Butler, Roberts worked with the Indiana General Assembly, transitioning into a full-time role with the Indiana Senate Democrats upon graduation. She served in the administrations of Sen. Evan Bayh and Mayor Bart Peterson, and as a consultant with Bose Public Affairs Group before joining Lilly in 2007.

About Ivy Tech Community College

Ivy Tech Community College is Indiana's largest public postsecondary institution and the nation's largest singly accredited statewide community college system, accredited by the Higher Learning Commission. Ivy Tech has campuses throughout Indiana and also serves thousands of students annually online. It serves as the state's engine of workforce development, offering associate degree and short-term certificate programs, and trainings that align to the needs of the community. The College also offers courses and associate degree programs that seamlessly transfer to other colleges and universities in Indiana, as well as out of state, for a quality, affordable route to a bachelor's degree.

Indiana Humanities open nominations for Indiana authors

Indiana Humanities is continuing to accept nominations for the 2022 Eugene and Marilyn Glick Indiana Authors Awards. Books published between Jan. 1, 2020 and Dec. 31, 2021 are eligible for the awards. Nominations will be open until Jan. 14, 2022.

The Eugene and Marilyn Glick Indiana Authors Awards honor the best books written by Indiana authors. Awarded every two years, they celebrate Indiana writers, shine a light on the Hoosier state's literary community and deepen connections between Indiana writers and readers.

"Every Hoosier has a story to share, and there are talented authors sharing their unique stories and perspectives in remarkable ways," said Marianne Glick, board chair of the Glick Family Foundation. "It is an honor to recognize their work through the Eugene & Marilyn Glick Indiana Authors Awards."

Awards will be presented in the following categories:

Fiction: This category includes literary fiction, novellas and short story collections written by a single author.

Nonfiction: Biography, memoir, creative nonfiction and nonfiction written



EUGENE AND MARILYN GLICK
**INDIANA
AUTHORS
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for a general, non-specialized audience will be considered in the nonfiction category.

Poetry: Poetry book submissions should be written by a single author.

Children's: This category includes young children's books (ages 0-6).

Middle Grade: This category includes all genres of books intended for middle grade readers (ages 6-12).

Young Adult: This category includes all genres of books intended for young adult readers (ages 12-19).

Drama: Plays and screenplays that have been published, produced or performed will be considered.

Genre: Science fiction, mystery, fantasy, western, horror, crime and romance should all be nominated in the genre category.

Debut: This award recognizes the best first book by an Indiana author in any category.

There will be two additional awards given in

the categories of Literary Champion and Lifetime Achievement. Descriptions for each are as follows:

Literary Champion: This award recognizes extraordinary contributions to the community of readers and writers in Indiana by an individual or organization. Literary champions may be writers, but may also include librarians, teachers, arts organizations, writing group organizers and more. This award may be given to an individual or organization. The Literary Champion is nominated with an explanation of why the individual or organization is a good candidate for this award, along with no fewer than three letters of recommendation.

Lifetime Achievement: This award recognizes an extraordinary body of work by a Hoosier author. Authors do not need to be current Indiana residents to be considered, but they must have significant connections to the Hoosier

State, or the subject matter of their works must display significant Indiana influence. This award is not given posthumously. Past winners include James Alexander Thom, Mari Evans and Dan Wakefield.

For more information on the award categories, eligibility requirements and selection process, please read the nomination guidelines.

To learn more about the Indiana Authors Awards, visit www.IndianaAuthorsAwards.org.

About the Indiana Authors Awards

The Eugene and Marilyn Glick Indiana Authors Awards honor the best books written by Indiana authors. Awarded every two years, they celebrate Indiana writers, shine a light on the Hoosier state's literary community and deepen connections between Indiana writers and readers. They were established in 2009 as a vision of Eugene and Marilyn Glick and are a new component of Indiana Humanities' rich and diverse literary programming.

About Glick Philanthropies

Glick Philanthropies is a family of charitable initiatives, programs and organizations focused on building community and creating opportunity.



SUNDAY

In The Kitchen

Sunday, Dec. 12, 2021

C1

Have a favorite remedy you want to share? Send it to news@thepaper24-7.com

Warm Up Winter with Comforting Classics

FAMILY FEATURES

Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Snowman Pizza Bombs, Polenta Bites and Baked Tomato Goat Cheese Dip. Easy to make and fun to create together, these simple snacks are perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Originally started by an Italian mother more than 80 years ago, RAGÚ sauce, known for its distinctive yellow cap, is the perfect have-on-hand pantry staple to help you create easy and delicious home cooking. As an invaluable resource and family favorite since 1937, RAGÚ sauces easily allow anyone, regardless of gender or culinary skillset, to "cook like a mother" and serve up delicious, homemade favorites. The brand's rich heritage and array of sauce choices ensures that your next cold-weather day spent inside will be elevated with family-favorite snacks and easy and taste-tempting meals made with RAGÚ.

Find more recipes perfect for warming up this winter at Ragu.com.

Baked Tomato Goat Cheese Dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-12 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.

Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.

Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.

Place baguette slices on baking sheet. Drizzle or brush with olive oil and sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.

Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.

Note: To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.



Baked Tomato Goat Cheese Dip



Polenta Bites

Polenta Bites

- 1 tube (18 ounces) polenta
- 1 1/2 teaspoons olive oil
- 1 jar (24 ounces) RAGÚ Chunky Tomato, Garlic and Onion Sauce
- 1 package (8 ounces) shredded mozzarella
- 2 sprigs, rosemary, destemmed and chopped
- 3 basil leaves, chopped
- 1 block (8 ounces) hard Parmesan cheese

Cut polenta into slices. In skillet, heat olive oil over medium-high heat; fry polenta slices 10-12 minutes on each side until crispy and golden brown.

In saucepan over medium heat, warm sauce.

Place polenta slices on tray and sprinkle with mozzarella. Place 1/2 teaspoon warm sauce on each slice then sprinkle with chopped rosemary and basil. Grate hard Parmesan onto each slice for topping.



Snowman Pizza Bombs

Snowman Pizza Bombs

- 1 tube (11.8 ounces) pizza dough
- 1 jar (24 ounces) RAGÚ Old World Style Traditional Sauce
- 1 package (6 ounces) pepperoni slices
- 1 package (6 ounces) Canadian bacon slices
- 1 package (8 ounces) shredded cheddar cheese
- 4 tablespoons melted butter
- 1 teaspoon garlic powder
- 1 1/2 teaspoons Italian seasoning
- 1 package (8 ounces) mozzarella cheese slices

Decorative vegetables (optional):
• multicolored sweet peppers
• olives
• spinach
• mushrooms
• cherry tomatoes

Preheat oven to 400 F.

Cut pizza dough into 12 squares. On each square, place 1/2 teaspoon sauce and evenly top with pepperoni, Canadian bacon and cheddar cheese.

Pinch corners of dough together to round into balls then place in muffin tins.

In small bowl, mix melted butter, garlic powder and Italian seasoning; brush generously over dough balls. Bake 15-20 minutes until golden brown.

Remove from muffin tin and carefully shape dough balls into circles; place on baking sheet. Cover with mozzarella slices and bake until melted.

Create snowman faces by decorating each with peppers, olives, spinach, mushrooms and cherry tomatoes, if desired. Use remaining sauce for dipping.

Indiana's sweet potato casserole ranked 10th favorite

The countdown to Christmas has begun! And as the craziness of the year finally dulls down, many Americans are ready to begin the period of luxurious indulgence on the tastiest treats that come around towards the holly jolly holiday season. Collectively as a nation, America surely has enough classic Christmas foods to fill up a giant recipe book! Being a melting pot of diversity and home to a bunch of different backgrounds, each state has Christmas foods that are individually unique. From traditional delights like spicy pumpkin pie, sweet potato casserole, sugar cookies and cranberry sauce, to twists like reindeer meat, pickle wraps, Cuban pig roast and Kalua pig pork, these notable festive flavors are the ultimate indulgence

after a stress-filled and pandemic-fueled year. Christmas.co.uk, provider of Christmas tips, tricks, and traditions carried out a survey of 3,485 Americans, ranking the nation's most iconic Christmas meals, dishes and desserts. And it was found that overall, the most iconic Christmas food was awarded to the Granite State classic: pumpkin pie! Granite Staters are huge traditionalists, so it's no surprise that the iconic pumpkin pie is the firm favorite in New Hampshire. This sweet and seasonal treat has graced Christmas dinner tables for decades and whilst the recipe is simple, the dish is always a crowd pleaser. Next up, Alabama's Crescent recipes reigned second-most superior Christmas food across

America. Golden brown and baked to a warm, crispy finish with visibly flaky layers, crescent dough can be transformed into a variety of dishes over the festive season. From classic homemade, buttery crescent rolls with sweet or savory fillings; to crescent fruit cobbler made with the Yellowhammer State's national treasures: blackberries, there's certainly no shortage of culinary delights in Alabamians' kitchens over the holidays! In third place, Utah's green bean casserole emerged in bronze position. For Utahns, the green bean casserole is the perfect hearty accompaniment to any Christmas dinner. Growing green beans helps put nitrogen back into your garden soil, so if you're feeling green-fingered,

the best time to plant your green bean seeds is during the spring months of April and May. Further down the rankings, in 10th place (but still among America's favorite Christmas foods), came Indiana's sweet potato casserole. This signature dish topped with marshmallows is arguably one of America's most unique sides, which makes its cameo over the festive season and is well loved in the Hoosier State. But who came up with the idea of adding the sugary candy atop sweet potatoes? At the turn of the 20th century, marshmallows were a trendy treat and using them in the kitchen was thought to be a very modern concept. Allegedly, the first recipe incorporating the two seemingly opposite ingredients comes from a

booklet published in 1917 by Angelus Marshmallows, the very same inventors of the mass-produced marshmallow in 1907! On the opposite end of the scale, Nevada's Sopa de Res came in second-last position. A Latin-American classic dish that has crept up and north of the border into Nevada! Sopa de Res is the perfect winter warmer on a cold Christmas night made from beef, corn, hearty vegetables and garnished with limes and cilantro. In final position, it appears Minnesota's lutefisk is only a local favorite, and far from the nation's most popular! Originally started as a Nordic holiday tradition, lutefisk dinners are now a defining element of a quintessential Minnesotan Christmas dinner, regardless of their back-

ground. Lutefisk is a type of dried whitefish (usually cod) that is soaked in water for a number of days and pickled in lye. It has a gelatinous texture and is especially popular in the Twin Cities area due to a large presence of Scandinavian history. 'After being cooped up indoors for months, many Americans are looking forward to finally seeing family and friends again; as well as regaining the holiday spirit many anticipate towards the end of the working year,' says Daniel Brown of Christmas.co.uk. 'Of course, many love the customs and traditions associated with Christmas, however, if you're looking to experiment with new, different food this time round, now is the perfect time to begin recipe testing!'

SUNDAY

In The Kitchen

Sunday, Dec. 12, 2021

C2

Have a favorite recipe you want to share? Send it to news@thepaper24-7.com

Morning Recipes Perfect for Making Memories

FAMILY FEATURES

With the weather cooling, it's the perfect opportunity to spend some time in the kitchen to try out fun recipes and create special moments with family and friends. Pancakes and waffles provide deliciously easy ways to make mornings memorable at the breakfast table with those you love. Regardless of what you have going on during the day, a warm stack of pancakes or waffles can bring everyone to the table. Putting together a delicious, crowd-pleasing stack doesn't have to be a big to-do with recipes like Butter Pecan Waffles and Banana Walnut Pancakes. You can make breakfast the highlight of your family's day with just a handful of ingredients in each recipe that offer a warm, comforting twist to a breakfast time favorite. These pancake and waffle creations are delicious and easy enough to become go-tos for nearly any occasion.

One of the keys to delicious pancakes and waffles is the mix you use. Consider an option like Pearl Milling Company, which has offered delicious taste and light and fluffy texture for more than 130 years. Its pancake mix varieties are easy, convenient, delicious options for memorable breakfasts. Topped with its rich and delicious syrup, its taste and quality can be passed down to future generations.

An additional benefit: Simple yet flavorful recipes like these allow the whole family to help in the kitchen, providing bonding opportunities and valuable lessons as you make them together.

For more memory-making breakfast time ideas, visit pearlmillingscompany.com.

Butter Pecan Waffles

Yield: about 6 waffles (4 inches each)

Browned Butter:

- 2 tablespoons unsalted butter
- 1/2 cup chopped pecans

- 1 cup Pearl Milling Company Original Pancake & Waffle Mix
- 3/4 cup milk, plus additional if necessary, divided
- 1 egg
- Pearl Milling Company Syrup, for topping
- toasted pecans, for topping (optional)

To make browned butter: In small skillet over low heat, place butter. Increase heat to medium-low, stirring butter with heat-proof spatula. Cook and stir until butter reaches desired brown color. Remove from heat and stir in pecans.

Place pancake mix in large bowl. Add 3/4 cup milk, egg and browned butter. Stir until large clumps of batter disappear. If batter seems too thick, add additional milk 1 tablespoon at a time to reach desired thickness. Let batter stand 4-5 minutes before cooking.

Pour batter into lightly greased waffle iron. Bake until steam stops or as directed by waffle iron instructions. Top with syrup and toasted pecans, if desired.



Butter Pecan Waffles



Banana Walnut Pancakes

Banana Walnut Pancakes

Yield: about 20 pancakes

- 2 cups Pearl Milling Company Original Pancake Mix
- 1 1/2 cups milk
- 2 eggs
- 2 tablespoons oil
- 2 bananas, mashed

Homemade Whipped Cream:

- 1 cup heavy cream
- 2 tablespoons sugar

Toppings:

- 1 banana, sliced, for topping
- 2 jars (5 ounces each) walnuts in syrup
- 24 ounces Pearl Milling Company Syrup

Place skillet over medium heat.

In large bowl, stir pancake mix, milk, eggs, oil and mashed bananas.

Spread 1/4 cup pancake batter on skillet. When pancake begins to bubble, use spatula to flip. Cook until golden brown on each side. Repeat with remaining batter.

To make whipped cream: In small bowl, whip heavy cream and sugar until thickened.

Top pancakes with homemade whipped cream, banana slices, walnuts and syrup.

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SUNDAY

In The Home

DAY

Sunday, Dec. 12, 2021

D1

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Plant a terrarium for a unique winter garden or gift

Create a garden under glass to enjoy or give as a gift to new, experienced, and even reluctant gardeners. This self-contained system makes it easy to be a successful gardener with minimal care.

Purchase a terrarium or repurpose something hiding on a shelf in the basement, garage or shed. Even a cool glass container, cloche or bell jar turned open side down and placed on a shallow planting tray will work. Just glue a decorative doorknob or handle on the top for easy access.

Make it more festive for the holidays. Visit the ornament aisle in your favorite craft store. Create a mini terrarium from DIY Christmas orbs for holiday decoration or the perfect hostess gift.

Use closed terrariums like this when growing tropical plants. They thrive in the high humidity and moist soil.

Leave the top off or use

open containers like glass vases, or mason jars for cacti and succulents. Use a cacti and succulent mix for these drought tolerant plants. They prefer the lower humidity and drier soil that open terrariums and cacti potting mix provide.

Once you have the container, you need to fill it with potting mix, plants, and other decorative items. Consider a layer of decorative stone, twigs, sea glass or sand at the bottom for added color and interest. Some gardeners include a layer of charcoal to help absorb any odor. The key is not overwatering as the decorative stone and charcoal won't prevent waterlogged soil from killing your plants.

Consider covering the stone layer with black landscape fabric to prevent the potting mix from filtering through and covering up these items. Cover this with a layer of

well-drained potting mix for tropical plants and cacti and succulent mix for drought tolerant plants. Add contours to the soil level if space allows for added interest.

Select a variety of plants of different heights, textures, and colors to create an attractive terrarium garden. Many garden centers now sell small specimens perfect for these mini gardens.

Low growing tropical plants such as baby's tears, creeping fig, moss, and ivies make excellent groundcovers. Small specimens of dracaenas, crotons, palms and podocarpus make nice upright features. Fill in the middle ground with ferns, nerve plants, polka dot plants and more.

Once assembled, terrariums are relatively easy to manage. Moisten the soil and cover. Crack the lid open if condensation builds up on the glass.

Then replace the cover and monitor the soil moisture and condensation. Add additional moisture carefully. A turkey baster is an easy way to water only the plants in need of a drink.

Place your terrariums in a bright location away from direct light. Heat can build up in this covered ecosystem and cook your plants when placed in a sunny location.

Now is the perfect time to gather or purchase fun glassware, planting and decorating supplies, and, of course, plants. Then take a break from the hectic holiday season to plant up a few holiday decorations and green gifts for your loved ones.



Photo courtesy of MelindaMyers.com

Use open containers like glass vases for drought tolerant plants that prefer lower humidity and drier soil.

radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commis-

sioned by *Gardener's Supply* for her expertise to write this article. Her web site is www.MelindaMyers.com.

Color Christmas with bulb flowers

Are you looking forward to Christmas, and enjoying the Christmas atmosphere with your loved ones? Bulb flowers provide additional color during the holidays, creating that intimate, cozy atmosphere.

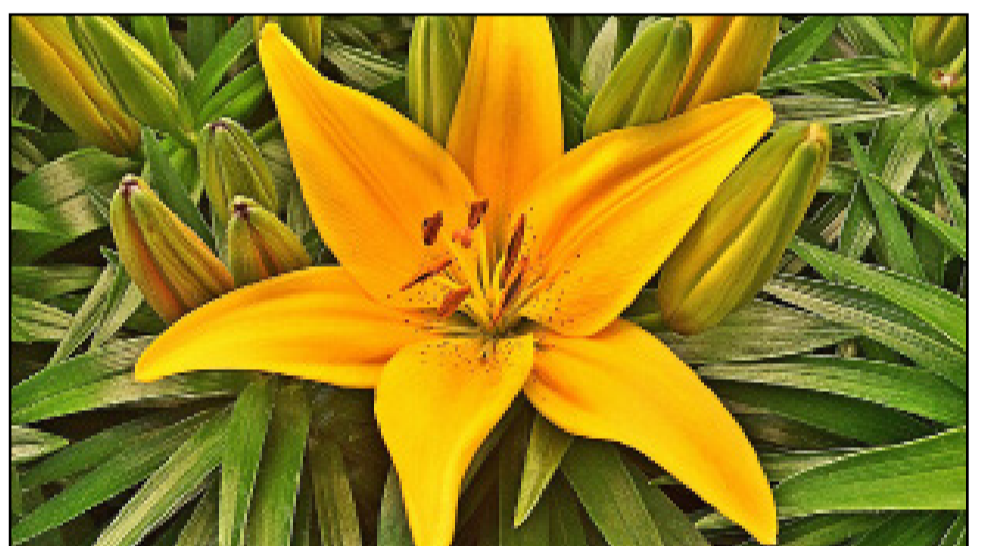
Extra dimension Christmas is the perfect time to go all out in decorating your home. A Christmas tree, lights, garlands, candles, and bangles; as long as it breathes Christmas. Did you know that flowers can add an extra dimension to your

Christmas decorations? Bringing nature into your home, with intense, deep colors, makes Christmas extra festive.

Pink With their deep and radiant colors, flowers like amaryllis, tulips, hyacinths, and anemones are real eye-catchers. You don't necessarily need to go for red: why not try pink tones this year for a change? You will see that in between all the glitter and glamour, pink will bring an additional hint of cheer.

Show To let cut flowers sparkle effortlessly, put them in a beautiful vase and combine them with lights or other decorations. Pre-forced bulbs are also spectacular! Their performance as they grow from bulb to flower is always a fascinating sight to behold! Whatever you choose, go for something that makes you happy.

If you want to find out more about bulb flowers and pre-forced bulbs, visit www.ilsaysays.com.



Bringing nature into your home, with intense, deep colors, makes Christmas extra festive.

Gracious gifts that give back to others during the holiday season

(Family Features) If showing loved ones your appreciation with holiday presents is a tradition in your family, you can take that sign of affection a step further this year with gifts that give back to the world around you.

These simple yet impactful gifts help support the Arbor Day Foundation and its mission to inspire people to plant, nurture and celebrate trees. With a vision to lead toward a world in which trees are a solution to some of the biggest problems facing the planet today - from air and water quality to climate change and more - the

foundation has more than 1 million members, supporters and partners that have helped to plant more than 400 million trees in neighborhoods, communities, cities and forests in almost 50 countries to ensure a greener and healthier future.

For each of these holiday gifts, the foundation will plant one tree in a United States forest to help ensure a greener and healthier future. Find more environmentally friendly gift ideas at arborday.org/giftideas.

A Warm Cup of Compassion You can change the world one sip at a time by

gifting delicious Arbor Day Coffee this holiday season. Grown under the tree canopy in Central and South American rain forests, the shade helps protect an entire ecosystem while maintaining fertile soil and providing habitat for wildlife. Expect a rich taste that offers as much flavor as environmental support - for every bag purchased, one tree is planted.

A Gift that Lasts a Lifetime Personalize gifts for those in your life with Give-A-Tree Cards. Each card you purchase plants a tree in honor of family, friends, customers or

associates, helping bring the nation's forests back to life. Plus, you can personalize the cards for free and they'll be sent to you to sign and deliver personally.

Arbor Day Apparel No holiday gifting is complete without thoughtful stocking stuffers. Share your commitment to trees with a loved one by giving a t-shirt from the Arbor Day Foundation. Made from a 50/50 blend of recycled polyester produced from plastic bottles and organic cotton, each shirt, available in adult and youth sizes, is designed to be soft and comfortable.

Produced using eco-friendly manufacturing processes, each t-shirt purchase also plants a tree in one of the nation's forests.

Bring the Outdoors In Give your loved one the gift of serenity with the smell of the great outdoors. This 9-ounce Arbor Day Foundation Soy Wax Candle provides an exclusive scent featuring a premium blend of plant-based and ethically sourced fragrance oils. Scent notes include fresh pine, berry, red currant, juniper, light musk, sage, pear and amber. The candle is hand-poured and 100% American-made.

Each candle purchased plants a tree.

Save the Environment with Stainless Steel Show your love of trees with this 16-ounce vacuum insulated Klean Kanteen stainless steel bottle designed with versatility and portability in mind to create a water bottle, iced coffee mug, sport bottle and insulated cup all in one package. With a leak-proof twist cap and built-in reusable steel straw, you can say goodbye to single-use plastics and hello to reusable products. Each purchase plants a tree in a United States forest.



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SUNDAY Business Notes and NEWS

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Sunday, Dec. 12, 2021

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If you work for someone, for heaven’s sake, work for them!

It’s a tough time to be a manager. It seems like the world has turned upside down and it’s now a challenge to not just fill jobs, but to find people who actually want to work.

We could get into a long discourse on what’s wrong with society, how the government has paid people to stay at home, the impact of the pandemic and more, but for the sake of limited space, let’s keep this fairly simple.



TIM TIMMONS
Business Playbook

Business Playbook is written by Tim Timmons. You can reach Tim at timmons@thepaper24-7.com. Timmons' book, *Coaching Success: Creating Champions for the Business World* is available at www.tim-timmons.com.

working? Is it because you have to? I’d say that’s the case for 99 percent of us. Oh, I’m not saying we don’t like our jobs or anything like that. But if we were financially independent and did not have to punch a clock in order to get a paycheck, would we?

So if that’s the answer – then it’s all about money. And let’s be honest, folks are finding that it’s possible to get money from Uncle Sam. But let’s also be honest and understand that won’t last forever. So having a job, or at least not burning bridges to getting a job, should be important.

With that said, here’s a few pieces of advice.

If you work for someone, for heaven’s sake, work for them. Don’t take their money and not work, or worse, gripe. They certainly aren’t paying you so you can stand there and gripe.

Show up, and show up on time. I guarantee you that in today’s world your boss has enough stress. Don’t add to it by making them wonder if you are going to be a no-show or not.

Do your best. Look, you don’t have to

work yourself to death. You don’t have to go above and beyond. But do the job to the best of your abilities.

Don’t loaf. I was walking through a store the other day and saw an employee sitting on the floor. Seriously. I’m not making this up. No one gets paid to sit their lazy butt on the floor.

Show some initiative. Don’t be the employee who has to be told every little thing to do. If you are out of things to do, look around. I’ll bet you can find something positive.

Be honest. And if your boss doesn’t appreciate honesty, then find another job. Lord knows there are plenty out there.

Live the Three D’s – Don’t Do Drama! Everyone seems to have a problem, or an agenda, or something they take to social media with today. Fine. Do whatever you want when the workday is done. But while you are on the clock, leave the drama at the door. No one cares if you are all agog over some Facebook fight.

Along those lines, leave your phone in your back pocket. Think about it like this. You are getting paid for every single second you are there. Does your company want to pay you to send a text to your BFF? Does your boss want to pay you to tweet a picture of the dust bunny that resembles Britney Spears. Or share on Instagram how cool the new song by Ed Sheeran is. If you have any doubts, try this. Go to your boss and ask them how much they’ll pay you to send that tweet. I’m pretty sure they’ll be happy to tell you.

Here’s the thing – put in an honest day’s work . . . nothing more and nothing less. There’s going to come a point when this work situation turns around (it always does) and you’ll need the job more than the job needs you. But even more important than that, you’ll actually feel better about it. Don’t think so? Try it and I think you’ll be pleasantly surprised.

Next week: More to come

Business Playbook is written by Tim Timmons. Timmons' book, *Coaching Success: Creating Champions for the Business World* is available at www.tim-timmons.com.

Purdue Global expands flight program

Purdue University Global continues to make its popular professional flight program more easily accessible to students by partnering with regional flight schools. The latest joint venture is with New Orleans Aerial Tours & Flight Training (NOAT&FT).

“As we continue to grow our popular professional flight program, we aspire to find qualified partners throughout the country in order to better serve our students and keep their costs in check,” said Sara Sander, Purdue Global vice president and dean of the College of Social and Behavioral Sciences and the School of Education. “New Orleans Aerial Tours & Flight Training provides another attractive option and comes with an impressive track record. We are pleased to join forces with them.”

Purdue Global also has regional flight training partnerships with Sterling Flight Training in Jacksonville, Florida, and Cincinnati-based Lunken Flight Training Center.

“New Orleans Aerial Tours & Flight Training has been working hard to find the right partner for a degree program, and we are thrilled to be affiliated with Purdue Global,” owner Krystal Hukmani said.

“With the diverse airspace in New Orleans and the great weather that allows us to fly almost every day of the year, NOAT&FT and Purdue Global are perfect partners for a career in aviation to take off.”

Purdue Global’s professional flight degree program is a collaboration between Purdue Global and Purdue University’s School of Aviation and Transportation Technology – announced in 2019. It combines the quality of Purdue’s legendary aviation program spanning more than six decades with the flexibility and affordability that Purdue Global offers.

Students accepted into the program, with a private pilot certificate, will complete their Bachelor of Science degree courses online through Purdue Global, which includes aviation and general education classes, while completing professional flight training at one of the Purdue Global affiliate training centers across the country. During flight training, students will be working to earn certificates and ratings in instrument, commercial, multi-engine and certified flight instructor.

New Orleans Aerial Tours & Flight Training has been approved by the Federal Aviation Administration for in-house examining authority for its instrument course

and is awaiting approval on in-house private pilot examining authority.

“There are various career paths, including positions in commercial airlines, corporate flight departments, charter services, freight companies and more,” Hukmani said. “NOAT&FT offers training from private pilot to professional pilot, and we are eager to help students navigate the right path to their dream job in the air.”

As students progress in their flight training to becoming certified flight instructors, they will have the foundation necessary to serve as flight instructors and accrue additional flight experience required by airlines and corporate flight departments to get hired as professional pilots. Upon reaching certified flight instructor status, students enrolled in the program can begin working full time teaching others and earn compensation for their work, which can help with education costs and living expenses.

Purdue’s School of Aviation and Transportation Technology, one of six departments and schools in the Purdue Polytechnic Institute, is recognized worldwide as a leader in aviation education and provides its expertise in curriculum development, faculty hiring and accreditation by the Aviation Accreditation Board International.

As U.S. airline pilots approach the federally mandated retirement age of 65, the industry faces a shortage of pilots. Reports forecast a need for more than 800,000 pilots over the next 20 years, and airlines are already finding it hard to fill open positions. This partnership is designed to get students flying immediately, shortening the timeline to professional pilot in order to meet this demand.

About Purdue University Global
Purdue University Global delivers personalized online education tailored to the unique needs of adults who have work or life experience beyond the classroom, enabling them to develop essential academic and professional skills with the support and flexibility they need to achieve their career goals. It offers personalized paths for students to earn an associate, bachelor’s, master’s or doctoral degree, based on their work experience, desired pace, military service, previous college credits and other considerations – no matter where they are in their life journey. Purdue Global is a nonprofit, public university accredited by the Higher Learning Commission.

Get Personal with Your Workplace Benefits and protect those that you care for

(Family Features) Where, when and how you work may have changed. However, the importance of your employee benefits hasn’t. The benefits you choose during your company’s annual enrollment is one of the most important financial decisions you’ll make.

If your company is like most, it’s concerned about offering benefits to protect you and your family physically, emotionally and financially.

Before it’s time to enroll, it’s important to understand your needs and the different types of coverage available to meet them, especially employee-paid coverage that supplements what your

employer may already provide. Supplemental benefits are additional coverage beyond your health insurance you can choose and usually pay for through payroll deduction.

Supplemental benefits allow you to customize your benefits package with the types of coverage most important to you and your family. Because you sign up for them at work, it’s usually more affordable than coverage you could buy on your own. It’s also easier to qualify for coverage as part of a workplace group, often without answering any health questions.

Consider these major types of supplemental benefits offered by providers

like Unum and Colonial Life:

* Life insurance is financial protection for your family should anything happen to you. It can help your loved ones pay living expenses, debts, medical bills and funeral costs, in addition to future needs such as college tuition or retirement. Employer-provided life insurance may not be enough for your family’s long-term needs.

* Disability insurance is designed to pay a portion of your income if you’re sick or injured and unable to work.

* Dental insurance helps reduce out-of-pocket costs for most common dental procedures, like cleanings, fillings, crowns, dentures,

oral surgery, orthodontia and other treatments.

* Vision insurance helps cover the costs of exams, glasses and contact lenses, and may include access to discounted materials and services through a network of vision service providers.

* Accident insurance offers a lump sum financial benefit that helps pay out-of-pocket expenses such as doctor bills, co-pays or emergency room fees if you have an accident or injury.

* Hospital insurance helps pay the costs of hospital stays and, on some plans, outpatient surgery and diagnostic procedures.

* Critical illness insurance provides a lump sum

financial benefit when you’re diagnosed with a wide range of serious conditions, such as heart attack, stroke, cancer, organ failure, Alzheimer’s disease, ALS and more.

* Cancer insurance provides more specific coverage for the often-overwhelming costs of treating cancer, from initial diagnosis through recovery. It can also help pay for a variety of treatments and services, such as ambulance transportation, hospital confinement, radiation and chemotherapy, medications and surgery.

Supplemental benefits can help bridge the financial gap between workplace medical insurance

and your out-of-pocket costs. You can use your benefits for uncovered medical costs such as deductibles and copayments, or nonmedical expenses such as travel for treatment or child care during recovery. These benefits provide valuable coverage for many of life’s common but unexpected health events, such as accidents and illnesses.

Plus, you don’t have to be sick or injured to take advantage of supplemental coverage. Many plans include a wellness benefit that pays a set amount when you have a preventive screening or diagnostic test.

Learn more at unum.com and coloniallife.com.

NFIB thanks Sen. Braun for leadership against unprecedented vaccine mandate

The National Federation of Independent Business (NFIB), Indiana’s leading small business advocacy organization, thanks Senator Mike Braun for advocating on behalf of Indiana’s small businesses and leading the Congressional Review Act disapproving the Biden Administration’s vaccine and testing mandate. Sen. Braun introduced S.J.Res. 29, a joint resolution providing

for congressional disapproval of the vaccine and testing mandate, which passed today (52-48), with bipartisan support.

“Small business owners in Indiana thank Senator Braun for his hard work and leadership in passing this legislation,” said Barbara Quandt, Indiana State Director. “Small businesses are working hard to get their businesses back to pre-crisis levels, despite

ongoing challenges like the tight labor market and supply chain disruptions and Sen. Braun understands that this mandate will only exacerbate these issues.”

“As a business leader, Senator Braun understands the importance of owners having the freedom to decide what is best for their business,” said Kevin Kuhlman, Vice President of Federal Government

About NFIB

For more than 75 years, NFIB has been advocating on behalf of America’s small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is nonprofit, nonpartisan, and member-driven. Since our founding in 1943, NFIB has been exclusively dedicated to small and independent businesses, and remains so today. For more information, please visit nfib.com.

Relations. “NFIB thanks Sen. Braun for his leadership on this issue.”

NFIB announced the legislation would be considered a Key Vote for

the 117th Congress.

NFIB previously filed a legal challenge against OSHA’s emergency temporary standard, which would mandate businesses

with 100 or more employees require workers to get the COVID-19 vaccine or undergo weekly testing and wear masks at work.

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Sunday School for all ages - 9:30 AM
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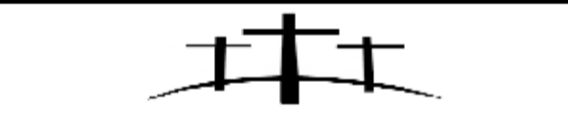
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www.ladogacc.com



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Romans 15:13
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SUNDAY Readings and Writings

Sunday, Dec. 12, 2021

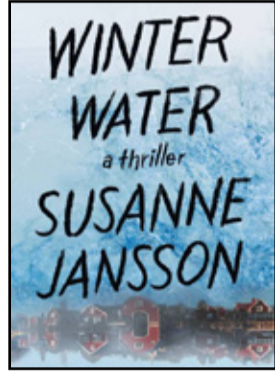
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NEW & RECENT RELEASES



hachette BOOK GROUP



Quick READ
Title: Winter Water
Author: Susanne Jansson
Genre: Thriller
For Sale: Now
Price: \$11.99
Page Count: 400
ISBN: 9781538729243

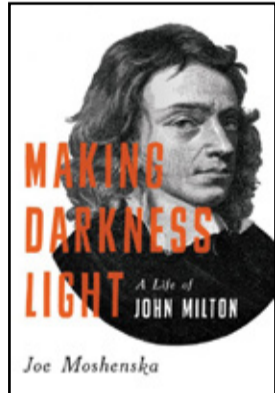
Martin, who has always been drawn to the ocean, moves his wife Alexandra and their two young children move to his family's idyllic summer cottage in the picturesque island village of Orust, on the west coast of Sweden. Martin begins to cultivate a mussel farm, where he soon runs into trouble with the locals.

One January weekend, when Martin is distracted by a ringing phone, he discovers that in those few moments, his young son has gone missing and his little red bucket is bobbing in the waves. Though his body is never found, it's ruled an accidental drowning. Martin's grief is all-consuming as he falls into a deep depression, withdrawing from his family and community.

When former police photographer Maya Linde arrives to Orust, she learns of the little boy's disappearance and decides to do some investigating of her own. Martin and Maya grow closer as they learn the hidden truths of this town and the locals who have always mythologized the ocean.

Together they make a macabre discovery: other children have tragically died in the these waves, all on the same day in January, all in the exact same spot, though decades apart. Can it really be a coincidence, or is the ocean luring the children into its depths? As Maya and Martin grapple with a threat far greater than they ever imagined, they soon realize that the truth is actually much stranger than fiction...

Set against a backdrop of the whispering ocean, Winter Water is an atmospheric and gripping suspense novel of the nature of grief and the many acts it can make us capable of.

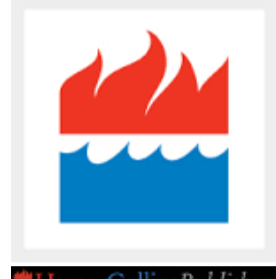


Quick READ
Title: Making Darkness Light
Author: Joe Moshenska
Genre: Biography
On Sale: Now
Price: \$19.99
Page Count: 464
ISBN: 9781541620698

John Milton was once essential reading for visionaries and revolutionaries, from William Blake to Ben Franklin. Now, however, he has become a literary institution—intimidating rather than inspiring.

In Making Darkness Light, Oxford professor Joe Moshenska rediscovers a poet whose rich contradictions confound his monumental image. Immersing ourselves in the rhythms and textures of Milton's world, we move from the music of his childhood home to his encounter with Galileo in Florence into his idiosyncratic belief system and his strange, electrifying imagination.

Making Darkness Light will change the way we think about Milton, the place of his writings in his life, and his life in history. It is also a book about Milton's place in our times: about our relationship with the Western canon, about why and how we read, and about what happens when we let someone else's ideas infect our own.



Quick READ
Title: The Replacement Wife
Author: Darby Kane
Genre: Thriller
On Sale: Dec. 28, 2021
Price: \$16.99
Page Count: 416
ISBN: 9780063117808

The #1 International best-selling author of Pretty Little Wife returns with another thrilling domestic suspense novel that asks, how many wives and girlfriends need to disappear before your family notices?

Elisa Wright is a mom and wife, living a nice, quiet life in a nice, quiet town. She's also convinced her brother-in-law is a murderer. Josh has one dead wife and one missing fiancée, and though he grieved for them he starts dating someone new. Elisa fears for that woman's safety, and she desperately wants to know what happened to her friend, Josh's missing fiancée.

Searching for clues means investigating her own family. And she doesn't like what she finds. A laptop filled with incriminating information. Other women.

But when Elisa becomes friends with Josh's new girlfriend and starts to question things she thinks are true, Elisa wonders if the memories of a horrible incident a year ago have finally pushed her over the edge and Josh is really innocent. With so much at stake, Elisa fights off panic attacks and a strange illness. Is it a breakdown or something more? The race is on to get to the truth before another disappearance because there's a killer in the family... or is there?



Quick READ
Title: A Virgin River Christmas
Author: Robyn Carr
Genre: Holidays
On Sale: Now
Price: \$9.99
Page Count: 304
ISBN: 9780778311805

Return to Virgin River for the holidays in this uplifting tale from the beloved series by New York Times bestselling author Robyn Carr. Now a Netflix series!

Last Christmas Marcie Sullivan said a final goodbye to her husband, Bobby. This Christmas she's come to Virgin River to find the man who saved his life and gave her three more years to love him.

Fellow marine Ian Buchanan dragged Bobby's shattered body onto a medical transport in Fallujah four years ago, then disappeared as soon as their unit arrived stateside. Since then, Marcie's letters to Ian have gone unanswered.

Marcie tracks Ian to the tiny mountain town of Virgin River and finds a man as wounded emotionally as Bobby was physically. But she is not easily scared off. As Marcie pushes her way into his rugged and reclusive life, she discovers a sweet but damaged soul beneath a rough exterior.

MACMILLAN



Quick READ
Title: Christmas Magic
Author: David Hartwell
Genre: Holidays
On Sale: Now
Price: \$31.99
Page Count: 496
ISBN: 9780765315809

Collected by award-winning anthologist David G. Hartwell, here is a stock- ingful of classic Christmas fantasies

Wonders abound at Christmas, and never more so than in this delightful collection of holiday stories by some of today's most gifted writers of fantasy and science-fiction. In this volume, Harlan Ellison, Alan Dean Foster, Kit Reed, Howard Waldrop, Donald Westlake, and many other science fiction and fantasy stars present their unique visions of Christmas.

Toys come to life for one miraculous hour. A little girl sets forth on a quest to join Santa's elves. Talking animals, away in a manger, bring two lovers together, and a small boy discovers the secret of Santa's tenth reindeer. These and other stories raise Christmas spir- its to fantastic new heights, and find unexpected twists and surprises in even the oldest of holiday traditions.

Sorcery comes gift wrapped this year, and just in time for Christmas Magic.



Quick READ
Title: Shadow
Author: James Swallow
Genre: Thriller
On Sale: Feb. 2, 2022
Price: \$9.99
Page Count: 528
ISBN: 9781250750808

New York Times bestselling author James Swallow's The Marc Dane series continues with Shadow

A ruthless far-right terrorist has broken out of captivity.

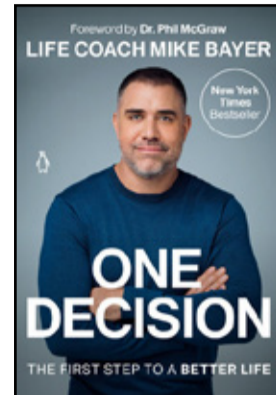
A mysterious bio-scientist with a terrible secret is abducted.

A lethal virus threatens millions of lives across Europe and the Middle East.

Ex-MI6 officer Marc Dane and his partner, Lucy Keyes, are bound together in a desperate search for the sinister organization plotting the release of a deadly virus on the world. In their frantic race against time, Dane and Keyes will be tested more than ever before as they seem to find themselves one step behind at every turn. It will take everything they have to expose the evil forces lurking in the shadows and put a stop to this unstoppable pathogen ... and even everything might not be enough.

What price would you pay to stop a global catastrophe?

Penguin Random House

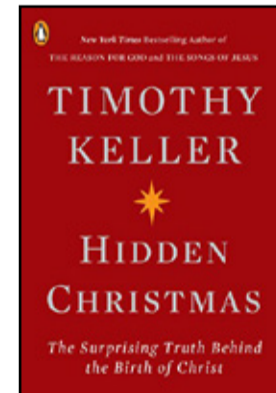


Quick READ
Title: One Decision
Author: Mike Bayer
Genre: Self-Improvement
On Sale: Dec. 28, 2021
Price: \$17
Page Count: 304
ISBN: 9780593296035

It is estimated that we make 35,000 decisions every day. Right now, at least one decision we make will have a powerful ripple effect across all aspects of our life. But One Decision isn't about taking one overwhelming big step; it's about starting with a single, important choice we can make every day: the decision to be authentic.

Whether you find yourself up against a new challenge, deciding on a change in direction, or in need of a total reinvention, Coach Mike has created a powerful blueprint to help you connect with your authenticity so that your life reflects who you truly are. With the tools in this book, you can transform what the obstacles in your life into new opportunities. He shows you how to stop constantly over-thinking the "big" decisions and reconnect with your gut instincts and make all of your decisions with confidence and peace of mind. And, this book helps you navigate the forces that routinely drive your decision making, ensuring that you're motivated by facts instead of fears, clarity over confusion, and evidence over emotion.

One Decision is an inspiring and practical action plan to help you improve your life, find your purpose, improve your mental health and relationships, work on your physical health, and even make more money. Drawing on twenty years of experience helping individuals from all walks of life make real and lasting change, Coach Mike has a refreshing approach for motivating you to take a risk, be bold and take real action toward a better life.



Quick READ
Title: Hidden Christmas
Author: Tim Keller
Genre: Holidays
On Sale: Now
Price: \$16
Page Count: 160
ISBN: 9780143133780

From pastor and New York Times bestselling author Timothy Keller comes the perfect gift for the Christmas holiday—a profoundly moving and intellectually provocative examination of the nativity story

Even people who are not practicing Christians think they are familiar with the story of the nativity. Every Christmas displays of Baby Jesus resting in a manger decorate lawns and churchyards, and songs about shepherds and angels fill the air. Yet despite the abundance of these Christian references in popular culture, how many of us have examined the hard edges of this biblical story?

In his new book Timothy Keller takes readers on an illuminating journey into the surprising background of the nativity. By understanding the message of hope and salvation within the Bible's account of Jesus' birth, readers will experience the redeeming power of God's grace in a deeper and more meaningful way.

SIMON & SCHUSTER



Quick READ
Title: Apparently There Were Complaints
Author: Bernadette Watts
Genre: Biography
On Sale: Now
Price: \$27
Page Count: 320
ISBN: 9781501125959

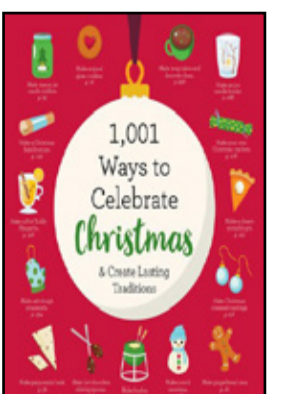
Emmy Award--winning actress Sharon Gless tells all in this laugh-out-loud, juicy, and touching memoir about her five decades in Hollywood, where she took on some of the most groundbreaking roles of her time.

Anyone who has seen Sharon Gless act in Cagney and Lacey, Queer as Folk, Burn Notice, and countless other shows and movies, knows that she's someone who gives every role her all. She holds nothing back in Apparently There Were Complaints, a hilarious, deeply personal memoir that spills all about Gless's five decades in Hollywood.

A fifth-generation Californian, Sharon Gless knew from a young age that she wanted to be an actress. After some rocky teenage years that included Sharon's parents' divorce and some minor (and not-so-minor) rebellion, Gless landed a coveted spot as an exclusive contract player for Universal Studios. In 1982, she stepped into the role of New York Police Detective Christine Cagney for the series Cagney and Lacey, which eventually reached an audience of 30 million weekly viewers and garnered Gless with two Emmy Awards. The show made history as the first hour-long drama to feature two women in the leading roles.

Gless continued to make history long after Cagney and Lacey was over. In 2000, she took on the role of outrageous Debbie Novotny in Queer as Folk. Her portrayal of a devoted mother to a gay son and confidant to his gay friends touched countless hearts and changed the definition of family for millions of viewers.

Apparently There Were Complaints delves into Gless's remarkable career and explores Gless's complicated family, her struggles with alcoholism, and her fear of romantic commitment as well as her encounters with some of Hollywood's biggest names. Brutally honest and incredibly relatable, Gless puts it all out on the page in the same way she has lived—never with moderation.



Quick READ
Title: 1,001 Ways to Celebrate Christmas
Author: Collection
Genre: Holidays
On Sale: Now
Price: \$16.95
Page Count: 336
ISBN: 9781604339888

There's more to Christmas than presents.

There's more to Christmas than presents. The fun and thoughtful ideas in 1,001 Ways to Celebrate Christmas instill how to keep others in mind, especially those for whom the holiday season can be difficult. From homemade cards to cookie recipes and ideas about how to give back to your community, readers of all ages will be encouraged to create joy and good tidings, and be reminded why the holiday season is special.

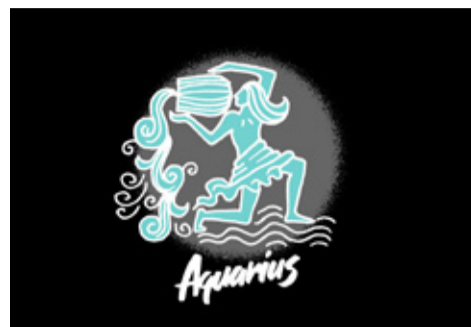


Sillyscopes and More

Sunday, Dec. 12, 2021

G3

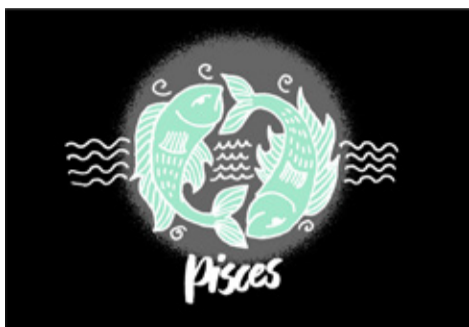
Sillyscopes is intended for entertainment purposes only for readers of The Paper of Montgomery County. It is not intended to be used for practical advice (like anyone really would!).



AQUARIUS

Jan. 20 – Feb. 19

This is the worst time before Christmas for you Aquarius. You are truly intuitive so you have pretty much nailed what everyone is getting you – and besides, the better half can't keep a secret for anything. But hey, if you really want to have fun, find the hiding place and exchange your present for something you really want and then watch the surprise when you unwrap!



PISCES

Feb. 20 – March 20

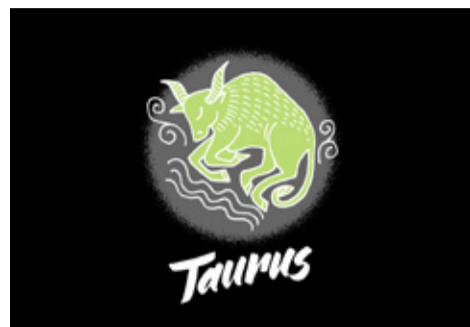
Kindness and compassion are two of your stronger traits Pisces, and of course this is the season for kindness and compassion. So why is it that you turn into a raging monster the moment you pull into the mall parking lot and some idiot swipes the parking space you were heading for?



ARIES

March 21 – April 20

You know that goofy TV commercial with the two women driving a time machine? They squeal to a stop in front of a startled woman and tell her that two minutes from now she's going to be approved for a car loan. The woman admits she's temperamental. Well, Aries, you can be, too. And it's gift-buying season. Think about it.



TAURUS

April 21 – May 21

You are loyal and patient, Taurus. Which is good, because with some of the lines and grumpy customers in the stores this Christmas season, those traits are going to be tested. Good thing you are stubborn as well!



GEMINI

May 22 – June 22

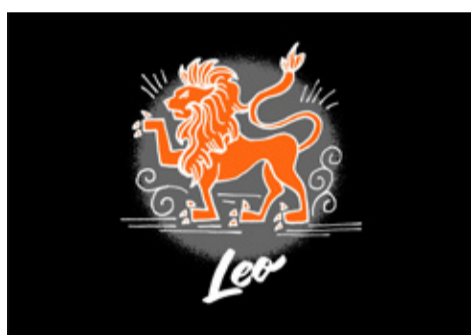
Counting down the days to when Santa comes calling, eh, Gemini? Not to worry. You've been awfully good this year and the big fat man in the red suit is going to be exceptionally nice to you. Oh, we think Santa's going to treat you well, too.



CANCER

June 23 – July 23

When you come to think of it Cancer, you are one of the few people who always – and we mean always – cries at Christmas movies. Sure, the Hallmark Channel has been showing them for months, but really? Home Alone 3? You had to cry at Home Alone 3?



LEO

July 24 – Aug. 23

Stop and smell the holly, Leo! It's well known that Leo's tend to fixate on, well, Leo's. But this is the time of year to let the self-absorbed side of you take a break. Concentrate on friends and family. At the very best, you'll make them happy. At the worst, you'll observe all sorts of faults you can hit them with after Christmas!



VIRGO

Aug. 24 – Sept. 23

Wow, you are certainly organized, Virgo. The traits you are so well known for – organization, being a perfectionist (if a bit over the top with it) and perhaps a touch picky – all come into play with your sophisticated "Countdown to Christmas" calendar you've got by the tree. We just didn't know they made models that broke down to milliseconds.



LIBRA

Sept. 24 – Oct. 23

You absolutely love romance, so the great news Libra is that there is no more romantic time of year than Christmas! Those Hallmark movies were made for you and that someone special. So sit back, pop some corn and warm up that cup of hot cocoa. It's a perfect week for you! Then again with Hallmark Christmas movies, so is the entire month of July.



SCORPIO

Oct. 24 – Nov. 22

Yes, you can be a bit possessive Scorpio. Perhaps a little jealous, too! But remember, when you are out doing Christmas shopping, it's OK for the better half to give you a wish list of presents that does not have you gift-wrapped under the tree as the very first item.



SAGITTARIUS

Nov. 23 – Dec. 22

OK, your birthday may not be on Christmas day, but we have strong suspicions about you Sagittarius! You are jovial, independent, optimistic, adventurous and a little blunt. Do you have an alter ego? If you have a second home and it's up north (like the North Pole), we would not be surprised!



CAPRICORN

Dec. 23 – Jan. 19

Your friends know you are highly disciplined, responsible and fair, Capricorn. And your friends and family know that you are trying to drop a pound or two before the big company party. However, it's Christmas and one holiday cookie is not going to kill you. And be proud! Not many have the willpower to stop at one. You do and you will. You go!

CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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	50	51				52				53	54	55
56						57				58		
59						60				61		
62						63				64		

STATEPOINT CROSSWORD

THEME: WINTER FUN

- ACROSS**
- Rope fiber
 - Mai _____
 - Russia's Terrible one, e.g.
 - "What _____ Happened to Baby Jane?"
 - Tattled
 - Actress Reed
 - Internet share-able
 - Inwardly
 - Black tropical hardwood
 - *Winged impression in winter
 - Home of the Hawkeyes
 - Investigative report
 - Chicken or this?
 - Not dense
 - Early-day supercontinent
 - Afternoon shut-eye
 - Even though
 - Picture on a coat
 - Anti-seniors sentiment
 - Jean of Dadaism
 - Crewneck alternative
 - Half-man, half-goat
 - Arm cover
 - Victoria Beckham _____ Adams
 - Lacking sense of moral standards
 - Flying high
 - Often part of disguise
 - Queen-like
 - Wood file
 - * _____ Plunge
 - Secret stash
 - Damien's prediction
 - Not at work
 - Opposite of cation
 - Abbreviated seconds
 - Precedes stated rank
 - Moon pull
 - *Like toddy or cocoa
 - Trans-Siberian Railroad city
 - Big mess
 - Like a Druid, e.g.
 - Celery, technically
 - *Snowman's corn cob accessory
 - Are not
 - Wedding singer, e.g.
 - Questioned
 - *Snow _____, ammunition
 - **But I heard him exclaim, _____ he drove out of sight...
 - *Winter walking aid
 - Type of consonant
 - Actors' grp.
 - a.k.a. strict vegetarians
 - Mature, as in fruit
 - Like Silas of "The Da Vinci Code"
 - Young Montague
 - Decide at the polls
 - Jasmine of "Aladdin"
 - Turns blue litmus red
 - #42 Across, once
 - Cheese from Netherlands
 - Contributions to the poor
 - Stink to high heaven
 - *Arctic _____, snowmobile brand



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SUNDAY

Health and WELLNESS

Sunday, Dec. 12, 2021

H1

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Learning more about GERD and its complications

I've been asked to re-run my columns about Gastroesophageal Reflux Disease, more commonly known as GERD. That long name translates to: acid from the stomach (gastro) is found in the tube that connects the mouth and stomach (esophagus) and goes in a backward direction (reflux).

It's helpful to know the anatomy when trying to understand GERD (top diagram). The esophagus is a muscular tube that contracts in a rhythmic fashion to move food from the back of the mouth to the stomach. The esophagus passes through the diaphragm, the muscular dome that separates the chest and abdomen. The diaphragm helps form the lower esophageal sphincter (LES) that acts as a valve to help keep acid in the stomach. Food passes through the LES into the stomach where it is mixed with acid to start breaking down food.

It is estimated that between 14 and 20 percent of adults in the U.S. are affected with GERD. These estimates are based on surveys of patients who report heartburn that is the primary symptom of GERD. The medical definition of GERD is "a condition which develops when the reflux of stomach contents causes troublesome symptoms (i.e., at least two heartburn episodes per week) and/or complications."

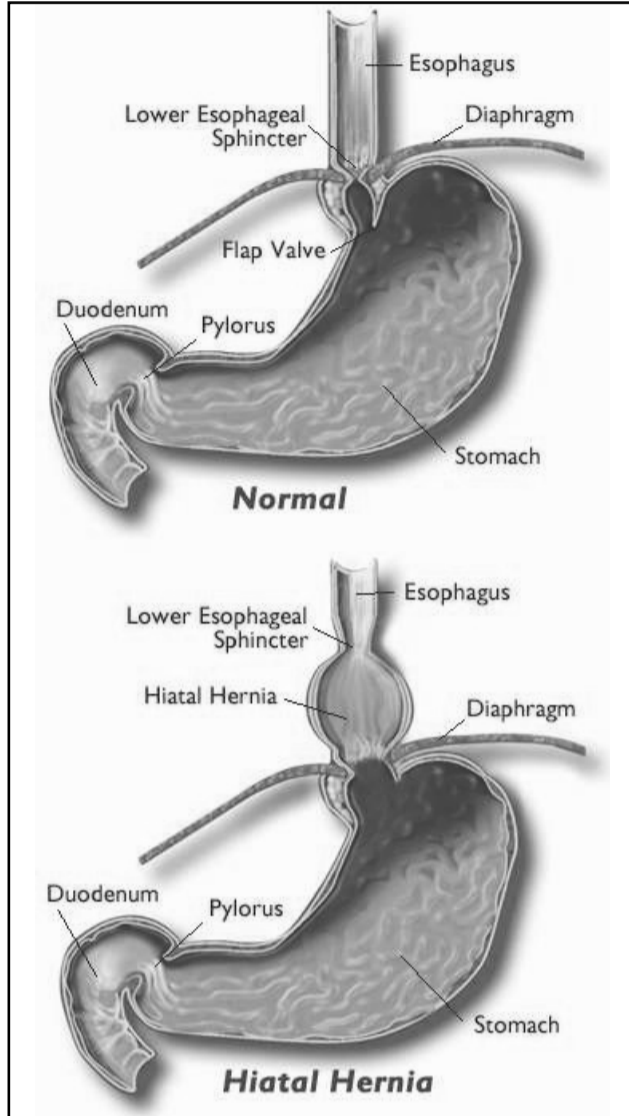


JOHN R. ROBERTS, M.D.
Montgomery Medicine

The incidence of GERD is increasing in the United States. The reasons are not completely clear, but it is presumed to be due the rising number of overweight and obese individuals. However, normal weight folks can have GERD as well.

A Hiatal hernia (bottom diagram) can cause GERD. This condition occurs when the top part of the stomach "herniates" or pushes up through the hole in the diaphragm. When this occurs, the lower esophageal sphincter moves up away from the diaphragm, relaxes, and is not as effective at holding food in the stomach.

Additional risk factors for GERD include low muscular tone of the LES, loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach, and overeating. Alcohol



can reduce the effectiveness of the LES. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate, and mint are all foods that can cause or worsen GERD. Smoking cigarettes is also a risk factor and also leads to decreased production

of protective mucus in the stomach.

Common symptoms of GERD include heartburn, regurgitation, difficulty swallowing and chest pain. Less common symptoms include pain with swallowing, water brash (excessive

salivation prompted by acid reflux), sour brash (acid taste in the mouth, particularly when lying down), pain in the upper abdomen, and nausea.

Most people think of GERD as something that just causes heartburn, but it can result in more serious complications. These can be divided into those that involve the esophagus and those that don't. While most of these produce only symptoms, some can actually cause injury or even lead to cancer.

The lining of the stomach is protected from stomach acid by a thin layer of mucus. The lining of the esophagus, on the other hand, is not designed to withstand constant exposure to stomach acid. When the esophagus is bathed in gastric juice, it can become inflamed and even ulcerated. This condition is called esophagitis and can vary from mild to severe.

Reflux and esophagitis can cause scarring of the wall of the esophagus. This can result in the formation of narrowed areas called strictures. Strictures may result in difficulty swallowing solids and food may feel like it's getting stuck in the middle of the chest. If the strictures are severe the person may even have trouble swallowing liquids.

If cells that line the esophagus are exposed to stomach acid on a frequent

basis, they may undergo structural changes to try to protect themselves. Excess acid exposure can also result in a condition called Barrett's esophagus. People with this condition can develop cancer of the esophagus. The chance is about one-half to three quarters of a percent each year. The incidence of cancer of the esophagus has increased by a factor of two to six over the last 20 years.

There are also complications of GERD that occur outside the esophagus. If the stomach acid gets high enough in the esophagus, it can spill over into the larynx (voice box) and trachea (windpipe). This can cause a dry cough and also inflammation of the larynx (laryngitis) resulting in hoarseness and an irritating need to clear the throat. It can also make asthma more difficult to treat. Excess acid can also cause tooth decay.

Now that you're an expert in what GERD is you're probably asking how to avoid getting it and how to diagnose complications and treat it. Tune in next week for the exciting conclusion!

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

Shifting wellness attitudes shape new 2022 fitness trends

(Family Features) In adjusting to the constraints of the pandemic, many Americans had to improvise where and how they work out. After months of adapting to a "gym anywhere" mentality and learning to accommodate more flexible workout schedules, this new fitness mindset is inspiring some larger trends for healthier living.

"We've learned that wellness is not one-size fits all, and that it's achieved by small habits like regular hydration that can really impact how you feel throughout the day," said celebrity fitness trainer Harley Pasternak, MSc. "Collectively, nourish-

ing both body and mind together as one makes holistic health a sustainable lifestyle."

Pasternak and the experts at Propel Fitness Water are forecasting five fitness and wellness trends to watch for in 2022:

Accountability Buddies

When gym closures ran rampant, folks leaned on others for inspiration to get moving, so it's no surprise working out in pairs (or more) is a continued way to focus on fitness. Feelings of burnout may be common heading into 2022, so having a partner who gives you a healthy sense of camaraderie and competition can help push you to show up on days when you'd

rather rest and stay committed to your goals. It also provides a sounding board when you need suggestions for nutritious recipes or fresh at-home cardio ideas.

Versatility in Gym Spaces and Schedules

When a large segment of the workforce started working from home, the rituals of before- and after-work gym visits fell by the wayside. People grew more accustomed to improvising where they work out, whether it was their neighbor's garage, their living room or a running path in the city. As exercisers are less beholden to studio or gym schedules, the "gym anywhere" mentality is a level of flexibility many are

holding on to, even as they ease back into more normal work routines.

Health in Small, Achievable Doses

This trend is all about recognizing health transformations don't happen overnight, and even modest steps can make a big difference in how you feel throughout the day. One example is paying more attention to your hydration. If you aren't properly hydrated, few other things tend to go right either. Small habits like throwing Propel Powder Packs into your gym, work or school bag can make a difference. Filled with enough electrolytes to replace what is lost in sweat, they are handy

for on-the-go hydration and are easy to add to a water bottle.

Wellness Goals vs. Fitness

Committing to overall wellness is more about lifestyle changes than numbers like weight loss or muscle mass. People embracing this trend are forgoing numeric goals based on performance in the gym or on the scale and instead emphasizing outcomes that affect life, nourishing both body and mind together as one. Fitness goals are an essential component, but so is supporting your mental health as well as being cognizant of what you're putting into your body. When each piece is well

taken care of, your body is better able to work like a well-oiled machine.

Low-Impact Workouts

This year, walking treadmill challenges gained virality on social media, marking the increasing popularity of workouts that are low impact yet effective. Getting moving is the key, even if it means taking your tempo down. You don't need to do hours of HIIT every day to see results. In fact, less time- and energy-intensive workouts are easier to sustain and can often yield the same, or better, results.

Find more hydration options and wellness tips at propelwater.com.

Tips for better protecting yourself and your loved ones in 2022

During the holidays and beyond, people are generally more stressed out and are rushing from one place to another. It's also a time when the weather takes a turn for the worse, putting people at further risk. These issues can lead to an increase in the number of accidents and problems that can arise that put people at risk for injury. The good news is that having the right insurance policies in place can help ensure your loved ones are better protected in the new year.

"We know there will be an increase in distracted drivers and weather that impacts driving and our homes," explains Candice Bond, managing partner and founder of Bond Legal. "Making sure your family has the right insurance policies in place is one of the best ways to help protect them."

The start of 2022 is

a great time to take the necessary steps to protect yourself and your family from damages associated with things such as car accidents. To do this, you start with the best motorist coverage because some policies do not provide enough coverage to cover the medical bills, funeral expenses, loss of earnings, nor the pain and suffering that the family will endure.

Start by calling your auto insurance company to verify your coverage and determine if you need to increase it. A good rule of thumb is to have limits equal to or greater than the combined gross income of your household. That coverage will help if you are in a motor vehicle, bicycle, motorcycle, scooter, water, or pedestrian accident, so it will ensure the family is well covered for the season.

Additional tips regard-

ing insurance to consider include:

Weather. Expect bad weather this winter, including wind, flood, freezing, and more. Make sure your homeowners insurance policy will take care of your home no matter what element strikes.

Medical. Review your policy going into the new year, so you can ensure you have proper coverage. If the carrier denies your medical bills because your injury or loved one's death is not considered to be "covered," keep pressing. Do not take no for an answer. Keep demanding they pay for the medical bills for you and your loved ones. If in doubt, seek an attorney that specializes in insurance bad faith. The actions that were depicted so clearly in the movie "The Rainmaker" is an actual

true depiction of the "big business of insurance," – and it is sadly happening every day.

Accident procedure. If you are in an accident, it is important to not speak with the adjusters nor accept their offers without first speaking with a personal injury attorney. If you do not have an attorney, you are walking into a defense money-saving trap that will leave you paying for your own damages for the rest of your life, rather than having the one who caused your injury pay for the debt he caused on the day your damages began to accrue – the day of your accident. Leave the insurance heavy lifting of your damages to a professional personal injury attorney. Heal while they fight. Mourn the loss of your loved one while they go to war.

Wills and more. Many

people don't like to think about it, but if something should happen to you, it's important that you have a will in place. Also, if you have minor children at home, take the time to legally name a guardian for them should something happen to you.

Justifying the expense. Many people try to avoid paying for insurance policies because they feel it's too expensive or it's something they don't really use. It's important to remember that paying monthly insurance premiums is a small drop in the bucket for the cost of damages to your body or property if there is an unforeseen tragedy in the family.

Seek advice. When in doubt, always get the advice of a personal injury attorney. They will know what to do and the best ways to help ensure your family is protected. Most

offer a free consultation, so you have nothing to lose by discussing the accident or injury with them to get a professional opinion.

"We all need to make a concerted effort to be safe out there this winter," added Bond. "Ensuring you have the right insurance policies in place and seeking the advice of a personal injury attorney if something happens to you will help protect your family all year long."

Bond Legal offers personal injury representation around the country, specializing in personal injury cases. The firm focuses on providing representation for auto accidents, truck accidents, motorcycle accidents, wrongful death, insurance bad faith, clergy abuse, and more. For more information, visit the site at: www.CandiceBond.com

SUNDAY

Health and WELLNESS

Sunday, Dec. 12, 2021

H3

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Holiday tips for people living with OAB

(Family Features) You're sharing a great conversation with friends at a holiday party when it hits you: You need to go, and you need to go now. As you make a clumsy exit, unsure if you'll be able to make it to the bathroom in time, you may ask yourself for the thousandth time, "is this normal?"

You're not alone. More than 30 million Americans 40 and older live with the symptoms of overactive bladder (OAB). That's about 1 in 10 people and as many as 40% of women in the United States. Yet many do not seek help from a physician for their symptoms. Rather, many continue to cope with the symptoms and navigate their lives around their symptoms of OAB.

"People, both men and

women, are reluctant to mention OAB concerns to their doctors; it's embarrassing for them to discuss the topic," said Dr. Cornelia Haag-Molkenteller, a clinically trained urologist and executive vice president and chief medical officer at Urovant Sciences, Inc. "Because of the stigma, many patients do not seek out medical treatments that are available to help manage the symptoms that have a limiting effect on their lives."

Identifying an Overactive Bladder Condition

OAB is a common lower urinary tract or bladder health problem that can cause incontinence, which is the leaking of urine that cannot be controlled.

Symptoms of OAB may include urgency, meaning a sudden need to urinate

immediately; frequency, which is defined as urinating more than eight times per day; urge incontinence, or urine leakage following a sudden urge.

There are many causes of OAB, including taking certain medications and being overweight. Your risk also increases if you have had a stroke or have Alzheimer's disease.

Managing an Overactive Bladder

According to the American Urological Association, the first step in managing OAB is behavior modification. That means patients should talk with their health care providers to learn about the benefits of new habits, such as restricting fluid intake, reducing sodium and limiting alcohol consumption, for example. If changing some habits

Practical Tips to Help Manage OAB

You don't have to just cope with the symptoms of OAB, talk to your doctor. Here are some helpful tips to manage your symptoms over the holiday.

Travel

- * Stop every 2-4 hours to help reduce strain on your bladder
- * Drink plenty of water but limit your intake a few hours before traveling
- * Kegel exercises can help improve OAB symptoms
- * Wear an absorbent pad that can hold more liquid on your travel days
- * Book an aisle seat near the bathroom

Diet

Drink six to eight glasses of fluid, 8-ounce each daily. However, avoid foods and beverages that can irritate the bladder including:

- * Caffeinated beverages and foods
- * Alcohol
- * Spicy foods
- * Citrus fruits and juices
- * Carbonated beverages
- * Dairy
- * Sugar, honey or artificial sweeteners

does not work, the next step is usually oral pharmacological therapies.

A third option available if medications don't work

are medical procedures to manage symptoms.

If you think you may be experiencing symptoms of overactive bladder,

talk to your doctor and ask for help managing the condition. You can also find more information at Urovant.com.

A sweet, simple way to make your holiday healthier and more well-balanced

(Family Features) With holiday menus in full swing, many Americans aim to add healthier dishes and ingredients to their seasonal tables but are hesitant to compromise on tried-and-true favorites. Whether you're looking to reduce the fat or added sugar content of a recipe or add more plants to your table, raisins are a healthy, natural option for topping or adding to your favorite dishes.

Raisins fit seamlessly into many family-friendly recipes, like traditional oatmeal cookies, stuffing, casseroles and sweet breads. They also make for easy salad, oatmeal and yogurt toppers, provide a naturally sweet fruit option on charcuterie boards and act as a great standalone holiday snack. Raisins are free of added sugars and contribute micronutrients to your diet, such as iron,

potassium and fiber.

Many health-conscious consumers are interested in wholesome foods and products with less ingredients and natural sugars, like those that occur naturally in fruits, vegetables, grains and dairy products. Added sugars, however, refer to any sugars or caloric sweeteners that are added to foods during processing or preparation. The consumption of excessive added sugars may be associated with health consequences, such as obesity, cardiovascular disease, type 2 diabetes, insulin resistance, fatty liver, dental caries and more, according to research published by the National Library of Medicine.

The 2020-2025 U.S. Dietary Guidelines for Americans recommends that added sugars comprise no more than 10% of the overall diet for adults and

children ages 2 and older.

"Aiming to consume regular, balanced meals throughout the day with adequate fiber is especially important around the holidays," said registered dietitian Sarah Schlichter. "This helps keep blood sugar and energy levels balanced and consistent. We know limiting sugars in our diets can be beneficial to health and we can do this by choosing foods that offer less added sugars throughout the day."

Swapping dried cranberries, which contain 27 grams of added sugars per 1/4-cup serving, for nutrient-dense raisins, which contain 0 grams of added sugars per 1/4-cup serving, is an easy substitution that can reduce overall sugar intake without compromising flavor or texture.

Understanding Natural Sugars vs. Added Sugars

Nutrition labels haven't always distinguished between natural and added sugars, Schlichter said, but instead lumped them together under "total sugars." However, the updated Food and Drug Administration's Nutrition Facts label, which is in the transition stage, makes this easily discernible by clearly outlining how much of the total sugar content comes from added sugars.

"One key difference between natural and added sugars is natural sugars usually complement other nutrients organically found in a food or fruit, such as fiber, potassium, iron, vitamin C or antioxidants, all of which confer several health benefits," Schlichter said. "These complementary nutrients may also slow the rate of digestion, keeping blood sugar more stable. Conversely, added sugars are added during

processing and aren't adding any nutrients to the product."

To put this in perspective, 1/4 cup of dried sweetened cranberries contains 29 grams of sugar. Of those 29 grams of sugar, 27 grams are added sugars, meaning that most of the sugar is not found naturally in dried cranberries. While a 1/4-cup serving of raisins also contains 29 grams of sugar, the difference is that all 29 grams are naturally found in raisins and none are added. Raisins also naturally offer potassium, iron and fiber.

Making the Case for Raisins

To reduce added and total sugars, many products are formulated using artificial sweeteners, such as sucralose, aspartame or other no-calorie sweeteners. No-calorie sweeteners are not free from health

risks, however, and have been linked to weight gain, obesity, changes to the microbiome, decreased satiety and altered blood sugar levels, according to research published by the National Library of Medicine.

Additionally, 50% less sugar dried cranberries also contain unnecessary ingredients such as soluble corn fiber, table sugar, glycerin and sucralose.

These products are not any healthier, Schlichter said, noting there is still much unknown about artificial sweeteners and how they impact hormones, satiety and gut health. Because raisins have no added sugars, no artificial flavors and no unnecessary ingredients, Schlichter recommends utilizing them as an alternative this holiday season.

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for coverage of County Council meetings, school board meetings, more information on these stories as well as articles from your favorite columnists, such as Karen Zach, John Roberts, Slim Randles, Butch Dale, Carrie Classon, Dick Wolfsie, Tim Timmons and Casey Williams!
Check back daily for updates!

Stand up, salute, or whatever you want . . . but do something

I remember when I was in high school, the English department added a few different courses my senior year – one of which was philosophy. I liked pondering the big questions – like Bill Cosby’s query, why is there air – so I signed up.



TIM TIMMONS
Two Cents

That led to some great arguments at home. You know, teenager wanting more freedom, mom and dad wanting to kill him (and before anyone loses their mind – we used to be able to say stuff like that and no one took it literally, and since this is my stroll down memory lane . . .)

I would do my best to use Leibniz’ theory of a perfect world. I’d begin making a point about why my curfew needed to be later by saying that in a perfect world . . . only to have mom interrupt with – It isn’t a perfect world.

Philosophy meets reality. Teenager loses. Fast forward to today. In a per-

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at ttimmons@thepaper24-7.com.

fect world, I would say everyone has a right to think and act any way they

choose. So if sports teams want to kneel, turn their backs or play tiddlywinks during the National Anthem, they’d have that right.

Say it with me now – it ain’t a perfect world.

In this one, the reality is that the more we crap on our nation, the more we disrespect it – especially sports heroes who little kids look up to – the more we weaken it. Do that enough and we might find out what Chinese tennis player Peng Shuai is going through. If

you aren’t familiar, Shuai had the audacity of accusing a Chinese politician of sexually abusing her. Next thing you know, Shuai disappears. And when she is next seen a few weeks later, she has nothing more to say on the subject and has a spooky smile pasted on her face.

A perfect world? Far from it. Back home, we’ve stood tall against tyranny and oppression for almost 250 years now. We’ve never been perfect, but we strive to get better.

We’ve been able to stand tall thanks to our veterans. And with Christmas right around the corner, it’s a great time to keep in mind those heroic men and women and say thank you for what

they’ve done. There are many ways to do that, and to help the ones in need. From the Wounded Warrior Project to various veterans’ organizations, there are plenty of ways to step up. If you are a veteran and you need help, the state has the Military Family Relief Fund. It offers emergency grants for veterans and family members experiencing financial hardship. MFRF, administered by The Indiana Department of Veterans Affairs, is for essential family expenses like rent or mortgage payments, utilities, food, medical expenses and transportation (vehicle payment, emergency repairs, insurance).

Veterans can get up to \$2,500, and possibly more. Any Indiana resident active in the military, or a veteran with honorable discharges or under honorable conditions and certain other-than-honorable discharges, is eligible. Just apply at: www.in.gov/dva/about-idva/links/military-family-relief-fund

You know, I get the fact that we have a lot of disagreements right now –the worst in decades. But without the military, you wouldn’t be reading this today. We wouldn’t be here as a country.

I don’t know a lot, but I know this. We just observed the 80th anniversary of the sneak attack on Pearl Harbor. Thanks to those active in the military today, and those who stood watch before, we are able to argue about philosophy, sports, politics and beyond. Here’s hoping we don’t argue about the importance of those veterans and the men and women still on duty. We need them. It ain’t a perfect world.

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Wednesdays in The Paper. Timmons is the publisher of The Paper and can be contacted at ttimmons@thepaper24-7.com.

The Christmas shine god gave you is for sharing with others

“Here’s the boxes of outside lights,” I said as I handed them down the attic stairs to my father Floyd.

Next came the interior boxes that were spread on the floor of the living room for my mother Pearl to sift through. A few hops up and down the attic ladder and all the Christmas decorations were strewn on the living room floor.

The holly climbed the wall by our front door, the bushes were full and green in front of the red-brick ranch-style house and the greenery made a perfect location to hold up numerous strings of Christmas lights.

As we moved beyond Thanksgiving, it fell on my father and I to bring my childhood home’s exterior into the Christmas spirit.

“Dad, have you seen the extra light bulbs, we got several out in this string,” I said as I raised my head seeing him standing on a



RANDALL FRANKS
Southern Style Columns

ladder placing a power cord.

The lights were long strings some with full-sized colored bulbs, some with smaller ones. Of course, the first task was making sure all the bulbs worked before placing them. This was my job as my dad ran the electrical cords providing the power.

“There still in the boxes,” he

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. His latest CD release, "Keep 'Em Smilin'," is by Crimson Records. He is a member of the Independent Country Music Hall of Fame. His latest book is "A Badge or an Old Guitar: A Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.

said, so I was up and sticking my hands down through a spider web of wires searching for the box of bulbs.

After getting all the lights in place the final act of exterior decorations was the placement of a large lighted Santa Claus face was hung in the holly by our front door.

By the time this was done we moved inside to set up the faux fireplace, where our stockings were hung and assisted mother with the placement of various items around the house includ-

ing lighted candles for all the windows and in then we would assemble our artificial tree and add the decorations and lights.

We always worked together to make the tree look just right. We didn’t always have an artificial tree, that came when my health was so weak that live trees caused breathing issues.

We built some wonderful memories preparing for the Christmas season as friends and family flowed in and out of our brightly decorated home. It was the backdrop of so much joy and laughter, tears of sorrow, and lessons learned.

I watched as both my mother and father welcomed others into our home who had no one to share the holidays with. I participated as my father refurbished bicycles and peddle cars for needy children, and as my mother collected and boxed foods for needy families. Christmas is

always brighter with the shiny decorations that we wrap our live within. Let’s not forget that the greatest gift of Christmas was the baby Jesus that charged each of us with loving our neighbor as ourselves. Share the shine that God gave you in your life by loving your neighbors.

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. His latest 2019 # 1 CD release, "Americana Youth of Southern Appalachia," is by the Share America Foundation. He is a member of the Old Time Country Music Hall of Fame. His latest book is "A Badge or an Old Guitar: A Music City Murder Mystery." He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.

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Sunday, Dec. 12, 2021

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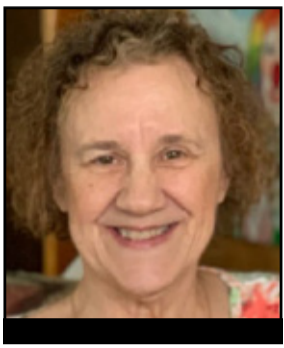
Ms. Mattie's life ended in a most dramatic way

Current medicine marvels me and prompted this article as I'm more than sure this situation likely would never have happened with the proper medications of today's world. Instead, you'll read about a tragedy versus a happy ending.

Meet our dramatist, Mattie Griffin Canary. In my teen years, she would have been described as one hot babe with a compelling figure, more than ordinary beauty, and besides all that, could carry on an intellectual conversation with almost anyone, dressed beautifully and always made a good impression. However, in her obituary, she was noted as "being pitifully weak," and I'll add in many concerns.

For one, she was so indecisive and for another, a bit wild. In one obituary, it was noted that she "did not know her own mind and if actions are to be considered as criterion, she did not have much to know!" Thought that was rather cruel, but toward the truth, as well.

Martha "Mattie" Griffin was born 18 October 1866 and her death occurred 128 years to the day of which I write this article (2 Nov 1893 - 2 Nov 2021), just 27 years and 15 days old. She grew up in Crawfordsville, the daughter of Robert and Jane Griffin with brothers, William, Robert, Samu-

**KAREN ZACH**
Around The County

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County.



el and Jackson; and sisters, Mary, Jane and Lizzie. She was particularly close to the latter. Robert was born and raised in Kentucky and came here about 1850, remaining here until briefly before he passed away at Logansport. Everyone loved this quiet, sweet man and his children

mainly brought him joy although Miss Mattie caused a bit of trouble along the way.

Mattie seemed to be in the news quite often, usually for the same type thing. The first time I found her was when she worked for the Hardee family when she was in her teenaged years as a domestic. One evening the family had finished their evening meal and was sitting around the table playing cards. She was just 17 when she had this harrowing experience. Sant Hardee had left the room to go get his overcoat and Mrs. Hardee asked Mattie to go turn the gas on in the room so he could see, but what she saw (Sant in the shadows, raising his arms up to put on his coat) sent her into a screaming fit. She ran into the room where the Hardees were playing cards and fell on the floor in convulsions where she

remained for hours, taking four strong men to hold her down for quite sometime before all was well

That same year (1884), she married an interesting fellow, Willis Canary, not yet 18 with her father making his x mark on the consent for her to marry, although in later census records, he is marked as being able to read and write. It was but two months after their marriage that Mattie made the papers in her first attempt (known anyway) at suicide. The CWJ 19 May 1888 told the story that "she attempted to cross over not by the morphine, strychnine, laudanum, belladonna, rope or pistol routes but by a more painful one - oil of Tanacetum, one of the most virulent of poisons." Of course, the trouble was domestic. "Mrs. Canary would travel unprotected about the streets at night while her husband was at work and she would not listen to his pleading; hence his usual caresses were with something more substantial than the oscillatory order." Perhaps the rest of the story? She said she was badly mistreated, he kicking her all over the floor like he watched the Wabash football players do with the ball. She later noted that he liked to carouse with many plumed birdies other than a Canary. Of course, there was another side to a different article saying, "He was a hard-

working, quiet, respectable man, but domestic difficulties arose." One source said he obtained the divorce, while there were multiple articles about her getting it.

Definitely in several articles, she was featured as trying to end her life. Until he was appointed agent for the Vandalia Railroad in 1889, he also was a bit wishy-washy in how he made money, trying this (telegraphy for one) and that, at one time being in the pop corn making business and would get upset and take it out on Mattie when things didn't work out. I do wonder if he was a good father, though, as their son erected his tombstone. It says, "Papa!" Perhaps Willis and Mattie just weren't made for each other? She was given custody of young James Blaine Canary, but Willis stole him once. This was after they hit the papers as having a literal knock-down fight, she losing round one.

Upon the divorce, Mattie went to work at the Sherman House as a domestic and lived with her parents on Spring Street. While working, she met who perhaps was her one true love (although she often rode in the buggy with another young man, once either getting beat-up in a wreck or he beating her) in Walter Rosebro. Two or three different times they set a date to marry and she'd back out. Walter went to Greencas-

tle to work and set-up a home for them and the night she took her life (after trying it again a few months earlier, telling Dr. Ensminger that the next time she wasn't failing) was to have been another wedding day. Rosebro wrote her beautiful, loving letters but Willis was also wooing her back to "make a good life for their son." So much pressure and that evening when she went to bed (after practicing several church hymns) she asked that she not be awakened in the morning as she was just tired and needed rest.

However, her sister Lizzie arose early to get ready for work and went into Mattie's room to get a piece of clothing. There she found her sister in horrid convulsions, dying. Dr. Ensminger was called again but he didn't make it quick enough this time around. Mattie died while looking at a large, colored picture of Rosebro. This suicide hit newspapers from Pennsylvania to Oklahoma. Yet, if Mattie had received help from a counselor, maybe nerve pills, or whatever in today's world, she may have happily married Walter and had other children, but instead ended her life in a most dramatic way! She, her son and his wife and child are buried at Oak Hill (thanks to Fines for the photo). Rest In Peace, dear Mattie!

Karen Zach is the editor of Montgomery Memories, our monthly magazine all about Montgomery County. Her column, Around the County, appears each Thursday in The Paper of Montgomery County. You can reach her at Karen@thepaper24-7.com.

Butch visits Grandma and Grandpa Dale's house

If you are like me, you perhaps have fond memories of staying overnight at your grandparents' home. My Grandpa and Grandma Dale lived in an old two-story farmhouse located about halfway between Darlington and Shannondale. The house, built in the 1880s, had ornate trim and louvered shutters on each window, and a small balcony extending from an upstairs bedroom. Like most houses back then, it had no air conditioning and no insulation, so they ran fans in the summer and used two fuel oil stoves in winter. Even though it has been almost 70 years ago, I can still remember certain things about my visits there as a small youngster as if it were yesterday.

For breakfast Grandma always fixed pancakes and sausage, or bacon and eggs . . . plus buttered toast topped with her homemade jam, and fresh-squeezed orange juice. She made the pancakes from scratch and even made the syrup. Of course, I was expected to clean up my plate at each meal, whether I was full or not, before I could leave the table. Then Grandma would put on her sun-bonnet and grab her wire basket, and off we headed to the chicken house to gather the eggs and feed the chickens . . . while Grandpa took care of the other livestock. On a few occasions I helped catch an unsuspecting chicken, which soon . . . hanging by its feet from

**BUTCH DALE**
Columnist

Photo courtesy of Butch Dale

Butch's drawing of his Grandma and Grandpa Dale's house

the clothesline, met its fate with Grandma's butcher knife. I didn't want to watch! After it was butchered, I helped pluck the feathers and clean the gizzard. Along a rock fence row behind the house grew wild sassafras. Grandma would often send me back there to pull the plants and cut the roots into slivers, which she boiled to make sassafras tea.

Grandpa had an old Ferguson tractor, and he let me sit on his lap and steer. When hay or straw was baled by my Dad and my uncles, I rode on the haywagon. My older cousins, who helped with the baling, made tunnels and secret hideouts in the haymow, and we also swung on the hay rope hanging from the rafters. During the baling, Grandma always brought everyone a big cooler of her sweet tea, and it was certainly sweet, as there was about an inch of sugar resting on

the bottom! I could also count on having a dish of Grandpa's homemade ice cream, topped with Grandma's homemade fudge sauce or fresh strawberries from the garden, in the evening after supper . . . a Dale tradition. On many occasions, after the day's work was done, Grandpa told me to dig up some worms, and we walked down the road to Horn's gravel pit, where we fished with cane poles until dark. Grandpa showed me how to scale and fillet the fish . . . next day's supper!

I don't remember my grandparents owning a TV. In the evenings Grandpa read the newspaper or a book while Grandma sewed on her quilts. Both of them wore old-fashioned wire-rimmed glasses, and Grandma wore copper bracelets, which she claimed



Photo courtesy of Butch Dale

Grandma Dale

prevented arthritis. There was a radio in the living room, and they often listened to old-time country music or comedy shows. In a short time, Grandpa would usually fall asleep in his old chair. I often played with a box full of toy metal cars, many of which had the paint worn off by all of my cousins, or I drew and colored pictures while laying on the living room floor. There was also an old wooden, hand-held "spelling board" with alphabet letters I could rearrange to make words. And Grandma always read me two or three little Golden books before I went to bed. Before she tucked me in the old feather bed upstairs, I bent down on my knees to say my prayers. Grandma kissed me good night . . . and I lay there staring at the moon and the stars through the window . . . and thanking God that I had such nice and loving grandparents. On



Photo courtesy of Butch Dale

Butch remembers those visits.

warm nights, sometimes I would walk out on that upstairs balcony and watch for falling stars . . . to make a wish.

Grandma and Grandpa Dale never gave presents for birthdays and such. They were not wealthy, and after all, there were twenty-two grandchildren! But as I have said many times, they gave us something more precious than gifts . . . their love and their time. When our grandchildren stay overnight with us today, my wife and I try to make their visits enjoyable . . . and someday perhaps they will remember their visits to their Grandma and Grandpa Dale's house . . . like I still do today.

John "Butch" Dale is a retired teacher and County Sheriff. He has also been the librarian at Darlington the past 32 years, and is a well-known artist and author of local history.

Our culture of no context

I've concentrated my professional life around businesses that make creativity their centerpiece. In my case, I stay close to The Arts. I've worked in the cultures of literature, design and fashion. Sadly, I neglected including music. There just doesn't seem to be the demand for Bavarian

**JOHN MARLOWE**
With the Grain

Volksmusik there once was. It's a shame, too. I'm actually pretty good at the Oompah-pahs.

One of the skills I acquired along the way was graphic design. It's important to note that being a graphic designer is not the same thing as being a graphic artist. Many people get them muddled up. When introducing myself, I usually solve the confusion with this example:

"Oh, you're a graphic artist," they say. "How cool!"

"No, I'm a graphic designer."

"There's a difference?"

"If you owned a horse farm," I'd say, "I could make you one awesome catalog to help you sell

your livestock, but whatever you do, don't ask me to draw that horse."

I still dabble as a graphic designer, usually for friends. I seldom charge my friends. One of the reasons I got out of the business was because I seemed to have more friends than customers.

I make it a point to keep my design software up-to-date, even though my skills really aren't.

From time to time, the software company treats us to new features when they make upgrades to their program. The company promotes these improvements in a series of bullet points that catch our attention. This time, new ones are introduced for 2022.

Bullet point No. 1 touted a nice "capture" feature, which allows the user to poach layouts from other documents to speed things up. No. 2 described a new scalable user interface that should make working easier for us older

designers, who often can't see their own computers, let alone the tiny type on the screen.

No. 3 was an upgrade they call "Inclusive Terminology." To show you how daft I am, I thought they had made improvements to the story composition editor, or even the font management tools. Nope. It seems that the company is, well . . . let me put it in their own words:

"We have replaced non-inclusive terminology to support core [company] values of diversity and inclusion."

At no time using their software to create designs did I feel insulted, nor do I believe I was insulting, disrespecting or disparaging to anyone else -- unless you are British, and caught the one time I accidentally used an obscure curse word on a brochure I made for a floor covering company.

If they are making word changes to their User Manuals or their Licensing Agreement, go for it. No one reads those anyway. However, changes are coming to the program itself.

The foundation of their application is currently called

the "Master" page. From it, the designer can build an entire publication quite easily. In 2022, the Master page will now be called the "Parent" page.

Before we go further, let me make one thing perfectly clear: I get it. It took me awhile to see it, but I really do get it.

My question is, though, how far are we willing to deconstruct the English language before we can find words that don't offend anyone? Are parents now outraged that they are held in the same regard as slave owners? I suppose their children might see a correlation, but it demonstrates how quickly a single word can be misconstrued without understanding the circumstances of its use.

What complicates it is that some words have multiple meanings.

I'm surprised that a company that specializes in communication has missed the value of context. There are very few words that won't insult someone when they are removed from the conditions in which they are meant to be understood.

Will Red now be referred

to as the "Democratic Socialist" color? Could the "Square" tool be dropped in favor of the "Socially Awkward" tool? And will "Utilities" end up as "They / Themilities"?

OK, I know I'm way over the top, here. The satire is intentional; mockery is not.

My point is that if you want a more encompassing, relevant society, don't start by making it more difficult for people to communicate with each other. The time will come when many of us will be open to open our mouths, while others will find it impossible to keep theirs closed.

We may be there now. One of my favorite tools in this graphic design program is the "Shear" tool. With it you can push one corner of any rectangle, and automatically create a rhombus. Don't worry, designers. It's not going away soon.

For 2022, however, its name is being updated to shear nonsense.

John O. Marlowe is an award-winning columnist for Sagamore News Media.

SUNDAY

Voice of our PEOPLE

DAY

Sunday, Dec. 12, 2021

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The League of Women Voters talks how to be a local leader

“A good man is hard to find,” wrote Flannery O’Connor. The League of Women Voters would reword this: A good human is hard to find, especially one who wants to run for office and serve the public. And, in recent weeks Mayor Barton has put out a call for public servants.

At the Nov. 30 “Running for Office” event, panelists Mayor Todd Barton, Mike Reidy, Aaron Morgan and Virginia Servies emphasized that serving on local commissions and boards prepares future candidates for running. Nothing introduces potential candidates to the purveyance of local departments and offices and the spirit of teamwork that Montgomery County and cities need. Bipartisanship powers local politics.

“We are a team,” Mayor Todd Barton reiterated because local politics bears little resemblance to state and national divisions. Former and current council members Mike Reidy and Aaron Morgan pointed out that here, politics affects everyone’s



The League of Women Voters, open to men as well as women, is a nonpartisan, multi-issue political organization which encourages informed and active participation in government, works to increase public understanding of major policy issues and influences public policy through education and advocacy. For information about the League, visit the website: www.lwvmontco.org or send a message to LWV, P.O. Box 101, Crawfordsville, IN 47933

daily lives: house to house, traffic light to trash pick-up. Representing locals on councils and boards starts with listening, as does running for local office. Running for office only begins the work of doing one’s best to represent the will of the people, and working across differences to build a thriving community. The other party or council members are not competing on different teams.

“Maybe the other team is Greencastle or Lebanon,” Barton jested lightly.

The “Running for Office” event, held by Purdue’s Extension Office and sponsored in part by the League of Women Voters, offered an excellent primer for those who want to know how local government works and

how to run for office. If you missed it, here’s what you need to know.

Running for office is a serious commitment that requires preparation, knowledge and skill.

The basic checklist includes: being a registered voter in the district you want to represent. Hoosier candidates must be a resident of that district for a year before the general election. A felony conviction prohibits running for office. Naturally, an elected official must take an oath of office, thus they must obtain a surety bond guaranteeing that they as an official will fulfill the duties of the office. Some offices require specialty qualifications for certain offices. For instance, an assessor needs to know about land surveying and maps. Of course ethi-

cal standards exclude anyone who holds two “lucrative” offices at once. In short, candidates should have no conflict of interest. Though “people don’t fit neatly in one box,” or party, as Mayor Barton said, for better or worse, the rules for running in primaries require candidates to either be certified as members of a political party. Otherwise, independents and minor party candidates can run in the general election, if they obtain quite a number of signatures. The number must be equal to or more than 2 percent of the total number of votes cast in the last election for secretary of state in the election district that candidate seeks to represent. In addition, they must have voted in the last two primary elections.

Practically, there are some forms required to file as a candidate, with deadlines to file these coming up starting right after the new year. The window

to file is between Jan. 5 and Feb. 4, 2022. If a candidate wants to run for school board, the dates are later: July 27 to Aug. 26, 2022. Most deadlines to file are noon at the Montgomery County Clerk’s office, though federal and state offices, along with judges and prosecutors are through the Indiana Election Division.

In 2022, offices that are open include: U.S. Senator, U.S. Representative District 4, State Senators for Districts 7 and 23, Representatives for Districts 13, 28, 41 and 44. The Secretary of State, Auditor of State, Treasurer of State and Circuit Court Judge. Locally, the county needs an auditor, treasurer, sheriff, prosecutor, assessor, commissioner for District 2, county council members for Districts 1 through 4, and all the township trustees and boards.

Now that interested candidates know the basics, the panelists recommended forming a committee of experts because no candidate can know all

the specifics on fundraising for flyers, signs and events. There are a lot of potential voters, and even more constituents in this largely rural community. In rural areas, this can mean driving some significant mileage from one address to the next. It also helps to have a financially educated and savvy committee member, other committee members with knowledge of communications and advisors. Yet Mayor Barton reminded attendees that any candidate has the final say. Don’t get caught by indecision between competing voices. Know your passion and what the office allows you to do, and own your vision, the panelists advised.

The League of Women Voters is a nonpartisan, multi-issue political organization which encourages informed and active participation in government. For information about the League, visit the website www.lwvmontco.org; or, visit the League of Women Voters of Montgomery County, Indiana Facebook page.

Wolfsie is taking a look back at happenings of this year – part 1

Every year about this time, I look back with appreciation at the people, places and predicaments that made it into my column during the past 12 months. Here is Part One. So, thanks to...

My brother-in-law Tom, who last Christmas gave me an Apple watch: I am not tech savvy, but Tom told me not to worry. “Many have been intimidated, but with a little patience you will find it all worthwhile.” This was the exact advice he gave me when I told him I was going to marry his sister.

To IKEA stores that had to withdraw their Swedish meatballs temporarily because there were traces of horsemeat in the product: In racing terminology,



DICK WOLFSIE
Life in a Nutshell

horses are not withdrawn. But no shopper wants to hear over the loudspeaker, “Effective immediately, we are scratching our meatballs.”

To the mice that have infiltrated our house the past year: My wife favored the catch-and-release traps, so we took them back to the woods

after we captured them. Heard in the forest...

MOUSE 1 – “Hey Myron, have you been to the Wolfsie home lately?”

MOUSE 2 – “Is it worth the trip?”

MOUSE 1 – “It’s awesome. You walk into this container and there’s a morsel of peanut butter. The little door closes behind you. These people then pick up the container and give you a free ride back to the woods. Next day, back for more treats. I mean, are humans really that dumb?”

To the makers of our new toaster who, in the directions, warn against using toasters for any other purpose, like six of them to heat an extra bedroom: Their liability is limited to

the price of the appliance. So, if the toaster ignites and burns down your half-million-dollar home, a check for \$29.95 is in the mail. No questions asked.

To all the critters in our back yard—the deer, rabbits, birds and squirrels that are so enjoyable to watch: We used to have raccoons, but when they lifted the mask mandate in Indiana, the little bandits felt self-conscious and we haven’t seen them since.

To my doctor, whose new Medicare questionnaire really stumped me: It asked how all my aunts and uncles died. I had no clue. We were not a close-knit family. I called my brother.

“Peter, it’s Dick.”
“Dick who?”

“Very funny. I have a question about Uncle Sid’s death.”

“Oh, I’m sorry to hear that. When did he die?”

“1978.”

To the Prevagen people who make a pill that supposedly improves your memory: Mary Ellen and I both took the pills for a few weeks. One night Mary Ellen was arguing with me. “I am angry because you once told me I was starting to look a little chubby in a bathing suit.”

“Wow, that was 35 years ago.”

“I know, I just remembered.”

To my barber and dentist, both of whom I returned to in 2021 after a year of not having an appointment with either

one due to COVID restrictions: I think I mixed them up. Who tilted me back in the chair and said, “This won’t hurt”? And do I tip the barber or the dentist? I believe I should tip the dentist. After 25 years with him, I still have all my teeth. My hair? Not so much. By the way, I can’t remember whether it was my dentist or my barber who told me to brush twice a day.

Watch for Part 2, next week.

Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in The Paper of Montgomery County. E-mail Dick at Wolfsie@aol.com

Ask Rusty – How Do I Best Apply for Social Security Benefits?

Dear Rusty: I would like some advice concerning Social Security. In January I will be 62.5 years old. I was laid off two years ago and have not had a steady income since (though I still have bills to pay). I also did not qualify for unemployment. Therefore, what little I had for “retirement” is now gone. For this reason, I have been seriously considering applying for Social Security as soon as I’m able. I remember reading something that said I should begin the “paperwork” three months ahead of time. I’d like to begin that process, but don’t know where to begin. Could you guide me to the right place?

Signed: Ready to Claim Benefits

Dear Ready to Claim: Sorry to hear of your loss of employment and your current financial struggle, but the Social Security benefits you earned from a lifetime of working are there for you. Here’s what you need to know about applying for Social



ASK Rusty
Social Security Advisor

Security:

Since you are already 62 years of age, you can apply for your Social Security at any time now. The process is fairly simple, especially if you apply online, which you can do at www.ssa.gov. Just click on the “Retirement” icon and you’ll see a link to the online application. You simply fill out the application, save it if you need more time to work on it, and

Social Security Matters

by AMAC Certified Social Security Advisor Russell Gloor

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

later when you’re done submit it online to Social Security. Before you do that, however, you’ll need to create your personal “my Social Security” online account, which is easy to do at www.ssa.gov/myaccount. Once you have your online account set up you can fill out and submit the online application. Of course, you can also apply via telephone by calling either the national Social Security service center at 1.800.772.1213 or your local Social Security office to make an appointment to apply but applying online at www.ssa.gov is by far the most efficient way.

You can apply for your SS benefits up to 4 months before the month you wish your payments to start. On the application you will tell them which month you want your benefits to begin so you can apply before you want to start benefits. Since you’re applying before your full retirement age of 66 years and 10 months, there are a couple of things to keep in mind:

- By claiming at age 62 ½ your benefit amount will be permanently reduced by about 29%. You only get your full benefits if you wait to claim until your full retirement age

(FRA) which for you is 66 years and 10 months; claiming any earlier means a permanently reduced benefit.

- If you claim before your FRA and you return to work, you’ll be subject to an “earnings test” which limits how much you can earn from working while collecting early SS benefits. The 2022 earnings limit is \$19,560 and if that is exceeded SS will take back \$1 for every \$2 you are over the limit (half of what you exceed the limit by). The earnings limit will apply until you reach your full retirement age, and the allowable earnings are more in the year you reach FRA.

Applying online for Social Security benefits is a reasonably easy process, and if you have even moderate computer skills you shouldn’t be intimidated by the thought. But if you are, simply call Social Security and request an appointment to apply. They will walk you through the application process.

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The Paper OF MONTGOMERY COUNTY Voice of our PEOPLE SUNDAY

The Paper of Montgomery County

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Do I teach at a Woke School? Maybe, maybe not

By Dr. Carl Trueman

“Do I teach at a woke school?” was not a question I seriously considered until one evening last week when I received an email from a friend assuring me of his prayers for me in my workplace. The reason was an article he had just read on a website, *The American Reformer*, entitled “Wide Awake at Grove City College?” The background to the article was a petition launched some weeks ago by parents of Grove City College (GCC) students and alumni concerning what they perceived as a woke drift on campus. The GCC president had responded to the petition in a way that I myself had thought was solid but *American Reformer* dismissed as “limp” and, by implication, disingenuous. I do not know if the author of the article has ever set foot on the campus which he writes about, but I confess that had he not told me he was writing about GCC, I might have struggled to recognize the ethos of my institution in the way he described it.

Now, wokeness is surely a serious problem in American higher education. Parents and alumni of all schools are right to be concerned about how various institutions are responding. I am not persuaded that petitions are ever the best way to address such problems but I can certainly sympathize with those anxious about their children or about their beloved alma maters. I myself am passionately committed to saving education from wokeness. I am a member of the James Madison Society at Princeton University and the National Association of Scholars, both of which have a keen interest in maintaining the importance of academic freedom and excellence on campuses. I am a contributing editor at the decidedly anti-woke *First Things* and a fellow at the Ethics and Public Policy Center, one

of the best-known conservative think-tanks in Washington, D.C. I am acutely aware of the struggle many friends face at this difficult time and I understand why parents and alumni are disturbed when they hear stories (or, in this case, mostly misguided rumors) about their institution. They are right to ask questions and raise concerns. They need to know if the colleges that take their money are providing the education they claim to be doing.

At the heart of academic institutional excellence is, of course, academic freedom. That can be tricky at a school that holds a stated religious position, such as a Christian college like Grove City College, but it can be done. The way a Christian school can hold to its beliefs yet give students a good education is to hold faculty to a standard of belief but then ensure that they engage other viewpoints in the classroom, host speakers from a variety of political and philosophical traditions, and encourage students to wrestle honestly with the great ideas and the hard questions of the past and the present. For example, as I recently told the *Religious News Service*, I declare my classes to be free-speech zones (something none of the more progressive figures interviewed said about their classes). I do not require students to agree with me in order to get a good grade. But if they dissent from my view they need to do so respectfully and give me an argument as to why I am wrong. For me, education is not about cloning myself intellectually in the classroom (as it is becoming at so many woke schools); it is about giving the students the skills to think for themselves.

At the center of the storm surrounding GCC was an invitation to Jemar Tisby to speak in chapel. Hindsight is 20/20, of course, and in retrospect inviting Tisby to

give a chapel address may have been a mistake. A chapel address carries a certain institutional imprimatur that a simple guest lecture does not, though inviting guest lecturers to campus to engage our students on critical topics such as race, in this current culture, is an important role of any college or university. But that is not a criticism of my colleagues who invited Tisby to speak in chapel. One of the hallmarks of wokeness is cultural amnesia—the swift forgetting of what was true the day before yesterday in order to demonize those who still hold, say, to the importance of biological sex for gender. Conservatives need to be careful not to play their own version of the woke-amnesia game when it suits them. Tisby is a good example. He was first given a platform by Reformed Theological Seminary where he had been a student on its Jackson, Mississippi campus. That is a flagship conservative reformed institution. Indeed, as recently as 2015, he was appointed director of the African-American Leadership Initiative at RTS. He was described at the time by the RTS Chancellor, Ligon Duncan, as follows: “a man I trust ... a dear friend ... an educator and a churchman.... His commitment to the inerrancy of Scripture, the Reformed faith and the gospel ground all his efforts towards our honoring the image of God in all people.” Ligon Duncan is no woke progressive, as anyone who knows him will attest.

Duncan’s eulogy is a reminder that Tisby has been on a long journey, from RTS poster child in 2015 to working for Ibram Kendi’s outfit in 2021. Indeed, even *The Color of Compromise*, a book with which I have some stated disagreements, is surely not representative of where he is today. The fact is, the summer of 2020 appears to have been a radi-

calizing watershed for Tisby as for many others on both sides of the political divide. The college can hardly be blamed for failing in 2019 to predict the radicalization of the RTS graduate who had recently been seen as the emerging African American bridge-builder in conservative reformed Presbyterianism.

In an email exchange, the editor of *The American Reformer* expressed concern to me that Grove City College was platforming Tisby while not platforming faculty like me on woke issues. Well, Tisby came to campus for one day and (I believe) spoke twice. Then he left and has not returned. As for me, I lecture for several hours every day on campus to classes that are full. I speak in chapel every year. I write things almost weekly at places like *First Things* and *World that* which wokeness. The college launched its Great Lectures series by showcasing me on identity issues as they culminate in today’s identity politics. The college arranged for me to speak to a Washington D.C. group of Capitol Hill staffers twice in the last 18 months—once on sexual-identity issues, once on race. Even in the last three weeks, I have taught classes on campus criticizing the Supreme Court’s gay marriage decision and Bruce Jenner’s gender transition—career-damaging lectures at almost any other institution of higher education in the United States. And I have for many years been one of the most vocal opponents of the way in which identity politics, particularly that of the LGBTQ+ movement, has damaged our culture and public life. I have received nothing but support from the college administration as I have continued to speak up on such matters. And from my vantage point, the same could be said of my colleagues who share my support of GCC’s

Christ-centered mission, but do not come down on every hard issue where I do.

That makes Grove City College, even with all of its mortal failings and human flaws, a remarkable place. My wife and I recently hosted students at our house for a dessert evening. One of them asked if I hoped to stay at Grove City College until I retire. I responded yes, because I love the college and, more significantly, because my writings and lecturing have made me likely unemployable almost anywhere else in this age of the woke. As evidence, I told them about a Christian college where I gave a lecture by Zoom in the last year. The professor who invited me to speak asked if he could record the session because he expected to be the subject of a complaint that he had created an unsafe learning environment by having someone of my views speak. And that was a Christian college. A Christian college. That would not happen at Grove City College.

Is Grove City College perfect? No more than I am. But I am a conservative and a Christian and that means that I believe certain things are true. For example, I believe that no institution can ever make no mistakes and do the right thing every time. And the larger the institution, the more likely it is that issues will arise. With nearly 200 faculty, a large staff, a student body of more than 2,000, and more than 800 courses taught each semester, GCC is too big for even the most perfect administration to micromanage. Built from the crooked timber of fallen humanity, Grove City College, like all institutions, reflects our own failings and weaknesses. But if the test of people’s character is not whether they live a perfect life but how they handle their mistakes and

failings, then the test of an institution’s integrity is how it addresses those things which have not gone as planned or have proved unexpectedly counter-productive. GCC’s management of this continuing challenge is smart and effective. It strives to hire excellent scholars with solid Christian convictions. There is no tenure; everyone gets a one-year contract requiring affirmation of the college’s mission and values. When occasional issues arise, direct and constructive conversations take place with the expectation of missional alignment. That is why it is sad that the college’s recent statement about its commitment to addressing the matters raised by the petition has met with such cynicism from an ostensibly conservative Christian source.

I do appreciate my friend praying for me. I hope that he prays that all of us at Grove City College will stand firm for God’s truth, academic freedom, and intellectual integrity in this storm of wokeness that surrounds us. But above all, I hope that he gives thanks that I and my colleagues work at a place where we have the freedom to be faithful in our callings, a freedom that exists in few other institutions of higher education today.

Carl R. Trueman is professor of Biblical and Religious Studies at Grove City College. He is a graduate of the Universities of Cambridge and Aberdeen and has taught on the faculties of the Universities of Nottingham and Aberdeen and Westminster Theological Seminary. Most recently, he was the William E. Simon Visiting Fellow in Religion and Public Life in the James Madison Program at Princeton University. He writes regularly at First Things and Modern Reformation and co-hosts a weekly podcast, The Mortification of Spin, for the Alliance of Confessing Evangelicals.

What about the other Ethan Crumbleys?

By Dr. Glenn Mollette

We are unfortunately informed once again of another horrific, senseless school shooting. They don’t stop. When will the next one be? Who will be the next shooter and who will be the next unsuspecting victims?

Once again, American kids go to school to pursue education and American life but are murdered by a classmate while walking the hallway or sitting in a class. This has to stop. Will it ever?

According to news reports, on November 30, 2021, Ethan Crumbley, a fifteen-year-old, took the lives of four schoolmates and injured seven others at Oxford High School, a Detroit, Michigan suburb.

Crumbley has once again reminded us of the horrific outcomes of mental illness and the importance of parents, teachers, churches and communities working together to protect each other.

According to news reports, the Oxford school was alerted to Crumbley’s disturbing social media posts, drawings depicting violence, and other actions that had called for his parents to come to the school for a serious talk about their child. Reports of the parents buying a semi-automatic weapon for their son’s Christmas present and taking him to a shooting range for practice is revealing their denial of, as well their failure to address, their son’s problems.

My dad gave me some shotgun lessons when I was growing up. I was turned loose in the hills



GLENN MOLLETTE
Guest Columnist

of Appalachia to hunt for squirrels at the age of 12 with a hunting license. Parents teaching their children to shoot a weapon and hunt are as old as our nation. However, parents should never provide their children access to guns when there are obvious warnings of mental illness.

Past school shooters have talked about being bullied by classmates or not fitting into any of the school social groups. Rejection, being bullied, failure to make the school team or feeling outright mistreated makes anyone feel bad, dejected and disappointed. Such feelings should be a push to any of us to look at ourselves to see how we either must adjust, change, work harder, problem solve as to what is happening or even find a different school or community in which to live. Hurting others never resolves anything and only increases our pain, darkness and sentences the rest of our lives to prison or regret of how we handled our feelings.

School can be a difficult life learning ground. What we face in the local school

often is only preparing us for what we may face at the office, the factory, the workplace and the neighborhood. Throughout life we know everyone is not going to like us, accept us, applaud us or even try to get along with us. There are always people who don’t like us. However, there are people who will affirm, support, and befriend us. Sometimes it just takes a while to find those communities, houses of faith, social groups, and others with whom we can emotionally connect.

The Ethan Crumbleys of the world are sad, scary and wreak destruction. They need help now. His life and many other lives are forever destroyed. Apparently, his parents were living in some sort of disconnected denial of what their son was really about to do to himself, them and many others.

Schools and work places must have all authority to protect themselves quickly. Oxford school officials were alarmed by some of his actions. They were trying to work with the parents. Looking back, he should have been escorted out of the school and barred from its grounds until a professional counselor had given written permission for his return. I know, hindsight is always 20/20.

Sadly, for those who are now dead, it’s too late. Maybe the other Ethan Crumbleys can be stopped today, right now, before it’s too late.

Hear Glenn Mollette every weekday morning EST at 8:56 on XM radio 131

Biden’s ill-timed battle against fossil fuels

By Dr. Mark W. Hendrickson

A few months ago, I wrote about President Biden’s anti-fossil fuel policies. Among other steps designed to restrict domestic production of oil and natural gas, the president canceled completion of the Keystone XL pipeline, banned drilling for oil in the Arctic Wildlife Refuge, and greatly curtailed the issuance of leases for companies to develop fossil-fuel resources underneath public lands and waters.

Since then, the prices of gasoline, oil, and natural gas have risen smartly. As noted by one source, the last time natural gas prices were this high, “One-third of American households already had difficulty ... adequately heating and cooling their homes—and one-fifth of households had to reduce or forego food, medicine and other necessities to pay energy bills.” Bank of America is predicting that the price of a barrel of oil may rise to \$120 this winter, inflicting additional hardships on the poorest Americans.

Globally, many countries are already in the midst of a full-blown energy crisis. There are critical shortages of fossil fuels at a time when energy from so-called “renewable” sources (more accurately, “intermittent” energy sources) have fallen far short of expectations. In Brazil, China, India, Europe, and other countries, energy shortages have led to factories cutting production, blackouts in which traffic lights are inoperative, non-functioning elevators in high-rise apartment buildings, vital ventilation systems not working in hospitals, etc. Britain is facing the possibility of more than 10,000 deaths this winter due to cold weather in homes

where families can’t pay the elevated energy prices that would provide adequate heat.

Surely, with so many people at home and around the world needing more energy so badly, the Biden administration would ease off its aggressive restrictions on fossil-fuel production here in the United States, wouldn’t it? Alas, no. Instead, Team Biden has doubled down on its anti-energy policies.

Examples:

Team Biden left the recent United Nations climate gathering in Glasgow pleased that a plan has been put into place for the world’s major banks to restrict investment in companies that produce fossil fuels. The president also designated 1.7 million acres of federal land in Utah as a “national monument,” thereby putting that acreage off-limits to oil and gas exploration. The administration also is reportedly considering the possible shutdown of another major pipeline, the Enbridge 5, that moves a half million barrels of oil per day through Canada and Michigan. Biden’s recent nominee to be the country’s next Comptroller of the Currency, Saule Omarova, was on record as stating, “we want [America’s small oil and gas companies] to go bankrupt.”

Perhaps most egregious of all, when asked by a Bloomberg interviewer what her plan was “to increase oil production in America,” Biden’s Energy Secretary, Jennifer Granholm, responded with a belly laugh. She then evaded the question by saying that she didn’t have a magic wand to make OPEC increase production. (Of course, she doesn’t. She is the Secretary of Energy for

the United States, not for foreign countries.) In other words, Granholm has no intention to undo the Biden-imposed impediments to domestic oil production.

Cynically, the president called for the Federal Trade Commission to investigate oil companies that have raised prices. Well, of course oil companies have raised prices. That is what happens in a market when supply doesn’t meet demand. And what is a major reason why supply isn’t meeting demand? The president’s own anti-production policies.

Even more cynically, the only action the president has taken to try to lower domestic gasoline prices has been to dip into our national Strategic Petroleum Reserve. That stockpile was created to be available in the case of a national emergency. A “national emergency” would be something like war or weather or terror-related ruptures of vital fuel pipelines. The “emergency” that the president has today is his own plummeting popularity polls.

President Biden’s insistence on squelching fossil-fuel production before intermittent sources are sufficient to fill the gap is unconscionable. If the coming winter is harsh, the resulting hardships suffered by Americans and others around the world will be a humanitarian crisis that could have been avoided by a rational and compassionate energy policy.

Dr. Mark W. Hendrickson is a retired adjunct faculty member, economist, and fellow for economic and social policy with the Institute for Faith and Freedom at Grove City College.

Voice of our PEOPLE

SUNDAY

The cracks are starting to show more in Roe v. Wade

By Rachel Bovard

Editor's note: This article first appeared at The Spectator World.

Crowds gathered outside of the Supreme Court on Wednesday as the Supreme Court prepared to hear arguments in *Dobbs v. Jackson Women's Health Organization*, the most consequential abortion case in a generation.

Pro-life groups rallied, holding signs to "love them both" while chanting "we are the pro-life generation and we will abolish abortion." The pro-abortion group Shout Your Abortion stood opposite them, proudly swallowing abortion pills while chanting "abortion pills forever."

Inside the court, the atmosphere was more serene. Stepping forward to open the arguments, Mississippi solicitor general Scott Stewart framed his position simply but boldly: "Roe v. Wade and Planned Parenthood v. Casey haunt our country," he said. "They have no basis in the constitution, they have no home in our history and traditions, they have damaged the democratic process, they have poisoned the law. For 50 years they have kept this court at the center of a political battle, which it can never resolve."

Stewart was there to defend Mississippi's abortion law which, with limited exceptions, bars abortion after the 15th week of pregnancy, in direct contravention of both *Roe v. Wade* and *Planned Parenthood v. Casey*, the two cases which provide the framework of the constitutional entitlement to abortion.

But rather than painting an ideological argument framed around complex philosophical, ethical, and moral considerations,

Stewart argued the court should itself simply be neutral. Abortion, he said, should be outside of the court's jurisdiction entirely, because the constitution places responsibility for these types of issues, which represent the intersection of changing science, theology, morality, and medicine, not with judicial fiat, but with the democratic process.

"On hard issue, after hard issue, the people make this country work," he said. "Abortion is a hard issue. It demands the best from all of us, not a judgment by just a few of us."

For an issue often wrapped in emotional appeals and laden with the language of values, Stewart's argument for Mississippi was notably focused on the standing of the law and a cerebral discussion of the legal matters at play.

At one point, an animated and at times impatient Justice Sonia Sotomayor attempted to unmask a hidden ideological-religious agenda. "How is your interest anything more than a religious view?" she asked Stewart. Stewart acknowledged that many of the issues surrounding abortion are, indeed, philosophical—which is why these questions should be subject to the democratic process, allowing states to decide their own answers rather than the court imposing one view onto the country.

Justice Sotomayor returned with a different tact, centering on the court's doctrine of *stare decisis*—a reliance on the court's prior decisions when making subsequent legal judgments. "Won't overturning *Roe* and *Casey* also put other major cases at risk?" she asked, referencing *Obergefell v. Hodges*, the case that established a right to

same-sex marriage, and *Griswold v. Connecticut*, which protects the right of married couples to buy and use contraception, among others.

And again, Stewart was quick to distinguish the issues that make *Roe* and *Casey* unique. The other cases would not be at risk, he flatly declared, because they promulgate clear rules, which are easily upheld, unlike the muddy legal morass that *Roe* and *Casey* are widely agreed upon to represent. Moreover, he finished, neither of the referenced cases involve the purposeful termination of a human life.

Ultimately, Stewart's appeal to state sovereignty and deft handling of *stare decisis* concerns appeared to compel most of the court's conservative justices, which now constitute a 6-3 majority. Of the six, only Justice Clarence Thomas has gone on record about his desire to overturn *Roe*, joining an opinion by then-Chief Justice William Rehnquist arguing "Roe was wrongly decided and that it can and should be overruled," and declaring last year in *June Medical Services, LLC v. Russo* that the right to abortion was one created "out of whole cloth, without a shred of support from the constitution's text."

Justice Brett Kavanaugh appeared most clearly to lean in favor of returning the question of abortion to the voters and was openly skeptical that *stare decisis* represented a command to the court rather than a prudential judgment—an assessment he supported by listing a litany of Supreme Court cases which overruled prior precedent. Chief Justice John Roberts seemed, at some points, to be probing for a middle

ground—one which would allow the court to maintain *Roe* and *Casey* while perhaps finding a new line for viability (the point at which the baby can survive outside the womb, considered by the *Roe* regime to be 24 weeks).

On the opposing side, Julie Rikelman, senior director of the Center for Reproductive Rights, and U.S. Solicitor General Elizabeth Prelogar, representing the Biden White House, presented a case that, ironically, appeared to be far more based on political judgments than matters of law subject to judicial reasoning. Their argument essentially distilled to one that said the right of abortion is existential to women, it has been the law for a long time, and it may hurt women if overturned.

Under questioning, this line of argument showed its weakness in lacking judicial principle. Rikelman relied heavily on the historically discredited notion that abortion was a "common law right" prior to the 19th century, and thus should provide historical support for the court's continued maintenance of *Roe* and *Casey*. Yet when pressed by Justice Samuel Alito to name a single court precedent before *Roe* which referenced this supposed common law right, Rikelman could name none.

On the question of *stare decisis*, Elizabeth Prelogar, widely respected as one of the most talented oral advocates of her generation, appeared to stumble in a protracted exchange with Justice Alito about the appropriateness of upholding an egregiously wrong law (*Roe*, as a legal matter, is held by scholars on both sides of the issue to be legally indefensible and

bad law).

"Is it your argument that a case can never be overruled, simply because it was egregiously wrong?" Alito asked, before referencing *Plessy v. Ferguson*, the 1896 decision which enshrined state-imposed racial segregation. "Would it not be sufficient to say," Alito went on, "that was an egregiously wrong decision on the day it was handed down, and now it should be overruled?"

Though Prelogar conceded that *Plessy* had been wrongly decided, she refused to acknowledge that it should have been overturned on those merits alone if nothing material or circumstantial had changed. (*Plessy* was not overturned until *Brown v. Board* made school segregation illegal in 1954.)

"So is it your answer that we needed all the experience from 1896 to 1954 to realize that *Plessy* was wrongly decided?" Alito pressed, noting that parts of the country during that time relied on *Plessy* to enforce a legal regime of white supremacy. Still, Prelogar, locked into her defense that the court should uphold *Roe* solely as a matter of precedent, maintained that *stare decisis* required the court to maintain *Plessy* as long as it did.

In his closing rebuttal, Mississippi's solicitor general Scott Stewart returned to *Plessy v. Ferguson*: "It took 58 years for this court to recognize the truth of those realities in a decision. And that was the greatest decision that this court ever reached. We're running on 50 years of *Roe*. It is an egregiously wrong decision that has inflicted tremendous damage on or country, and will continue to do so and take

innumerable human lives."

For conservatives who have, of late, been discouraged with the court, it was an encouraging day. While it is tempting to read too much into oral argument, a decision—expected sometime next summer—is far from being reached. Much behind-the-scenes lobbying is yet to come, where the justices lobby one another for their preferred outcome, to say nothing of the external pressures at work on such a consequential issue.

But after 50 years of an abortion regime which has cost tens of millions of lives, has been unmoored from any medical and scientific advances and immune to changing public opinion, *Roe* and *Casey* are beginning to show their cracks. Undoing these cases—and returning the decisions surrounding abortion to the states—is a possibility that today seems entirely within reach.

Rachel Bovard is senior director of policy at the Conservative Partnership Institute. Beginning in 2006, she served in both the House and Senate in various roles including as legislative director for Senator Rand Paul (R-Ky.) and policy director for the Senate Steering Committee under the successive chairmanships of Senator Pat Toomey (R-Penn.) and Senator Mike Lee (R-Utah), where she advised Committee members on strategy related to floor procedure and policy matters. In the House, she worked as senior legislative assistant to Congressman Donald Manzullo (R-IL), and Congressman Ted Poe (R-TX). She is the former director of policy services for the Heritage Foundation. Bovard is a 2006 graduate of Grove City College.

Mass murder: New tragic victims, same old questions to answer

By Robert C. Koehler

Four students dead, six more, plus a teacher, wounded. Can you believe — another mass shooting last week. This one north of Detroit, at Oxford High School. A 15-year-old boy — and his parents — were arrested.

While the shock and collective horror are still fresh, before the news cycle moves on, a question resonates with every heartbeat. It's always the same one: Why? Why? Why?

Partial answers abound. Mostly, we keep them to ourselves. Nothing changes. The accused killer, Ethan Crumbley, has been charged as an adult for murder. . . and terrorism. So what? Should we call in drone strikes on Oakland County? Bureaucratic "justice" is not going to keep us safe, any more than endless war has kept us safe.

This latest massacre — this shattering of young lives, of collective trust and community — is one more revelation that something is profoundly wrong in the world's most powerful nation, that we aren't safe, that a deep social wound remains unaddressed. We are left on our own to ask "why?"

Why were Mom and Dad, who gave their boy a 9mm semiautomatic handgun as an early Christmas present (four days before the shooting), so absolutely clueless about his intention to use it, even though, as AP reported, the night before the shooting, he actually "records a video in which he discusses killing students."

Perhaps even more eerily, why, on the day of the shooting, did no one grasp that he had a gun with him, along with three 15-round magazines? That



ROBERT C. KOEHLER
Guest Columnist

morning, a teacher found a note on his desk that was so alarming she sent him to the school counselor. He had drawn a picture of a hand and a wounded guy bleeding and written: "The thoughts won't stop. Help me." He was in the counselor's office for an hour and a half; his parents were summoned. They were told he needed counseling. They were also asked to take him

home. They refused. They went back to work and the boy — whose responses to his questioning had seemed calm and reasonable — went back to the classroom.

As I say, amid all this, his Christmas present gun (which had been kept unlocked in a drawer in his parents' bedroom) remained stashed and unseen, presumably in his backpack. Shortly before 1 p.m., he stepped out of the school bathroom and started firing in the hallway, killing and wounding his classmates.

He was arrested. Four days later, his parents, who fled and hid, were found and arrested. And the justice system took over, raising another enormous "why?" Why is the American sense of justice simply linear and bureaucratic? Why is priority number one, in the

wake of such a crime — a crime against humanity — to charge, convict and punish, rather than heal, understand and change?

This is not a simple event, especially considering that mass shootings, indeed, violent acts of all sorts, happen with stunning regularity. Why, then, do we respond, in an official sense, so simplistically? Charging the 15-year-old as an adult, "expanding" the nature of his charge from murder to terrorism, may intensify the official condemnation of his actions and further isolate him from the rest of us as a bad, bad human being, but we all know that, socially speaking, it changes nothing. (A potential future mass murderer probably won't rethink what he's about to do because he could we charged with terrorism, not just murder.)

I note all this in the wake of the U.S. House passage of a \$778 billion defense budget, signaling the government's annual acknowledgement that we kill our enemies and that's that. No further questions will be taken.

Rupert Ross, in his book *Returning to the Teachings*, examines indigenous approaches to justice around the world: "The purpose is healing, not punishment — a healing accomplished by the full range of people who were affected by the original event."

This is the core of Restorative Justice, something I have written about a great deal in my columns, and something I deeply believe in. When harm has been done, peo-

ple affected by it sit in a circle with one another, in a state of vibrant equality. They talk, and mostly they listen. "One deeper intent," Ross writes, "is to help people see others as complex, many-sided and 'whole' creatures — not just as 'offenders' or 'victims.'"

This kind of listening — this reach for awareness and understanding — is the core of social evolution. Presently we're stuck with a bureaucratic judicial system that simplifies people and their actions and attempts to judge, and punish, them in isolation. No matter that everyone acts in social context — including mass murderers.

What I fear is that, socially speaking, we're afraid of change. We're not afraid to wage war; we're not afraid to kill. But we're afraid of change. Every time I hear a national leader speak of "keeping Americans safe," I feel overwhelmed by the irony in those words. Usually such words address some aspect of the endless war we're waging, and usually they evoke the Wild West of film and legend, America's deepest font of mythology, where justice, you know, comes from the barrel of a revolver, or nowadays, from the strike of a drone. Violence is violence.

Four students dead, six more, plus a teacher, wounded.

Robert Koehler (koehler-cw@gmail.com), syndicated by PeaceVoice, is a Chicago award-winning journalist and editor. He is the author of Courage Grows Strong at the Wound.



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SUNDAY

Travel or stay! and Play

Sunday, Dec. 12, 2021

J1

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Grammy nominees in Indianapolis at MacAllister Amphitheater

On Saturday, Aug. 20 at 7:30 p.m., The Avett Brothers will be live in concert at MacAllister Amphitheater in Garfield Park in Indianapolis. These three-time GRAMMY Award nominees quickly rose to the top of the charts following their 2009 debut, and they've been rocking crowds and selling out shows ever since.

Tickets go on sale Friday at 10 a.m. and will be available at <https://fanlink.to/avett-brothers> as well as the HI-FI Box Office in Fountain Square (1043 Virginia Ave). Pricing options include \$55 - \$95. This is an all-ages show.

The Avett Brothers made mainstream waves with their 2009 major label debut, "I And Love And You," which landed at No. 16 on the Billboard Top 200 & garnered critical acclaim. In 2012, The Carpenter hit No. 4 on the Billboard Top 200, followed by "Magpie And The Dandelion" in 2013,

About MacAllister Amphitheater in historic Garfield Park

MacAllister Amphitheater in historic Garfield Park is one of Indy's best-kept secrets. The outdoor atmosphere, welcoming neighborhood and scenic park provides the perfect setting for Summer concert experiences. Fans are treated to amazing live music performances, food trucks, adult beverages and great people; all in one of Indy's oldest city parks. A portion of the proceeds from our Summer Concerts at Garfield Park benefit the Garfield Park Farmers Market and Indy Parks Foundation, which supports future community and music programs at Garfield Park. Past Summer Concerts have included Father John Misty, The Revivalists, Greensky Bluegrass, BORNS and Houndmouth. Garfield Park has also played home to the annual Holler on the Hill Music Festival.

which debuted at No. 5 on Billboard's Top 200. In 2016, the band was inducted into the North Carolina Music Hall of Fame.

2017's documentary "May It Last: A Portrait of The Avett Brothers" (co-directed by Judd Apatow and Michael Bonfoglio) chronicles the process of writing 2016's True Sadness (which debuted at No. 1 on Billboard's Top Albums chart, No. 1 Rock Albums, No. 3 on the Bill-

board 200, and scored 2 Grammy noms). The film was released theatrically & on HBO to rave reviews & is now available on DVD/Blu-Ray/VOD.

In 2019, the band released their 10th studio album, "Closer Than Together" feat. single "High Steppin,'" which reached No. 1 on the Americana Radio Singles Chart. Newest album "The Third Gleam" (August 2020) debuted at No. 1 on



Photo courtesy of MacAllister Amphitheater

The Avett Brothers made mainstream waves with their 2009 major label debut, "I And Love And You," which landed at No. 16 on the Billboard Top 200 & garnered critical acclaim.

Billboard's Americana/Folk Albums chart, No. 1 Rock Albums, and No. 1 Vinyl Albums. Single "Victory" hit No. 1 on the Americana Radio Singles Chart. Also in 2020, The Avett Brothers played 2

sold out drive-in shows at Charlotte Motor Speedway in the span of three months and ended the year on a high note with a livestream of their 17th annual New Year's Eve concert. An estimated 150,000 fans

watched the show, which featured a full-band performance and an impressive lineup of special guests. Coming in 2022: Swept Away - a musical inspired by & featuring the music of The Avett Brothers.

Indianapolis Symphonic Choir celebrates 85th season with Festival of Carols

The Indianapolis Symphonic Choir's Festival of Carols, is back for four performances in central Indiana. A Midwest family tradition filled with a variety of holiday favorites, the Choir will be joined by guest artists including Indianapolis native and world-renowned soprano Angela Brown, the Indianapolis Chamber Orchestra, and of course - Santa. Although the Symphonic Choir is best known for performing classical music, Festival of Carols features a selection of fan-favorite

About the Indianapolis Symphonic Choir

The Indianapolis Symphonic Choir, celebrating its 85th season in 2021-2022, is proud to be one of the nation's most established and dynamic musical institutions. Among the most active symphonic choruses in the United States, the Choir reaches more than 20,000 persons each season through performances and education & community engagement programs. The 150 volunteer singers demonstrate the Choir's commitment to musical excellence through their talent and dedication during each 10-month season. The Indianapolis Symphonic Choir was founded in 1937 at the request of the Indianapolis Symphony Orchestra to perform the great choral-orchestral repertoire. This continued partnership exhibits the best of collaborative ideals - two independent arts organizations combining their strengths to create beautifully lasting musical results. For more information, visit www.indychoir.org.

and traditional holiday music such as "Joy to the World," "Do You Hear What I Hear?" and Kenny Loggins' "Celebrate Me

Home." Timeless classics will be intertwined with holiday film favorites, a visit from Santa, and Handel's "Hallelujah Cho-

rus." The first performance will be at the Warren Performing Arts Center on Wednesday at 7 p.m.

The on Friday at 8 p.m. the choir goes to The Palladium in Carmel and will also be there on Saturday and Sunday for 3 p.m. performances.

Festival of Carols will also feature the world premiere of "Gather Round the Holy Manger," winner of the 12th Annual Christmas Carol Commission Competition, an initiative as part of the Indianapolis Symphonic Choir's ongoing commitment to the future of choral music. Composer Joyce Vickery, an Indianapolis native, is an alum-

na of the International Hymn Writing Collective where she studied modern hymn writing with Matt Merker and Keith Getty. A homeschooling mother, Vickery finds great joy in writing songs for her local church and elementary music classes. She holds a BM in Composition from Indiana University, where she first studied choral composition with the renowned Swedish composer Sven-David Sandstrom. She currently resides in Indianapolis with her husband and six children.

Trolls LIVE! Tour coming to Old National Centre in downtown Indianapolis

Get ready for another hair-raising adventure when Poppy, Branch and all their Trolls friends come to life on stage in Trolls LIVE! Jam-packed with epic music, glitter, humor and happiness, Trolls LIVE! will visit the Murat Theatre at Old National Centre in downtown Indianapolis on Saturday and Sunday, February 26 and 27, 2022 for four Trolls-tastic performances. Tickets go on sale this Friday, December 10 at 10 AM local time and may be purchased at www.TrollsLIVE.com.

The journey begins when the Trolls' Hug Time is unexpectedly put at risk. Knowing the only way to save it is by doing what the Trolls do best, Poppy hosts a toe-tapping, Trolls-tastic show! Poppy, Branch, Cooper, Cloud Guy, Satin and Chenille, Smidge, Guy Diamond, Fuzzbert, Biggie and Mr. Dinkles invite you into the colorful world of Trolls Village for this interactive performance only the Trolls can create. This is one Trolls party you won't want to miss!

The world of the Trolls comes alive in this totally interactive, story-rich musical celebration of everything the Trolls love - singing, dancing, rainbows, glitter and plenty of hugs. The extravaganza utilizes the latest in scenic projection, puppetry and media technology, and features a host of special effects and interactive surprises. Trolls LIVE! includes two acts with



an intermission and will enchant both children and adults alike with its popular Trolls show-stopping songs, as well as introduce audiences to all-new electrifying Trolls music and choreography.

What: Trolls LIVE! coming to Indianapolis!

When: Saturday Feb. 26 10 a.m. & 2 p.m.

Sunday Feb. 27 10 a.m. & 2 p.m.

Where: Old National Centre, located at 502 N. New Jersey Street, Indianapolis, IN 46204

Tickets: Tickets start at just \$15. Tickets are available at the Old National Centre box office, online at www.ticketmaster.com and www.OldNationalCentre.com or by phone at 800-653-8000. Prices are subject to change. Additional fees and special offers may apply. A limited number of tickets are available for the Trolls LIVE! VIP Party, starting at \$125. VIP Party perks include premium show seating, a souvenir lanyard, and an after-show Meet & Greet with your favorite hosts, Poppy and Branch!

For more information or to join Trolls Hair Mail for presale and other

exclusive offers, visit www.TrollsLIVE.com. Follow Trolls LIVE! on Facebook, Instagram and Twitter @trollslive, and use #TrollsLIVE.

For information on the Old National Centre's COVID-19 policy, please visit www.oldnationalcentre.com.

VStar Entertainment Group is a leading entertainment company and producer of unforgettable live experiences for audiences in the U.S. and internationally. From concept through activation, VStar imagines and creates custom tours featuring original content and licensed, branded tours that provide highly engaging entertainment for fans of all ages. With nearly four decades of expertise in all aspects of event production and management, VStar delivers turnkey, in-house solutions for theatrical shows, interactive exhibits and brand activations. VStar also creates custom-fabricated mascots and costumes, large-scale sets, scenery and 3-D installations, serving as a valued resource for professional sports teams, Fortune 500 companies and experiential marketing agencies.

The company has presented more than 40,000 live performances across 40 countries and entertains nearly three million guests annually. VStar Entertainment Group is owned and operated by Cirque du Soleil Entertainment Group. For more information, visit www.vstarentertainment.com.

Cirque du Soleil Entertainment Group is a world leader in live entertainment. On top of producing world-renowned circus arts shows, the Canadian organization brings its creative approach to a large variety of entertainment forms such as multimedia productions, immersive experiences, theme parks and special events. It currently has 4,500 employees from nearly 70 countries. Going beyond its various creations, Cirque du Soleil Entertainment Group aims to make a positive impact on people, communities and the planet with its most important tools: creativity and art. For more information about Cirque du Soleil Entertainment Group, please visit cdsenertainmentgroup.com.

ABOUT DREAMWORKS ANIMATION'S TROLLS

Since the launch of the DreamWorks Trolls franchise in 2016, audiences across the globe have been transported into the Trolls' joyful world, teaming with big hearts, hair-raising comedic adventures and award-winning music. Starring

Anna Kendrick and Justin Timberlake and featuring a dynamic cast of actors and some of the most acclaimed musical artists in the world, the Trolls films - 2016's Trolls and 2020's Trolls World Tour -- have sung and danced their way to blockbuster success, earning an Oscar® nomination for Best Original Song and fueling one of the largest and most beloved global entertainment brands. Exuberant and groundbreaking in its design, the franchise includes feature films, hit TV series (including 2020's Trolls: TrollsTopia, and a prime-time holiday special), original digital content, video games and much more. With its heartwarming humor, nonstop musical extravaganza and stories and characters that champion diversity, inclusion and kindness, Trolls has inspired live-entertainment touring shows, Universal Studios Parks' attractions and experiential installations across the globe—as well as an unparalleled consumer-products campaign that welcomes kids and adults alike to step inside the Trolls' effervescent, kaleidoscopic world with high-fashion collaborations, toys, lifestyle collections and more.

ABOUT UNIVERSAL LIVE ENTERTAINMENT:

Universal Live Entertainment partners with best-in-class entertainment companies to bring today's most popular stories, characters and

adventures to life in a city near you. From larger-than-life touring shows to immersive, walk-through exhibitions and family entertainment centers, Universal's world-class entertainment brands are delivered across the globe for families, friends and people of all ages to enjoy. Productions include Jurassic World Live Tour, Jurassic World: The Exhibition, A Minions Perspective, DreamWorks Animation: The Exhibition, Trolls LIVE!, film to live orchestra concerts and more.

Universal Live Entertainment is a division of Universal Parks & Resorts, a unit of Comcast NBCUniversal. With theme park destinations in California, Florida, Japan, Singapore and Beijing, Universal Parks & Resorts offers guests around the globe today's most relevant and popular entertainment experiences. Universal theme parks are known for immersive experiences that feature some of the world's most thrilling and technologically advanced film- and television-based attractions. Comcast NBCUniversal wholly owns Universal Studios Hollywood, Universal Orlando Resort, and Universal Studios Japan. In addition, the company has a license agreement with Universal Studios Singapore at Resorts World Sentosa and recently opened a theme park destination in Beijing this year called Universal Beijing Resort.

SUNDAY

In the Know

Sunday, Dec. 12, 2021

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Earth-friendly holiday gift ideas for outdoor enthusiasts

(StatePoint) When holiday shopping for nature lovers and outdoor enthusiasts, take the extra step of ensuring your loved ones only unwrap gifts that are earth-friendly. It all starts with reading the label on the goods you purchase.

While they've been around for decades, more consumers are becoming aware of a toxic class of chemicals called perfluorinated chemicals, often referred to as PFAS or PFCs. Because PFCs are good at resisting oil, stains, grease and water, they've become a go-to treatment for many manufacturers. In fact, PFCs are so widely used, they're found on everything from shoes and jackets to couches and food wrappers -- including the many items designed for nature lovers!

The issue is that these chemicals find ways to enter the environment, the food chain and our water supply, which is bad for wildlife, the planet and human health. Because PFCs have a very hard time breaking down, they're infamously known as "forever chemicals."

Thanks to a heightened understanding of the health issues associated with PFCs, there has been a growing sense of urgency around removing them from consumer products. With a little care, you can holiday shop with brands that have taken

earth-friendly steps, and in some cases, bounds, to try to avoid these so-called "forever chemicals." Need some inspiration? The following gift guide includes some of the best outdoor gear designed to stand up to adventures of all kinds, and it's all eco-friendly to boot!

Cozy Footwear

Give the gift of indoor comfort outdoors with the warm, cozy Howser collection from KEEN Footwear. A hygge-worthy, "sleeping bag for feet," their fuzzy lining and PU cushioned insoles mean they're as cozy as house slippers, and their grippy, sturdy rubber outsoles make them a solid choice for outdoor use. The collection includes slip-ons, ankle boots and high top choices for women, men and kids -- all of which are a natural fit for chilly evenings by the fire or rolling out of the tent in the morning to get the coffee brewing.

Not only is the entire collection PFC-free, options that contain leather are sourced from Leather Working Group-certified tanneries, which use processes to reduce chemical use and their impact on watersheds, creating an environmentally preferred leather.

"Eliminating PFCs from footwear is easier said than done," says Erik Burbank, vice president of KEEN Effect, a

team that guides the brand's responsible manufacturing efforts. "We've spent years working to eliminate PFCs from our products and supply chain with safe alternatives while delivering the performance people expect from KEEN. In that time, we estimate we've saved over 50,000 KGs of fluorinated chemicals from being introduced into the environment. As part of our Detox the Planet initiative, we continue to push for ways to put the environment first."

To learn more, visit keenfootwear.com.

Layer Up

Trekkers and campers know that weather is unpredictable and that makes layering essential. Now, they can do so with both performance and sustainability in mind. All of Houdini's sportswear apparel is PFC-free. Plus, many of its garments are made from recycled materials, and are either recyclable or completely biodegradable. Keep your loved ones warm and prepared for anything by checking out the Swedish brand's base layers, mid layers, outerwear and accessories.

Pack Smart

From snowshoe backpacks to hiking backpacks to packs designed specifically for trail runners, the full line-up of outdoor gear offered by Deuter is highly functional and contains



Photo courtesy of StatePoint

The best outdoor gear protects the nature it celebrates. This holiday season, shop mindfully for outdoor enthusiasts.

no PFCs. Instead, the brand relies on Durable Water Repellent

treatments that are not harmful to people or the planet.

Tips to lower your home's heating bills this winter

(StatePoint) A frosty winter wonderland is fun to experience -- outside. Inside is another story. By keeping your home heating system running at peak performance, you'll lower your winter utility bills and experience increased comfort.

According to North American Technician Excellence (NATE), here's how to stay toasty this winter without breaking the bank.

Get the Right Equipment

It all starts with the right heating equipment. Choosing a furnace with an ENERGY STAR logo is important, however, it's also a good idea to understand standard efficiency ratings so you can easily compare the performance of different systems.

When you need to measure the thermal efficiency of your furnace or water heater, Annual Fuel Utilization Efficiency (AFUE) helps determine the actual, annual, average efficiency of that piece of equipment. It measures the amount of heat

delivered to your house compared to the amount of fuel that you must supply to the furnace. The U.S. Department of Energy determined that all furnaces sold in the U.S. must have a minimum AFUE of 78%.

The Heating Seasonal Performance Factor (HSPF) is the most commonly used measure of the heating efficiency of heat pumps. Typically, a high-efficiency heat pump pays for itself in savings in a few years.

Take These Steps

A little DIY can work wonders. Follow this checklist for improved efficiency of heating equipment:

- Check heating filters every couple weeks and change them at least twice in the season, or as directed by the manufacturer.
- Check and maintain insulation. Improperly insulated walls, floors, attics, basements and crawlspaces drain away heat and can also lead to moisture imbalance.

- Check ductwork for insulation and leaks. No matter how "state of the art" your heating system is, if your ductwork is bad, it will diminish efficiency.

- Turn down the thermostat by a few degrees and dress more warmly.

Clean the furnace area.

Don't keep chemicals or cleaning products near your heater, and don't store anything next to it that could impede ventilation.

- Keep vents and returns free of obstructions.

- Install a humidifier to make indoor air feel warmer.

Work With Experts

Be sure all work performed on your heating equipment is carried out by a trustworthy, NATE-certified technician. Even the most efficient system can suffer if it's not properly maintained. NATE-certified technicians have demonstrated knowledge of today's heating and cooling systems. Better installation and service means your equipment



Photo courtesy of StatePoint

Turn down the thermostat by a few degrees and dress more warmly.

will run at peak efficiency. Visit nate.org for additional winter tips and resources, and to find a NATE-certified technician in your area.

If you do call in a technician, prep for their arrival. You can help your technician diagnose a potential problem with your heating equipment by being prepared

to share important information, such as the age, brand and model of your furnace and whether it's been leaking, making unusual noises or emitting odors.

With a combination high-efficiency equipment, a little DIY and the help of professional expertise, you can stay warm and cozy on-budget, all season long.

Make the holidays a little brighter with these tech gift and gadget ideas

(StatePoint) The holidays are in full swing and getting the right gift for everyone in your life can feel like a daunting task. The good news is that gadgets are becoming increasingly user-friendly and easy to operate, making them the perfect gift this holiday season, even for those who aren't as tech-savvy.

Here are a few tech gift ideas that are perfect for every budget and every member of your family:

Watches for all ages: According to recent research from Statista, the trend of people owning wearables like watches and fitness trackers is growing, with wearable shipments reaching almost half a billion in 2020 alone. Now, there's a watch for every

member of your family. The Samsung Galaxy Watch4 Series offers advanced hardware performance and delivers a seamless and connected user experience. The SyncUP KIDS Watch keeps kids and their parents connected safely with such features as talk and text with approved contacts only, real-time location tracking, plus virtual boundary alerts. For a limited time, these watches are free with 24 monthly bill credits at T-Mobile when you add a qualifying watch line to your current rate plan.

For the music lovers: Samsung Galaxy Buds2 and Buds Pro are Bluetooth wireless ear buds for just under \$200. These styles offer active noise cancellation, and are the perfect gift for students,

work-from-homers and those that love bingeing their favorite crime podcast while they grocery shop or clean the house. For a limited time, the Samsung Galaxy Buds2 are free after rebate at T-Mobile when you purchase a new Samsung Galaxy S21 series or Z Flip3 5G on Magenta MAX.

Gifts for gamers: For the gamers in your life, there are plenty of ways to make their holiday wishes come true with tech devices like the Samsung MOGA by PowerA XP5-X+ gaming controller, which allows you to play Xbox games using Bluetooth with your phone or tablet. The Razer Kishi Gaming Controller is another option that's compatible with iPhones.

For the nostalgic toy lovers: If

you have a lover of iconic toys in your family, then this may be the perfect stocking stuffer. T-Mobile and Hasbro joined forces to release a limited Lite-Brite T-Mobile Edition. The box set includes all the original-colored pegs you remember, but for the first time ever, introduces 184 new magenta-colored pegs. It also includes wireless-themed templates, like a cell tower and 5G map of the United States. To get yours before they're gone, visit www.T-Mobile.com/5GLiteBrite.

Don't forget about accessories: Tech accessories make for the perfect stocking stuffers. Magnetic charging stations are a go-to for fast charging your smartphone. Brands like Ubio

Labs and Belkin have charging pads and stations compatible with Android and iOS smartphones. Portable Bluetooth speakers like the JBL GO 3, start at just \$49 and are perfect for those that love to take their music with them. Phone accessories like pop sockets, protective phone cases, power banks and ear bud charging cases make for other great stocking stuffers.

If you're still stumped on finding the perfect gift, visit T-Mobile's Holiday Gift Guide at TMobile.com/devices/techgifts for more tech gift-giving ideas.

Offering fun, functionality and the ability to keep loved ones connected, tech gifts are great way to brighten the holidays for everyone on your list.

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Montgomery County's Most Wanted

The Montgomery County Sheriff's Office is requesting your assistance in locating a subject wanted on a felony warrant. If you have any information on the whereabouts of this wanted person please contact the Montgomery County Sheriff's Office at (765) 362-0885 or (765) 362-3740.

WANTED



Caleb J. Mathews
Born 1984
Charge: P/V Dealing Methamphetamine (Level 3)

WANTED



Wyatt W. Hunt
Born 1996
Charge: FTA Resisting Law Enforcement/Criminal Confinement (Level 5)

WANTED



Mario G. Ortega
Born 1977
Charge: Sexual Misconduct with a Minor (Felony 4)

WANTED



Robert E. Butler
Born 1984
Charge: Possession of a Firearm by Serious Violent Felon (Level 4)

WANTED



Devin R. Post
Born 1990
Charge: FTA Possession of Methamphetamine (Level 6)

WANTED



Amanda J. Fry
Born 1987
Charge: P/V Theft (Felony 6)

WANTED



Thomas W. Farley II
Born 1991
Charge: FTA Possession of Methamphetamine/Carrying Handgun w/out license

WANTED



Cole M. Williams
Born 1995
Charge: P/V Escape

WANTED



Stephen C. Shaffer
Born 1992
Charge: Domestic Battery (Level 5)

WANTED



Tasha L. McCray
Born 1991
Charge: FTA Fraud (Felony 6)

Please Read Our Disclaimer:

All warrants are the property of Montgomery County, Indiana. This list of wanted suspects is updated on a daily basis, but all warrants need to be verified through the Montgomery County Sheriff's Office Warrants Division before any action is taken. If you feel a warrant is listed in error, please contact the Montgomery County Sheriff's Office.

Notice:

If you have information about the whereabouts of any of the listed suspects, please contact the Montgomery County Sheriff's Office at the numbers provided, or contact your local law enforcement agency. The issuance of a warrant by no means indicates that a person is guilty of a crime, only that probable cause exists to believe that person has committed a crime.

DO NOT ATTEMPT TO APPREHEND ANY OF THESE SUSPECTS AS THEY MAY BE ARMED AND DANGEROUS.

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**TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE OF SHERIFF'S SALE**

By virtue of a certified copy of a decree to me directed from the Clerk of Montgomery Superior Court of Montgomery County, Indiana, in Cause No.: 54D01-1904-MF-000427, wherein PennyMac Loan Services, LLC, was Plaintiff, and J D Spencer, Janeille D. Spencer, was/were Defendant(s), requiring me to make the sum as provided for in said Decree with interest and cost, I will expose at public sale to the highest bidder, on the 12th day of January, 2022, at the hour of 10:00am or as soon thereafter as is possible, at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.

Lot Numbered 8, except the South 40 Feet thereof, as the same is known and designated on the recorded Plat of H.E. Green's 1st Addition to the City of Crawfordsville, in Montgomery County, Indiana, as the same appears of record in Deed Record 159 Page 73, in the Recorder's Office of Montgomery County, Indiana.

More Commonly Known As: 1551 Darlington Avenue, Crawfordsville, IN 47933
54-07-33-331-001.000-030
Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisalment laws.

Ryan Needham,
Sheriff of Montgomery County

Jennifer L. Snook
MARINOSCI LAW GROUP, P.C.
455 West Lincolnway, Ste. B,
Valparaiso, IN 46385
Telephone: (219) 386-4700

City of Crawfordsville
1551 Darlington Avenue, Crawfordsville, IN 47933
Street Address

The Sheriff's Department does not warrant the accuracy of the street address published herein.

Type of Service: Personal

JD Spencer
1551 Darlington Avenue
Crawfordsville, IN 47933

NOTICE
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PL4220 12/10 12/15 12/17 12/22 12/24 12/29 3t hspaxlp

**TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE OF SHERIFF'S SALE**

By virtue of a certified copy of a decree to me directed from the Clerk of Montgomery Superior Court of Montgomery County, Indiana, in Cause No.: 54D01-1706-MF-000467, wherein Bank of America, N.A., was Plaintiff, and Christopher Hitz-Bradley, Lorraine Hitz-Bradley, was/were Defendant(s), requiring me to make the sum as provided for in said Decree with interest and cost, I will expose at public sale to the highest bidder, on the 12th day of January, 2022, at the hour of 10:00AM or as soon thereafter as is possible, at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.

Part of the Northwest Quarter of Section 15, Township 17 North, Range 5 West, Montgomery County, Indiana, described as follows:
Beginning 456.8 Feet East of the Northwest Corner of said Northwest Quarter and running thence East 495.4 Feet to the centerline of State Highway 47; thence Southwesterly along said centerline 459.5 Feet; thence Westerly 282.6 Feet to an existing fence corner; thence Northerly 316.8 Feet to the place of beginning, containing 3.13 Acres, more or less.

More Commonly Known As: 8061 South State Road 47, Crawfordsville, IN 47933
54-14-15-200-009.000-001
Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisalment laws.

Ryan Needham,
Sheriff of Montgomery County

David M. Bengs
MARINOSCI LAW GROUP, P.C.
455 West Lincolnway, Ste. B,
Valparaiso, IN 46385
Telephone: (219) 386-4700

City of Crawfordsville
8061 South State Road 47, Crawfordsville, IN 47933
Street Address

The Sheriff's Department does not warrant the accuracy of the street address published herein.

Type of Service: Personal

Christopher Hitz-Bradley 8061 South State Road 47 Crawfordsville, IN 47933
Lorraine Hitz-Bradley 8061 South State Road 47 Crawfordsville, IN 47933
Lorraine Hitz-Bradley 1418 West Main Street Crawfordsville, IN 47933
Lorraine Hitz-Bradley 814 South Grant Avenue Crawfordsville, IN 47933
Keith W. Lerch 575 North Pennsylvania Street, Room 655 Indianapolis, IN 46204

NOTICE
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PL4219 12/8 12/15 12/22 3t hspaxlp

**TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE OF SHERIFF'S SALE**

By virtue of a certified copy of a decree to me, directed from the Clerk of the Circuit Court of Montgomery County, Indiana, in Cause No. 54C01-1910-MF-001205, wherein PNC Bank, National Association was Plaintiff, and Michelle L. Oakley, Community Action Program, Inc. of Western Indiana and Franciscan Alliance Inc. AKA Franciscan Health Crawfordsville were Defendants, requiring me to make the sum as provided for in said Decree, with interest and cost, I will expose at public sale to the highest bidder on the 12th day of January, 2022, at the hour of 10:00 a.m., or as soon thereafter as is possible, at Sheriff's Office at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.

Lot numbered 4, as the same is known and designated on the recorded plat of Cap Subdivision to Montgomery County, Indiana, as the same appears of record as Instruments numbered 2005008365 and 200501077 in the Recorder's Office.

More commonly known as: 4 Gladiator Drive, Waynetown, IN 47990
Parcel No. 05-14-443-039.004-037
Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisalment laws.

"Subject to all liens, encumbrances and easements of record not otherwise extinguished in the proceedings known as Cause 54C01-1910-MF-001205 in the Circuit Court of the County of Montgomery, Indiana."

Attorney for Plaintiff: J. Dustin Smith
ATTORNEY NO. 29493-06
Manley Deas Kochalski LLC
P.O. Box 441039
Indianapolis, IN 46244

Sheriff of Montgomery
Wayne Township
4 Gladiator Drive

The Sheriff's Department does not warrant the accuracy of the street address published herein
PL4218 12/1 12/8 12/15 3t hspaxlp

Notice to Bidders: Demolition of Unsafe Buildings

Notice is hereby given that sealed bids will be received:

BY: Crawfordsville Board of Public Works and Safety
c/o Crawfordsville Clerk-Treasurer
City Building
300 East Pike Street
Crawfordsville, Indiana 47933
(765) 364-5150

FOR: Demolition of unsafe buildings at 202 Canby Avenue., Crawfordsville, under City unsafe building orders issued to Rick L. Haggard.

UNTIL: December 22, 2021 at 10:00 a.m. local time at office of the Clerk-Treasurer, address above. Bids received after that time will be returned unopened. The sealed bids will be publicly opened and read aloud at a public meeting of the Board of Public Works and Safety of the City at that date and time at the City Building, address above.

The City has designated the following property as an unsafe building pursuant to I.C. 6-7-9: 202 Canby Avenue, Crawfordsville, Indiana and is in the process of enforcing said law against the owner(s) of this property. These premises contain one abandoned house is located within the City's corporate limits. Bidders must contact Barry Lewis at (765) 364-5152 for inspection.

All demolition work must include, at a minimum: (1) complete removal of the structures, specifically the house and outbuilding, on the premises and their foundations and all debris, (2) filling of any basements, (3) stubbing utility lines to the lot, (4) removal of large dead and scrub vegetation and tree stumps (but not any living trees that may be designated by the City), (5) application of soil cover as necessary, and (6) grading and grass seeding of the finished lot. Work must not damage adjacent properties, all of which are believed to be occupied, and account for dust control and other measures to reduce the impact of demolition on the neighborhood. It is not known whether asbestos, lead paint, or other hazardous conditions exist on these premises, but your work must comply with all legal requirements.

In addition to price estimates, Bidders must submit references, a statement of experience, a proposed plan and timetable for performing the job(s), the equipment that the bidder has available for the performance of the job(s), and proof of insurance. The work to be performed and the proposals to be submitted shall include a price bid for all general construction/demolition, labor, material, tools, equipment, applicable taxes, permits, licenses, insurance, service costs, etc., incidental to and required for the job(s). Bidders may submit bids for multiple jobs reflecting a discount for two or more jobs, in any combinations of jobs and pricing the Bidder desires. But the bid must reflect an allocation of the bid amount among the various unsafe premises in proportion to the work to be accomplished if bidding on multiple properties. Proposals must be enclosed in a sealed envelope with "Crawfordsville Building Demolition Bid 22 December 2021 - 202 Canby" or similar and the name of the Bidder on the outside.

The City of Crawfordsville at its discretion reserves the right to waive any and all informalities in the bidding and to reject any and all bids. All bids submitted will be valid for 60 days from opening.

Both the bid price of the licensed contractor who accomplishes the work and an amount representing a reasonable estimate of the cost incurred by the enforcement authority in processing the matter of the unsafe premises may, if not paid, be recorded after a hearing as a lien against all persons having a fee interest, life estate interest, or equitable interest of a contract purchaser in the unsafe premises at 202 Canby Avenue, Crawfordsville, Indiana.

Enforcement Authority contact information:
Jeff Davenport, Building Inspector Barry Lewis, Code Enforcement Officer
300 E. Pike Street 300 E. Pike Street
Crawfordsville, IN 47933 Crawfordsville, IN 47933
Telephone: 765-364-5152 Telephone: 765-364-5160 Ext. 214

Terri Gadd, Clerk-Treasurer
City of Crawfordsville, Indiana

PL4216 12/1 12/8 2t hspaxlp

**TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE OF SHERIFF'S SALE**

By virtue of a certified copy of a decree to me directed from the Clerk of Circuit Court of Montgomery County, Indiana, in Cause No. 54C01-2101-MF-000034 wherein Wells Fargo Bank, N.A. was Plaintiff, and Jennifer Avalee Dozier, Indiana Housing & Community Development Authority; were Defendants, requiring me to make the sum as provided for in said Decree with interest and cost, I will expose at public sale to the highest bidder, on the 12th day of January, 2022, at the hour of 10:00 am or as soon thereafter as is possible, at 600 Memorial Drive, Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.

Lot Numbered 44, as the same is known and designated on the recorded plat of John Hulet's Addition to the Town of Darlington, in Montgomery County, Indiana.

More commonly known as: 211 West Adams Street, Darlington, IN 47940-7117
State Parcel No.: 54-08-08-114-052.000-015
Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisalment laws.

Ryan Needham,
Sheriff of Montgomery County

Plaintiff Attorney
ATTORNEY NO. 1036206
Codilis Law, LLC
8050 Cleveland Place
Merrillville, IN 46410
(219) 736-5579

Union Township
211 West Adams Street, Darlington, IN 47940-7117
Street Address

The Sheriff's Department does not warrant the accuracy of the street address published herein.

Type of Service:
Jennifer Avalee Dozier, 211 West Adams Street, Darlington, IN 47940-7117
Sheriff
Jennifer Avalee Dozier, 3873 Anchor Lane, Denver, NC 28037-7567
Certified Mail
Jennifer Avalee Dozier, 4828 Burton Lane, Denver, NC 28037
Certified Mail

NOTICE
This firm is deemed to be a debt collector.
PL4213 11/24 12/1 12/8 3t hspaxlp

**TO THE OWNERS OF THE WITHIN DESCRIBED REAL ESTATE AND ALL INTERESTED PARTIES
NOTICE OF SHERIFF'S SALE**

By virtue of a certified copy of a decree to me directed from the Clerk of Circuit Court of Montgomery County, Indiana, in Cause No. 54C01-1805-MF-000573 wherein UMB Bank, National Association, not in its individual capacity, but solely as legal title trustee for LVS Title Trust XIII was Plaintiff, and Daniel Heath Burns; State of Indiana; were Defendants, requiring me to make the sum as provided for in said Decree with interest and cost, I will expose at public sale to the highest bidder, on the 12th day of January, 2022, at the hour of 10:00 am or as soon thereafter as is possible, at 600 Memorial Drive; Crawfordsville, IN 47933, the fee simple of the whole body of Real Estate in Montgomery County, Indiana.

Lot Numbered 3, as the same is known and designated on the recorded Plat of Rodan Development, a subdivision of part of the East half of the Southeast Quarter of Section 19, Township 19 North, Range 4 West, in Montgomery County, Indiana, as the same appears of record in Deed Record 166, page 479 in the Recorder's office of the said county.

Except:
Beginning at the southwest corner of said Lot 3; thence North 00 degrees 27 minutes 56 seconds East 33.87 feet along the west line of said Lot 3 and the grantor's land; thence South 89 degrees 38 minutes 38 seconds East 90.00 feet to the east line of said Lot 3 and the east line of the grantor's land; thence South 00 degrees 27 minutes 56 seconds West 34.04 feet along the east line of said Lot 3 and the east line of the grantor's land to the southeast corner thereof; thence North 89 degrees 32 minutes 04 seconds West 90.00 feet along the south line of said Lot 3 and the south line of the grantor's land to the point of beginning, containing 0.070 acres, more or less, inclusive of the presently existing right of way which contains 0.022 acres more or less.

More commonly known as: 101 McCormick Drive, Crawfordsville, IN 47933-1084
State Parcel No.: 54-07-19-444-031.000-028
Together with rents, issues, income, and profits thereof, said sale will be made without relief from valuation or appraisalment laws.

Ryan Needham,
Sheriff of Montgomery County

Plaintiff Attorney
ATTORNEY NO. 1029989
Codilis Law, LLC
8050 Cleveland Place
Merrillville, IN 46410
(219) 736-5579

Union Township
101 McCormick Drive, Crawfordsville, IN 47933-1084
Street Address

The Sheriff's Department does not warrant the accuracy of the street address published herein.

Type of Service:
Unknown Occupants, 101 McCormick Drive, Crawfordsville, IN 47933-1084
Sheriff

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PL4212 11/24 12/1 12/8 3t hspaxlp



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